

VALIDACIÓN ESTADÍSTICA DE ESCALA DE BIENESTAR PSICOLÓGICO PARA JÓVENES DE MEDELLÍN, COLOMBIA

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ABSTRACT

The aim of this study was to determine the structural validity, internal consistency and behavior of the Psychological Well-Being Scale (PBS) scores. It was conducted with 270 young people between 20 and 25 years of age living in Medellin, Colombia. The results show the validation process of the PBS, the 50 items that comprise it, through statistical consistency, from the analysis of Cronbach's Alpha, which was 0,938, demonstrating adequate consistency. An exploratory factor analysis was performed, calculating the Kaiser-Meyer-Olkin index (KMO), which was 0,912. The factors with an eigenvalue greater than 1 were selected. Subsequently, confirmatory factor analysis was performed, finding ten factors with a high coincidence with the four subscales of the PBS.

Keywords: Psychological well-being, Statistical consistency, Validation, Youths

INTRODUCTION

The process of validation of the Psychological Well-Being Scale, PBS, in young people in Medellin, Colombia, arose from the need for standardized instruments in the sociocultural context of the city that could provide an objective measure of psychological well-being. Consequently, the PBS is taken into account, because it allows addressing different psychological variables such as emotional state, integral health, both psychological and physical, the ability to adapt to daily stress conditions in the face of adverse contexts; all these issues become recurrent reasons for psychological or psychiatric care of the population between 20 to 25 years of age, who are found in 25,9% of the Colombian population, according to the National Survey of Mental Health (2015).

Psychological well-being has been a topic of relevant interest for psychology and other health sciences for more than 50 years, which has made it possible to entrench concepts such as quality of life, subjective well-being and psychological hygiene (Hernandez et al., 2018; Arana et al., 2017; Lent, 2004). Psychological well-being as an object of study has an implicit purpose in this contemporaneity, which comes from the guidelines of the World Health Organization, WHO (2001), which is to approach mental health from an integral paradigm beyond psychopathological aspects, from where its analysis has traditionally been focused; now, it is intended to understand the aspects of mental health, from psychosocial factors in context that, allow promoting health as a state of balance, mental, physical and even environmental (Figuerola-Escoto et al., 2021; Enns et al., 2016; Vasquez et al., 2009; Gonzalez, 2004).

Psychological well-being is proposed as a multidimensional variable, hence, since they began their studies, two positions have stood out, the hedonic, related to the constructs of happiness or pleasure, focuses on the study of subjective well-being; and the eudemonic one, centered on the development of human potential, focused on psychological well-being, understood as a personal posture of self-concept or self-recognition in relation to daily performance (Ryff, 1989; Ryff & Keyes, 1995; Ryan & Deci, 2000; Deci & Ryan, 2008; Dogan et al. , 2013, Bahamon et al., 2020).

The clear difference between the two streams centers on the explanation of how people experience their lives in a positive way. That is, a person may undertake the realization of their desires based on the fact that this is what will allow them to achieve psychological well-being (hedonic current); others, on the other hand, will conclude that some desires are detrimental to well-being and, based on this, they postpone them (eudemonic current) (Arana et al, 2017, p. 70).

Garcia (2002) and Cuadra & Florenzano (2003) sustain that, well-being as a concept is consolidated from the description of positive psychological states of subjective character, which is in accordance with the theoretical constructs that have been exposed. In this mediation, studies on psychological well-being are strengthened as a variable of interest in salutogenic analyses, given that subjective well-being can be understood as an indicator of mental health (Dominguez-Lara et al., 2019; Viera, Lopez & Barrenechea, 2006). In addition, it promotes integral health towards social development (Garcia Pena & Arana Medina, 2018).

It is necessary in what concerns the youth population, which is taken into account as an object of study due to its high vulnerability that, in our contexts, scales that provide an objective measure of their psychological well-being are standardized. In Colombia, the psychological well-being of young people is questioned by the multiple unfavorable conditions in the sociocultural,

economic and political spheres that determine the country. For all of the above reasons, the present research carries out the statistical validation process of the PBS.

The PBS proposed by Sanchez-Canovas in 1998, since when it has offered several revisions, up to the third edition, has proven to be a valid and reliable instrument to define an average of psychological well-being. It consists of 65 items, with scores ranging from 1 to 5. At the beginning it was part of the Oxford Happiness Inventory (Argyle et al., 1989), and the two questionnaires were later separated. The third edition maintains two subscales, the subscale of subjective psychological well-being and the subscale of material well-being; but, with the intention of achieving greater specification, it added 10 items concerning occupational well-being and 15 referring to the couple relationship, thus constituting the total scale.

METHOD

For the validation process, a pilot test was conducted, which was applied to at least 10% (30 subjects) of the total sample (270 subjects). With said pilot test, the internal consistency was determined; about which, an article entitled: Internal consistency of the EBP scale in young residents in Medellin, Antioquia was published (Arana et al., 2017). In this validation phase with the complete sample, construct validity and content validity were determined.

Both in the pilot test and in this validation phase, use was made of the internal consistency method based on Cronbach's alpha test (1951), by means of which the reliability of a measurement instrument is deduced through a set of items starting with the quantification of the correlation that exists between the items that compose it. From Cronbach's alpha, the reliability measure accepts that the items, measured on a Likert-type scale, measure the same construct and also assumes that they are highly correlated (Welsh & Comer, 2006). Together, an exploratory and a confirmatory factor analysis were performed to validate the structure and content of the test.

Participants

In order to validate the scale, 270 young university students between 20 and 25 years of age, inhabitants of the city of Medellin, were selected. Three of the four subscales of the test were applied, taking into account the age factor. The subjects were randomly selected. It is essential to emphasize that this research process was applied from the ethical considerations in force according to the deontological and bioethical code of the practice of psychology in Colombia (Law 1090, 2016), specifically the articles concerning research with human beings and the use of informed consent. There is no conflict of interest of any kind.

Instruments

The questionnaires that make up the third edition of the EBP are used, which consists of 65 items, with ratings ranging from 1 to 5. Four subscales are differentiated, as follows: subjective psychological well-being, material well-being, occupational well-being and relationships with the partner.

It is significant to note that the first two questionnaires were applied jointly with the third, considering that the fourth subscale was not applied since young people between 20 and 25 years of age, which is the population for whom the scale will be validated, from its application protocol, should not respond to the subscale in question. Sanchez-Canovas (2013) makes an independent estimation of each of the subscales and provides separate scales for each one. Subsequently, their respective description is given.

Subjective psychological well-being subscale. It differentiates between life satisfaction and positive or negative affect, as components of psychological well-being (Barrera et al., 2019; Huamani and Arias, 2018; Vasquez et al., 2013; Winefield et al., 2012). The EBP, contrasts between happiness and positive and negative aspects; it refers to happiness or well-being, and, the higher the score, the higher the subjective perception of well-being. The scores of this subscale examine a specific phase of the life cycle through which the evaluatee is passing.

Material well-being subscale. It basically evaluates economic income, quantifiable material possessions and other relative indexes (Luna et al., 2020). The applied scale included 10 items concerning material well-being, taking into account subjective perception.

Work well-being subscale. It corresponds to general satisfaction, in relation to marriage and family (Argyle & Lu, 1990). Barcelata-Eguiarte & Rivas-Miranda (2016) and, Benin & Nierstedt (1985) argue that, marital happiness is a high source of happiness and job dissatisfaction a major cause of unhappiness. In such a way, this subscale of job well-being establishes one of the principles of dissatisfaction and worries.

Analysis of results

For the validation process of the scale, a reliability analysis is developed through Cronbach's alpha statistic, it is applied to the number of items in general and, in addition, to the number of typed items.

Based on the results obtained in the reliability analysis, it is clear that the instrument with

which the sample is being evaluated is appropriate for this purpose.

Table 1. Reliability Statistics

Cronbach's alpha	Cronbach's alpha based on typed items	N of elements
,938	,938	50

Source: Own elaboration.

To determine the consistency of the items, a correlation of each of the elements that make up the test is performed, and Cronbach's alpha is applied again.

Table 2. Cronbach's statistic if items are removed.

	Scale average if the element is deleted	Scale variance if the element is deleted	Cronbach's alpha if the element is deleted
I tend to look on the bright side of things.	188.00	629.019	.937
I like to transmit my happiness to others.	187.73	631.817	.937
I feel good about myself	187.66	626.589	.936
I find everything interesting	188.62	636.638	.938
I like to have fun	187.23	634.445	.937
I feel cheerful	187.69	632.513	.937
I look for moments of distraction and rest	187.81	635.606	.937
I have good luck	188.52	624.637	.936
I am excited	188.20	636.136	.938
Many doors have opened in my life	187.96	627.088	.936
I feel optimistic	187.76	622.033	.936
I feel capable of doing my job	187.33	631.442	.936
I believe I am in good health	187.62	634.698	.937
I sleep well and peacefully	188.14	631.500	.937
I believe I am useful and necessary for people	187.81	627.160	.936
I believe that nice things will happen to me	187.64	622.082	.935
I believe that as a person (mother/father, wife/husband, worker) I have achieved what I wanted to achieve	188.03	625.371	.936
I believe I am worth as much as anyone else	187.16	632.057	.936

	Scale average if the element is deleted	Scale variance if the element is deleted	Cronbach's alpha if the element is deleted
I believe I can overcome my mistakes and weaknesses	187.26	633.604	.936
I believe my family loves me	187.13	635.707	.937
I feel "fit".	188.13	628.269	.937
I have a zest for life	187.15	628.484	.936
I face my work and my tasks with good spirits.	187.68	630.844	.936
I like what I do	187.31	634.795	.937
I enjoy my meals	187.10	641.733	.938
I like to go out and see people	187.71	629.544	.937
I concentrate easily on what I am doing.	188.09	632.907	.937
I think I am generally in a good mood	187.99	627.851	.936
I feel that everything goes well for me	188.12	621.525	.935
I have confidence in myself	187.66	622.530	.936
I live with some relief and well being	188.00	621.848	.935
I can say that I am fortunate	187.62	618.921	.935
I have a peaceful life	187.77	626.867	.936
I have what I need to live	187.28	633.168	.937
Life has been favorable to me	187.69	623.726	.936
I believe that I have a secure life, without great risks	188.49	628.355	.937
I think I have what I need to live comfortably	187.65	628.391	.937
The conditions in which I live are comfortable	187.44	629.274	.936
My situation is relatively prosperous	187.75	622.613	.936
I am confident about my economic future.	188.42	618.899	.936
My work is creative, varied, stimulating	188.00	638.413	.938
My work gives meaning to my life	187.98	637.345	.938
My job requires me to learn new things	187.36	642.827	.938
My work is interesting	187.64	639.457	.938
My work is monotonous, routine, boring	188.16	649.188	.939

	Scale average if the element is deleted	Scale variance if the element is deleted	Cronbach's alpha if the element is deleted
In my work I have found support and affection	187.78	641.616	.938
My job has given me independence	187.83	632.603	.937
I am discriminated against in my job	187.14	646.726	.938
My work is the most important thing to me	188.51	642.831	.939
I enjoy my work	187.65	637.716	.937

Source: Own elaboration.

When analyzing these items, it is evident that there is no major discrepancy between each construct score to increase the statistic.

The independence among the items is intervened by the previous verification of the assumptions to evaluate how large the estimation bias can become, since they are calculated by the effect of the correlation between the α errors.

Consequently, a factor analysis is performed to determine the number and nature of the group of constructs that are underlying as a set of independent variables that affect the dependent variable: psychological well-being, additionally the relevance of a deterministic explanation of the effects by component is evaluated.

From the KMO and Bartlett's statistical value, which is based on the Chi Square, and where the null hypothesis says that the correlation matrix will not differ from the identity matrix and the alternative hypothesis says that the correlation matrix will differ significantly from the identity matrix, it is found that the cloud of points adjusts to a perfect sphere, and this statistic being 0,912, it is corroborated that the factor analysis procedure applies and is optimal in this case, as shown in Table 3.

Table 3. KMO Test Value

<i>Kaiser-Meyer-Olkin measure of sampling adequacy</i>	,912	
<i>Bartlett's test of sphericity</i>	Approx. chi-square	6438,817
	G1	1225
		0,000

Source: Own elaboration.

Continuing the process, a Varimax rotation is carried out, a method that maximizes the variance of the factors. Each column of the rotated factorial matrix will have high factor loadings with some variables and low with others, which facilitates interpretation. Each of the values that can be explained by the variability in each variable expressed by the factors is predetermined or, in other words, it is the sum of the squared factorial weights in each of the rows. The eigenvalues and the percentage of variance, which account for the partition of each of the values that are determining the grouped factors, are then estimated.

Since only two eigenvalues are greater than 1, 10 principal components are chosen. The first one explains 27.48% of the total variability; note that the first six components explain 50.44% of the total variability.

Table 4 shows 10 components with eigenvalues or eigenvalues greater than 1, therefore, these are the principal components, analyzing the factor loadings obtained for each component:

Table 4. Factor loadings obtained for each component after rotation.

	Component									
	1	2	3	4	5	6	7	8	9	10
I believe I am worth as much as anyone else	,732									
I believe I can overcome my mistakes and weaknesses	,687									
I have confidence in myself	,671									
I feel good about myself	,664									
I feel capable of doing my job	,603									
I believe I am useful and necessary to people	,594									
I have a great desire to live	,586									
I believe that pleasant things will happen to me	,564									
I face my work and my tasks with a good spirit.	,554									
I live with a certain amount of relief and wellbeing	,456									
I like what I do	,432									
I believe that as a person (mother/father, wife/husband, worker) I have achieved what I wanted to achieve.	,398									
The conditions in which I live are comfortable		,829								
I believe I have what I need to live comfortably.		,821								
I have what I need to live		,799								

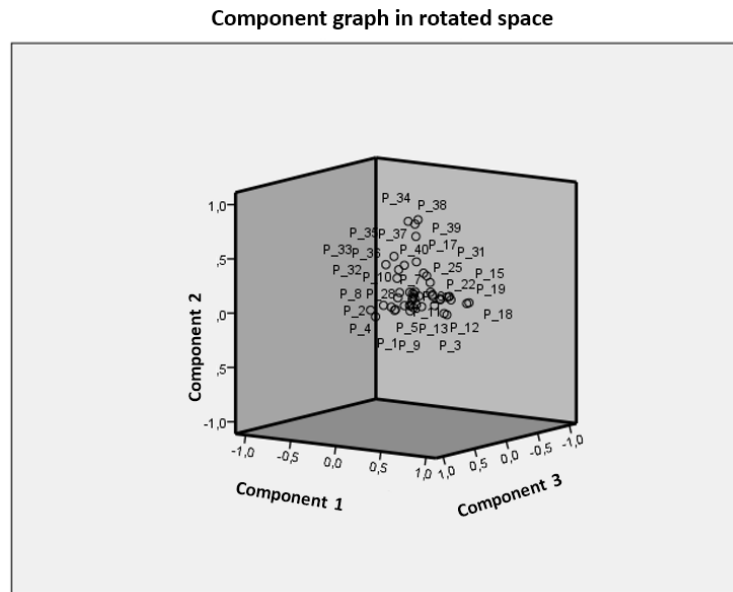
	Component									
	1	2	3	4	5	6	7	8	9	10
My situation is relatively prosperous		,709								
Life has been favorable to me		,551								
I have a quiet life		,503								
I have good luck			,660							
I tend to look on the bright side of things.			,621							
I like to transmit my happiness to others			,589							
I feel that everything is going well for me			,552							
I feel optimistic			,549							
I find everything interesting			,540							
I can say that I am lucky			,530							
Many doors have opened in my life										
I think I'm generally in a good mood										
My job gives meaning to my life				,803						
I enjoy my job				,786						
My job requires me to learn new things				,784						
My work is interesting				,767						
My work is creative, varied and stimulating.				,738						
My work is the most important thing to me				,630						
I like to have fun					,670					
I like to go out and see people					,632					
I am looking for moments of relaxation and rest					,583					
I enjoy meals					,505					
I feel "fit"						,634				
I have peace of mind about my financial future						,522				
I believe I have a secure life, without major risks.						,509				
I feel joyful						,401				
I have found support and affection in my work							,602			
My job has given me independence							,534			
Me concentro con facilidad en lo que estoy haciendo							,477			
I believe I am in good health								,588		
I think my family loves me								,520		
I am excited								,501		
I am discriminated in my job									,658	
I sleep well and peacefully									,388	
My work is monotonous, routine, boring.										,676

Source: Own elaboration.

With respect to the interpretation of each component, it can be stated that, for the first component, items that determine the behavior itself are grouped. The second component groups the items that refer to how he/she lives; the third groups the items that refer to optimism with life; the fourth groups the items that refer to work; the fifth groups the items related to fun; the sixth groups the items related to the economic factor; the seventh deals with the items related to fun; the eighth on the items related to the feeling of acceptance in the family; the ninth brings together the items related to discrimination at work; and the tenth and last component refers to a single eigenvalue that determines how monotonous or boring they perceive their work to be.

It should be noted that the factor analysis allows the identification of the variables that measure the test, makes it possible to group them into explanatory factors of the construct and establishes the resulting factors compared with the matrix of subscales established by the EBP. According to this analysis, ten factors are found to have a high coincidence with the subscales. In this order of ideas it is evident that the components described in table 4, which defines the factor loadings for them, are consistent with the subscales defined in the test, that is: components 1, 2, and 3, describe factors related to subjective perceptions of psychological well-being, which is directly related to the subscale of subjective well-being defined by the EBP. Subsequently, factors 4, 9 and 10 are found to be directly related to the subscale of well-being at work. Following this, it is found that components 5 and 6 would be grouped in the subscale of material well-being. And finally, it is found that component 7 would be grouped in the subscale of relationships with the partner.

In this order of ideas, the factor analysis confirms the null hypothesis that the correlation matrix will not differ from the identity matrix. Taking into account these results, the psychological well-being scale is validated for the population of young people between 20 and 25 years of age in the city of Medellin, Colombia.



This rotated components plot shows that the vast majority of the observations accumulate in the central values of three of the 10 components, however, there are some data, which stand out for their different values, and which are the ones that merit further analysis with the validation of the scale.

This definition sets out the results obtained in the validation of the EBP test. With these data, derived from this statistical analysis, it is evident that the EBP scale presents an adequate consistency, allowing to establish that the instrument with which the sample is evaluated is appropriate to measure the psychological well-being of the young population of Medellin, Colombia.

CONCLUSIONS

The results derived in the validation process of the EBP determine the internal consistency, construct and content validity, taking into account each of the items that make up the scale.

The purpose of the EBP is to measure the construct of psychological well-being, breaking it down into 4 factors: subjective psychological well-being, material well-being, well-being at work and well-being in relationships with partners. Once the application has been carried out, a reliability analysis is performed through Cronbach's alpha statistic, applied to the number of items in general and, in addition, to the number of typed items. In this order, a total Cronbach's alpha of 0.938 and a Cronbach's alpha based on the typified items of 0.938 are obtained.

With the data obtained from the statistical analysis performed, it can be concluded that the PBS presents an adequate consistency, the instrument with which the sample is being evaluated is

appropriate for measuring psychological well-being.

This result has beneficial effects at the level of standardization of the test in the young population residing in the city of Medellin, Colombia, which, in addition, can be useful as support for the diagnosis of psychological and psychiatric syndromes in this population for clinical or psychotherapeutic intervention processes.

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