

Development of a Sexual Self-Confidence Scale and Its Psychometric Properties *

Cinsel Özgüven Ölçeğinin Geliştirilmesi ve Psikometrik Özellikleri

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ABSTRACT: The purpose of this study was to develop Sexual Self-Confidence Scale and to conduct validity and reliability analyses. Participants were 336 married individuals. Exploratory factor analysis has revealed three factors, which are Sexual Self-Disclosure, Sexual Courage, and Sexual Awareness that explain 66.55% of the total variance for 13-item scale. First-order and second-order confirmatory factor analyses provided a good fit to the data. The internal consistency reliability estimate was .88 for overall measure, .90 for Sexual Self-Disclosure Subscale, .84 for Sexual Courage Subscale, and .68 for Sexual Self-awareness Subscale. Furthermore, the present investigation examined the concurrent validity of Sexual Self-Confidence Scale. Correlations were found, suggesting excellent predictability between scales. Corrected item total correlations ranged between .39 and .71 and t-test results that compare upper and lower 27% groups were significant. According to these results, Sexual Self-Confidence Scale emerged as a reliable and valid scale to be employed in psychology fields.

Keywords: sexual self-confidence scale, validity, reliability

ÖZ: Bu araştırmanın amacı Cinsel Özgüven Ölçeğini geliştirmek ve ölçeğin geçerlik ve güvenilirliğini incelemektir. Araştırma 336 evli birey üzerinde yapılmıştır. Yapılan Açıklayıcı Faktör Analizi sonucunda toplam varyansın % 66.55'ini açıklayan ve Cinsel Açıdan Kendini Açığa Vurma, Cinsel Cesaret, Cinsel Farkındalık şeklinde üç faktör altında toplanan 13 maddeli bir ölçek elde edilmiştir. Birinci ve ikinci düzey doğrulayıcı faktör analizinde elde edilen modelin uyum indekslerinin kabul edilebilir düzeyde olduğu görülmektedir. Ölçeğin iç tutarlılık katsayıları ölçeğin bütünü için .88, Cinsel Açıdan Kendini Açığa Vurma alt boyutu için .90, Cinsel Cesaret alt boyutu için .84, Cinsel Farkındalık alt boyutu için .68 olarak bulunmuştur. Ayrıca cinsel özgüven ile ilişkili diğer ölçeklerle de ölçüt geçerliliğinin sağlandığı bulunmuştur. Madde analizi için hesaplanan düzeltilmiş madde toplam korelasyonlarının da .39 ile .71 arasında değiştiği ve alt %27 ve üst %27'lik grupların karşılaştırıldığı t-testinden elde edilen sonuçlarında anlamlı olduğu görülmüştür. Bu bulgulara dayanarak ilk defa araştırmacı tarafından geliştirilen Cinsel Özgüven Ölçeği'nin psikoloji alanında kullanılabilir, geçerli ve güvenilir bir ölçek olduğu söylenebilir.

Anahtar sözcükler: cinsel özgüven ölçeği, geçerlik, güvenilirlik

1. INTRODUCTION

The sexual self-confidence concept is a highly neglected issue in both national and international literature, however, it may be an important factor that can affect the psychological and physical sexual lives of the couples; as a result of that, this research requires serious attention. Nevertheless, this concept needs to be defined at first. When evaluating generally, sexual confidence can be seen as a concept related to sexuality and self-confidence. Therefore, the concepts of sexuality and self-confidence need to be examined and defined before sexual self-confidence concept.

In social level, it is stated that sexuality is related to so many fields like social functioning, legislations, art, history, sexual roles, production, partner selection, marital preferences (Geçici, 2011). Actually, sexuality can differ from culture to culture, even within the same culture, and even for an individual during his life (Fracher & Kimmel, 1987; Gölge, 2005). In some cultures,

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sexuality may be understood as breeding or eroticism. The concept includes some factors like being aware of one's own gender, having the ability to breed and having sexual pleasure (Johnson, 1997; Şentürk, 2006).

In addition to sexuality, understanding the concept of self-confidence is necessary to define and examine sexual self-confidence concept efficiently. Self-confidence can be explained as the confidence of our ability in coping with the difficulties of life. It also includes the trust notion that is related to be happy, feel valuable, and be perceived as valuable (Branden, 1969). Social order and individual have mutual expectations in the life, which create anxiety, and self-confidence facilitates coping with this anxiety (Merey, 2010). In addition to the definition of "courage, boldness", a self-confidence concept also comprises the mere trust of one's own abilities. Besides mental representation, it includes also physical parts. Self-confidence is a subjective phenomenon emerging as a result of self-esteem and self-satisfaction. Self-confidence may be positive or negative (low or high self-confidence) and also it is not static, it may even vary depending on the circumstances (Kugle, Clements, Powell, & Philip, 1983). Each individual's self-confidence, self-value, and appreciation needs can be categorized into two contingent groups. The first one is being a dependable person who has power, success, and ingenuity, while the second one is being an important, appreciated, and respected individual. Fulfilling the needs of self-evaluation results in increasing self-confidence, and feelings of being worthy and useful. Research on people with psychological problems show that lack of self-confidence leads to feelings of incompetence and rooted discouragement in individual (Kasatura, 1998). Furthermore, it is thought that one of the most important factors influencing self-confidence is sexual needs or sexuality.

Lauster (2005) emphasizes that an individual needs adequate level of self-confidence to satisfy their sexual needs. People with inadequate level of self-confidence tend to avoid a contact with the opposite sex and postpone their sexual desires. Thus, it is believed that these individuals do not have the opportunity of experiencing a sexual life that will make them feel happy and free. In fact, great numbers of marriages are maintained despite the unhappiness of partners. The reason is that one or both of the partner's sexual life is suppressed due to lack of self-confidence. Göknaar (2011) asserts that an individual's self-confidence, in terms of sexuality, is seen as a seductive factor by both genders. On the other hand, one's excessive self-confidence may be seen as a frightening factor for the other partner. It is claimed that adjusted sexual relationship partners ought to be open to each other, there isn't any formula, rather it should be seen as a life that partners discover together. To be able to accomplish this it can be thought that partners should be able to share their desires, feelings, opinions, and expectations and also should have the courage to share them. In this context, sexual self-confidence and possible related variables, which are; sexual self-disclosure, sexual courage, and sexual awareness are considered to have an essential role in individuals' sexual life. Finally, sexual self-confidence is defined as experiencing sexual desires and feelings freely, having awareness about it, ability to disclose oneself adequately, and having courage to engage in sexual intercourse with his/her partner.

Examining the literature, there are a lot of scales to measure variables about sexuality and sexual experiences, such as Heterosexist Attitudes Scale (Mullin, 2013), Aging Sexual Knowledge and Attitudes Scale (White, 1982), Alcohol and Sexual Consent Scale (Ward, Matthews, Weiner, Hogan, & Popson, 2012), Sexual Attitudes and Experiences Scale (Tobin, 2011), Brief Sexual Attitudes Scale (Hendrick, Hendrick, & Reich (2006), Brief Sexual Attitudes Scale (Hendrick, Hendrick, & Reich, 2006), Sexual Opinion Survey (Fisher, 1998), Premarital Sexual Attitude Scale (Treboux & Busch-Rossnagel, 1995), Trueblood Sexual Attitudes Questionnaire (Hannon, Hall, Gonzalez, & Cacciapaglia, 1999), Cross Cultural Attitudes Scale (Leiblum, Wiegel, & Brickie, 2003), Multiple Sclerosis Intimacy and Sexuality Questionnaire (Foley, Zemon, Campagnolo, Marrie, Cutter, Tyry, et al., 2013), and Attitudes to Sexuality Questionnaire (Cuskelly & Gilmore, 2007). Most of these scales measure attitude, experiences, opinion toward sexuality.

In addition to scales about sexuality, it is seen that there are many scales to measure variables about marriage in literature. The Marital Assessment Test (Locke & Wallace, 1959) and Dyadic Adjustment Scale (Spanier, 1976) are the most popular of these scales. They are used widely in evaluating the marital quality and satisfaction. Furthermore, there are scales like Quality Marriage Index (Norton, 1983) and Marital Satisfaction Scale (Schumm, Anderson, Benigas, McCutchen, Griffin, Morris, & Race, 1985) that used in studies focused on only measuring marital satisfaction. Finally, these scales measure some variables, such as sexual attitude, heterosexist attitudes, sexual knowledge, sexual consent, sexual experiences, sexuality, and dyadic adjustment, marital quality and satisfaction, but these scales may not be appropriate to measure sexual self-confidence.

Research on sexual experiences and sexual self-confidence, that constitutes a major component of a marriage, is limited and insufficient in Turkish literature. The fact that a measurement tool for this concept was not provided to the researchers may be a possible reason. Examining the literature, it is seen that the scales were adapted to Turkish, such as Sexual Self-efficacy Scale (Çelik, 2013a), Sexual Self-consciousness scale (Çelik, 2013b), Relationship Power Scale (Çelik, 2013c), Married Life Satisfaction Scale (Çelik, 2012). However, sexual self-confidence can not be measured by these scales. Furthermore, the study is not seen about scale development on sexual self-confidence in Turkish culture. Therefore, the main aim of the present study is to develop a scale assessing sexual self-confidence, to be able to contribute to the research area.

2. METHOD

In scale development study, structure validity, concurrent validity, and content validity were used for examining the validity of the scale. For structure validity, exploratory and confirmatory factor analyses were used. Cronbach's Alpha formula was used for determining the reliability of the scale. Furthermore, t-test and corrected item-total correlation were used for item analysis.

2.1. Participants

Study groups of this research consist of married individuals living in different parts of Istanbul. Data were collected in 2012. Within 336 married individuals, 136 of them (42%) are teacher, 15 of them (5%) are staff in Maritimelines, 14 of them (4%) are doctor and nurse, 171 of them (52%) are a housewife and other individuals work in different occupations fields. Participates include 105 of them (31%) are man, 231 of them (69%) are women. Ages of individuals participating in the study ranged between from 22 to 60 and their duration of marriage ranged between from 2 to 40 years. The sample of present study included individuals with different educational level. 118 of them (35%) were secondary school graduate, 51 of them (15%) were high school graduate, 143 of them (42%) were university graduate, and 16 of them (5%) were masters degree. The majority of participants had children, 61 of them (18%) hadn't any child, 75 of them (22%) had one child, 136 of them (40%) had two children, 37 of them (11%) had three children, 9 of them (3%) had four children, 3 of them (0.9%) had five children, and 1 of them (0.3%) had six children.

2.2. Procedure

For the scale development studies, it is indicated that an item pool requires three times more items than the number of items in the intended scale (Şeker & Gençdoğan, 2006). Thus, to

constitute this item pool for Sexual Self-confidence Scale, literature is reviewed, both national and international researches on the area were examined, experts and married individuals are interviewed and an item pool with 55 statements is created. This item pool was composed according to supposed dimensions of sexual self-confidence, such as sexual self-disclosure, sexual courage, and sexual awareness. In addition to these dimensions, scale's items were created based on various characteristics of the romantic or marital relationship. And some items were created according to some personal traits, such as feelings, opinions, expectations, courage, self-disclosure, sexual satisfaction, sexual intercourse. Thereafter, an expert group is used for assessing the content validity of the scale. The group consisted of 7 teachers (3 teachers from Turkish department, 4 teachers from various departments) who work at schools operated under the National Education Ministry in Istanbul and 8 experts from psychological counseling and guidance area. The expert group evaluated the items according to their relevancy to the concept of sexual self-confidence. In line with the suggestions and criticisms of the experts, some linguistic and contextual editing was made (e.g., Cinsel açıdan kendimi çekici bulurum= Cinsel açıdan çekiciyim.); and some items, which have not associated with sexual self-confidence (e.g., Cinsel ilişkilerimde kendimi güvende hissedirim. Birlikte olduğum kişiyle dürüst bir şekilde her şeyimi paylaşabilirim.) and poorly written or vague (e. g., Yakın ilişkilerimde rahatım) were omitted; and resulted as a 35-item trial form.

Trial form of the scale was applied to 63 married individuals. Face to face interviews were conducted with these participants to gather their detailed opinions comprehensibility, way of responding, instructions, practicality, and purposefulness of the scale. In the light of this information necessary editing was conducted that vague and incomprehensible items were changed in wording, and final version of the scale was formed. The final version was applied to the married individuals.

The validity studies of the scale included content validity analysis, which was conducted via expert opinions, and structure validity analysis, which is conducted via exploratory and confirmatory factor analyses. In addition, concurrent validity is examined. For the purpose of reliability analyses, Cronbach's alpha was used, and for the item discrimination, corrected item total correlation, and t-test methods were used. The reliability and validity analyses were conducted via SPSS 11.5 and LISREL 8.51 (Jöreskog & Sörbom, 2001).

3. FINDINGS

3.1. Structure Validity

Within the validity study of the scale structure validity was examined. Scale development procedures recommend studying the structure validity of an intended scale to assess whether it is a valid measurement tool. Exploratory and confirmatory factor analyses are stated as suitable to assess structure validity. Besides, before examining structure validity, the data set should be checked whether it is suitable to conduct factor analysis and also sampling adequacy values and correlations among variables should be examined. KMO value should be higher than .60 and Barlett test should be significant to conduct a factor analysis with a given data set (Büyüköztürk, 2010). According to the results, Barlett Sphericity Test was significant $\chi^2= 1941.598$ ($p < .001$), and KMO sampling adequacy test coefficient was .88, which suggest that items were factorable. When regarding these results, it was suitable to conduct exploratory factor analysis.

Exploratory factor analysis is a multivariate statistic procedure used for combining related variables to explore conceptually meaningful new variables or to test the models that demonstrate the relationships among factors and their indicators (Spahi, Yurtkoru, & Çinko, 2008). Hence, exploratory factor analysis is used to assess structure validity. Firstly, a varimax rotation with

Kaiser normalization was used to identify items with strong and unique loadings to components identified in the analysis and to guide the potential reduction of factors. On the other hand, Tabachnick and Fidell (2001) suggested oblique rotations, which are useful in instances when dimensions may not be orthogonal (Çokluk, Şekercioğlu ve Büyüköztürk, 2010). However, Fabrigar, Wegener, MacCallum, and Strahan (1999) stated that an oblique rotation may produce a slightly better simple structure than a varimax rotation, but the patterns of loadings have usually been the same (Barbuto, Wheeler, 2006). In the present study, after performing the oblique rotation, there were no significant differences with the varimax rotation. In this context, the varimax rotated was used for components identified in the analysis and to guide the potential reduction of factors. The result of the first exploratory factor analysis and all the factor loadings were presented in Table 1.

Table 1: The First Exploratory Factor Analysis

| Items | Component | | | | |
|-------|-----------|-------|-------|-------|-------|
| | 1 | 2 | 3 | 4 | 5 |
| 1 | .767 | .264 | .163 | .148 | .024 |
| 2 | .720 | .290 | .242 | .226 | -.020 |
| 3 | .712 | .146 | .002 | .348 | .095 |
| 4 | .708 | .254 | -.003 | .230 | .202 |
| 5 | .690 | .229 | .177 | .050 | .216 |
| 6 | .634 | .174 | .020 | .221 | .197 |
| 7 | .597 | .399 | .166 | -.040 | .296 |
| 8 | .596 | -.026 | .377 | -.051 | .281 |
| 9 | .583 | .269 | .182 | .420 | -.081 |
| 10 | .566 | -.178 | .459 | -.089 | .278 |
| 11 | .563 | .491 | .110 | .117 | .083 |
| 12 | .524 | .310 | .211 | -.100 | .399 |
| 13 | .515 | .062 | .470 | .322 | .006 |
| 14 | .491 | -.020 | .221 | .204 | -.002 |
| 15 | .474 | .253 | .065 | .305 | .188 |
| 16 | .472 | .364 | .095 | .199 | .263 |
| 17 | .241 | .723 | .268 | .143 | .185 |
| 18 | .202 | .689 | .109 | .333 | .169 |
| 19 | .251 | .630 | .173 | .266 | .205 |
| 20 | .351 | .621 | .203 | .295 | .083 |
| 21 | .091 | .137 | .830 | .157 | .097 |
| 22 | .075 | .248 | .829 | .001 | .074 |
| 23 | .263 | .010 | .712 | .181 | .082 |
| 24 | .203 | .336 | .609 | -.086 | .243 |
| 25 | .376 | .441 | .536 | .075 | .036 |
| 26 | .166 | .050 | .035 | .693 | .114 |
| 27 | .169 | .240 | -.033 | .669 | .089 |
| 28 | .281 | .256 | -.003 | .662 | .093 |
| 29 | .070 | .006 | .171 | .616 | .235 |
| 30 | .094 | .202 | .143 | .584 | .168 |
| 31 | .277 | .101 | .082 | .341 | .651 |
| 32 | .262 | .203 | .180 | .291 | .591 |
| 33 | .145 | .413 | .063 | .415 | .527 |
| 34 | .029 | .166 | .422 | .258 | .524 |
| 35 | .179 | .383 | .120 | .408 | .482 |

Factor analyses, using the data collected from participants, were conducted in this study. The first analysis revealed five factors with eigenvalues higher than 1.18, accounted for the 59.65% of total variance. In the result of the first analysis, the first factor had 16 items, which factor loadings ranged from .47 to .76; the second factor had 4 items, which factor loadings ranged from .62 to .72; the third factor had 5 items, which factor loadings ranged from .53 to .83;

the fourth factor had 5 items, which factor loadings ranged from .58 to .69; the fifth factor had 5 items, which factor loadings ranged from .48 to .65.

Examining the first analysis (see Table 1), it is seen that some of the items load significantly on more than one factor. Thus, the scales' structure validity and subscales' discriminant validity were assessed and improved by identifying and removing, one by one, the items that load significantly on more than one factor. At the same time, the subscales' validity was assessed and improved by identifying and removing, one by one, those items which fail to load significantly on any factor. These two criteria were evaluated simultaneously, and at each step the item which violates these requirements of discriminant and/or convergent validity to the greatest extent was removed, until none of the remaining items violate either form of validity. Furthermore, to be able to explain a factor with minimum items, researchers omit items with low factor loadings. It is stated that although there isn't a consensus on a single criterion for item omission, some researchers omit items with loadings lower than .50 and some .70 (Spahi et al., 2008). In this context, item with the following characteristics were omitted; loadings lower than .50; factors with single items. In the result of exploratory factor analyses, 22 items (2, 3, 4, 5, 7, 8, 9, 10, 15, 18, 21, 22, 23, 24, 25, 26, 27, 31, 32, 33, 34, 35) were removed. A series of extractions guiding factor and item reductions resulted in 3 factors. Final analysis suggested 3 factors explained for the 66.55% of total variance.

Considering the results of exploratory factor analysis and expert opinions in order to name the factors meaningfully, the scale was finalized with 13 items and 3 factors. Factors are Sexual Self-Disclosure, Sexual Courage, and Sexual Awareness, respectively. The first factor; namely, Sexual Self-Disclosure, explained 33.40% of the total variance and the item loadings ranged between .67 and .84. The second factor; namely, Sexual Courage, explained 18.04% of the total variance and the item loadings ranged between .76 and .88. The third factor; namely, Sexual Awareness, explained 15.09% of the total variance and item loadings ranged between .73 and .79. All the factor loadings presented in Table 2.

Table 2: The Items of Sexual Self-Confidence Scale, Factor Loadings, Eigenvalues, Percentages of Explained Variance

| Items | sexual self-disclosure | sexual courage | sexual awareness |
|-------------------------------------|------------------------|----------------|------------------|
| 1 | .68 | | |
| 2 | .73 | | |
| 3 | .84 | | |
| 4 | .81 | | |
| 5 | .83 | | |
| 6 | .78 | | |
| 7 | .67 | | |
| 8 | | .76 | |
| 9 | | .88 | |
| 10 | | .88 | |
| 11 | | | .73 |
| 12 | | | .79 |
| 13 | | | .74 |
| Eigenvalue | 5.48 | 1.77 | 1.38 |
| Sub-dimension's Variance (%) | 33.40 | 18.04 | 15.09 |
| Total Variance (%) | 66.66 | | |

Accuracy of factor structure that is determined by exploratory factor analysis can be tested with confirmatory factor analysis (Şimşek, 2007). Thus, first-order and second-order confirmatory factor analyses were conducted with 13 items.

3.1.1. First Order Confirmatory Factor Analysis

The three factors of Sexual Self-Confidence Scale (sexual self-disclosure, sexual courage, sexual awareness) were analyzed with first order confirmatory factor analysis to investigate the factor structure defined by exploratory factor analysis, to determine at which point theory and reality diverge from each other, and to detect problematic areas using LISREL 8.51 (Jöreskog & Sörbom, 2001). According to the results of the present study, model provided a good fit to the data ($X^2/DF = 2.72$, $p < .00$), $RMSEA = .072$, $GFI = .93$, $AGFI = .90$, $CFI = .95$, $IFI = .95$, $NFI = .92$, $RFI = .90$, $SRMR = .05$). In addition, AIC (226.73) and $CAIC$ (366.43) values were lower than the independence model's AIC and $CAIC$ values (2111.91, 2174.53, respectively). Results are illustrated in Figure 1.

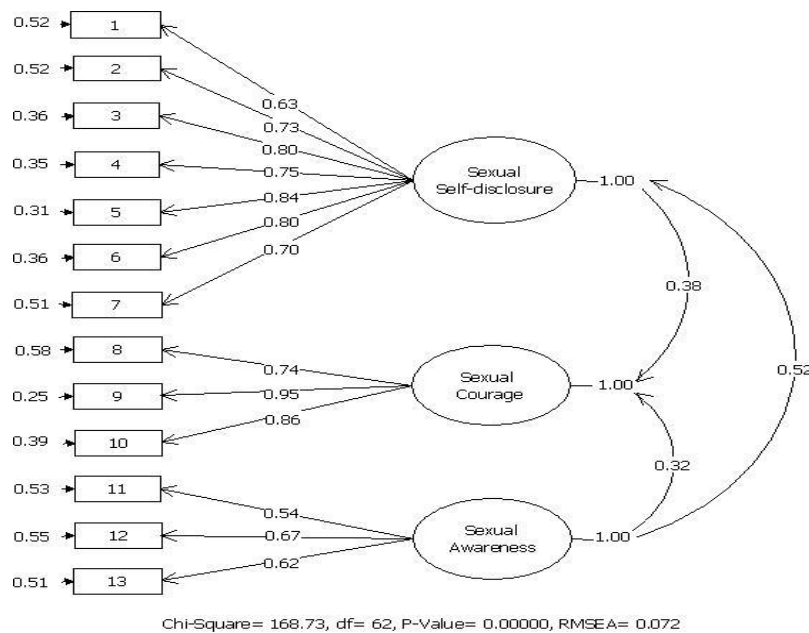


Figure 1. Path Diagram and Factor Loadings Related to Sexual Self-Confidence Scale

According to generally accepted criteria a good fit can be claimed if the ratio of chi-square to degrees of freedom is less than 3. Root-mean-square error of approximation ($RMSEA$) is .05 or below indicates a good fit while .08 or below indicates an acceptable fit. In terms of the Adjusted goodness of fit index ($AGFI$) and goodness of fit index (GFI), values of .90 and higher are considered as indicative of acceptable fit. In terms of CFI , values greater than .95 are considered as indicative of acceptable fit (Schermelleh-Engel, Moosbrugger, & Müller, 2003).

3.1.2. Second Order Confirmatory Factor Analysis

Exploratory factor analyses revealed three factors for Sexual Self-Confidence Scale. Second order confirmatory factor analysis was conducted to test whether these three indicators were predicted by sexual self-confidence latent variable. The model tested with second order confirmatory factor analysis to test the factor structure. According to the model results provided a good fit to the data ($X^2/DF = 2.72$), $RMSEA = .072$, $GFI = .93$, $AGFI = .90$, $CFI = .95$, $IFI = .95$, $NFI = .92$, $RFI = .90$, $SRMR = .05$). In addition, AIC (226.73) and $CAIC$ (366.43) values were

lower than independence model's values (2111.91, 2174.53, respectively). Results are illustrated in Figure 2.

Schermelleh-Engel, Moosbrugger, and Müller (2003) stated that reasonable fit indices of model are ranged between $2 \leq X^2/DF \leq 3$ for X^2/DF , $0.01 \leq p \leq 0.05$ for p , $0.05 \leq RMSEA \leq 0.08$ for Root Mean Square Error of Approximation, $0.90 \leq AGFI \leq 1.00$ for Adjusted Goodness of Fit Index, and $90 \leq GFI \leq 0.95$ for Goodness of Fit Index, $0.05 \leq SRMR \leq 0.10$ for Standardized Root Mean Square Residual. *AGFI* values typically range between zero and one with larger values indicating a better fit. A rule of thumb for this index is that .90 is indicative of good fit relative to the baseline model. Furthermore, Hu and Bentler (1999) gave evidence that .90 might not be a reasonable cutoff for all fit indices under all circumstances. They suggested to raise the rule of thumb minimum standard for the *CFI* and the *NNFI* from .90 to .95 to reduce the number of severely misspecified models that are considered acceptable based on the .90 criterion. In this regard, the results indicated that this model has acceptable fit indices.

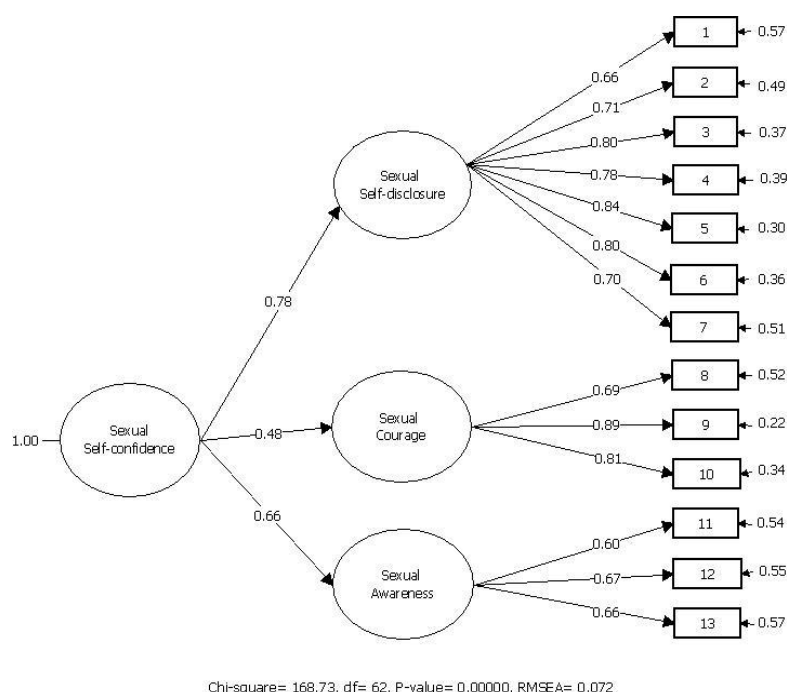


Figure2. Path Diagram and Factor Loadings Related to Sexual Self-Confidence Scale

As illustrated in Figure 2 and Figure 1, both models have the same fit indices. Thus, it can be concluded that sexual self-confidence latent variable predicts all three factors of the scale. And also, standardized values show that the sexual self-confidence latent variable predicts sexual self-disclosure latent variable (.78), sexual courage latent variable (.48) and sexual awareness latent variable (.66) (see Figure 2).

3.2. Concurrent Validity

The results of the concurrent validity analyses showed that sexual self-confidence was significantly correlated with the sexual embarrassment (-.35), sexual self-disclosure (.91), sexual courage (.66), sexual awareness (.64), and sexual self-efficacy (-.26). In addition, sexual self-disclosure was significantly correlated with sexual courage (.38), sexual awareness (.43), sexual

embarrassment (-.34), and sexual self-efficacy (-.23). Sexual courage was significantly correlated with sexual awareness (.26), sexual embarrassment (-.25), and sexual self-efficacy (-.14). Sexual awareness was significantly correlated with sexual embarrassment (-.18) and sexual self-efficacy (-.21). Correlations between factors of Sexual Self-Confidence Scale and results of concurrent validity analyses are presented in Table 3.

Table 3: Concurrent Validity Results

| Scales | 1 | 2 | 3 | 4 | 5 | 6 |
|------------------------|--------|--------|--------|--------|-----|---|
| Sexual Self-Confidence | 1 | | | | | |
| Sexual Self-Disclosure | .91** | 1 | | | | |
| Sexual Courage | .66** | .38** | 1 | | | |
| Sexual Awareness | .64** | .43** | .26** | 1 | | |
| Sexual Embarrassment | -.35** | -.34** | -.25** | -.18** | 1 | |
| Sexual Self-efficacy | -.26** | -.23** | -.14* | -.21** | .00 | 1 |

* $p < .05$, ** $p < .01$

3.3. Reliability

Reliability analysis was conducted via Cronbach's alpha. And the item discrimination was conducted via corrected item total correlation and independent t-test, which has been performed between items' means of upper 27% and lower 27% of the group points. The internal consistency reliability estimate was found .88 for the sexual self-confidence scale, .90 for sexual self-disclosure subscale, .84 for sexual courage subscale, and .68 for the sexual awareness subscale.

3.4. Item Analysis

Corrected item-total correlations and t-test results, which for comparison of lower 27% and upper 27% groups were formed according to total scores of the test, were used. Corrected item total correlations of the scale were ranged between .39 and .71. When subscales were examined, item total correlations were found ranging between .62, and .79 for sexual self-disclosure, .63, and .76 for sexual courage, .48, and .52 for sexual awareness. Results of correcting item-total correlation was presented in Table 4.

Table 4: The Items of Sexual Self-Confidences Scale and Results of Corrected Item-total Correlation

| Items | corrected item-total correlation | | | |
|-------|----------------------------------|------------------------|----------------|------------------|
| | sexual self-confidence | sexual self-disclosure | sexual courage | sexual awareness |
| 1 | .59 | .62 | | |
| 2 | .64 | .68 | | |
| 3 | .65 | .76 | | |
| 4 | .66 | .74 | | |
| 5 | .71 | .79 | | |
| 6 | .71 | .75 | | |
| 7 | .66 | .66 | | |
| 8 | .52 | | .63 | |
| 9 | .48 | | .76 | |
| 10 | .43 | | .71 | |
| 11 | .40 | | | .48 |
| 12 | .39 | | | .52 |
| 13 | .43 | | | .49 |

** $p < .001$, * $p < .01$

T-test results were found significant ($p < .0001$). T values of lower-upper 27% groups were between 7.51 and 19.55 for Sexual Self-confidence, 15.15 and 24.41 for Sexual Self-disclosure, 24.76 and 29.28 for Sexual Courage, 13.85 and 20.99 for Sexual Awareness. Results of t-test were presented in Table 5.

Table 5: The T-test Results

| Items | t-test | | | |
|-------|------------------------|------------------------|----------------|------------------|
| | sexual self-confidence | sexual self-disclosure | sexual courage | sexual awareness |
| 1 | 13.75** | 15.15** | | |
| 2 | 16.82** | 22.89** | | |
| 3 | 14.67** | 21.71** | | |
| 4 | 14.28** | 18.72** | | |
| 5 | 19.55** | 24.41** | | |
| 6 | 19.29** | 23.89** | | |
| 7 | 14.55** | 16.69** | | |
| 8 | 14.93** | | 24.76** | |
| 9 | 12.15** | | 33.91** | |
| 10 | 11.35** | | 29.28** | |
| 11 | 7.51** | | | 13.85** |
| 12 | 7.88** | | | 20.99** |
| 13 | 8.10** | | | 18.65** |

** $p < .001$, * $p < .01$

4. DISCUSSION and RESULTS

The main aim of the current study was to develop a Sexual Self-Confidence Scale to assess individual's sexual self-confidence. In the process of developing this scale, it was tried to reach enough numbers and variety. The scale consisted of three meaningful subscales in the same direction and it was also possible to add the factors. The scale can be used as a single factor scale considering the direction. The results of the reliability and validity analyses suggested that the scale was ready to use. Considering the suggestion that the lowest level for a measurement tool to be used in research is .60, both the scale and subscales have adequate reliability (Büyüköztürk, 2010). Additionally, Cronbach's alpha coefficient, corrected item total correlations and t-test results indicated that the scale had an adequate reliability level ($p < .001$).

Validity analysis of the scale included structure validity, which was conducted via exploratory and confirmatory factor analyses. For the scale development studies, Büyüköztürk (2010) recommend that the total variance explained should be above 41% and item loadings should be above .32 for a scale to be considered as valid. Thirteen items of the present scale have item loadings ranging between .67 and .88 that explained for the 66.55% of the total variance. Thus, Sexual Self-Confidence Scale has adequate structure validity as recommended for the development studies in terms of item loadings and explained variance.

Another analyses conducted to assess structure validity was first order and second order confirmatory factor analyses, which yielded significant chi-square value and adequate fit indices. Regarding these criteria model provided a good fit to the data. Considering the recommendation that internal consistency coefficient (.88) can be considered as a structure validity indicator (Anastasi & Urbina, 1997; Büyüköztürk, 2010; Dağ, 2005) together with factor structure, reliability coefficients, good fit indices obtained by first-order and second-order confirmatory factor analysis, it can be concluded that the Sexual Self-Confidence Scale was a valid measurement tool for Turkish culture. High reliability estimates indicated that the scale was reliable. The scale developed in this current study which had simple factors and which was easy

to answer makes a major contribution to the research area. It can be concluded that the research accomplished its aim.

Results of the concurrent validity analyses showed that Sexual Self-Confidence Scale was significantly correlated with the Sexual Embarrassment subscale of Sexual Self-consciousness Scale, Sexual Self-Disclosure, Sexual Courage, Sexual Awareness, and Sexual self-efficacy scale. In addition, Sexual Self-Disclosure subscale was significantly correlated with Sexual Courage, Sexual Awareness, Sexual Embarrassment, and Sexual Self-efficacy. Sexual Courage subscale was significantly correlated with Sexual Awareness, Sexual Embarrassment, and Sexual Self-efficacy. Sexual Awareness subscale was significantly correlated with Sexual Embarrassment and Sexual Self-efficacy.

Psychometric characteristics of the scale that were presented in the current paper indicated that this scale was a reliable and valid measurement tool to assess individuals' sexual self-confidence. Further studies can be conducted to strengthen the scale characteristics. Studies that examine the relationships between the current scale and other reliable and valid scales that assess sexual self-confidence and related variables can be conducted to examine the concurrent validity. Experimental and psychometric studies can contribute to the measurement quality of this scale. Reliability and validity studies can be extended including the different samples in terms of socio-economic status within Turkey.

This scale can contribute to the research and application of family consulting, specifically in studies of marital and life satisfaction enhancement by extending sexual self-confidence. Furthermore, the scale may be used as an information gathering tool to diagnose individuals with unhappy marriages and marital problems. It is also possible to use the scale in group guidance and psychological consultancy studies conducted to increase sexual self-confidence. Experimental and relational studies that employ this scale will contribute to the measurement precision of the scale and facilitate revision studies. Additionally, research on related variables and combining the results of these studies with the results of the current study will contribute to the reliability and validity of the scale. Finally, research that will be conducted with the current scale will contribute to the measurement precision of the scale.

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Genişletilmiş Özet

Cinselliğin kültürden kültüre hatta zaman içinde aynı kültürde de ve her insanın yaşam dönemi içerisinde de değişebildiği belirtilmektedir (Fracher & Kimmel, 1987; Gölge, 2005). Cinsellik, bazı toplumlarda üreme, bazılarında erotizm olarak algılanıyor olabilir. Cinsellik kavramının insanın; cinsiyetinin farkında olması, üreme yeteneğinin bulunması ve erotik zevk duyması gibi faktörlerden oluştuğu belirtilmektedir (Johnson, 1997, Şentürk, 2006). Cinsellik ile ilgili açıklamalarda da görüldüğü gibi cinsellik insanların yaşamında çok önemli bir yere sahiptir. Çünkü, bireylerin ruh sağlığının iyi olabilmesi ve yaşamaktan haz alabilmeleri için karşılımları gereken ihtiyaçlardan biri de cinsel ihtiyaçlardır. Ayrıca cinsellik ve cinsel ihtiyaçlar bireyin yaşamına yön veren ve yaşamını şekillendiren önemli faktörlerden biri olduğu da düşünülebilir. Bireyler için bu kadar önemli olan bu özelliğin onların yaşamını olumsuz bir biçimde etkilemeyecek şekilde taşınabilmesi ve bu özellikten kaynaklanan ihtiyacın karşılanabilmesi için kişide özgüvenin gelişmesi gerekebilir. Bu bağlamda, insanların cinsiyetinin ve cinselliğinin ön plana çıktığı yaşantılarını sağlıklı bir şekilde deneyimleyebilmelerini etkilediği düşünülen cinsel özgüvenin ele alınabilmesi ve operasyonel bir tanımının yapılabilmesi için cinsellikle birlikte özgüven kavramının da ele alınması faydalı olabilir. Özgüvenin hayatın zorluklarıyla başa çıkabilmek için yeteneklerimize duyduğumuz güven olduğu belirtilmektedir. Aynı zamanda mutlu olma, değerli hissetme ve değerli görülme ile de ilgili olan güven duygusunu da içerdiği düşünülmektedir (Branden, 1969). Yaşamın ve bireyin birbirinden karşılıklı beklentileri olduğu, bu beklentilerin kaygı doğurduğu, özgüvenin ise kaygıyla başa çıkabilmeyi sağlayan kaynak olduğu belirtilmektedir (Merey, 2010). Özgüven “yüreklilik, cesaret” olarak tanımlanır; ancak özgüven kavramı aynı zamanda kişinin kendi yeteneklerine kesin inancını da kapsar. Bir zihin durumu olduğu gibi fiziksel yanı da olan bir kavramdır (Hambly, 2001).

Özgüven bireylerin yaşamının çoğu yönünü etkilediği gibi cinsel yaşamı da etkileyen önemli bir faktör olabilir. Lauster (2005) bireylerin cinsel isteklerini karşılayabilmeleri için yeterli düzeyde özgüvene sahip olmaları gerektiğini belirtmektedir. Yeterli özgüveni olmayan bireylerin karşı cinsle konuşmaktan kaçındıklarını ve cinsel isteklerini erteleme eğilimi gösterdiklerini ifade etmektedir. Dolayısıyla bu bireylerin kendilerini mutlu ve özgür hissedebilecekleri bir cinsel hayatı tanıyamadıkları düşünülmektedir. Gökner’a (2011) göre de kişinin cinsel açıdan kendine güveninin hem kadını hem de erkeği tahrik eden bir unsur olduğunu açıklamaktadır. Ancak buna karşılık bireyin cinsel açıdan kendisine aşırı güvenmesinin partnerini ürkütebileceğini belirtmektedir. Uyumlu bir cinsel birliktelik için eşlerin birbirlerine karşı açık olmalarında yarar olduğu, cinsel ilişkinin belli bir formülünün olmadığı ve çoğu zaman eşlerin birlikte keşfedebilecekleri bir yaşam olduğu belirtilmektedir. Bunun sağlanabilmesi için de eşlerin cinsel ilişki ile ilgili konularda istek, duygu, düşünce ve beklentilerini paylaşabilmeli ve bunları paylaşım cesaretini gösterebilmesi gerektiği düşünülebilir. Bu çerçevede cinsel özgüvenin ve bununla ilgili olabileceği düşünülen cinsel açıdan kendini açığa vurmanın, cinsel cesaretin ve cinsel farkındalığın insanların cinsel yaşamında önemli bir yere sahip olduğu düşünülebilir. Bu çerçevede, cinsel özgüven bireylerin cinsel istek ve duygularını içlerinden geldiği gibi yaşayabilmeleri, bu konuda cinsel farkındalığının olması, kendilerini yeterli düzeyde açabilmeleri ve karşı cinsle ya da evli olduğu bireyle dilediği şekilde cinsel birliktelik yaşayabilme cesaretini gösterebilmesi olarak tanımlanabilir.

Alanyazın incelendiğinde insanların evlilik yaşamlarının en önemli bir bölümünü oluşturan cinsel yaşantıları ile ilgili toplumumuzdaki yapılan araştırmaların çok sınırlı sayıda ve yetersiz olduğu görülmektedir. Hatta cinsel özgüven ile ilgili araştırmaların hiç olmadığı görülmektedir. Bunun sebebi bu konuları araştırmaya yönelik araştırmacıların kullanabileceği ölçme araçlarının olmamasından kaynaklanabilir. Bu nedenle alandaki bu eksikliği giderebilmek için ilk defa bu araştırmada araştırmacı tarafından geliştirilen cinsel özgüven kavramını ölçmeye yönelik cinsel özgüven ölçeği geliştirilmeye çalışılmıştır.

Cinsel Özgüven Ölçeğinin geliştirilmesinde ilgili alanyazın taranmış, yurt içi ve yurt dışında yapılan konu ile ilgili çalışmalar incelenmiş, uzmanlar ve evli bireylerle yapılan görüşmelerden edinilen izlenimler doğrultusunda 55 maddelik bir madde havuzu oluşturulmuştur. Ölçeğin kapsam geçerliğini (Büyüköztürk, 2010) belirlemek için bu maddeler, Rehberlik ve Psikolojik Danışmanlık alanındaki sekiz uzmanın, İstanbul’da Milli Eğitim Bakanlığına bağlı olan okullarda görev yapan evli üç Türkçe ve diğer branşlardan dört öğretmenin görüşlerine başvurulmuş, maddelerin Cinsel Özgüven ile ilgili olup olmadığı değerlendirilmiş; bu uzmanların eleştirisi ve önerileri doğrultusunda bazı maddelerde dil ve içerik açısından değişiklikler yapılmış, bazı maddeler ise silinerek ölçeğin 35 maddelik deneme formu oluşturulmuştur.

Güvenirlilik analizi için Cronbach Alpha formula hesaplanmış, madde analizi için de düzeltilmiş madde-toplam korelasyonu ve t- testi kullanılmıştır. Ölçeğin yapı geçerliğini belirlemek için Açıklayıcı ve

doğrulayıcı faktör analizleri yapılmıştır. Büyüköztürk (2010) ölçek geliştirme çalışmalarında açıklanan toplam varyansın %41'in üzerinde olmasının ve maddelerin faktör yüklerinin .32'nin üzerinde olmasının ölçeğin geçerli sayılabilmesi için yeterli olduğunu belirtmektedir. Araştırmada yapılan açımlayıcı faktör analizinden elde edilen sonuçlar bu çerçevede değerlendirildiğinde ölçekte 3 faktör altında yer alan 13 maddenin faktör yüklerinin .67 ile 88 arasında değiştiği ve toplam varyansın %66.55'inin açıklandığı görülmektedir. Sonuç olarak Cinsel Özgüven Ölçeğindeki faktör yükleri ve açıklanan varyans yüzdesi ölçek geliştirme çalışmalarında yapı geçerliği açısından yeterli olduğu görülmektedir.

Yapı geçerliği için uygulanan diğer bir faktör analizi olan birinci ve ikinci düzey doğrulayıcı faktör analizinde de ölçeğin Ki-kare değerinin anlamlı ve uyum indeksi değerlerinin yeterli olduğu bulunmuştur. Birinci ve ikinci düzey doğrulayıcı faktör analizi için uyum indeksi sınırlarının GFI, AGFI, CFI, IFI, RFI ve NFI için >.90, RMSEA için <.08, SRMR için <.08 olmaları ve modele ilişkin AIC ve CAIC değerlerinin bağımsızlık modelin ve doymuş modelin AIC ve CAIC değerlerinden daha düşük olmaları (Schermelleh-Engel, Moosbrugger ve Müller, 2003'den Akt. Şimşek, 2007) göz önüne alındığında, modelin genel olarak değerlendirildiğinde uyumlu olduğu söylenebilir. Ayrıca iç tutarlılık katsayısının da (.88) aynı zamanda bir diğer yapı geçerliği göstergesi olduğu (Anastasi ve Urbina, 1997; Büyüköztürk, 2010; Dağ, 2005) dikkate alındığında, Cinsel Özgüven Ölçeğinin gerek faktör yapısı ve güvenilirlik katsayıları, gerekse birinci ve ikinci düzey doğrulayıcı faktör analizinde iyi düzeyde uyum iyiliği sonuçlarının elde edilmesi nedeniyle, Türk kültüründe geçerli olarak kullanılabilir bir ölçek olduğu söylenebilir. Yüksek güvenilirlik katsayısıyla birlikte düşünüldüğünde de güvenle kullanılabilir bir araç elde edildiği görülebilir. Böylece boyutları yalın olarak belirlenmiş, cevaplaması kolay bir ölçeğin bu araştırmayla geliştirilerek alana önemli bir katkı sağlandığı düşünülmektedir. Bu çerçevede, bu araştırmanın başlangıçtaki amacına ulaşıldığı söylenebilir.

Araştırmada geliştirilmeye çalışılan ölçeğin psikometrik özelliklerinin incelendiği bu çalışmadan elde edilen tüm bulgular ölçeğin bireylerin Cinsel Özgüven özelliklerini belirlemede geçerli ve güvenilir bir araç olarak kullanılabilirliğini göstermektedir. Öte yandan ölçeğin gelişmesine katkı sağlayacak ileri araştırmalarda yapılabilir. Ölçek Türkiye'nin çeşitli bölgelerinde farklı eğitim düzeylerine ve sosyo-ekonomik özelliklere sahip örneklemelere de uygulanarak geçerlik ve güvenilirlik çalışmaları yapılabilir. Ölçeğin yakın ve uzak erimli yordama geçerliği araştırılabilir.

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