

ARABIC CONTINGENCIES OF SELF WORTH
Arabic Translation and Validation of the Contingencies of Self-Worth Scale in
Lebanese Youth

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النسخة العربية لمقياس احتمال حدوث قيمة الذات لطلاب لبنانيين جامعيين.
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Abstract

Objectives: This research examined the reliability and validity of the Arabic version of the 35-item Contingencies of Self-Worth Scale (CSW) in Lebanese youth. The Arabic CSW measures seven domains on which people base their self-worth: Others' Approval, Appearance, Academic Competence, Competition, Family Support, Virtue and God's Love.

Method: A total of 282 Lebanese university students were administered the Arabic CSW after translation, using back-translation methodology. Lebanese youth were also administered the Arabic Rosenberg Self-Esteem scale and the Arabic Center for Epidemiological Studies-Depression scale to assess their relationship to the seven domains of self-esteem.

Results: Factor analysis of Arabic CSW resulted in the identification of seven empirically derived and internally consistent factors comparable to those reported for the English version of the measure. Females reported basing their self-worth more than males on academic competence, family support, moral adequacy and religious faith. Also those sourcing their self-esteem on the approval and acceptance of others reported lower self-worth and higher depression.

Conclusion: Overall, the findings support the cultural application of the Arabic CSW Scale in the collectivist Lebanese context.

KEY WORDS: Arabic Contingencies of Self-Worth Scale, self-esteem, depression, Lebanese university students

Introduction

The Contingencies of Self-Worth Scale (CSW)¹ is a self-report measure of seven domains on which individuals base their

global self-esteem: approval and acceptance from others, physical appearance, academic competence,

competition or being better than others, family support, virtue or one's judgment of moral adequacy, and God's Love or one's belief that one is loved, valued and unique in the eyes of God. The English version of the CSW scale has been shown to be a reliable and valid measure of the seven sources of self-worth, and a factor structure that is invariant across gender and ethnicity¹. As importantly, the CSW has been shown to be distinct from social desirability¹ and to relate to self-worth^{2,3}, social anxiety and social avoidance^{4,6}, interpersonal styles⁷, anxiety and depression^{2,8}, and disordered eating and alcohol use^{9,12}.

In the present study, the reliability of an Arabic version of the CSW and its validity in the form of factor structure and relation to global self-esteem and depressive symptoms were examined. While the constructs of self-image, self-concept, self-perception, and self-esteem have been investigated among Arabs^{13,17}, in Arab Americans including Lebanese^{17,18}, and in Lebanese children^{19,20} and youth^{21,27}, contingencies of self-worth and their relation to mental health have not been studied in the Arab Middle East.

Method

Participants and Procedure

A total of 282 Lebanese university students from state-run and private institutional settings participated in the study. The majority of the participants

were female (73.8% [n=206]), and single (84.2%) and their mean age was 21.7 years (n=270, SD=4.74). Reported religious affiliation was 65% Muslim, 21% Christian, 11% Druze and 2% other. To minimize fatigue, different sets of measures were administered to different groups, all of whom completed the CSW Scale. Thus, not all participants completed all scales (sample sizes for each measure are indicated below). Measures were administered in randomized order and all participants signed informed consent forms.

Instrumentation

Arabic Rosenberg Self-Esteem Scale²⁸. (**Arabic RSES**). The 10 –item Arabic version of the RSES was used as a global measure of self-esteem. It was translated using methodology identical to that followed in the translation of the CSW. A total of 59 participants completed this measure. Respondents indicated the degree to which they agreed with each item using a 4 – point rating scale, higher scores indicating higher global self-esteem. In the present study, the internal consistency of the Arabic RSES was high ($\alpha = .71$).

Arabic Center for Epidemiologic Studies Depression Scale^{29,30} (**Arabic CES-D**). The Arabic CES-D scale is a 20-item measure of depression. A total of 52 participants completed this measure.

Respondents rated depressive symptoms using ratings from 0 to 3 (0, rarely or none of the time, < 1 day; 1, some or little of the time, 1-2 days; 2, occasionally or a moderate amount of time, 3-4 days; and 3, most or all of the time, 5-7 days), higher scores indicating higher levels of depression. In the present study, the internal consistency of Arabic CES-D was high ($\alpha = .83$), a value comparable to that reported in an earlier study³⁰.

Result

Arabic CSW Factor Analysis

The 35 items of the Arabic CSW were subjected to principal factor analysis using SPSS Version 16. The Kaiser-Meyer-Olkin (KMO) value of .82 exceeded the recommended KMO value of .6, suggesting sampling adequacy. Similarly, the Bartlett's Test of Sphericity reached statistical significance ($p < .0001$), supporting the factorability of the correlation matrix.

Principal factors analysis revealed the presence of nine factors with eigenvalues exceeding 1 (6.85, 4.09, 2.48, 1.92, 1.77, 1.52, 1.37, 1.07, and 1.01), and explaining cumulatively 63.1% of the total variance. Principal factor analysis with Oblimin rotation and retention of seven factors resulted in a solution that explained a total of 47.1% of the variance, with the first factor contributing 18.3%, factor 2 contributing 10.3%, factor 3 contributing 5.6% factor 4 contributing 4.0%, factor 5

contributing 3.8%, factor 6 contributing 2.8%, and factor 7 contributing 2.3%. The empirically derived factor loadings based on the structure matrix can be obtained from the author.

The first empirically derived factor corresponded to the Family Support domain in that it included four of the original family support items and an original Academic Competence item. The second empirically derived factor corresponded to the Appearance domain as it contained all five original Appearance items. Similarly, the third empirically derived factor corresponded to the Others' Approval domain in that it contained all five original Others' Approval items. The fourth empirically derived factor corresponded to the God's love domain in that it included all five original God's Love items plus two original Virtue domain items. The fifth empirically derived factor corresponded to the Virtue domain as it included three original Virtue domain items. The sixth empirically derived factor corresponded to the Competition domain as it included five of the original Competition domain items and two Academic Competence domain items. Finally, the seventh empirically derived factor corresponded to the Academic Competence domain as it included two of the original Academic Competence domain items and one Family Support domain item. Given the close correspondence of the factor structure to

the English version of the measure, scale totals were computer using the original items.

Arabic CSW Internal Consistencies and Inter-correlations

The internal consistencies of the seven contingencies of self-worth domains

are presented in Table 1. The reliabilities of the

seven sources of self-esteem were acceptable ranging from $\alpha=.66$ for Others' Approval and $\alpha=.92$ for God's Love, values comparable to internal consistencies reported by Crocker *et al.*¹.

Table (1)
Reliabilities and Correlations among Arabic Contingencies of Self-Worth Domains (n=282)

Subscales	1	2	3	4	5	6	7
1. Others' Approval	.66	.53**	.37**	.37**	.31**	.16**	-.02
2. Appearance	.33**	.72	.45**	.42**	.30**	.08**	-.01
3. Competition	.18**	.30**	.80	.54**	.23**	.08**	-.03
4. Academic Competence	.18**	.27**	.45**	.69	.45**	.31**	.07**
5. Family Support	.15*	.08	.25**	.52**	.63	.37**	.22**
6. Virtue	.07	-.09	.22**	.21**	.32**	.71	.32**
7. God's Love	.04	-.06	.17**	.18**	.33**	.48**	.92

Note: Reliabilities (Coefficient alphas, α) are in bold. Correlations for the present study are below the diagonal and those for the Crocker *et al.* (2003) study above the diagonal.

** $p < .01$

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The inter-correlations of the seven contingencies of self-worth obtained in the present study are also presented in Table 1, as are the inter-correlations of the domains as reported by Crocker *et al.*¹ for comparison purposes. As can be seen, the magnitudes of the correlations and the pattern of inter-correlations among the seven Arabic CSW domains are similar to those reported by Crocker *et al.*¹ for youth in the

United States, and support the convergent validity of the Arabic CSW.

Arabic CSW Norms and Gender Differences

Table 2 presents the mean scores of males and females, as well as the total

sample, on each of the seven contingencies of self-worth. While there were no gender differences on Others' Approval, Appearance and Competition, females reported significantly higher scores than did males on Academic Competence ($t(276) = 2.07, p < .04$), Family Support ($t(276) = 2.16, p < .03$), Virtue ($t(277) = 4.60, p < .0001$) and God's Love ($t(277) = 5.12, p < .0001$). The findings of significant gender differences on Academic Competence and Family Support are consistent with those reported by Crocker *et al.*¹ while the lack of gender differences on Approval of Others and Appearance are inconsistent with those reported for youth in the United States.

Table (2)

Means and standard deviations for the seven Arabic Contingencies of Self-Worth Scale for all participants, and for females and males separately.

.Scale	Gender	n	Mean	SD	t	p
Others' Approval	Female	205	3.78	0.89	ns	
	Male	72	3.92	1.15		
	Total	279	3.82	1.13		
Appearance	Female	206	3.98	0.57	ns	
	Male	73	4.08	1.21		
	Total	281	4.01	1.13		
Competition	Female	206	5.54	1.13	ns	
	Male	73	5.38	1.07		
	Total	281	5.50	.94		
Academic Competence	Female	205	5.55	2.07	.04	
	Male	72	5.50	.92		

	Male	73	5.28	1.01	
	Total	281	5.48	.96	
Family Support				2.16	.03
	Female	206	5.75	.90	
	Male	72	5.49	.76	
	Total	280	5.68	.87	
Virtue				4.60	.001
	Female	206	5.93	.89	
	Male	73	5.35	1.02	
	Total	281	5.77	.96	
God's Love				5.12	.001
	Female	206	6.12	1.11	
	Male	73	5.23	1.66	
	Total	281	5.88	1.34	

Arabic CSW, Self-Esteem and Depression

Global self-esteem scores correlated significantly with Others' Approval ($r = -.29$, $p < .05$) but not Appearance ($r = .06$, ns), Academic Competence ($r = -.01$, ns), Competition ($r = .02$, ns), Family Support ($r = .01$, ns), Virtue ($r = .15$, ns), and God's Love ($r = -.02$, ns). Similarly, depression scores correlated significantly with Others' Approval ($r = .33$, $p < .05$) but not Appearance ($r = -.00$, ns), Academic Competence ($r = .07$, ns), Competition ($r = -.03$, ns), Family Support ($r = .09$, ns), Virtue ($r = -.13$, ns), or God's Love ($r = -.06$, ns).

Discussion

The present study examined the reliability and validity of the Arabic translation of the CSW. Factor analysis identified seven sources of self-esteem with acceptable internal consistencies. The

modest size of the inter-correlations among the CSW subscales supported the

convergent validity of the scale, and their differential correlations with self-esteem and depression supported the value of distinguishing between the seven sources of self-esteem. The contingencies of self-worth were also sensitive to gender differences in that female Lebanese youth reported basing their self-worth more than their male counterparts on academic competence, family support, virtue and God's love. These gender differences are consistent with the socialization of Lebanese women to the imperatives of family honor, female modesty, and piety.

In the present study, Others' Approval but not the remaining sources of self-esteem correlated significantly with self-worth and depression, suggesting that those who base their self-worth on the approval and acceptance of others are more likely to

suffer from low self-esteem and depressive symptoms. The identification of acceptance and approval of others as a significant predictor of negative self-esteem and negative mood is consistent with findings reported by Crocker et al.¹ for youth in the United States in which the Rosenberg Self-Esteem scale and the Neuroticism factor of the Big Five Inventory were used to assess mental health. Nevertheless, the present study and that of Crocker et al.¹ are

correlational such that it is equally likely that those with low self-esteem and depressive symptoms are more likely to base their self-esteem on the acceptance and approval of others.

The present study is limited by its correlational methodology and focus on youth. Future studies are likely to benefit from clinical application of the Arabic CSW in youth, adults and the elderly.

المخلص

الأهداف: هدف البحث الى دراسة اعتمادية وصلاحيّة النسخة العربيّة لمقياس احتمال حدوث قيمة الذات عند الشباب اللبنانيين تقيس النسخة العربيّة من (CSW) سبع مجالات يؤسس عليها الناس قيمتهم بالذات وهي: موافقة الآخرين، الشكل الخارجي، الجدارة الأكاديمية، المنافسة، الدعم العائلي، الفضيلة و محبة الله.

الأسلوب: منحت مجموعة من ٢٨٢ طلاب لبنانيين جامعيين النسخة العربيّة ل CSW بعد ترجمتها باستخدام منهجية الترجمة الخلفية. منح الشباب اللبنانيين النسخة العربيّة لمقياس روزنبرغ للثقة بالنفس و مقياس الإكتئاب من المركز للدراسات الوبائية و ذلك لتقييم علاقتهم بالمجالات السبع للثقة بالنفس.

النتائج: التحليل العنصري للنسخة العربيّة من ال CSW أدى إلى تحديد سبعة عوامل مستمّدة تجريبياً و ثابتاً داخلياً مماثلة للعوامل التي أبلغ عنها سابقاً في النسخة الإنكليزية. و أفادت النساء استناد قيمتهنّ الذاتية، أكثر من الرجال، على جدارتهنّ الأكاديمية، الدعم العائلي، الكفاءة الأخلاقية و الإيمان الديني أيضاً، أفادت النساء اللواتي تنبع ثقتهنّ بنفسهنّ من قبول الآخرين إلى إنخفاض لقيمتهنّ الذاتية و ارتفاع في الإكتئاب.

الخاتمة: بالإجمال، دعمت النتائج التطبيقية الثقافي لمقياس النسخة العربيّة ل CSW في النطاق اللبناني الجماعيّ.

الكلمات الأساسية: النسخة العربيّة لمقياس احتمال حدوث قيمة الذات، الثقة بالنفس، الإكتئاب، طلاب لبنانيين جامعيين.

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Appendix

أ.أ.س

الرجاء قراءة كل إفادة. ضع دائرة حول الرقم المناسب للإشارة إلى مدى موافقتك أو اعتراضك على كل من الإفادات التالية باستعمال المقياس العددي أدناه:

		أعراض بشدة					محايد		أوافق بشدة						
		1	2	3	4	5	6	7	1	2	3	4	5	6	7
1.	لا اهتم بما يظنه الآخرون عني.														
2.	لا يعتمد تقديري لذاتي على شعوري أو عدم شعوري بأنني جذاب/ جذابة.														
3.	أن أعمل أفضل من الآخرين يعطيني إحساساً باحترام الذات.														
4.	تقديري لذاتي يتأثر بإنجازي الأكاديمي.														
5.	وجود عائلة تهتم بي مهم لاحترامي لذاتي.														
6.	يعتمد تقديري لذاتي على اتباع مبادئ الأخلاقية.														
7.	يزداد تقديري لذاتي عندما أشعر أن الله بحبني.														
8.	لا يؤثر ما يظنه الآخرون عني في ما أظنه عن نفسي.														
9.	يتأثر تقديري لذاتي بمدى اعتقادي بجانبيه وجهي.														
10.	يزداد تقديري لذاتي حين أقوم بمهمة ما بشكل أفضل من غيري .														

		اعراض بشدة					محايد		أوافق بشدة						
		1	2	3	4	5	6	7	1	2	3	4	5	6	7
11.	أشعر بأنني أفضل حين أعلم ان ادائي الأكاديمي جيد.														
12.	يزداد شعوري بقيمة ذاتي حين يفخر أفراد أسرتي بي.														
13.	قد يتأثر تقديري لذاتي سلباً اذا فعلتُ شيئاً غير أخلاقي.														
14.	أشعر بالأهمية عندما أملك حب الله.														
15.	لا أهتم إذا كَوّن الآخرون رأياً سلبياً عني.														
16.	يتندى إحساسي بقيمتي الذاتية كلما فكرتُ ان														

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								مظهري يبدو سيئاً.
7	6	5	4	3	2	1	17.	يتأثر إحساسي بقيمتي الذاتية بجودة عملي حين أنافس الآخرين.
7	6	5	4	3	2	1	18.	أدائي الحيد في الجامعة يعطيني إحساساً باحترام الذات.
7	6	5	4	3	2	1	19.	أشعر بالرضى عن الذات لمعرفتي بأنّ افراد أسرتي يحبونني.
7	6	5	4	3	2	1	20.	يتأثر تقديري لذاتي سلباً إن قمتُ بعمل غير أخلاقي.
7	6	5	4	3	2	1	21.	يتأثر احترامي لذاتي إذا لم أشعر بأنّ الله يحبني.
	او افق بشدة							محايد
7		6		5		4		اعارض بشدة
								1 2 3 4
7	6	5	4	3	2	1	22.	يعتمد تقديري لذاتي على الآراء التي كوّنّها الآخرون عني.
7	6	5	4	3	2	1	23.	لا يتعلق تقديري لذاتي بمشاعري تجاه صورة جسدي.
7	6	5	4	3	2	1	24.	تتأثر قيمة ذاتي بمقدار أدائي للمهام التي تتطلب المنافسة.
7	6	5	4	3	2	1	25.	أشعر بالاستياء من نفسي عندما يتدنّى أدائي الأكاديمي.
7	6	5	4	3	2	1	26.	يتدنّى تقديري لذاتي عندما أشعر أنني لستُ محبوباً من قبل أسرتي.
7	6	5	4	3	2	1	27.	كلما اتبعتُ مبادئ الأخلاقية، زاد احترامي لذاتي.
7	6	5	4	3	2	1	28.	تعتمد قيمة ذاتي على مدى محبتي لله.
7	6	5	4	3	2	1	29.	لا أستطيع احترام ذاتي إذا لم يحترمني الآخرون.
7	6	5	4	3	2	1	30.	أشعر بالرضى عن نفسي عندما أفكر بأنني أبدو جذاباً/جذابة.
7	6	5	4	3	2	1	31.	أشعر بأهميتي عندما أؤدي مهمة أو مهارة ما بشكل أفضل من الآخرين.
	او افق بشدة							محايد
7		6		5		4		اعارض بشدة
								1 2 3 4
7	6	5	4	3	2	1	32.	لا يتعلق رأبي بنفسي بأدائي في الجامعة.
7	6	5	4	3	2	1	33.	لا تتأثر قيمتي الذاتية بنوعية علاقتي بأفراد اسرتي.

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7	6	5	4	3	2	1	34. أفقد احترامي لذاتي حين أرتكب خطأ ما.
7	6	5	4	3	2	1	35. أشعر بالاستياء من نفسي حين أفكر أنني قد عصيتُ الله.

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