

## **Development and Validation of Women Spiritual Help-Seeking Behaviour Measure(WSHBM)**

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**ABSTRACT** This paper describes the development and validation of Women Spiritual Help-seeking Behavior Measure(WSHBM). Recent research findings revealed that more women than men seek help from spiritual houses, yet little is known regarding the type of problems that women seek spiritual help for. Africans' believe in spirits and the supernatural has reflected in their help-seeking behavior, therefore their preference for spiritual houses and not formal help centers. Despite the volume of available researches in the area of women help-seeking, there is no known indigenous help-seeking behavior measure that could be used particularly to access women spiritual help-seeking behavior. It is believed that WSHBM can be useful in helping psychologists, counselors and help-givers in carrying out easy and valid assessment of the help-seekers. Using a systematic random sampling procedure, 500 women help-seekers aged 17-69 years old were sampled. This sample was drawn from 8 help-giving centers that were identified through snowballing sampling technique. The scale has a Cronbach's Alpha reliability coefficient of .97 and Guttman split-half reliability of .90. The factor structure of the scale was extracted by performing principal component analysis with varimax rotation which showed that WSHBM has a five factor structure(Family, Health, Career, Finance and Persecutory). Study findings showed that WSHBM has a good structural characteristic and is a reliable and valid instrument that can be used for measuring women spiritual help-seeking behavior.