Constructing and Standardizing a Positivism Questionnaire through an Islamic-Iranian Approach

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Abstract

Background and Objective: Due to the importance of an Islamic-Iranian scale in the domain of positivism, the present paper aimed to develop an instrument for measuring the positivism based on the Islamic sources and Iranian culture.

Methods: First, the theoretical underpinnings were collected and studied. Then, positivism was defined as a theoretical and practical approach to the positive values related to God, self, others and nature considering the present, past and future. This leads to the better quality of life or improves the welfare. Next, the views of the scholars and experts were used to determine the subjects of the considered scales. The scale was studied in the first steps of experiments and then the required modifications were applied. In this research, all the Ethical issues were observed and authors declared no conflicts of interest.

Results: At the end, the final questionnaire was distributed among 330 undergraduate students and its reliability as well as its validity were measured through Alpha Cronbach tests (.96) and stochastic factorial analysis (four general factors related to God, self, others and nature).

Conclusion: The results of these studies and analyses indicate the desirable reliability and validity of the considered scales as we can use them in the fields of measurement, research and consultation.

Summary

Background and Objective

Positive psychology is a branch of psychology that focuses on human's inner strengths and abilities instead of weaknesses and problems; Further, it has provided one classification of human strengths and virtues against the classification of mental disorders. The VIA scale that is presented by Seligman has pointed out 24 strengths in six levels of virtue (1, 2, 3). On the other hand, these virtues and strengths in this scale have been mentioned in explicit religion of Islam as a guide for better living. The emphasis of Islam is guidance, happiness and perfection of oneself; therefore, it focuses on mental health and many of these religious teachings are to ensure health and peace of humans and emphasize positive aspects of life and well-being. By referring to Islamic sources and studying them, we can obtain rich treasures of beliefs, values and manners based on which we can reach mental health and positivism, improving life quality (4). Given that, in this research we analyzed positivism from the Islamic approach and developed a scale to measure positivism by an Islamic-Iranian approach. According to Islamic resources and previous studies in this field, positivism is a theoretical and practical attitude to positive values in having relation with God, oneself, others and nature in timeline of past, present and future that leads to improvement in quality of life and well-being. It should be noted that positivism in this research has a concept that is beyond optimism and consists of larger field. Each general factor relating to God, oneself, nature and people have some sub factors that contribute to better and more accurate understanding of positivism (5).

Methods

As for purpose, this study is developmental by nature and in terms of data gathering, it is descriptive-survey

(cross sectional) on a large scale. In this research, all the undergraduate students of Bahonar University that were studying in various subjects in second semester of 2014-2016 were chosen as population. In order to analyze more accurately, the designed scale was sampled in two phases; in the first phase, the study was done on 15 Master's students and professors by available sampling, and the second phase was on 350 students of different educational groups in Bahonar University by simple random sampling. 330 questionnaires were completed.

Developing this scale was done in several steps: 1. Examining the history and theoretical basics according to Islamic resources (Mafatih al-hayat, Quran, Nahj al-Balagha and Imams' Hadiths), studying other studies and questionnaires and consulting specialists in this field; 2. Having access to a plan and theoretical structure in order to design questionnaire; 3. Designing a bank of questions comprised of 300 items out of which 185 items were chosen according to psychologists and religious specialists. 4. Administering them on 15 master's students and professors in order to analyze the fitness of each item with the subject 5. Correction and revision in primary scale and choosing 84 questions for the final form 6. Running the final form on 350 students and analyzing psychometric properties (reliability and validity) (6).

Results

In order to analyze the data, first the demographic properties and then missing data were analyzed. The reliability coefficient and internal consistency were calculated by Cronbach's Alpha. The value of calculated Cronbach's Alpha was .96 for 84 questions that shows the intended scale has a very good reliability. In order to analyze the validity of positivism scale, the exploratory factor analysis (EFA) was used and the factor analysis was used several times to obtain the best structure. KMO that shows sufficiency of data to analyze factor and Bartlett test demonstrates that there is enough correlation in order to perform the analysis between variables. Furthermore, in order to regulate the data and achieve the best state, direct Oblimin rotation was used. The results indicated that from 85 items, 35 items in first factor, 26 items in second factor, 10 items in third factor and 13 items in forth factor had suitable loading.

Conclusion

The results of analysis on exploratory factor showed that there are four general factors and because the theoretical basis for making positivism scale is in four kinds of relation with God, oneself, others and nature, analyzing the contents of items in each factors showed that four extracted factors are exploratory factor analysis that match four relations of oneself, god, nature and others and this shows suitable validity of positivism scale. Although there are similar studies that analyzed positivism according to Islamic resources, there are many differences between this and other scales such as sub factors of each general factor that are analyzed in this research.

Eventually, this positivism questionnaire with 84 questions with proper internal stability, reliability coefficient, and construct and content validity is capable of analyzing positivism construct with four factors (positivism in relation with oneself, God, nature and others). However, the scale has some limitations such as the validity and stability that is analyzed in the university students; therefore, it needs more analysis and performance in larger samples and other groups to do more correction and improve its performance and then use it in practical fields.

Ethical considerations

The Ethics Committee of Shahid Bahonar University of Kerman has confirmed this research. Ethics Code: E.A.98.2.2.01

Conflict of interest

The authors declared no conflict of interest.

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اعداد استبيان الإتجاه الوضعي والتحقق من صحته وفقا للنهج الإسلامي _الإيراني لدى طلاب الجامعة

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الملخّص

خلفية البحث وأهدافه: نظرًا لأهمية المقياس الإسلامي الإيراني في مجال الاتجاه الوضعي، يهدف هذا البحث إلى صنع أداة لقياس الوضعية القائمة على المصادر الإسلامية والملائمة للثقافة الإيرانية.

منهجية البحث: بادئ ذي بدء ومن اجل تنفيذ البحث تم تجميع الأسس النظرية ودراستها وعلى هذا الأساس، تم تعريف الوضعية، كاتجاه نظري وعملي، حيث تؤدي إلى القيم الإيجابية المتعلقة بالله والفرد والآخرين والطبيعة، فيما يتعلق بالفترة الزمنية للحاضر والمستقبل والماضي مما يؤدي إلى تحسين جودة الحياة والرفاهية. وبعد ذلك، تم استخدام آراء الخبراء لتصميم موضوعات ونطاق المقاييس المدروسة. تمت دراسة المقياس الأول في المرحلة التجريبية وتم اجراء التعديلات المطلوبة. تمت مراعاة جميع الموارد الأخلاقية في هذا البحث واضافة الى هذا فإن مؤلفي البحث لم يشيروا الى اي تضارب في المصالح.

الكشوفات: في نهاية المطاف، تم توزيع الاستبيان النهائي على ٣٣٠ طالب جامعي في مرحلة بكلوريوس. وتم قياس درجة موثوقية الإستبيان وكذلك صلاحيته من خلال اختبارات ألفا كرونباخ (٠/٩٦) وتحليل العوامل الاستكشافية (أربعة عوامل عامة تتعلق بالله والنفس والآخرين والطبيعة).

الاستنتاج: تشير نتائج هذه الدراسات والتحليلات إلى موثوقية المقياس وصلاحيته حيث يمكن استخدامه في مجال القياس والبحث والاستشارات.

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مقاله‌ی پژوهشی

ساخت و هنجاریابی پرسش‌نامه‌ی مثبت‌گرایی با رویکرد اسلامی – ایرانی در دانشجویان

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چکیده

سابقه و هدف: بنابر ضرورت وجود مقیاسی اسلامی‌-ایرانی در حوزه‌ی مثبت‌گرایی، در این پژوهش به ساخت ابزاری به‌منظور سنجش سازه‌ی مثبت‌گرایی بر پایه‌ی منابع اسلامی و متناسب با فرهنگ ایرانی پرداخته شده است.

روش کار: برای اجرای پژوهش ابتدا به گردآوری و مطالعه‌ی مبانی نظری پرداخته شد که بر این اساس مثبت‌گرایی به‌صورت گرایش نظری و عملی به ارزش‌های مثبت درباره‌ی خداوند، خود، دیگران و طبیعت با توجه به گستره‌ی زمانی حال، آینده و گذشته که به بهبود کیفیت زندگی و بهزیستی منجر می‌شود، تعریف شد و سپس از نظر متخصصان در زمینه‌ی طرح گویه‌های مقیاس بهره گرفته شد. مقیاس اولیه در مراحل آزمایشی بررسی شد و اصلاحات لازم صورت گرفت. در این پژوهش همه‌ی موارد اخلاقی رعایت شده است و مؤلفان مقاله هیچ‌گونه تضاد منافعی گزارش نکرده‌اند.

یافته‌ها: در پایان پرسش‌نامه‌ی نهایی روی ۳۵۰ دانشجوی کارشناسی اجرا شد و میزان روایی و پایایی آن با آزمون‌های آلفای کرونباخ (۰/۹۶) و تحلیل عامل اکتشافی (چهار عامل کلی درباره‌ی خدا، خود، دیگران و طبیعت) محاسبه شد.

نتیجه‌گیری: نتایج بررسی‌ها و تحلیل‌ها نشان‌دهنده‌ی روایی و پایایی مطلوب مقیاس مورد نظر است و می‌توان از آن در حوزه‌های سنجش، پژوهش و مشاوره بهره برد.

مقدمه

روان‌شناسی مثبت‌گرا[1] شاخه‌ای از روان‌شناسی است که اخیراً توجه روان‌شناسان را به خود جلب کرده است و بر نکات مثبت انسان و توانایی‌های درونی او تأکید می‌کند. این شاخه از روان‌شناسی به توانمندی‌هایی مانند شاد زیستن، لذت بردن،

قدرت حل مسئله، خوش‌بینی و... برای زندگی بهتر انسان توجه می‌کند و معتقد است نباید صرفاً بر نقاط ضعف انسان‌ها تأکید کرد (۱). روان‌شناسی مثبت‌گرا علم تجربه‌ی ذهنی و صفات فردی مثبت و نوعی سازمان‌دهی مثبت است که کیفیت زندگی را بهبود می‌بخشد و از آسیب‌شناسی که موجب بی‌معنی شدن زندگی انسان می‌شود، جلوگیری می‌کند؛ همچنین اعتقاد آن بر این است که تمرکز صرف بر

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[1] Positive psychology