

The Validity and Reliability Study for the Turkish Version of the Commitment Scale

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ABSTRACT The purpose of this paper is to adapt the Commitment Scale to Turkish. Four studies were conducted for the validity and reliability of the scale. Turkish and English versions of the Commitment Scale were administered for two-week periods and it was made sure that the translated version was true to the original. The sample of the study consisted of married couples. Confirmatory factor analysis was conducted in the paper and it was found that the model had acceptable goodness of fit indices. Total item analyses and Cronbach alpha value indicated that the scale could be used on the Turkish sample. In the criterion-referenced validity study, the scale was found to be significantly correlated with the Relationship Assessment Scale Dyadic Adjustment Scale, Marital Adjustment Scale, Future Time Orientation in Romantic Relationships Scale and The Heartland Forgiveness Scale. The reliability coefficient scores revealed acceptable results. In conclusion, validity and reliability studies demonstrated that the Commitment Scale was applicable to the Turkish sample.

INTRODUCTION

When couples who are having romantic relationships are asked about the secret to their success, they usually emphasize their commitment to one another (Clements and Swensen 2000; Robinson and Blanton 1993). Commitment is what enables couples to continue their relationships in good days and bad days and through ups and downs. As a matter of fact, commitment helps explain why, while one relationship comes to end, another goes on (Adams and Jones 1999).

Commitment is a concept that may come to mean different things in different literatures. For example, organizational commitment can be defined as the tendency to evaluate the organization positively and work towards achieving the goals of the organization (Sheldon 1971), unwillingness to leave an organization due to an increase in salary payments or professional freedoms, or professional friendships (Hrebiniak and Allutto 1972), belonging and loyalty to the organizational identity (Lee 1971). In this paper, relationship commitment was investigated.

Although commitment is used in different senses, its investigation as a concept used in connection with close relationships is a relatively recent phenomenon. Structural interventions of theoretical nature emerged after 1965 whereas

empirical studies were published after 1980. It is confusing that it took a long time to start commitment studies even in studies that were based on a long past in interpersonal relationships. Throughout the years, a small group of researchers attempted to explain the conceptual structure of commitment and relationships, and the relationship between commitment and other features of close interpersonal relationships (for example; friendship, helpfulness, etc. see also Kesici 2007, 2008a, 2014, 2015). These efforts resulted in the emergence of a descriptive literature and enabled researchers to continue to discover new ways to be able to integrate commitment into relationships in social processes (Adams and Jones 1999).

Many things have been written about what commitment is and what kind of a relationship it has with other romantic relationships (Adams and Jones 1999; Johnson et al. 1999; Stanley and Markman 1992). Commitment is defined as psychological commitment that reflects the ideas and beliefs of partners in relation to the existing relationship. This concept of commitment is used for different relationships such as close personal relationships (Rusbult 1980) or employee-employer relationships (Angle and Perry 1981).

Studies which have been conducted recently have pointed out the current experiences

connected with commitment and the ways in which partners express their commitment (Marston et al. 1998; Weigel and Ballard-Reisch 2002). According to Thompson-Hayes and Webb (2004), commitment is something that couples construct through their daily expressions of commitment and communication.

There are two basic ways of conceptualizing commitment in the relevant literature-as attitudes and as behaviors. Attitudinal commitment is concerned with intentions, preferences and adaptation of the couples to the relationship. Commitment is defined as the intention to continue an existing relationship (Anderson and Weitz 1992; Johnson 1973), to prefer the current partner strongly (Teas and Sibley 1980), to wish to continue the relationship (Anderson and Weitz 1989, 1992) and long-term harmony (Brown et al. 1995).

Although the literature about commitment offers a good explanation about why people prefer to stay together or end a relationship, most literature does not explain the behavioral aspect of the relationship. Commitment becomes relational when communication is established with the other (Weigel and Ballard-Reisch 2002).

Commitment used in daily life and commitment used by sociologists have two different meanings. The first puts a strong emphasis on a strong personal devotion in a decision made to perform behaviors that have been organized to fulfill a goal. This kind of commitment is called personal commitment. The second common use, on the other hand, emphasizes constraints. Individuals, whether they are personally committed or not, behave thinking that they should continue organized behavior. This kind of commitment is called behavioral commitment (Johnson 1973).

If commitment is really constructed, and consolidated through interaction, it makes understanding the types of behaviors which partners use to demonstrate their commitment to one another easy. Researcher and practitioners need to know what people say or do to show their commitment to their partners (Weigel and Ballard-Reisch 2002). When couples are asked how they continue their commitment, they emphasize daily things which they do to strengthen and reveal their commitment to one another (Weigel 2008). Couples often cite various direct or indirect forms of behavior such as asking each other how they feel, providing love and support, being faithful and overcoming difficulties troubling their rela-

tionship in order to describe their commitment to their partners (Marston et al. 1998; Weigel 2008).

In the studies that have been conducted, relational commitment has been seen as the most prominent predictor of the stability and the quality of a relationship (Kurdek 2007). According to Swensen and Trahaug (1985), a person's high level of commitment to their spouse is significantly correlated with fewer problems in marriage and frequent expression of love between couples. The study they conducted indicated that there was a strong correlation between commitment and marriage problems whereas there was a low level of correlation between commitment and expression of love (Swensen and Trahaug 1985).

Rusbult (1980), who developed the theory of interdependence theory, called the relationship between the development of commitment and interdependence as investment model. This point of view revealed a large portion of the relevant literature (Le and Agnew 2003). The investment model argues that commitment to relationship is concerned with not only the level of satisfaction and the quality of alternatives but also the investment which the individual has made in the relationship. Investments refer to sources of value which is attached to the relationship and will disappear or be lost if the relationship comes to an end; investments can be in various forms such as emotional investments like openness (Stanley and Markman 1992) and structural investments like money and property (Johnson 1973).

Long-term orientation is based on the assumption that the relationship is stable and will last so long as to provide long-term benefits. Relationship commitment requires a desire to develop a stable relationship, willingness to make short-term sacrifices to maintain the relationship and confidence in the stability of the relationship (Anderson and Weitz 1992).

According to Noller (1996), relationship stability can be a result of the positive effects of commitment on the relationship rather than being a component of commitment. Therefore, commitment involves a huge devotion to an ongoing relationship. Noller (1996) makes a distinction between individuals' personal motivations to persist in the relationship and external structural constraints that discourage them from ending the relationship.

Personal commitment is a desire on the part of a partner to maintain the relationship, which

involves the attractiveness dimension of commitment. Moral commitment is an expression of individual's feeling that "I should maintain this relationship" and is part of the constraints dimension. Johnson (1999) defined the constituents of moral commitment as the type of relationship, values, personal obligations and consistency. Both personal commitment and moral commitment are results of internal experiences such as a person's specific attitudes and values in private and general relationships. Finally, structural commitment is part of the constraint dimension and refers to the degree of the partner's feeling "I should maintain the relationship".

One of the most striking theories regarding commitment is Johnson's (1991, 1999) Tripartite Model of Commitment. Investigating commitment in a model consisting of three different varieties, Johnson (1991, 1999) explained the personal, moral and structural dimensions with different reasons and with different behavioral, cognitive and emotional consequences (Johnson et al. 1999).

Stanley and Markman (1992) concentrated largely on the psychological aspects of "to want" and "to have" in commitment: these are dedication (devotion) and constraint, respectively. Stanley and Markman's (1992) two combined models involve, at the same time, Levinger's (1965) discussion of cohesion theory, which focuses on attraction forces and barrier forces. Stanley and Markman (1992) defined these fundamental states of pushing and pulling which many people experience in romantic relationships like marriage. Personal dedication is concerned with individual desires of partners to increase the quality of the relationship and maintain the relationship for their mutual benefits. The evidence for the desire connected with behaviors is not only to maintain the relationship, but also to improve it, make sacrifices for the relationship, invest in it, make a connection between the relationship and personal goals and feel a concern for what is best for the partner as well as the self. Constraints may result from both internal and external pressures and contribute to the persistence of the relationships (Stanley and Markman 1992).

Constraint commitment can be divided within itself into parts such as structural commitment (for example, economic investment, sharing of property), quality of alternatives, social pressure to enable partners to stay together, and variables that reflect moral commitment (for example, thinking that divorce is wrong, believing that you need to finish what you have started) (Johnson

et al. 1999; Stanley and Markman 1992). Constraints explain why low level relationships continue; when satisfaction is low but constraints are high, it may cost highly to end the relationship.

The Commitment Scale used in this paper is based on these two structures (dedication and constraint commitments), which play an important role in the relationship.

The Validity and Reliability of the Original Commitment Scale

The original Commitment Scale had 6 sub-scales involving 36 dedication items and 69 constraint items consisting of 6 sub-scales (Stanley and Markman 1992). The Cronbach alpha values of these sub-scales demonstrated a good level of internal consistency ranging from .70 to .94. The scale was at the same time valid. Constraint and dedication sub-scales were found to be correlated with other commitment and marriage satisfaction scales (Johnson et al. 1999; Stanley and Markman 1992).

Stanley et al. (2001) defined 3 shortcomings of the Commitment Scale. Then, they revised the scale in the mid-1990s to use in pre-marital education activities. The original version, which was first published in 1992, consists of two constructs based on Johnson et al.'s (1999) study, which make measurements in a manner that is significantly different from the other sub-scales. These sub-scales (termination procedures and quality of life) were revised and abbreviated; also, these sub-scales were maintained in the same response format as the other items. Secondly, the original version of the Commitment Scale did not evaluate the other study (Johnson 1973; Johnson et al. 1999) and some types of constraint commitment based on clinical experiments with couples. Thirdly, the length of the original scale consisting of 105 items created a disadvantage in terms of time and cost. Therefore, a shorter version of the scale was developed (Owen et al. 2011).

In a study conducted by Owen et al. (2011), sub-scales that were not administered to unmarried couples were kept separately; therefore, the study was conducted with 36 items. The Revised Commitment Scale serves both the samples and the 7 sub-scales that were used. The dedication sub-scale is concerned with the priority of the relationship, identities of the couple, satisfaction with sacrifice, and an intention to maintain the relationship. The structural investments sub-scale evaluates concrete investments made in

the relationship (for example, money). The social pressure sub-scale is concerned with the pressure which the family and friends apply in order for the couple to maintain the relationship. The termination procedures sub-scale evaluates the perception concerned with how difficult it is to end a relationship. The concern for partner welfare sub-scale is concerned with the belief about the effect of ending the relationship on the partner's welfare. The alternative financial status sub-scale defines the extent of the change in an individual's financial status if a relationship comes to an end. Finally, the alternative availability sub-scale defines the possibility of dating a new suitable partner if the current relationship ends (Owen et al. 2011). The confirmatory factor analysis of the scale was conducted on 36 items and seven factors. As a result of the analysis that was made, 11 items were excluded because the model demonstrated borderline goodness of fit. It was found that the 7-factor and 25-item model exhibited an acceptable level of goodness of fit ($\chi^2=1769.37$, $df=1101$, $\chi^2/df=1.61$, $CFI=.88$, $SRMR=.085$, $RMSEA=.044$). Moreover, the model was also tested as a two-factor model, namely dedication and constraint, but the 7-factor model showed a better goodness of fit than the 2-factor model (Owen et al. 2011).

METHODOLOGY

Study I

Participants

In order to ensure the linguistic equivalence of the scale, the Commitment Scale was administered to 95 students who were attending Selcuk University Department of English Language and Literature, who stated that they had been having a romantic relationship for some time and volunteered to participate in the study. 68.4 percent of the students who participated in the study (65 students) were female, whereas 31.6 percent (30 students) were male (for the Turkish form, $\bar{X}=128.51$; $SS=16.24$; for the English form $\bar{X}=128.28$; $SS=17.26$).

Procedure

Permission was obtained from Scott Stanley to adapt the Commitment Scale to Turkish culture. The scale was translated into Turkish by foreign language specialists at the School of Foreign Languages. The scales, which were

translated into Turkish by the language specialists, were brought together and made into a single form. In order to obtain a specialist's view, a translator's evaluation form was prepared and the Turkish and English versions of the scale were sent to four professional specialists with PhD and expert opinion was obtained from them about whether the items of the scale were appropriate in Turkish or not. The Turkish version of the scale was put into the final form in accordance with the opinions and suggestions of the experts. Then the Turkish form was sent to a language specialist and translated once again into English. It was seen that the version of the scale that was translated into English and the original version were similar. In order to test the linguistic equivalence of the scale, first the English version of the scale and then the Turkish version of the scale were administered, at an interval of two weeks, to 95 students who were attending Selcuk University Department of English Language and Literature in the 2013-2014 Autumn semester and who stated that they had been having a romantic relationship for some time.

Study II

Participants

The Commitment Scale which was developed by Stanley and Markman (1992) and revised by Owen et al. (2011) was administered to engaged couples and cohabiting couples. In this paper, researchers administered the revised Commitment Scale to married couples. The confirmatory factor analysis was conducted on 250 couples ($N=500$; 250 female, 250 male). The median age of the couples who participated in the study was 42.54 ($SD=11.57$), and their median marriage length was 17.81 ($SD=12.40$).

A study was performed on 100 couples ($N=200$ people; 100 female, 100 male) for internal consistency and item total correlations of the Commitment Scale.

Procedure

The unique nature of the Revised Commitment Scale, which was developed on the basis of Stanley and Markman's (1992) theory, was tested using the confirmatory factor analysis. As in the original scale, goodness of fit values were calculated for the seven-factor model (dedication, social pressure, financial alternatives, termination procedures, concern for partner wel-

fare, alternative availability, and structural investments) and the two-factor model (constraint and dedication). Moreover, the seven-factor model was tested using CFA in according to the data obtained from male and female participants.

Item-total correlation and internal consistency of Commitment Scale calculated using Cronbach alpha are adequate for the scale.

Study III

Participants

A study was conducted on 100 couples (N=200; 100 female, 100 male) for criterion-related validity. Median age of the participants was 44.52 (SD=11.92) and average duration of marriage was 17.93 (SD=12.66).

Procedure

Marital Adjustment Test, Relationship Assessment Scale, Future Time Orientation in Romantic Relationships Scale, Dyadic Adjustment Scale (DAS) and Heartland Forgiveness Scale were used for criterion-related validity.

Marital Adjustment Scale was developed by Locke and Wallace (1959) and adapted to Turkish by Tutarel-Kislak in 1999 as "Marital Adjustment Test". Relationship Assessment Scale was developed by Hendrick (1988) and adapted to Turkish by Curun (2001). Future Time Orientation in Romantic Relationships Scale was developed by Oner (2000a). Dyadic Adjustment Scale was developed by Spanier (1976) and adapted to Turkish by Fisiloglu and Demir (2000). Finally, Heartland Forgiveness Scale was adapted by Thompson et al. (2005) and translated into Turkish by Bugay and Demir (2010).

Instruments

Marital Adjustment Scale (MAS)

Marital Adjustment Scale, which was developed by Locke and Wallace (1959) and adapted to Turkish by Tutarel-Kislak (1999) together with a reliability and validity study for it, is intended to measure the satisfaction derived from a marital relationship, and marital adjustment. The score taken from the scale varies between 0 and 60. Those who get a score over 43 are considered to be compatible in terms of marital relationship

whereas those who get a lower score than that are incompatible. Tutarel-Kislak (1999) found the internal consistency (Cronbach Alpha) coefficient of the scale as .84. The value in question was .85 for women, and .83 for men. In order to find the criterion-related validity of MAS, Interpersonal Relationships Scale and Relationship Attribution Measure were used. The correlation coefficient between the total scores of MAS and Interpersonal Relationships Scale was found to be $r=.12$ ($p<.05$). On the other hand, the correlation coefficient between the total scores of MAS and Relationship Attribution Measure was $-.54$ (Tutarel-Kislak 1999).

Relationship Assessment Scale (RAS)

Relationship Assessment Scale is a 7-point Likert type scale and measures satisfaction with the relationship especially in romantic relationships. The scale, which was developed by Hendrick (1988), was adapted to Turkish by Curun (2001). Factor loads of the scale vary between .56 and .88. When compared with the original scale, the eigenvalue of one factor is above 1 and accounts for 52 percent of the variance. The alpha coefficient of the scale was found to be .86 (Curun 2001).

The Future Time Orientation in Romantic Relationships Scale (FTORR)

The Future Time Orientation Scale (FTORR) was developed by Oner (2000b) on 226 university students for the purpose of determining how individuals plan the future of romantic relationships and measure their opinions about the future of their relationships. This scale is an extended version of Oner's (2000a) previous seven-item FTORR scale. FTORR, to which new items have been added, is a 4-point Likert type scale with 11 items. As a result of the factor analysis conducted by Oner (2000b), a two-factor construct was obtained. These were called constant search for relationships and focusing on the future of the relationship. The first factor involves items connected with the tendency to prefer short-term or long-term relationships. The second factor, on the other hand, involves items connected with investment in the future of the relationship and commitment. The internal consistency coefficient of the of the first factor (Cronbach alpha) is .85, whereas the internal consis-

tency coefficient of the second factor (Cronbach alpha) is .64.

Dyadic Adjustment Scale (DAS)

Dyadic Adjustment Scale (DAS), which was developed by Spanier (1976), is intended to measure ways in which married and cohabiting couples perceive the quality of their relationships. The scale consists of 32 items and in addition to the total score, scores for 4 sub-scales can be calculated from the scale. These are scales of dyadic consensus, dyadic satisfaction, dyadic cohesion and affectional expression. The internal consistency coefficient of the scale, which was adapted to Turkish by Fisiloglu and Demir (2000), was found to be .92. The scale split-half reliability coefficient was .86. Dyadic Adjustment Scale DAS was correlated with Locke-Wallace Marital Adjustment Scale at a level of .82 (Fisiloglu and Demir 2000).

The Heartland Forgiveness Scale

The Heartland Forgiveness Scale was developed by Thompson et al. (2005) to measure individuals' tendency to forgive. This is a 7-point Likert type scale and consists of 18 items. The scale has three sub-dimensions, namely forgiving oneself, forgiving others and forgiving situation. The scale was translated into Turkish language and adapted to Turkish culture by Bugay and Demir (2010). Cronbach α internal consistency coefficient of the Turkish version of the scale was .64 for forgiving oneself sub-scale, .79 for forgiving others sub-scale and .76 for forgiving situation sub-scale. Cronbach α value for the whole scale, on the other hand, was calculated to be .81. Then, the psychometric properties of the scale were investigated by Bugay et al. (2012) on a larger sample. The appropriateness of the original 3-factor structure of the scale to the Turkish sample was tested and the Confirmatory Factor Analysis goodness of fit values were found to be at acceptable levels.

Study IV

Participants

In order to calculate the test-retest reliability of the commitment scale, a study was conducted on 100 couples (N=200 people; 100 female, 100 male). Median age of the couples who participated in the study was 40.78 (SD=12.02), and the average duration of marriage was 15.85 (SD=11.87).

Procedure

The Turkish version of the Commitment Scale was administered to the couples at a 4-week- interval to calculate test-retest reliability.

RESULTS

Study I

It was found that there was a significant and positive correlation between the Turkish and English versions of the Commitment Scale, which was administered at an interval of two weeks ($r = .90, p < .01$). It was understood that the translated version of the scale was compatible with the original.

Study II

The original structure (nature) of the Commitment Scale, which was developed on the basis of Stanley and Markman's (1992) theory, was tested using the confirmatory factor analysis (CFA). As in the original scale, goodness of fit values were calculated for the seven-factor and two-factor models. Moreover, the seven-factor model was tested using CFA according to the data obtained from female and male participants. As a result of the first analysis using CFA, it was determined that the factor loads of the items 1, 5, 6 and 23 were below 0.30 and after these items were removed from the model, CFA was repeated. The goodness of fit values that were obtained as a result of the CFA are given in Table 1. These

Table 1: Summary of fit indices for confirmatory factor analyses

<i>Model</i>	χ^2	<i>df</i>	χ^2/df	<i>CFI</i>	<i>SRMR</i>	<i>RMSEA</i>	<i>GFI</i>	<i>AGFI</i>
7-factors, 21 items	477.53	171	2.79	0.78	0.06	0.06	0.91	0.88
2-factors, 21 items	1107.08	252	4.393	0.47	0.11	0.08	0.83	0.79

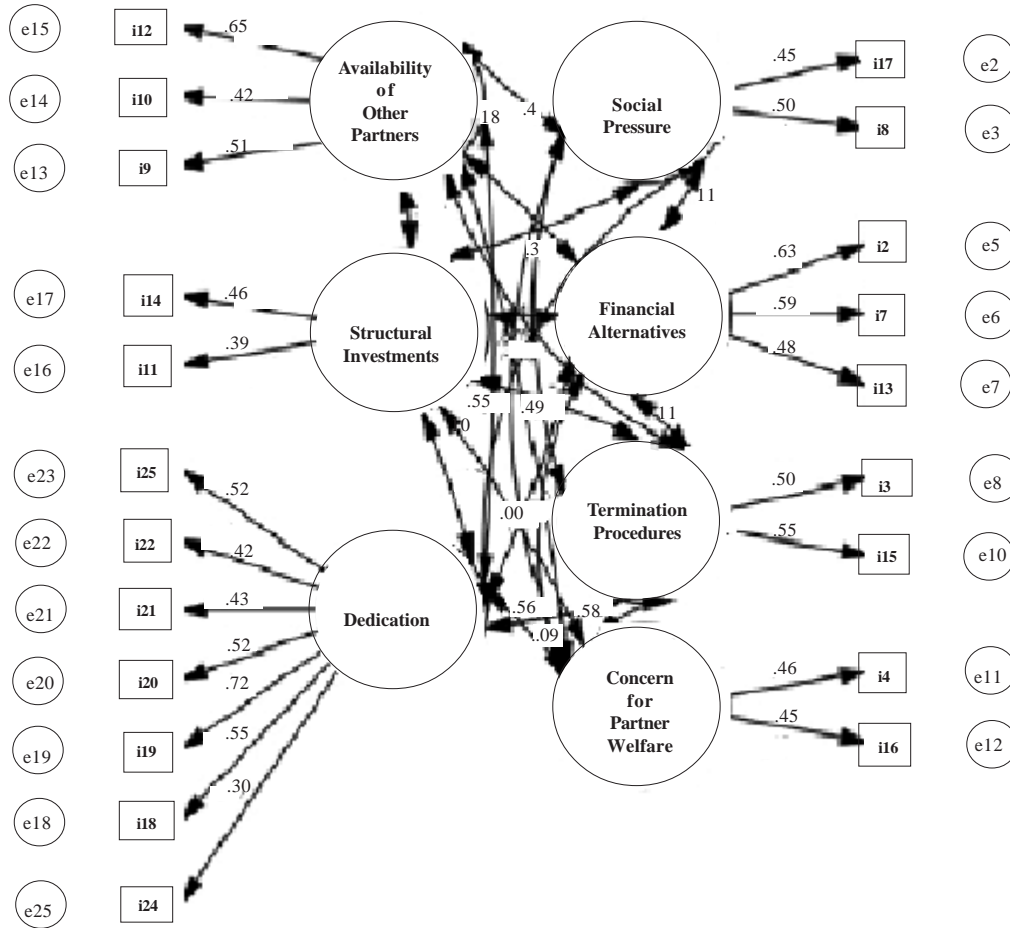


Fig. 1. Path Diagram of Commitment Scale Items

values are as below for the 7-factor model; $\chi^2 = 477.53$, $df = 171$, $(\chi^2/df) = 2.79$, $RMR = .06$, $RMSEA = .06$, $CFI = .78$, goodness of fit index (GFI) = .91 and adjusted goodness of fit index (AGFI) = .88. It was understood that the seven-factor model exhibited an acceptable level of fit with the obtained data. In addition, it was found that the seven-factor model had better goodness of fit values than the two-factor model (Table 1: Summary of Fit Indices for Confirmatory Factor Analyses). The seven-factor model that was tested is given in Figure 1 (Path Diagram of Commitment Scale Items). The item (factor) loads of the seven-factor model according to the data obtained from the female and male participants are

given in Table 2 (Items and Factor Loadings for Men and Women in the Trimmed Model).

When the Cronbach α internal consistency coefficient of the Turkish version of the scale is considered, it is seen that the alpha value for women in the concern for partner welfare sub-dimension is .65 whereas it is .43 for men. The alpha value for women in the alternative availability sub-dimension is .55 whereas it is .74 for men. The alpha value for women in the structural investments sub-dimension is .62 whereas it is .61 for men. The alpha value for women in the social pressure sub-dimension is .64 whereas it is .66 for men. The alpha value for women in the financial alternatives sub-dimension is .77 where-

Table 2: Items and factor loadings for men and women in the trimmed model

Item	Sub-scale	Women			Men			General		
		<i>b</i>	<i>SE</i>	$\hat{\alpha}$	<i>b</i>	<i>SE</i>	$\hat{\alpha}$	<i>b</i>	<i>SE</i>	$\hat{\alpha}$
2	Financial	1.00		0.65	1.00		0.56	1.00		0.63
3	Termination	1.00		0.51	1.00		0.49	1.00		0.50
4	CPW	1.00		0.47	1.00		0.45	1.00		0.46
7	Financial	0.91	0.14	0.60	1.03	0.28	0.57	0.93	0.13	0.59
8	Social Pressure	1.29	0.30	0.50	0.99	0.19	0.51	1.11	0.17	0.50
9	Availability	1.00		0.54	1.00		0.48	1.00		0.51
10	Availability	0.76	0.17	0.44	0.79	0.20	0.39	0.78	0.13	0.42
11	Investments	1.00		0.45	1.00		0.31	1.00		0.39
12	Availability	1.18	0.23	0.66	1.28	0.26	0.64	1.22	0.18	0.65
13	Financial	1.05	0.15	0.69	0.49	0.18	0.27	0.76	0.12	0.48
14	Investments	1.00		0.53	1.00	0.37		1.00		0.46
15	Termination	1.00		0.57	1.00	0.54		1.00		0.55
16	CPW	1.00		0.44	1.00	0.46		1.00		0.45
17	Social Pressure	1.00		0.39	1.00	0.49		1.00		0.45
18	Dedication	1.00		0.52	1.00	0.57		1.00		0.55
19	Dedication	1.06	0.16	0.68	1.12	0.15	0.73	1.09	0.11	0.72
20	Dedication	0.59	0.11	0.48	0.78	0.12	0.56	0.68	0.08	0.52
21	Dedication	1.14	0.19	0.56	0.61	0.14	0.33	0.82	0.11	0.43
22	Dedication	0.64	0.15	0.33	0.89	0.15	0.48	0.77	0.11	0.42
24	Dedication	0.57	0.15	0.29	0.58	0.14	0.32	0.56	0.10	0.30
25	Dedication	0.93	0.15	0.56	0.74	0.12	0.51	0.80	0.09	0.52

Notes: All factor loadings were significant at $p < .001$. CPW = Concern for Partner's Welfare; Financial = Financial Alternatives; Termination = Termination Procedures; Investments = Structural Investments; Availability = Availability of Other Partners.

as it is .65 for men. The alpha value for women in the termination procedures is .68 whereas it is .70 for men. The alpha value in the dedication sub-dimension is .80 whereas it is .78 for men. The alpha value for women in the constraint sub-dimension is .81 whereas it is .71 for men. The overall alpha values for the sub-dimensions vary between .54 and .79 while the Cronbach α value for the whole of the scale is .78.

Study III

For criterion-related validity, the correlations among the sub-dimensions of the commitment scale and marital adjustment, relationship assessment, future time orientation in romantic relationships, the heartland forgiveness and dyadic adjustment scales were investigated. As a result of the analyses that were conducted, it was seen that a significant relationship was found between the dedication sub-dimension and all the scales used for criterion-related validity. Concern for partner welfare is correlated with future time orientation in romantic relationships scale (FTORR) ($r = .40, p < .001$) and the heartland forgiveness scale ($r = .30, p < .001$). It was also found that

financial alternatives sub-scale was correlated with relationship assessment ($r = .21, p < .001$) and FTORR ($r = .15, p < .01$); termination procedures sub-scale was correlated with relationship assessment ($r = .23, p < .001$), FTORR ($r = -.17, p < .01$) and heartland forgiveness scales ($r = -.22, p < .001$); social pressure sub-scale was correlated with marital adjustment ($r = .38, p < .001$), relationship assessment ($r = .40, p < .001$) and FTORR ($r = .25, p < .001$); structural investments sub-scale was correlated with FTORR ($r = .22, p < .001$), and alternative availability sub-scale was correlated with marital adjustment ($r = .27, p < .001$), FTORR ($r = -.20, p < .001$) and heartland forgiveness ($r = -.28, p < .001$) scales (Table 3).

Study IV

Reliability coefficient for the test-retest method was found to be .86 in our sample. Test-retest reliability was found to be .89 for dedication sub-dimension, .82 for social pressure, .86 for termination procedures, .84 for alternative availability, .86 for concern for partner welfare, .87 for financial alternatives and .88 for structural investments sub-dimensions.

Table 3: Correlations among revised commitment inventory subscales and other measures

	1	2	3	4	5	6	7	8	9	10	11	12
1. Dedication	-											
2. CPW	.13	-										
3. Financial	.12	.08	-									
4. Termination	.15*	.45**	-.06	-								
5. Social Pressure	.55**	.30**	-.08	.10	-							
6. Investments	.10	.07	-.05	.25**	.08	-						
7. Availability	.30**	.41**	.21**	.28**	.30**	-.04	-					
8. MAT	.50**	.11	-.12	.10	.38**	-.09	.27**	-				
9. RAS	.42**	.10	.21**	.23**	.40**	.11	.07	.67**	-			
10. DAS	.63**	-.10	-.11	-.05	.12	.10	.09	.78**	.68**	-		
11. FTORR	.68**	.40**	.15*	-.17*	.25**	.22**	-.20**	.40**	.65**	.54**	-	
12. HFS	.40**	.30**	-.12	-.22**	.09	.07	-.28**	.25**	.16*	.15*	.13	-

Notes: CPW = Concern for Partner Welfare; Financial = Financial Alternatives; Termination = Termination Procedures; Investments = Structural Investments; Availability = Availability of Other Partners; DAS = Dyadic Adjustment Scale; MAT =Marital Adjustment Test; FTORR= The Future Time Orientation Scale; HFS= Heartland Forgiveness Scale; RAS: The Relationship Assessment Scale
p* < .01, *p* < .001.

DISCUSSION

In this paper, a reliability and validity study was conducted for the Revised Commitment Scale on married couples on a Turkish sample. The English and Turkish forms of the scale were found to be positively significant (*r* = .90, *p* < .01). This result indicates that the English and Turkish versions of the Commitment Scale were understood similarly by the participants.

As a result of the confirmatory factor analysis that was performed, as in the original scale (Owen et al. 2011), goodness of fit values was calculated for the seven-factor and two-factor models. These factors were as below for the 7-factor model; $\chi^2=477.53$, *df*= 171, (χ^2 /*df*) = 2.79, RMR=.06, RMSEA=.06, CFI=.78, goodness of fit index (GFI) = .91 and adjusted goodness of fit index (AGFI) = .88. There are studies that provided this fit indexes (see also Kesici 2006, 2008; Ozteke et al. 2015). It was understood that the seven-factor model was fit for the obtained data at an acceptable level (Anderson and Gerbing 1984; Bentler 1992; Bollen 1989; Browne and Cudeck 1993; Cole 1987; Hu and Bentler 1999; Marsh et al. 1988). Moreover, it was determined that the seven-factor model had better goodness of fit values than the two-factor model. Owen et al. (2011), too, obtained similar results in their study. Furthermore, the results obtained from the shorter form of the dedication scale are in support of the fact that dedication could be assessed on an international level (Stanley and Markman 1992).

When the item loads of the scale were divided according to gender, it was seen that item structures of men and women were mostly similar. Only items 13 and 24 (item 13 was found to be .27 for men while item 24 was found to be .29 for women) had lower values than the desired one. Still, these values were at an acceptable level (Erol 1989 cited by Aydin-Yenihayat 2007).

When the Cronbach α internal consistency coefficient of the Turkish form of the scale was considered, it was seen that the alpha value in the concern for partner welfare was .65 for women whereas it was .43 for men. The alpha value in the alternative availability sub-dimension was .55 for women whereas it was .74 for men. The alpha value in the structural investments sub-dimension was .62 for women whereas it was .61 for men. The alpha value in the social pressure sub-dimension was .64 for women whereas it was .66 for men. The alpha value in the financial alternatives sub-dimension was .77 for women whereas it was .65 for men. The alpha value in the termination procedures sub-dimension was .68 for women whereas it was .70 for men. The alpha value in the dedication sub-dimension was .80 for women whereas it was .78 for men. The alpha value in the constraint sub-dimension was .81 for women whereas it was .71 for men. Overall alpha values for the sub-dimensions varied in general between .54 and .79, while Cronbach α value was .78. The internal consistency values that were obtained were similar to those given in Rhoades et al. (2010) and Owen et al. (2011). The reason why the values were low in some sub-

dimensions was that these sub-scales had fewer items (Cortina 1993; Helms et al. 2006).

For criterion-related validity, the correlation between the sub-dimensions of the commitment scale and marital adjustment, relationship assessment, future time orientation in romantic relationships, the Heartland forgiveness dyadic adjustment scales was investigated. As expected, a significant correlation was observed between the dedication sub-dimension and all the scales that were used criterion related validity. Concern for partner welfare is correlated with future time orientation in romantic relationships scale (FTORR) and the heartland forgiveness scale. It was also found that financial alternatives sub-scale was correlated with relationship assessment and FTORR; termination procedures sub-scale was correlated with relationship assessment, FTORR and the heartland forgiveness scales; social pressure sub-scale was correlated with marital adjustment, relationship assessment and FTORR; structural investments sub-scale was correlated with FTORR, and alternative availability sub-scale was correlated with marital adjustment, FTORR and heartland forgiveness scales. These findings indicate that the sub-scales were assessed differently but that they were related with different aspects of commitment.

Reliability coefficient for the test-retest method was found to be .86 in our sample. Test-retest reliability was found to be .89 for dedication sub-dimension, .82 for social pressure, .86 for termination procedures, .84 for alternative availability, .86 for concern for partner welfare, .87 for financial alternatives and .88 for structural investments sub-dimensions. These values were found to be sufficient for the scale.

The values obtained from the Turkish form of the commitment scale show that the new version of the scale was valid and reliable just as in other studies (Kline et al. 2004; Owen et al. 2011).

CONCLUSION

Four studies were conducted for the validity and the reliability of the Commitment Scale. Confirmatory factor analysis was performed in the study and it was found that the model had acceptable goodness of fit indices. Item total analyses and Cronbach alpha value indicated that the scale could be used in Turkish samples. In the criterion related validity study, it was found that the scale was significantly correlated with

Relationship Assessment Scale, Dyadic Adjustment Scale, Marital Adjustment Scale, Future Time Orientation in Romantic Relationships Scale and the Heartland Forgiveness Scale. The reliability coefficient scores revealed acceptable results. In conclusion, as a result of the adaptation of the Commitment Scale to Turkish, a new measurement tool was created to measure the commitment between couples in Turkish samples.

RECOMMENDATIONS

In this paper, researchers administered the Commitment Scale to married individuals. In future studies, the scale could be administered to dating couples, engaged couples or cohabiting partners in Turkish samples. The scale is a useful measurement tool for researchers, psychologists and psychological counselors. Professionals may use the scale in a clinical setting and make an assessment with the results they have obtained. It is possible to use the scale actively in family counseling. Counselors may evaluate the commitment between couples using the scale before beginning the counseling sessions and prepare a road map. Finally, this scale can be used in an intercultural study in order to determine how the elements that constitute commitment vary from culture to culture.

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