TRANSLATION AND ADAPTATION: THE LONELINESS SCALE UNIVERSITY OF CALIFORNIA LOS ANGELES

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ABSTRACT: *In 1978 Russell, Peplau and Ferguson developed university of California Los Angeles loneliness (UCLA) scale for adults. This scale translated and adapted for the assessment of adult's loneliness problem in Pakistani adults by Nighat Gul after getting the permission to author of version three UCLA loneliness scale by e. mail. This English isolation tool changed in to target language by me to utilizing the back translation. For cross validation of this diagnosing equipment apply factor analysis technique. First translated in Urdu then again translated in to English then compare the results of both Urdu and back translated English scale with the original version validity and reliability. Young adults students of schools and colleges were (N = 200) including clinic sample of 12 students whose suffering loneliness judge and analyzed by using the loneliness UCLA scale. Comparison sample was of 35 volunteers of social psychology from Degree College of women. 192 were Young adults under graduate students to four different academic institutes. Personal administered the Urdu UCLA loneliness scale. The level of co relation for study test was .99 and .91. Tentative dynamic investigation yield bi causes resolution for the Urdu UCLA loneliness weighing tool social loneliness (SL) and emotional loneliness (EL). Co relation was also significant at both levels.*

Key words: Loneliness, Validate, Volunteers, Tentative factor analysis, Self administered, Social loneliness, Emotional lonelines

INTRODUCTION

Many techniques for description of the loneliness in adults University California Loss Angeles developed this test in 1978 and constructors were Russell and Peplau [1]. The loneliness scale (UCLA) is a method that was devised to assess the subjective feelings for aloneness [1] Russell developed the first original loneliness scale. Russell, Peplau & Cutrona, in 1980 revised version 3 UCLA Loneliness Scale. (FCF) first comfort figure device for measuring the loneliness difference involving parents and peers [2].

Loneliness is a tense, painful experience that humans want to avoid. Most people are most likely going to have a considerable experience of loneliness some time Europe's Journal of Psychology in their lives [3]. The type of loneliness that starts due to social accumulation deficiency. This creates by the system of campiness. neighbors, or co-workers. Emotional Loneliness the kind of solitude that creates due to missing of a adjoining emotional attachment of his/ her parents, for mature people for a spouse.

Personal and situational hamper on dealings interactions [4]. Aderson writes about the imprisonment solitary experience for long period of seven years continuously and badly disturbed his mental condition and starts to lose self control [5].

Accord to Gieryeld the loneliness emerged by lack of social relationships along with its due to negativity of interpersonal relations Sadava and Majejcic developed the loneliness scale. Russell developed with some adjustment UCLA Loneliness Scale [6,7].

METHODOLOGY

The present study consist on two phases in first phase translate the University loss angles loneliness scale by back translation method. In second phase collected the data by using strata random sampling techniques and developed rating scale. There were three type sampling clinical, comparison and student sample respectively N = 19, N = 35 and N = 192 to different academic institutes. Phase one consist on four steps. In first step UCLA loneliness scale translation done by eight bilinguals. Whose were taken respectively to Urdu and English departments of Hari Pur University, Virtual University campus Hari Pur, Sarhad University campus of Hari Pur and Govt post graduate collage hari pur. In next step by committee experts evaluate translated items. In third step to translate the UCLA loneliness scale again from target language in to source language for determining the authenticity of Urdu translation. In last one fourth step committee experts evaluate the investigation material and developed the final list of the selected questions for measuring the study subject matter. All members of the committee were agreed for choosing the Urdu version content.

RESULTS

Eigen values indicate first question accumulated variance 90.24, whereas as other items respectively indicted the 5.551 percent of variance. Total variance of all factors is 100 except first which is – 5.551. 90.24 Eigen values of all items under of social loneliness (SL) and another emotional loneliness (EL) factors all items Eigen values is 5.551. Except to last one which value is -5.551.

Alpha Reliability of the explorer material is .990 which higher and also has comparability with the original scale version reliability. In another hand split-half reliability is .97 of the construct. So consequently the internal consistency is higher. Therefore homogeneity is existed between the test items. This declared this a valid adopted and translated tool.

Co relation is significant at both 0.01 and 0.05 level. In all three groups the loneliness was higher in clinical group as compare to other two groups.

DISCUSSION

Presently in Pakistan shortage the researches concern to the psychopathology. Therefore highly demand there should be investigation in the relevant field. Consequently this study will play a vital role in assessment the root cause of the

psychopathology. So Study scale translated and adopted by me in Urdu to English language systematically. This is highly reliable and valid adopted Urdu equipment for measuring the loneliness.

CONCLUSION

In my view this is the emerging disorder in Pakistan due to changes of industry revolution as well change in society norms, ethics and traditions also rivalry of modernization and coping style of west. So this reliable and valid loneliness scale will prove beneficial here assessing the level of loneliness in adults. Urdu UCLA loneliness tool possess all psychometric characteristics of the original scale of loneliness. Clinical psychologist and psychiatrists can utilize this in their clinics on those people whose have no understanding of the foreign language. This study also reduces the language barriers in the clinical and research areas as well. Those people want to manipulate the loneliness in their target population can use this easily without any language herder.

RECOMMENDATIONS AND LIMITATIONS

Sample of present study is relatively small and percentages of young adults of Hazara division who meet UCLA loneliness ratings are an approximation and not representing the prevalence rate of adults of Pakistan as a whole. Urdu UCLA loneliness scale can be used for measuring the level of loneliness in adults However, in the current cram Urdu UCLA loneliness scale has been administered only in the Hazara division. Psychometric properties of Urdu UCLA loneliness scale are also established with the help of teachers' ratings only. Therefore, for the future researches, it is recommended that Urdu UCLA loneliness scale should be used in both settings i.e., home and academic institute and in openly in the public places. For taking home and public places adults and academic institutes ratings about the loneliness. This will further strengthen reliability and validity of the Urdu UCLA loneliness scale.

Assessment of Urdu UCLA loneliness rating scale will not only facilitate diagnosis of adults but will also helpful elderly people, teachers, nurses and other age groups for assessing their level of loneliness by them self with the help of Urdu UCLA loneliness scale because this is self inventory UCLA loneliness scale.

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