

The Adaptation of Romantic Relationship Perfectionism Scale into Turkish Culture

H. Irem Ozteke¹, Cagla Girgin Buyukbayraktar² and Sahin Kesici³

^{1,3}*Ahmet Kelesoglu Faculty of Education, Necmettin Erbakan University, 42090 Konya, Turkey*

²*Faculty of Occupational Education, Selcuk University, 42003 Konya, Turkey*

E-mail: ¹<iozteke@konya.edu.tr>, ²<cagla.girgin@hotmail.com>, ³<sahinkesici@konya.edu.tr>

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ABSTRACT In current study, the researchers aimed to adapt Romantic Relationship Perfectionism Scale (RRPS) into Turkish. For reliability and validity of scale, four studies were conducted. Turkish and English forms of the Romantic Relationship Perfectionism Scale (RRPS) are administered over a two-week period and the translated version was accepted as equivalent to the original. Sample of the study consisted of university students in a romantic relationship more than 12 months. In analyzing data, confirmatory factor analysis was used and the model revealed acceptable fit indices. Item-total analyses and Cronbach alpha of scale revealed that the scale can be used in a Turkish sample. In criterion-related validity study, RRPS has significant correlations with Frost Multidimensional Perfectionism Scale (FMPS), Dysfunctional Attitude Scale (DAS) and Rosenberg Self-Esteem Scale. Lastly, reliability coefficient scores revealed acceptable results. As a result, validity and reliability studies show that the RRPS scale is acceptable for Turkish sample.

INTRODUCTION

Perfectionism, has been around for a long time in history of psychology in child-parent relationships (for instance, Flett et al. 2002; Frost et al. 1991; Kenney Benson and Pomerantz 2005), interpersonal context (for instance, Besharat 2004; Larijani and Besharat 2010; Stoeber 2014) as well as romantic couple relations (for instance, Mackinnon et al. 2012; Stoeber 2012). Although, the researchers argued that there is not a precise definition of perfectionism (Ashby et al. 2012; Frost et al. 1990), this term referred to setting of high personal standards of performance (Burns 1980; Cruce et al. 2012; Frost et al. 1990) and striving for flawlessness (Flett and Hewitt 2002).

While some of the researchers emphasize perfectionism as a negative attitude (Frost et al. 1990; Frost et al. 1995; Hewitt et al. 2003), Hamacheck (1978) argued that being somewhat perfectionist is not always a bad phenomenon. He indicated that it can be a good thing when (it motivates individuals) it gave a (motivation uncountable) motivation to people in acquiring something. Hence, he suggested normal and neurotic perfectionism as a two dimensional structure. Further, Hewitt and Flett (1991) propound three dimensions of perfectionism: self-oriented, other-oriented, and socially prescribed perfectionism. Self-oriented perfectionism refers

to setting high standards for one self and evaluating his/her own behaviors in accordance with these high standards. Other-oriented perfectionism, besides, is a demanding unrealistic standard from significant others and, assessing their agreeableness depending upon these standards. As a last dimension, socially-prescribed perfectionism involves individuals' seeking for perfection as they believe that the significant others demand perfectness (Hewitt and Flett 1991). These dimensions of perfectionism emphasize the interpersonal aspect of perfectionism that Habke and Flynn (2002) and other researchers (Haring et al. 2003; Mushquash and Sherry 2012; Stoeber 2012; Stoeber and Stoeber 2009) argued as well. In this context, an important question needs to be answered: 'What kind of role does perfectionism has in romantic couples and whether it has different dimensions from general perfectionism or not?'

In their study, Matte and Lafontaine (2012) argued that studies about general perfectionism focus on social relationships (for example, Dunkley et al. 2000; Sherry et al. 2008) more than romantic relationships and they are mostly correlated with work-related perfectionism (for example, Burke et al. 2008; D'Souza et al. 2011; Kenny et al. 2004). They also adapted Relationship Perfectionism Scale (Wiebe and McCabe 2002) to romantic relationships and developed Romantic

Relationship Perfectionism scale (RRPS) which has two dimensions such that self-oriented (high standards and expectations for one's romantic relationships) and partner-oriented (high standards and expectations for partner success that one have) perfectionism similar to the model that Flett et al. (2001) argued. In their model, they present two kinds of perfectionists: other-oriented perfectionists -who have rigid standards for their partners- and self-oriented perfectionists -have though beliefs about their own behavior in relationships. Further, there also exist other scales like Matte and La Fontaine's (2012) classification for romantic perfectionism that Wiebe and McCabe (2002) suggested naming it as Relationship Perfectionism Scale (RPS) with self and other-directed perfectionism dimensions. In their classification, while self-directed relationship perfectionism is considered rigid and extreme standards for oneself in social relationships, other-directed relationship perfectionism is thought to have rigid standards for others in social relations. Likewise, Shea et al. (2006) developed Dyadic Almost Perfect Scale (DAPS) with dimensions of discrepancy, high standards, and order for partner-oriented perfectionism, but this scale is towards partner-oriented side in a relationship context not self-oriented part. Further, Stoeber (2012) argued dyadic perfectionism in his study by focusing on two dimensions in romantic relationships as partner-oriented (perfectionist expectations for partner) and partner-prescribed perfectionism (perceived perfectionist expectations from partner).

Today, perfectionism in couples is a phenomenon that gathers attention in several studies (Sherry et al. 2014; Stoeber 2012) as well as general perfectionism (Egan et al. 2014; Stoeber 2014; Hill et al. 2014). To illustrate, Sherry et al. (2014) investigated the relationship between perfectionism and conflict in romantic relationships. They found that perfectionism individual perceived from his or her partner is a predictor of conflict between partners. In another study Stoeber (2012) found that participants' partner-oriented perfectionism had a negative effect on their own relationship satisfaction and long-term commitment. Further, in a study of Mackinnon et al. (2012), it was found that perfectionist concerns predicted dyadic conflict and depressive symptoms. From all of these results it can be argued that perfectionism in romantic couples has a great effect on relationship quality, satisfaction and

other relational concepts. Despite of its increased interest in relational context, the researchers do not have a Turkish scale to measure romantic perfectionism in studies. How effective is to measure romantic perfectionism by general perfectionism scale? For this reason, the researchers wanted to adapt RRPS into Turkish which can be used for people in a romantic relationship. Since, in an original scale Matte and Lafontaine (2012) studied with group of heterosexual people in a romantic relationship more than 12 months, the researchers aimed to select heterosexual participants the same as the original scale.

In this study, researchers aim to adapt Romantic Relationship Perfectionism Scale (RRPS) which has good psychometric properties (Matte and La Fontaine 2012) with 14-item two dimensional scale with adequate Cronbach alpha coefficients: .73 (men) and .84 (women) for the self-oriented romantic perfectionism, and .77 (men and women) in other-oriented romantic perfectionism. Since, there is no current and validate scale in romantic perfectionism in Turkish we want to explore the factor structure of the RRPS in a Turkish adult sample in a romantic relationship.

Validity and Reliability Studies of the Original Romantic Relationship Perfectionism Scale (RRPS)

Romantic Relationship Perfectionism Scale was adopted from Relationship Perfectionism Scale (Wiebe and McCabe 2002) by Matte and La Fontaine (2012) to reveal strong evidence for perfectionism in romantic relationships. Responses are given on 7-point scale ranging from 1=very strongly disagree to 7=very strongly agree. Scale consists of 14 items with two subscales that is self-oriented perfectionism and partner-oriented perfectionism. According to confirmatory factor analysis results, fit indexes confirmed two factor solutions ($\chi^2/df= 623.05/74$, $p < .001$, SRMR = .08, CFI = .85, RMSEA = .09). All items have significant path estimates, ranging from .41 to .82. Factors are significantly correlated ($r = .42$, $p < .001$). Reliability scores for scale were .73 and .84 for men and women, for the self-oriented romantic perfectionism, and .77 for both men and women for the other-oriented romantic perfectionism. For the convergent validity of RRPS, Multidimensional Perfectionism, Frost Multidimensional Perfectionism Dyadic Almost Perfect Scales were used and, it is, sig-

nificantly correlated with these measures. For the concurrent validity Big-Five Factors Markers, Psychiatric Symptoms Index, Marlowe–Crowne Social Desirability Scale and Dyadic Adjustment Scale were used and results indicated significant correlations (Matte and LaFontaine 2012).

METHODOLOGY

Study I

Participants

Current study has been announced to students who study English in Selcuk University and explained that scale measures romantic perfectionism. Then the students from Department of English participated in the study. Sample of study consists of 71 female (71%) and 29 male (29%) students. ($Age = \bar{X} = 21.92$; $SS = 2.58$).

Procedure

For adaptation of RRPS, the researchers contacted with authors to get permission in translation of scale. Authors mailed to the researchers and gave permission to adapt RRPS. After this process, translation of scale into Turkish was conducted by professionals who both know advanced level of Turkish and English. In second phase, five professionals who spoke English fluently in department of Psychological Counseling and Guidance were asked to translate the RRPS into Turkish. Then two translated forms were compared and modifications were made.

Study II

Participants

In original scale, Matte and Lafontaine (2012) studied university students in heterosexual relationships for more than 12 months with the same partner to be eligible. In this study the researchers stuck to the original scale and studied with volunteers in a heterosexual relationship for more than 12 months with the same partner. Confirmatory factor analysis was conducted with 322 students in romantic relationship from Necmettin Erbakan University/Faculty of Education (187 of them female) While their age mean was 20.65 ($SD = 1.40$), their relationship duration mean was 2.1 years ($SD = 1.42$).

For the item-total correlation and internal consistency of RRPS, the researchers studied

295 university students from Necmettin Erbakan University (146 of them female).

Procedure

The researchers ran confirmatory factor analysis (CFA) to test the stability of the original factor structure of two-factor RRPS (Matte and Lafontaine 2012). As a rule for an acceptable model, there exist some required fit indices as chi-square/degrees of freedom (df) ratio < 5 (Kelloway 1998), the goodness-of-fit-index (GFI), adjusted goodness-of-fit-index (AGFI), and the comparative-fit index (CFI) $> .90$, the root mean square error of approximation (RMSEA) $< .08$ (Hu and Bentler 1999). The researchers considered these fit indices to test the original factor structure.

Item-total correlation and internal consistency of RRPS were calculated using Cronbach alpha which is adequate for the scale.

Study III

Participants

Criterion-validity study was conducted with university students in a romantic relationship from Necmettin Erbakan University with 365 students (207 of them female). Their age mean was 22.75 and relationship duration means was 2.09 years.

Procedure

For the criterion-related validity Frost Multidimensional Perfectionism Scale (FMPS) developed by Frost et al. (1990) was adapted into Turkish by Ozbay and Misirli-Tasdemis (2003); Dysfunctional Attitude Scale (DAS) developed by Weissman and Beck (1978) was adapted into Turkish by Sahin and Sahin (1992) and Rosenberg Self-Esteem Scale adapted into Turkish by Cuhadaroglu (1986) were used.

Instruments

Frost Multidimensional Perfectionism Scale (FMPS): The scale was developed by Frost et al. (1990) with 35 items 5 point likert type. Cronbach alpha for the total scale was found .90. Turkish adaptation study was conducted by

Ozbay and Misirli-Tasdemir (2003) with six dimensions respectively: organization ($\alpha=.87$), personal standards ($\alpha=.63$), concern over mistakes ($\alpha=.77$), parental criticism ($\alpha=.65$), parental expectations ($\alpha=.71$), doubting of actions ($\alpha=.61$). Cronbach alpha for the total scale was found .83.

Dysfunctional Attitude Scale (DAS): Original scale is a kind of self-evaluation test that consists of 40 items with 1-7 likert type. Questions can be answered from 1=I totally agree to 7=I totally do not agree. In original scale internal consistency coefficient is changed between .87 and .92. Item-total correlation is found between .20 and .50. Test-retest reliability is changed between .54 and .84. In Turkish form of scale, Cronbach alpha coefficient is found .79 and item-total means is found .34. Criterion-validity for Beck Depression Scale was found .19 and for Automatic Thoughts Scale .29 was found. DAS has four dimensions as perfectionist attitude, need for approval, independent attitude and changeable attitude.

Rosenberg Self-Esteem Scale (RSES): The first 10 item of scale is a measure of self-esteem in the original scale. It is a Likert type scale with 5 reverse items. High points refer to high self-esteem for individual. In Turkish adaptation study, Cronbach alpha was found .71 and test-retest coefficient was found .89.

Study IV

Participants

Reliability studies for the RRPS were conducted with 187 university students in a romantic relationship (53.4 % of female) from Necmettin Erbakan University/ Faculty of Education. Their age mean was 21.64.

Procedure

For the reliability study, test-retest was conducted in Turkish version of RRPS. Scale was applied to university student twice in three weeks period.

RESULTS

Study I

The researchers have found significant positive correlation between scores from the Turkish and English forms of the RRPS administered over a two-week period ($r=.91, p<.01$). Then, the translated version was accepted as equivalent to the original.

Study II

To get more acceptable goodness of fit indices, the researcher conducted modifications between some items (see Fig. 1). After modifications CFA was conducted again. The CFA results indicate that the fit indices of CFA were; $\chi^2=117.04, df=70, (\chi^2/df)=1.67, RMR=.04, RMSEA=.05, CFI=.90, \text{goodness of fit index (GFI)}=.95$ and adjusted goodness of fit index (AGFI) = .92 which means an acceptable model for the adaptation of scale into Turkish (see Table 1). Item-total correlations range from .30 to .67 for 14 item RRPS. Cronbach alpha for the total scale was found .76

Study III

Results for the criterion-validity indicate that there are significant correlations between Romantic Relationship Perfectionism Scale, Frost Multidimensional Perfectionism Scale, Dysfunctional Attitude Scale and Rosenberg Self-esteem Scale. According to the results of correlation coefficients analysis, there was significant positive relationship between self-oriented perfectionism and general perfectionism subscales ($r=.27, p<.01$ for concern over mistakes; $r=.20, p<.01$ for doubting of actions; $r=.16, p<.01$ for parental expectations; $r=.11, p<.05$ for parental criticism, $r=.19, p<.01$ for personal standards). The researchers found significant positive and negative correlations between self-oriented perfectionism and dysfunctional attitude subscales ($r=.$

Table 1: RRPS confirmatory factor analysis goodness of fit indices

	χ^2/sd	RMSEA	RMR	CFI	GFI	AGFI
Acceptable goodness of fit indices	<5	<0.8	<0.8	>0.90	>0.90	>0.85
Goodness of fit indices of model	1.67	.05	.04	.90	.95	.92

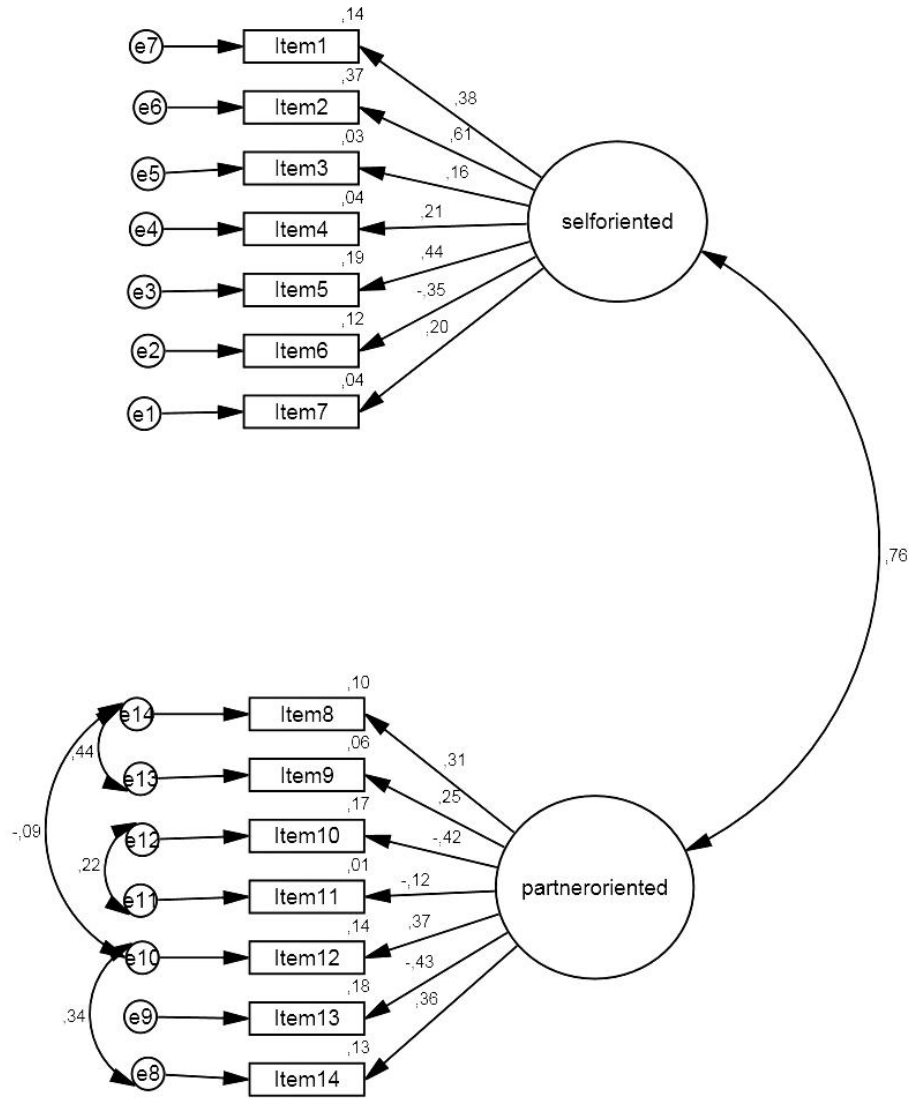


Fig. 1. Path diagram of RRPS items

13, $p < .01$ for perfectionist attitude, $r = -.23$, $p < .01$ for need for approval, $r = .20$, $p < .01$ for independent attitude).

The researchers also found significant positive correlations between partner-oriented perfectionism and multidimensional perfectionism scale subscales ($r = .25$, $p < .01$ for concern over mistakes; $r = .23$, $p < .01$ for doubting of actions; $r = .18$, $p < .01$ for parental criticism). The research-

ers also determined positive and negative significant correlations between partner-oriented perfectionism and dysfunctional attitude scale ($r = -.23$, $p < .01$ for need for approval, $r = .17$, $p < .01$ for independent attitude; $r = .12$, $p < .05$ for changeable attitude). Correlation analysis between partner-oriented perfectionism and self-esteem indicate that there was a significant negative correlation between these variables ($r = -.21$, $p < .01$).

Study IV

Reliability coefficient for the test-retest method was found .84 in the Turkish university sample in romantic relationship.

DISCUSSION

In current study, the researchers aimed to adapt Romantic Relationship Perfectionism Scale (RRPS; Matte and LaFontaine 2012) into Turkish by conducting validity and reliability analysis. English and Turkish forms of RRPS were found to be positively correlated ($r = .91, p < .01$) which means Turkish and English forms of RRPS were similarly understood by the participants. Confirmatory factor analysis was conducted for the stability of the original factor structure of two-factor RRPS (Matte and Lafontaine 2012). Consistent with the two-factor model of the original RRPS (Matte and LaFontaine 2012), results yielded 14 item two-factor model fit the data well. In the original study Matte and Lafontaine (2012) found that two-factor solution was the best when compared to alternative solutions (Chi-square/df=623.05/74, SRMR=.08, CFI=.85, RMSEA=.09). In the model the researchers found good fit indices ($\chi^2/df = 1.67$, RMR=.04, RMSE=.05, CFI=.90, GFI = .95 and AGFI = .92). Hooper et al. (2008) indicate that evaluating GFI, values greater than .95 referred to an acceptable model. Chi-square/degrees of freedom (df) ratio < 3 means a perfect fit for the model (Cokluk et al. 2012 cited by Kline 2005). Hoyle (2012) also indicated that goodness of fit indexes range from 0 to 1 and high values mean that the model is close to the relative model in structural equation model.

In current study item-total correlations of scale range from .30 to .67 which is suitable for the adaptation. Cronbach alpha for the scale was found .76 which is similar to findings of Matte and Lafontaine (2012). In original scale alpha coefficients was .73 and .84 for men and women, for the self-oriented romantic perfectionism, and was .77 for both men and women for the other-oriented romantic perfectionism. Test-retest reliability was .84 which is also satisfactory for the scale.

In criterion-validity study, the researchers found significant correlations between Romantic Relationship Perfectionism Scale (RRPS) and Frost Multidimensional Perfectionism Scale, Dysfunctional Attitude Scale and Rosenberg

Self-esteem Scale. In their article Matte and Lafontaine (2012) found significant positive correlations between FMPS and RPS for both self and partner oriented factors similar to the findings. In their study Ashby and Rice (2002) found that maladaptive perfectionism was positively correlated with self-esteem. Current study analysis showed that partner-oriented perfectionism which referred to high expectations towards one's partner was found negatively correlated with self-esteem which is also similar to the results of Ashby and Rice (2002)'s study. They also reported that dysfunctional attitudes significantly and positively correlated to perfectionism like the study findings. In their validation study of Chinese Frost Multidimensional Perfectionism Scale, Cheng et al. (1999) found negative correlation between perfectionism subscales and self-esteem and this result is also closer to the findings. Similar research studies that present relationship between perfectionism and self-esteem also revealed in literature (Gotwalls et al. 2003; Koivula et al. 2002).

In sum, although, there exist recent studies about perfectionism (Crocker et al. 2014; Dakanalis et al. 2014; Flett et al. 2014; Musquash and Sherry 2012; Ozteke et al. 2012) in numerous fields, close and romantic relationships are one of the most important subjects that need more attention. Perfectionism in romantic relationships is associated with other variables such as self-defeated behaviors (Musquash and Sherry 2012), commitment and relationship satisfaction (Stoerber 2012) and conflict (MacKinnon et al 2012; Sherry et al. 2014). All these studies indicated that perfectionism in romantic relationships has a fundamental role in commitment, long-term relationships and satisfaction. As a result, this study will guide other future researches in close and romantic relationships.

CONCLUSION

The RRPS adapted for the Turkish culture can be a valid and reliable instrument in determining romantic perfectionism toward self and partner among individuals in romantic relationships. One's self or partner-oriented perfectionism may be relevant numerous notions in close relationships such as quality, well-being, self-esteem, anxiety and attachment factors. Different researchers, professionals, counselors and psychologist can use this scale both in extend-

ing the literature and in helping other people. Usually, in counseling sessions, this instrument can be an important measure to determine one's partner and self-oriented perfectionism. This can partially be a guide to solve problems and conflicts in romantic and close relationships. For the literature, new cultural adaptation studies would be conducted in future. Cross-cultural researches about this topic could shed light into cultural differences. As a result of adapting RRPS into Turkish with reliability and validity studies, a new instrument has been brought to the psychology literature.

RECOMMENDATIONS

Findings of study can be used in future studies about close and romantic relationships in Turkey and other countries. This is only a study conducted among university students in a romantic relationship more than twelve months. With a more extensive sample, new researches could be conducted in the future. Besides, researchers can investigate associations between romantic perfectionism and other new variables. Further, there is no study in Turkey that includes romantic perfectionism with other variables. New studies and results can bring a new perspective into the literature. Further, in practicum; counselors can use this instrument to determine romantic perfectionism in couples, because this type of perfectionism is different from general perfectionism, it is important to use a scale to measure couples' perfectionism in dyadic and romantic relationships.

LIMITATIONS

This study is limited to university students who are in a romantic relationship more than 12 months in Turkey. In addition to this, perfectionism, romantic perfectionism, dysfunctional attitudes and self-esteem are limited with the scales that the researchers used in current study. So, this study can be extended with new samples. Besides, the associations between romantic relationship perfectionism and other variables in close relationships can be investigated with other researches. Lastly, RRPS can be used in counseling sections as a part of couple and family counseling.

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