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ADAPTATION OF THE BASIC NEED SATISFACTION IN RELATIONSHIPS SCALE INTO TURKISH: VALIDITY AND RELIABILITY STUDIES*

*İliřkilerde Temel Psikolojik İhtiyaçlar Ölçeđi'nin Türkçeye Uyarlanması: Geçerlik ve
Güvenirlik Çalışmaları*

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Abstract: We carried out this study in order to adapt the Basic Psychological Need Satisfaction in Relationships Scale, which was developed by La Guardia et al. (2000) to measure the level of need satisfaction of individuals in their relationships into Turkish and to examine its psychometric properties. 187 university students in the evaluation of language validity in the translation of the scale into Turkish, and the study group consisted of 241 university

* The study is derived from first author's doctoral dissertation.

students in the examination of psychometric properties. The construct validity of the scale was confirmed (χ^2 /sd=2.45, GFI=.97, CFI=.90, IFI=.96, RMR=.05, RMSEA=.065). Criterion-related validity was tested with the Relationship Happiness Questionnaire ($r=.65$). The reliability coefficient of the scale was .71 for the total score, .78 for the autonomy, .68 for the competence and .66 for the relatedness. When the findings are evaluated in general, it can be said that the Basic Psychological Need Satisfaction in Relationships Scale is a valid and reliable measure for the Turkish sample. As a result of the study, family and couple counseling and close relationships psychology have gained a valid and reliable measure that can be used in the domestic literature.

Keywords: Relationships, Basic Psychological Needs, Scale, Self-Determination Theory.

Öz: Bu çalışma, La Guardia ve diğerleri (2000) tarafından bireylerin ilişkilerindeki temel psikolojik ihtiyaçlarının karşılanma düzeyini ölçmek amacıyla geliştirilen İlişkilerde Temel Psikolojik İhtiyaçlar Ölçeği'nin Türkçe'ye uyarlanması ve Türk örneklemindeki psikometrik özelliklerinin incelenmesi amacıyla yürütülmüştür. Çalışma grubu, ölçeğin Türkçe'ye çevirisinde dil geçerliğinin değerlendirilmesi için yapılan uygulamada 187 üniversite öğrencisinden; psikometrik özelliklerinin incelenmesi için yapılan uygulamada ise 241 üniversite öğrencisinden oluşmaktadır. Ölçeğin yapı geçerliğini test etmek için doğrulayıcı faktör analizi kullanılmıştır (χ^2 /sd=2.45, GFI=.97, CFI=.90, IFI=.96, RMR=.05, RMSEA=.065). Ölçüt bağıntılı geçerlik ilişkilerde Mutluluk Ölçeği ile sınıanmıştır ($r=.65$). Ölçeğin Cronbach Alpha iç tutarlık güvenirlik katsayısı toplam puan için .71 olmak üzere alt boyutları olan, özerklik için .75, yeterlik için .52 ve ilişkili olma için .61 olarak hesaplanmıştır. Bulgular genel olarak değerlendirildiğinde İlişkilerde Temel Psikolojik İhtiyaçlar Ölçeği'nin Türk örnekleminde kullanılabilecek geçerli ve güvenilir bir ölçek olduğu söylenebilir. Çalışma sonucunda, aile ve çift danışmanlığı ile yakın ilişkiler psikolojisi alanındaki çalışmalarda kullanılmak üzere yurt içi alan yazına geçerli ve güvenilir bir ölçek kazandırılmıştır.

Anahtar Kelimeler: İlişkiler, Temel Psikolojik İhtiyaçlar, Ölçek, Öz Belirleme Kuramı.

INTRODUCTION

Relationship is an ongoing process that has existed since the existence of human beings. Individuals need other people in order to survive. Many scientists working on understanding human nature also emphasize the importance of interpersonal relationships. In Maslow's hierarchy of the basic needs of human beings, it is seen that after physiological needs and the need for security, there is the need for belonging and love (Maslow & Lewis, 1987). Glasser (1992) includes love and belongingness among basic psychological needs and establishes a link between psychological problems and not being in good relationships with people. One of the most important areas of life where individuals can fulfill their needs for love and belonging is romantic relationships. The quality of the relationship with an intimate partner has an important place in an individual's life. Because, individuals' perceptions about how much support they receive from the people they expect to receive support from in their lives determine the quality of the relationship, and romantic partners are the most important people from whom individuals expect to receive support (Pierce et al., 1991). The adequate level of support perceived by individuals from their romantic partners positively affects their satisfaction with their romantic relationships (Cramer, 2002; Çağ, 2011; Lawrence et al., 2008).

The Self-Determination Theory (SDT) states that individuals are innately inclined to be good and emphasizes personality development in the social sphere. According to the theory, the individual strives to integrate the different parts of his/her personality and this integration requires the satisfaction of basic psychological needs. These needs are autonomy, competence and relatedness. The need for autonomy is defined as determining one's own behavior and taking responsibility for these behaviors; the need for competence is the perception that one can perform an action; and the need for relatedness is defined as belonging to a community by establishing close relationships with people (Deci & Ryan, 1985; 2000). In romantic relationships, the fact that partners support each other in satisfying basic psychological needs strengthens the closeness in the relationship (Legault, 2017). Satisfaction of psychological needs affects the quality of the romantic relationship (Eşici, 2014), its quality and the satisfaction received from the relationship (Gallagher et al., 1998; Glasser, 2003).

It is stated that maintaining a close and meaningful relationship and fulfilling relationship needs alone is not enough to satisfy basic psychological needs in a relationship; in an optimal close relationship, each partner should support the other's needs for autonomy, competence and relatedness (Legault, 2017). According to self-determination theory, all people have a basic need to feel loved and cared for. People want to improve their relationships with people who value them and are sensitive to their needs and desires. People also want to feel special in their relationships and to know that their partners understand them. While Self-Determination Theory is based on these needs in the relationship, its first principle is that the needs for autonomy and competence in the relationship need to be fulfilled for a high level of relationship satisfaction. For example, each of the basic psychological needs has been found to contribute to important relationship components such as relationship quality, secure attachment, effective conflict management and complete subjective well-being. When people experience more need satisfaction in their relationships, they are more satisfied with their relationships (Deci and Ryan 2014; La Guardia and Patrick 2008; Patrick et al., 2007). Another main point of the theory is that when individuals are more autonomously motivated in their relationships, they will experience their relationships as more fulfilling. Thus, when individuals maintain their relationships for autonomous reasons (because they feel their relationships are important and meaningful) rather than for controlling reasons (because they feel obliged to stay in the relationship), they show greater relationship satisfaction, better daily relationship activities, and complete well-being (Deci & Ryan, 2014).

Satisfaction of basic psychological needs is examined in different life areas such as general life, relationships, exercise, work life, etc. and there are measurement tools to determine the level of satisfaction of needs in each of these life areas. The Basic Psychological Needs Scale (BPNS) developed by Deci and Ryan (2000) to determine the level of satisfaction of basic psychological needs in general was adapted into Turkish by Kesici et al. Two different scales to determine basic psychological need satisfaction at workplace were adapted into Turkish by Doğan and Eryılmaz (2012) and Güleç (2024). One of the measurement tools in the family of related scales is the Basic Psychological Needs in Relationships Scale (La Guardia et al., 2000). The Basic Psychological Needs in Relationships Scale (La Guardia et al., 2000) was developed in the context of a study testing a model derived from Self-Determination Theory. This model showed that there is a strong relationship between the degree of satisfaction of the need for relatedness in a particular relationship and secure attachment and the quality of the relationship with the partner. In addition, according to the study, the level of satisfaction of the need for autonomy and competence predicts secure attachment and relationship quality (La Guardia et al., 2000). The Basic Psychological Needs in Relationships Scale has been used in different samples and studies in foreign literature (Demir & Özdemir, 2010; Lear et al., 2020; Leung & Law, 2019), and its internal consistency reliability and construct validity have been supported. When the related studies were examined, it was seen that the Basic Psychological Needs in Relationships Scale is a measurement tool used not only in romantic relationships but also in different interpersonal relationships such as friendship relationships (Demir & Özdemir, 2010; Lear et al., 2020; Leung & Law, 2019) However, no measurement tool measuring the satisfaction level of basic psychological needs in relationships was found in the domestic literature. Therefore, the study of Self-Determination Theory (SDT), which is a widely accepted and widely studied theory in the world literature, in the field of interpersonal relationships in Turkey has remained limited. This study aims to contribute to the field by examining the psychometric properties of the Basic Psychological Needs in Relationships Scale in the Turkish sample.

METHOD

This study aimed to adapt the Basic Psychological Needs in Relationships Scale to Turkish culture. In the literature, it is seen that the method used in scale adaptation studies is to examine the psychometric properties of the scale. Psychometric properties define the performance of many measurement types, mainly validity and reliability (Güleç, 2009). The relevant

measurement types in the study are based on the quantitative method. Hambleton and Patsula (1999) defined some guiding principles regarding the process to be followed in scale adaptation studies. The process regarding the adaptation study conducted in this direction is presented in this section.

Participants

The study was conducted with 2 different groups reached through convenience sampling method. The first study group participated in the first application regarding the language validity of the scale. The participants in this group consisted of 187 students studying at Sivas Cumhuriyet University Cumhuriyet Vocational High School. The participants were between the ages of 18 and 27, with an average age of 23.8 years. The second study group represents the source of the data on which the other validity and reliability studies of the scale, including confirmatory factor analysis (CFA), criterion-related validity and Cronbach alpha internal consistency coefficient, were conducted. The relevant group consists of 241 students studying at Sivas Cumhuriyet University Faculty of Education. The participants were between the ages of 18 and 26, with an average age of 22.3 years.

Procedure

In order to adapt the Basic Psychological Needs in Relationships Scale to the Turkish sample, the researchers who developed the scale, Jennifer La Guardia, Charles Couchman and Edward Deci, were contacted and the necessary permissions were obtained. The scale was then translated. Three academicians who have field knowledge and English language proficiency were consulted for translation. The expert opinion of two psychological counselor academics was sought and the translated form was compared with the original form. After these procedures, the Turkish form of the scale was given to two academics from the field of English and they were asked to translate it into English again. After this process, it was concluded that the meanings of the two forms were equivalent. In order to determine the language validity of the scale, the scale was first applied to 187 students studying at Cumhuriyet Vocational High School of Sivas Cumhuriyet University. In line with the feedback received according to the results of the application, it was seen that the 6th item of the scale, "I perceive too much distance in our relationship when I am with my partner/lover." was not sufficiently understood. The relevant item of the scale was changed as "When I am with my partner/lover, I feel that our relationship is too distant." and the scale was finalized and the application was started. In order to examine the psychometric properties of the Psychological Needs in Relationships Scale, it was applied face-to-face to 241 students studying at Sivas Cumhuriyet University Faculty of Education on a voluntary basis.

This study was conducted within the framework of scientific research ethical principles. The necessary permissions were obtained from Sivas Cumhuriyet University Scientific Research and Publication Ethics Committee for the conduct of the study.

Measures

Basic Psychological Need Satisfaction in Relationship-(BNS-R): The scale was developed by La Guardia et al. (2000) to assess the satisfaction level of individuals' basic psychological needs in relationships. The scale consists of 9 items in total. There are 3 items in the autonomy subscale, 3 items in the competence subscale and 3 items in the relatedness subscale. It is stated that the basic psychological needs in the subscales in which individuals have high scores are more satisfied. The scale is 7-point Likert type. The scale items are marked as "1-Not true at all, 4-Somewhat true and 7-Very true". The 4th, 6th and 9th items of the scale are reverse coded. The lowest and highest scores that can be obtained from the scale are 9 and 63. The Cronbach Alpha internal consistency coefficient for the whole scale was calculated as .85 in the UK sample (Leung & Law, 2019).

Relationship Happiness Questionnaire (RHQ): Relationship Happiness Questionnaire developed by Fletcher et al. (1990) to make a general evaluation of close relationships in terms of love, happiness and satisfaction was adapted into Turkish by Tutarel-Kışlak (2002). The scale consists of 6 7-point Likert-type items. The scale gives a total score and the scores obtained from the scale show the level of happiness in the relationship. The internal consistency coefficient of the original scale is .87. The test-retest reliability coefficient obtained from two applications ranging between two and seven weeks is .90. 'Triangular Love Scales' was used in the criterion validity study and the validity coefficient was .82. The researcher who conducted the adaptation studies concluded that the scale was valid and reliable in the Turkish sample.

Data Analysis

In the data analysis phase, descriptive statistics were first used to evaluate the normal distribution of the data. Skewness and kurtosis values were found in the range of +1.6 and -1.7. In this case, the data satisfy the assumption of normal distribution ($-10 < \text{Kurtosis} < 10$; $-3 < \text{Skewness} < 3$) (Kline, 2011). Confirmatory factor analysis is conducted to test the accuracy of previously determined constructs that have a theoretical basis (Özdamar, 2004; Schumacker & Lomax, 2010). Deci and Ryan (1985; 2000) state that the needs are universal in the form of autonomy, competence and relatedness and that all people have these needs innately. In addition, basic psychological needs are based on Self-Determination Theory, which has been the basis of many studies. In this study, confirmatory factor analysis was conducted to test the appropriateness of the existing 3-factor structure of the scale, including the 3 needs, which are stated to be universal within the framework of Self-Determination Theory, for the Turkish sample and since there was no purpose of factor discovery.

The Relationship Motivation Theory, which emerged to address the relationship aspect of the Self-Determination Theory, suggests that when people experience more need satisfaction in their relationships, they achieve more satisfaction from their relationships (Deci and Ryan 2014; La Guardia and Patrick 2008). Another claim of the theory is that for an optimal close relationship, each partner should support the other's needs for autonomy, competence and relatedness (Legault, 2017). Based on this information, an individual whose basic psychological needs are met in the relationship is expected to have a high level of happiness in the relationship. For this reason, Pearson product-moment correlation analysis coefficients were examined with the RHQ to evaluate the criterion-related validity of the scale. In the adaptation study, the aforementioned analyses were conducted through SPSS 22 and AMOS 24 programs.

RESULTS

Construct Validity

Confirmatory factor analysis

According to the SDT, the structure of the scale, in which 3 needs were determined as sub-dimensions in its original form, was tested through confirmatory factor analysis (CFA). CFA results confirmed the 3-factor structure of the scale. The CFA test of the construct consisting of a total of 9 items (3 items in each sub-dimension) was conducted with 241 university student participants (136 female and 105 male). According to the CFA test results, the fit index values were $\chi^2 / \text{sd} = 2.45$, GFI = .97, CFI = .90, IFI = .96, RMR = .05, RMSEA = .065. In this case, it can be said that the data fit the model well (Byrne, 2010). In the CFA test, no significant modification suggestion was found and no modification process was required between any two items in line with the values obtained. Figure 1 shows the coefficients of the CFA of the scale.

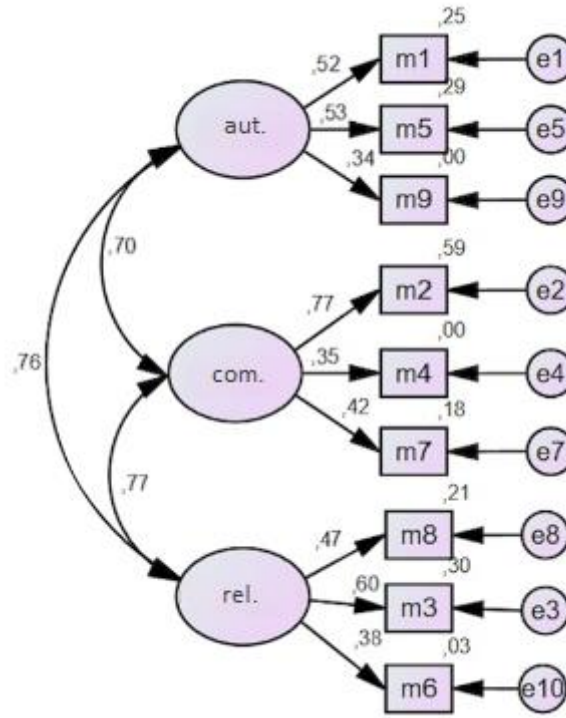


Figure 1. Confirmatory factor analysis findings of the Basic Psychological Needs In Relationships Scale

The standardized path coefficients and significance levels of the items in the model are given in Table 1.

		Path coefficients	p
Autonomy	1. When I am with my partner, I feel free to be who I am.	.52	.000
	5. When I am with my partner, I have a say in what happens, and I can voice my opinion.	.53	.000
	9. When I am with my partner, I feel controlled and pressured to be certain ways.	.34	.000
Competence	2. When I am with my partner, I feel like a competent person.	.77	.000
	4. When I am with my partner, I often feel inadequate or incompetent.	.35	.000
	7. When I am with my partner, I feel very capable and effective.	.43	.000
Relatedness	3. When I am with my partner, I feel loved and cared about.	.47	.000
	6. When I am with my partner, I often feel a lot of distance in our relationship.	.60	.000
	8. When I am with my partner, I feel a lot of closeness and intimacy.	.38	.000

Table 1. Standardized path coefficients and significance levels for scale items

Criterion-related validity

Within the scope of the criterion-related validity study of the scale, Pearson Product Moment correlation coefficients were examined with the Happiness in Relationships Questionnaire. As seen in Table 2, as expected, the total scores of the Basic Psychological Needs in Relationships Scale and the Happiness in Relationships Scale scores are positively and highly correlated ($r=.65$). Happiness in Relationships Scale scores also showed significant positive correlations with the sub-dimensions of autonomy ($r=.75$), competence ($r=.52$) and relatedness ($r=.61$). The findings indicate that the scale measures the characteristics appropriate for its purpose.

Variables	Mean	S.d.	1.	2.	3.	4.
1.Autonomy	20.77	5.34				
2.Competence	17.82	6.65	.73**			
3.Relatedness	19.35	3.07	.62**	.56**		
4.BPNRS total	52.24	4.41	.82**	.51**	.49**	
5.RHQ	36.68	3.93	.75**	.52**	.61**	.65**

Table 2: Descriptive statistics and correlation coefficients for the scale and subscales

** $p<.01$, (BPNRS: Basic Need Satisfaction in Relationships Scale, RHQ: Relationship Happiness Questionnaire).

Reliability

Cronbach Alpha internal consistency coefficients were examined to evaluate the reliability of the BPNRS. The coefficients were found to be .71 for the total score of the scale, .78 for the subscales of the scale, .78 for autonomy, .68 for competence and .66 for relatedness. The findings indicate that the BPNRS is a reliable measurement tool.

DISCUSSION AND CONCLUSION

The aim of this study is to examine the psychometric properties of the BPNRS developed by La Guardia et al. (2000) in Turkish culture. In this direction, firstly, translation procedures of the scale were carried out and language validity was ensured. The three-factor structure of the scale was validated in the Turkish sample in accordance with the theoretical information on which it is based. The criterion-related validity of the scale was evaluated with the Happiness in Relationships Scale and a significant positive relationship was found with the scale. The reliability of the Turkish form of the scale was determined by calculating the Cronbach Alpha internal consistency coefficient for the sub-dimensions and total score of the scale, and the coefficients showed that the scale was reliable. In summary, according to the analyses, the Basic Psychological Needs in Relationships Scale (BPNRS) is a valid and reliable scale in the Turkish sample.

While the Cronbach Alpha internal consistency coefficient for the whole scale was .85 in the UK sample (Leung & Law, 2019), it was .71 for the Turkish sample. Although the internal consistency coefficient of the scale is lower in the Turkish sample compared to the UK sample, it is statistically significant and high. In a study with a diverse sample including Caucasian, Black, Asian, Middle Eastern, reliability coefficients were calculated as .65 for autonomy, .74 for competence and .84 for relatedness (Demir & Özdemir, 2010). In the autonomy sub-dimension, the reliability coefficient calculated for the Turkish sample (.78) was higher than the other samples. In the competence subscale, the reliability coefficient was .74 for the mixed Caucasian, Black, Asian, Middle Eastern sample (Demir & Özdemir, 2010) and .68 for the Turkish sample. It was observed that the reliability coefficient calculated in the Turkish sample

was lower in the competence subscale. Finally, the reliability coefficient for the relatedness subscale was .84 for the mixed Caucasian, Black, Asian, Middle Eastern sample (Demir & Özdemir, 2010), while it was .66 for the Turkish sample. The reliability coefficient for the relatedness subscale was lower than the other sample. Lear et al. (2020) found the internal consistency coefficient of the entire scale to be .90 in a study with Latinx, Asian, Black, Native American/Indian and White mixed samples. In the related study, Cronbach's alpha coefficients for the competence, relatedness, and autonomy subscales were calculated as .78, .88, and .77, respectively. In this study, the satisfaction of needs was examined for friendship relationship rather than romantic relationship. As can be seen, the Basic Psychological Needs in Relationships Scale is a measurement tool whose psychometric properties have been examined and validated in many different cultures and age groups. As a result of this study, the scale was introduced to the Turkish sample to be used in various studies.

The limitation of the study is that the sample in which the scale adaptation studies were conducted consisted of university students as a single type of study group. The data related to the scale can be analyzed in samples representing different age groups and married individuals. The results of these examinations will enable the evaluation and improvement of the favorable conditions of university students' romantic relationships.

According to Self-Determination Theory, individuals show a high level of functionality by using their potential in areas of life where their needs are met. Accordingly, mental health professionals working with families and couples should be aware of the need to meet the needs of their clients in their relationships and should take into account the satisfaction of their needs while helping them improve their relationships. Indeed, as mentioned above, the satisfaction of basic psychological needs is important not only in romantic relationships but also in other social relationships, which are broadly defined as intimate relationships. This scale, which was introduced to the Turkish sample, can be used to assess the level of need satisfaction in other close relationships by removing the expression "my lover" from the items, as is done in the foreign literature. In addition, the data related to the scale can be recalculated for other close relationships. In addition, researchers working in the field of family and couple counseling and psychology of intimate relationships can use this scale in their studies on how to increase relationship satisfaction and quality through the needs.

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