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## RESEARCH ARTICLE

## Validation of Scale measuring Challenges of Middle Aged adults

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**Abstract**

A scale was constructed and validated for identifying the challenges of middle aged working adults. The scale on challenges of urban middle age working adults consists of 70 items on various aspects of challenges faced by urban adults. The standardization process was conducted on 60 subjects between the age of 35 – 55 years. The content of the structured scale was validated by panel members. The reliability and validity of the tool was computed. In view of high validity and reliability scores, this tool was found to be acceptable instrument to assess challenges of middle age working adults.

*Copy Right, IJAR, 2014., All rights reserved.***INTRODUCTION**

The word 'adult' is derived from 'adultus' which means grown to full size and strength or 'matured' (Bhatt, 2007). Middle adulthood, a developmental phase that follows early adulthood and precedes a period of late adulthood has been described as an era of unique demand and complexities. This phase has been described in the literature as beginning and ending at varying ages with a converging age range somewhere between the 40s and the 60s (Finch, 2001; Lachman, 2001; Staudinger & Bluck, 2001). Adulthood is longest stage in an individual's life and has great significance as middle adulthood is a period of transitions and changes as a person moves from young adulthood to old age. When the identity crisis is over in early adulthood, people are well on their way of making the transition to adulthood. They face new tasks, challenges and opportunities in establishing their own independent lives (Worchel & Goethals, 1989). Like childhood and adolescence, the adult years are filled with different problems and possibilities at different times. One can consider the prospect of adult development by considering the various psychological crises that people face as they grow older. There are a wide range of variables which appear and generate problems and challenging situations in middle aged adults. The psychological and social problems of middle aged in our country are mainly related to the areas of health, economic and familial relations.

Middle adulthood is an important stage of life and needs to be studied a lot more but no existing scales appear to make it difficult as even if items are formulated they might not be reliable or valid indicators. In Indian scenario, there is a lack of focus on middle adulthood as a period of changes and crises hence no measureable scale is available. Consequently, it was imperative to develop a scale and update the anthology of available tools by adding up another tool on the different types of challenges and problems faced by middle aged adults. The developed scale is neither a modified nor an adapted scale. Each item of the scale was formulated focusing on the areas which bring about a challenging situation for an adult in Indian context. In view of the aforementioned, the present study aims to develop a research tool to assess the different physical, financial and socio-emotional challenges of urban middle aged working adults.

**METHODOLOGY**

**Construction of the scale:** A thorough review of literature provided the basis for the construction of the scale. The Scale identifies the different kind of challenges faced by middle aged working adults. Three major aspects were identified for the development of the scale: physical challenges, financial challenges and socio-emotional challenges. The sub aspects covered under each aspect is depicted in the table 1.

The tool has been developed in English language. In totality 70 questions were incorporated in the tool. Two response options have been provided for each question viz. yes/no. Few items in the scale were given a score of 1 when the response is marked as “Yes” while other items have a score of 1 when the response is marked as “No”. Since the total number of items in the inventory is 70, the scores range on a scale of 0 to 70 where the minimum score is 0 and the maximum score is 70.

On the basis of scoring, three level criteria namely high, moderate and low are formulated which will be used for analyses of the data. The sum of marks obtained for the entire scale, reflect various level of challenges in such a way that the higher the scores, higher is the challenge.

**Standardization process:** 60 urban working adults selected from Udaipur city between the age range of 35 to 55 years. Three different occupations (doctors, teachers and bank employees) from both government and private sectors were covered. The subjects were personally contacted for administering the tool. The scale is self administered and was filled by the respondents themselves.

**Content validity of scale:** To establish the content validity, the tool was given to specialists from various disciplines (Dept of Human Development & Family Studies, Dept. of Psychology, Dept. of Family Resource Management and Dept. of Foods & Nutrition) for their judicious and critical evaluation. Each item of the tool was evaluated on a four point rating scale- highly suitable, fairly suitable, moderately suitable and ambiguous. The tool was also evaluated for its overall format in terms of instructions given, categorisation of questions, relevancy, content coverage, language, format, suitability & sequence of questions, length of sentence and clarity of the scale on a two point rating scale- appropriate and not appropriate.

**Assessment of reliability:** Split half method was used to calculate the reliability of the tool.

## RESULTS

**Content validation of the scale:** The results of content validation along with the scoring key are presented in table 2 and table 3. Table 4 clearly indicates that the calculated mean scores of the complete scale obtained as 2.20, 2.41 and 2.57 for physical, financial and socio-emotional challenges respectively shows that the scale is a good indicator for measuring the challenges of urban middle aged working adults.

**Table no. 1** Major aspects and sub aspects of the scale

S. No.	Aspects	Sub aspects	No. Of items	Total no of items
1	Physical challenges	Ailments	5	14
		Diminishing potentialities	6	
		Health anxieties	3	
2	Financial challenges	Family demands	5	15
		Decision making	5	
		Incompetence	5	
3	Socio-emotional challenges	Personal self	7	41
		Role performance	7	
		Family cohesion	14	
		Family communication	9	
		Social identity	4	
Total				70

**Table 2:** Scoring of the scale

S. No.	No. Of items	Minimum score	Maximum score	Level		
				Low	Moderate	High
1	70	0X70	1X70	0-23	24-46	47-70

**Table 3:** Three level criteria for sub aspects of the scale

S. No.	Aspects	No. Of items	Scoring range		
			Low	Moderate	High
1	Physical challenges	14	0-5	6-10	11-14
2	Financial challenges	15	0-5	6-10	11-15
3	Socio-emotional challenges	41	0-13	14-27	28-41

**Table 4:** Mean content validity scores given by experts

n=8 experts			
S. No.	Aspect	No. Of items	Scoring
1	Physical challenges	14	2.20
2	Financial challenges	15	2.41
3	Socio-emotional challenges	41	2.57

\*Range of rating: 1.00-1.70= ambiguous, 1.71-2.40= fairly suitable, 2.41-3.00= highly suitable

**Table 5:** Validity scores for sub aspects

n=8 experts			
S. No.	Aspects	Sub aspects	Scoring
1	Physical challenges	Ailments	2.7
		Diminishing potentialities	2.81
		Health anxieties	2.62
2	Financial challenges	Family demands	2.53
		Decision making	2.53
		Incompetence	2.53
3	Socio-emotional challenges	Personal self	2.15
		Role performance	2.63
		Family cohesion	2.62
		Family communication	2.62
		Social identity	2.62

\*Range of rating: 1.00-1.70= ambiguous, 1.71-2.40= fairly suitable, 2.41-3.00= highly suitable

**Reliability coefficient of the tool:** Table 6 depicts the reliability index of the tool. The table clearly shows that the tool is reliable as the Split-Half (odd-even) Correlation is coming out to be 0.883 for the total sample. The reliability was also calculated regarding the gender with a sample of 30 from each category (n=30, males; n=30, females). The reliability was also calculated regarding the gender and it was found to be 0.82 for males and 0.95 for females. Table 7 shows the calculated reliability for different sub aspects of the scale.

**Table 7:** Reliability index of sub aspects of the scale

n= 60	
Reliability Index	
Aspects	Calculated reliability
1. Challenges	0.88
• Physical challenges	0.76
• Financial challenges	0.77
• Socio-emotional challenges	0.80

## CONCLUSION

The reliability and validity index of the scale suggest that scale on challenges of urban adults is an acceptable instrument to assess the physical, financial and socio-emotional challenges of urban middle aged working adults. It is hoped that this scale will open new vistas for understanding the level of challenges of middle aged working adults regarding their present life in a rapidly changing urban environment. This scale will prove to be useful for specialists and scholars from Human Development and Family Studies and allied fields.

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