

The Validation of 5F-WEL instrument to examine the Well-Being of Muslim converts in Malaysia

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ABSTRACT

This research was conducted to translate 5F-Wel instrument from the English language to Malay language and study its suitability to examine the Muslim converts' well-being in Malaysia. The factors in the 5F-Wel instrument include Creative Self, Coping Self, Social Self, Essential Self and Physical Self. This instrument is suitable to be utilised as it encompasses a human's self-wholeness. It was distributed to 52 mualafs (Muslim converts) respondents in Selangor. The data obtained had been analysed using Statistical Package for Social Sciences (SPSS) software version 20. The analysis method for reliability was by using Cronbach Alpha to attain the reliability value. Cronbach Alpha aims to view the internal consistency of a test construct. Back translation and committee approach were utilised to translate the instrument into the Malay language. Correction and adaptation were applied if there was confusion in comprehending the content of the questions in the instrument. Research findings show that this instrument possesses very high reliability when administered within the population of research respondents.

Keywords: 5F-WEL, instrument validation, Muslim converts, well-being, Malaysia.

RESUMEN

Esta investigación se realizó para traducir el instrumento 5F-Wel del idioma inglés al idioma malayo y estudiar su idoneidad para examinar el bienestar de los conversos musulmanes en Malasia. Los factores en el instrumento 5F-Wel incluyen el Ser creativo, el Ser de afrontamiento, el Ser social, el Ser esencial y el Ser físico. Este instrumento es adecuado para ser utilizado, ya que abarca la integridad de un ser humano. Se distribuyó a 52 encuestados mualafs (conversos musulmanes) en Selangor. Los datos obtenidos se analizaron con el paquete estadístico para el programa de ciencias sociales (SPSS) versión 20. El método de análisis de confiabilidad fue mediante el uso de Cronbach Alpha para obtener el valor de confiabilidad. Cronbach Alpha tiene como objetivo ver la consistencia interna de una construcción de prueba. La traducción inversa y el enfoque del comité se utilizaron para traducir el instrumento al idioma malayo. La corrección y la adaptación se aplicaron si había confusión al comprender el contenido de las preguntas en el instrumento. Los resultados de la investigación muestran que este instrumento posee una fiabilidad muy alta cuando se administra dentro de la población de encuestados.

Palabras clave: 5F-WEL, validación de instrumentos, conversos musulmanes, bienestar, Malasia.

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1. INTRODUCTION

Psychological well-being is a multidimensional concept as there are many special aspects such as confidence, self-control, self-esteem, free from failure, anxiety, and loneliness (Bakar et al., 2015; Sinha & Verma, 1992). Ryff (1989) stated that self-effectiveness is positively related with psychological well-being in which it too relates with positive effects (Garcia, Archer, Moradi & Andersson-Amten, 2014). In conjunction to that, psychological well-being can be identified by attaining happiness, life contentment, and not showing depression signs (Ryff, 1995). Meanwhile, Bradburn (Ryff, 1989) posited that happiness is a result of psychological well-being and the highest purpose every human wishes to achieve. Ryff (1989) proposed the Ryff's Scales of Psychological Well-Being (RPWB) instrument. Lawten (1991) opined that psychological well-being is the basis of a quality life, can act as investigative agent upon the criteria of personal merit, and life quality which can be perceived in any daily life aspect. Some of the three factors influencing an individual's psychological well-being level are sex, age, culture social class, the individual's achievement, and religion.

Myers and Sweeney (2004) set holism forth as human principle of well-being. Well-being is a new paradigm of health, based on the capability in taking care of mental health, and as paradigm of counselling and development (Ishak & Bakar, 2010; Myers & Sweeney, 2004). Myers and Sweeney (2004) had built the 5F-WEL instrument which measures a person's well-being level. Myers and Sweeney (2004) also stated that one self's well-being includes five factors which are creative self, coping self, social self, essential self and physical self. The usage of this instrument is necessary to perceive Muslim converts' (also known as mualafs) well-being level; however, in Malaysia there was no translation done from the English language to Malay language. Translation process from source language to Malay language needs to be done to suit Malaysian culture. The culture of a place differs from one another (Osman, 2008). The biggest challenge in building the instrument is in comparing disparate cultures which have different implication and effect (Ahmad et al., 2018; Beverly, 1994). Due to the implementation of this instrument on mualafs, it is certain that the researcher will face diversity in background and local cultural customs.

RESEARCH BACKGROUND

This translation process was done due to the fact that there was none Malay language version of 5F-WEL instrument (Myers, 2014). The purpose of utilising this instrument is to measure the well-being level of mualafs in Selangor. This research was conducted on mualafs in Selangor whom have dissimilar cultural backgrounds. The problems occurred in translation process can be divided to lingual, cultural, and linguistics problems (Alireza, 2010).

In reality, lingual knowledge or linguistics is not the same with teaching of language. However, there is a very close relation. Among linguists there are two different opinions. Some of them believed that lingual knowledge as a branch of knowledge demands autonomy and stand-aloneness. Lingual knowledge is a commendable effort to learn and analyse whether the object suits the linguistic theories without perceiving the uses and functions. On the other hand, some linguists stated that apart from being an honourable branch of knowledge, lingual knowledge needs to be immersed in daily life for human importance, one of it being the teaching of language. According to Eddie (2010), translation process between two different written languages will involve the translator changing an original text (Source Text/ST) in the original verbal language (Source Language/SL) into written text (Target Text/TT) in a different verbal language (Target Language/TL). There are two ways of translating. The first one suggests the translation being historically accurate and precisely represents the meaning existing in the original text. Secondly, the translation should be accepted by translation users for them to apply and understand, aesthetically pleasing, and relate with today's inclination particularly social pressure and language change. In actuality, there is no translation that fulfils every factor mentioned above as most of them fulfil only certain factors thus creating controversy.

According to Alireza (2010), linguistic problems including grammatical disparity, lexical, and meaning ambiguities; cultural problem refers to situations which have different characteristics. Linguistics in its principle plays a great role in contributing to language research. Generally, linguistics is the proof of knowledge taking language as its research object. Linguistics or language is closely related to education. This refers to the perception of language being the primary medium in education and in opposite, education has deep impact to language. Linguistic or language analysis needs to be utilised for language teaching and education; in other words, to what extent linguistic application and discovery are used for the sake of language teaching and learning (Baharudin et al., 2018; Karin, 2012). According to Jakobson (2000), based on linguistic meaning feature approach and word matching, he divided translation to three categories which are:

- a. Intralingual translation or rewording is an interpretation of verbal signs by means of other signs of the same language;
- b. Intralingual translation or translation proper is an interpretation of verbal signs by means of some other languages;
- c. Intersemiotic translation or transmutation is an interpretation of verbal sign by means of signs of nonverbal sign systems.

In this research, back translation and committee approach were applied. According to Campbell, Brislin, Stewart and Werner (1970), researchers may use one or more translating techniques. There are five translating techniques by Campbell et al. (1970), some of them are back translation, bilingual technique, committee approach, and pretest procedure. The instrument of this research was translated from the English language to Malay language using back translation and committee approach based on the translation procedure and process of test tool. Brislin (1976) stressed that translation process and instrument adaptation need to focus on cross-cultural, concept and not solely following the language. Therefore, translation process uses the translation of original language (ST) to target language (TL) approach. Comparison and discussion were made to obtain suitable translation based on research target. This research was conducted to describe the well-being and problems faced by Muslim converts in Malaysia using the 5F-WEL instrument. Specifically, this research aims to:

- a. translate the 5F-WEL instrument into Malay language;
- b. examine the reliability of the 5F-WEL instrument in Malay language.

2. METHODOLOGY

In this research, the sample of respondents involved 52 Muslim converts from the state of Selangor, Malaysia. Translation of the instrument utilised back translation and committee approach methods. According to Campbell et al. (1970), back translation is a process involving two individuals who are bilingually proficient in the original and target languages for translation. One individual will translate from the original language to the required language and the other individual translates the translated language into the original language without looking at the original language instrument. After completing the translation, the researcher needs to compare the two language versions which are the original and required languages. If both of them are similar therefore the translation can be utilised however if the two translations contradict, the translation needs to be redone. This statement is supported by Brislin (1970, 1976), Beaton, Bombardier, Guillemin and Ferraz (2002), and Beverly (1994). Committee approach is whereby the researcher forms a panel of analysts for the original to the required languages. Later, the panel members make comparisons and look for errors together.

Validity and reliability are necessary to perceive the consistency of a test. Cronbach Alpha test was used to perceive the consistency of the 5F-WEL instrument. The validity of measurement tool can be seen from three aspects which are content validity, criterion validity, and face validity (Sherri, 2003). According to Sherri (2003), content validity is the systematic examining and measurement of test content to determine whether it covers the sample representing the behavioural domains which are going to be measured. Content validity focuses on the item content in the test which suits the scope and objective of the field studied (Majid, 2004; Sidek, 2002). Criterion validity refers to what extent is the relation between test items in measurement tool and exempted external criteria (Sidek, 2002). According to Sherri (2003), criterion validity is how far the measurement tool can predict the behaviour or capability in certain areas accurately. Meanwhile, face validity is where test tool is perceived to measure what is supposed to be measured.

Reliability refers to whether the measurement tool is consistent or stable (Sherri, 2003). Reliability also pertains to the consistency of question details or statement obtaining a set of feedback or answer from time to time. Reliability also questions how far the details will obtain the same feedback if they were to be answered by the same subject but in a different period (Majid 2004). For a measurement tool to measure a concept or variables consistently is said to have high reliability. Gable and Wolf (1993), and Creswell (2005) stated that reliability for construct must have value of at least 0.70 but the value of 0.80 and above is considered the best value. Majid (2004) stated the reliability value of 0.60 and above is often used by researchers. Meanwhile Bakar et al. (2017) and Othman (2001) mentioned that to ensure good reliability for an inventory used for individual evaluation, it is sufficient with reliability value of .70 and above.

The factors in the 5F-WEL instrument are Creative Self, Coping Self, Social Self, Essential Self, and Physical Self. This instrument is suitable to be utilised because it encompasses a human's self-wholeness. The researcher had obtained direct permission from Myers through Mindgarden Inc. and sealed copyright agreement. Considering the fact that there was no translation into the Malay language done before, the researcher did the translation process beforehand. Research tool needs to have expert's evaluation to make sure the translation produced is consistent and valid (Othman, 2001). After the translation into the Malay language was done, a copy was sent to Myers as translation proof.

Source questions in the original language had been distributed to two individuals. Each translator translated individually from the original language to the Malay language. The committee had a meeting to attain the most accurate and suitable translation with Malaysian culture by comparing with the original translation. Some examples from the 5F-WEL instrument are as follow:

1. I have a leisure activity in which I lose myself and feel like time stands still.
2. I am satisfied with how I cope with stress.
3. I eat a healthy diet.
4. I can often laugh even when working hard.
5. I look forward to the future.
6. I can control my anger.
7. When I have a problem, I study my choices before I act.
8. I do not drink alcohol.
9. I get exercise at least three times a week.
10. I value myself as a unique person.

3. RESULT

Research findings include the translation process, validity, and reliability of the translated instrument.

Translation Process

- a. Searching for language experts who are bilingually proficient in Malay and English languages – the researcher identified and appointed two translators who are proficient in the English language to translate the instrument into the Malay language. The language experts are from the Department of Innovation in Teaching and Learning, the National University of Malaysia and the Malaysian National Gifted Centre. They are English lecturers who are proficient in English and had received abroad education. They are also proficient in the local language, the Malay language.
- b. Handing the English version of the instrument to language experts – after identifying the language experts, the researcher handed the original instrument to one of the appointed language experts. The expert would translate the instrument into the Malay language.
- c. Giving time limit from one to two weeks to translate from English to Malay language – the researcher gave time limit for the language experts to complete their translation. The time given by the researcher was based on discussion and agreement of the experts to finish the translation task. After completing the assigned translation, the researcher collected the instrument from the experts for the next process.
- d. The instrument which had been translated into the Malay language was passed to the second language expert without giving the instrument in the original language – the instrument which had been translated into the Malay language was handed to the language expert of the English language. The second expert completed the retranslation task in the time span of two weeks.
- e. Comparing the instrument which had been retranslated into the English language with the original instrument built by Myers and Sweeny – After the translation process is done, the researcher discussed with two supervisors to evaluate and compare the accuracy of the translation of instrument. Comparison was done between the original and translated instruments. There were a few terminologies which were determined to suit local culture. The translators and committee agreed to use words which are more suitable with the local culture and do the translation. The terms which have been adapted to suit the local culture include Tobacco to smoke, Terrorists to criminals, Native American to Malay, Asian or Pacific Islander to Chinese, African American to Hindi, Caucasian to Western Countries and Hispanic/Latino/Latina to Indigenous Malays. Afterwards, the terms were retranslated into the Malay language such as smoke to ‘merokok’, criminals to ‘penjenayah’, Malay to ‘Melayu’, Chinese to ‘Cina’, Hindi to ‘India’, Western Countries to ‘Negara Barat’, and Indigenous Malays to ‘Melayu Asli’. In 5F-WEL instrument, there are 17 sub-topics which perceive human’s well-being aspect through 5 factors.

Some of the instances from the instrument which had been retranslated into the Malay language are as follow:

- 1 Saya mempunyai aktiviti masa lapang di mana saya kehilangan diri saya dan berasa seperti masa tidak bergerak.
- 2 Saya berpuas hati dengan cara saya menangani tekanan.
- 3 Saya makan diet yang sihat.
- 4 Saya boleh ketawa walau ketika bekerja keras.
- 5 Saya menyambut baik kedatangan masa depan saya.
- 6 Saya boleh mengawal kemarahan saya.
- 7 Apabila saya menghadapi masalah, saya akan meneliti semua pilihan sebelum bertindak.
- 8 Saya tidak minum arak.
- 9 Saya bersenam sekurang-kurangnya tiga kali seminggu.
- 10 Saya menghargai diri saya sebagai seorang yang unik.

Validity of the Translated Instrument

The content validity applied in this research aims to perceive the suitability of the content which had been translated to the Malay language. Thus, the researcher appointed four lecturers and the researcher as the chairman to form a community of content validity evaluators for the research instrument. The four members of the panel are adequate based on their skills, knowledge, and experience when they were abroad. Correction and adaptation were made if there was any confusion in deciphering the content of the questions in the instrument. Translation from the English language to Malay language and retranslation from the Malay language to English language were discussed in term of their suitability.

Reliability of the Translated Instrument

Before validity test is carried out, a pilot test on this questionnaire needs to be performed beforehand to test the inclination of the questions towards the variables in 5F-WEL (Myers & Sweeny, 2004). According to Majid (2004), before conducting the real study, a pilot test needs to be carried out using the sample with the same features of the population which is going to be studied. This is to enable the researcher to determine the suitable variables to be used in the research. According to Russell (1974), at pilot test level it will determine whether it fulfils the objectives or in the contrary. Pilot test which is going to be conducted should involve six to nine people at best.

The instrument was distributed to 52 Muslim converts in Selangor state of Malaysia. The method for reliability analysis

was using Cronbach Alpha to obtain reliability value. Cronbach Alpha aims to perceive the internal consistency of a test construct. It is a measurement of internal consistency in which how related an item set is as a group and perceived as measurement for reliability.

This instrument consists five categories. The instrument questions are about Creative Self, Coping Self, Social Self, Essential Self, and Physical Self. This instrument has a very high reliability value. Gable and Wolf (1993), Creswell (2005) stated that overall reliability alpha for construct needs to have value of at least 0.70 but 0.80 and above are at best. Meanwhile Sherri (2003) stated that reliability value of 0.70 and above is strong.

The 4-point Likert scale survey instrument was used to obtain feedback. The data obtained had been analysed to get reliability value using Cronbach Alpha. In total, the survey achieved a high reliability level with reliability index of 0.945.

4. DISCUSSION

This instrument was tested on individuals whom just reverted into Islam to perceive their well-being level. The translation done involves religious, cultural, and racial custom factors to answer to the question needs. Since the research population involves mualafs, the main issues being put forth are halal, haram issues, and multiracial societal norms. It correlates to Alireza (2010)'s statement which emphasises on cultural difference. The mualafs who reverted into Islam come from diverse culture and race. Instrument validity was carried out in committee approach to evaluate the original language into the required language according to Campbell et al. (1970)'s method. Later the panel members did comparison and look for errors together. There were several words discussed and debated to get terminologies which suit religion and local customs.

Reliability was carried out to see whether the translated instrument is comprehensible by selected subject. The high reliability index score indicates that the translated instrument has high consistency. It suits the statement of (Creswell, 2005; Gable & Wolf, 1993) on having the best reliability value. In this research, only mualafs in Selangor were involved. Since the translated version of 5F-WEL instrument has never been utilised in Malaysia, it needs more check-ups to suit the diversity of race and ethnic in Malaysia. The focus is on cross-cultural and concept, and not on linguistic or literal equivalence (World Health Organization, 2013). In this study, there are a few language adaptations made based on names of place, culture, and religion.

5. CONCLUSION

There are multiple ways to perform the translation process of instrument from source version to the second language. The objective is to ensure that the new version shows the measurement of the required features for the said purpose. The translation process done had followed the procedure outlined by Campbell et al. (1970) to ensure that it was performed according to international standards. Every instrument which needs to be translated into the second language requires the right guidance and procedure to maintain the quality of translation and fit the research population. The advantage of the translation process is the usage of back translation which involves translation and retranslation. To reinforce the translated instrument, evaluation process was done by committee to ensure its suitability to research target group.

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