Measurement of Negative Relationship Events: Exploratory Scale Development and Validation

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Introduction

The objective of this study is to develop a scale to assess negative relationship events (i.e., emotional baggage), for the purposes of the pilot study, we defined emotional baggage as the negative emotional responses attributed to current relationship problems. Please use the following guidelines to approach the development of new constructs: (i.e., a scale for the construct of emotional baggage).

Method

Participants

Two samples were selected for the current study. All participants were 18 years of age, and were enrolled in psychology courses at CSUF. Follow-up or their organizations.

Sample 1: 209 – N = 209. Data were collected only on the proposed scale.

Sample 2: N = 306. Data were collected on the proposed scale and on Demographics (7% Sample Male = 22; Female = 187, 14% Hispanic, 14% Asian, 1% African American, and 3% of other ethnicity). The variables evaluated for construct validity on the second sample (N = 306) were derived.

Analysis

Validity and Reliability Measures

Results

Demographics

Average Scale Items

Table 1: Variables Related to Measuring Scale

Figure 1: Histogram of Total Negative Events

Figure 2: Bar chart of Negative Events for the Components

Discussion

The scale is a pilot study that was designed to create a scale to assess emotional baggage. The scale was applied to a sample of individuals to assess the construct validity and face validity of emotional baggage.

Future Research

For future research, especially for validity purposes, further studies would benefit from a sample of participants that are an normal population. This sample could be a random sample or a specific population that would benefit from the scales. Further studies could include both self-report and observational measures to assess the construct validity of emotional baggage. Further studies could also measure the construct validity of emotional baggage using both self-report and observational measures.