

# ADAPTATION AND VALIDATION TEST OF FEAR INTIMACY SCALE QUESTIONNAIRE FOR INDONESIAN ISLAMIC UNIVERSITY STUDENT

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## ABSTRACT

The aims of this study is to test the reliability and validity of Fear of Intimacy scale that measures individual anxiety and anxiety in having close relationships or intimacy in romantic relationships which introduced by Deschutner and Thelen (1991). Several items have developed from previous studies there are eight items taken and developed from the intimacy development inventory questionnaire and two items taken from the intimacy subscale of Erikson's subscale (Deschutner and Thelen, 1991). The scale adaptation process that the researcher did in this study refers to the journal Guidelines for the Process of Cross-Cultural Adaptation of Self-Report Measures (Beaton, 2000). Distribution of data and samples of data was carried out through Google Forms application, where the researcher distributed questionnaire links through social media that met the research population criteria. The research population criteria set by the researcher is for university students who have an age range of 18-24 years. The sampling technique used in this research is accidental sampling. Respondents in this study were 235 students. To test the validity of the measurement scale, the researcher used Confirmatory Factor Analysis (CFA) with Lisrel software. The results of the construct validity test on the Fear of Intimacy Scale, shows that the items on this scale are significantly unidimensional, means that, they only measure the construct of the fear of intimacy dimension. In addition, the results of the translation process are also considered good, because there is no difference in meaning between the results of the back translation and the initial scale. Respondents can easily understand the statements contained in this scale. Based on the results of the CFA analysis with the Lisrel program, the fear of intimacy scale consist of 32 question, however it is known that there are two items that have a *t* value below 1.96, so that the significant items on this scale are 32 items consisting of 3 dimensions. Further psychometric properties and psychological implication are described.

**Keywords:** Adaptation and Validation Test, Confirmatory Factor Analyses, Fear of Intimacy Scale

## 1) INTRODUCTION

Erikson describes intimacy as the ability to be close to another person, such as a lover, friend or member of society (Boeree, 2005). In addition, according to Erikson, the ability to communicate someone also plays an important role in establishing and increasing intimacy in running a romantic relationship. This is supported by the statement of Strong and Devault (1989) who argue that

intimacy and communication are interrelated and couples who have difficulty in communication are said to have no intimacy in their relationship.

Strong and Devault (1989) themselves describe intimacy as a warm, close, and bonded feeling that individuals get when they love someone. While Carter and Mc Goldrick (1989) define intimacy as follows:

"Intimacy is a caring relationship without pretense, revelation without risk of loss or gain by one or the other. It is giving and receiving, an exchange that enhances because it facilitates the awareness of selves, of their differences and sameness. It is discriminant, encouraging elaboration of facets of each person. It creates and sustains belonging, while appreciating each individual's uniqueness. Intimacy encourages continuity "

This understanding shows that intimacy refers to warm, close, and bonded feelings, both physically and emotionally, which are expressed verbally or non-verbally, and obtained from loved ones. When establishing intimacy, partners share their deepest feelings, give and receive unconditionally, feel able to understand and be understood, maintain relationships with each other and can rely on their partners when in trouble. However, intimacy also still provides opportunities for each individual to develop, and recognizes the uniqueness of each individual.

***Fear of Intimacy Scale***

Fear of intimacy scale in the form of a questionnaire that measures individual anxiety and anxiety in establishing close relationships or intimacy in romantic relationships (Doi and Thelen, 1993). This questionnaire was created by Deschutner and Thelen (1991) and several items have been developed from previous studies. There are eight items taken and developed from the intimacy development inventory questionnaire and two items taken from the intimacy subscale of Erikson's subscale (Deschutner and Thelen, 1991).

This questionnaire is based on the concept that fear of intimacy is caused by a person's anxiety in exchanging thoughts and sharing feelings about a partner in a romantic relationship with the closest person. In more detail, the questionnaire is intended to measure a person's perception of intimacy so that they can see the actual level of a person's fear of intimacy. In addition, through the fear of intimacy scale questionnaire, it is formulated that the level of fear of intimacy can be seen from a person's statement in responding to intimacy relationships or how a person's fear of perceiving intimacy links. The questionnaire contains three factors which are categorized as:

- a. Content, which is described as a person's ability to communicate in sharing personal information.
- b. Emotional *valenca*, described as individual feelings in sharing their feelings with others.
- c. Vulnerability, describes the closeness of a person in intimacy with other people.

The scale in this study consists of 35 items, has five alternative answers, namely 1 = does not indicate my characteristics at all, 2 = slightly shows my characteristics, 3 = quite shows my characteristics, 4 = shows my characteristics and 5 = strongly indicates my characteristics.

Table 1. Blueprint of the fear of intimacy scale:

Indicator	Favorable	Unfavorable
<i>Content</i>	1, 2, 3, 4, 5, 6, 11, 12 13, 15, 16, 18, 19, 22, 23, 25. 28	8, 10, 14, 17

<i>Emotional valenca</i>		20, 21, 24, 26, 27, 29
<b>Vulnerability</b>	9, 31, 32, 33, 34, 35	7, 30

### ***Adaptation Process and Data Analysis***

The scale adaptation process that the researchers carried out in this study refers to the journal Guidelines for the Process of Cross-Cultural Adaptation of Self-Report Measures (Beaton, 2000). The adaptation process that the researchers carried out was 5 stages. The description of the process is as follows:

#### 1. Initial Translation

At this stage the researcher translates the scale into Indonesian. The translation process was carried out by two people. The first translator has an educational basis in the field of English literature and works in the same field. The second translator is a psychology graduate. It aims to get a comprehensive translation result because it is the result of a combination of a linguist and someone who understands the concept of this scale.

#### 2. Synthesis of Translations

After getting the results from translator one (P1) and translator two (P2), the researcher then synthesized the results of P1 and P2. If a difference is found between the two translations, the researcher will choose which one has the most appropriate meaning according to the initial scale. In this process the researcher also considers cultural factors in choosing the translation results.

#### 3. Back Translation

At this stage, the translation is carried out back to the initial language of the scale. The retranslation process was carried out by two translators (different from stage 1). This process is carried out to see if there is a difference in meaning when the scale in Indonesian is translated into the original language. If there is a difference in meaning, the researcher must review the item again.

#### 4. Expert Committee

After improving the translation by considering the results of the back translation, the researcher discussed the results with the experts. In this study, the discussion was conducted under the guidance of a lecturer in the Psychology Measuring Instrument Construction course.

#### 5. Test of the Prefinal Version

At this stage, the scale that had been agreed upon through the results of the discussion was piloted to several respondents. This stage is to determine whether the scale that has been adapted can be understood by the respondents.

After carrying out the above process, the researchers used 34 items that had been selected based on the content and purpose of this research, namely:

Table 2. Blueprint of the fear of intimacy scale after the adaptation process

	<b>Favorable</b>	<b>Unfavorable</b>
<i>Content</i>	1, 2, 3, 4, 5, 6, 11, 12	8, 10, 14
	13, 15, 16, 17, 18, 21, 22, 24, 27	

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<i>Emotional valenca</i>		19, 20, 23, 25, 26, 28
Vulnerability	9, 30, 31, 32, 33, 34	7, 29

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## 2) METHODS

Dissemination of Research Data and Samples Data was carried out through direct questionnaires and the use of the Google Forms application, where researchers distributed research questionnaire links through social media or to groups that met the research population criteria.

The research population criteria set by the researchers are UIN Jakarta students who have an age range of 18-24 years. The sampling technique used in this research is accidental sampling. Anyone who is willing to fill in the research link and meet the population criteria can be a research respondent. Respondents in this study amounted to 250 people. However, some of them did not meet the criteria of the researcher so that the sample of this study amounted to 235 participants.

### Construct Validity Test of Fear Intimacy Scale

To test the validity of the measuring instrument used, the researcher used Confirmatory Factor Analysis (CFA) with the help of Lisrel software. The steps to get good item criteria in the CFA are as follows (Umar, 2010):

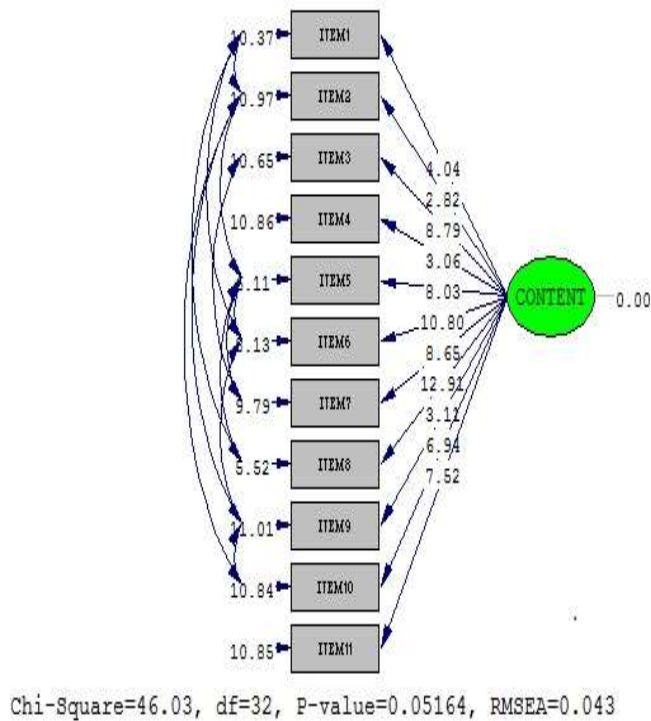
1. That there is a concept or trait that is defined operationally so that questions or statements can be prepared to measure it. This trait is called a factor, while the measurement of this factor is done through an analysis of the responses to the items.
2. It is theorized that each item only measures one item, as well as the sub-indicators only measure one factor, meaning that each item and sub-test is unidimensional.
3. With the available data, it can be used to estimate the correlation matrix between items that should be obtained if it is unidimensional. The correlation matrix is called sigma ( $\Sigma$ ), then compared with a matrix of empirical data called the S matrix. If the theory is true (unidimensional) then of course there is no difference between the S matrix or it can also be stated  $S - \Sigma = 0$ .
4. The statement is used as a null hypothesis which is then tested with chi square. If the chi square is not significant  $P > 0.05$  then the null hypothesis is "not rejected". This means that the unidimensional theory can be accepted that the item or instrument subtest only measures one factor.
5. In modifying the measurement model, it is done by freeing parameters in the form of correlation of measurement errors. This occurs when an item measures other than the factor to be measured. After some measurement errors are freed to correlate with each other, a fit model will be obtained, so this last model will be used in the next step.
6. If the model is fit, then the next step is to test whether the item is significant or not measuring what you want to measure, using the t-value. If the t-value is not significant ( $t < 1.96$ ) then the item is not significant in measuring what is being measured, if necessary, such items are dropped and vice versa.
7. In addition, if from the CFA results there are items with negative factor load coefficients, then those items must be dropped. Because this is not in accordance with the positive nature of the item.
8. After getting items with significant ( $t > 1.96$ ) and positive factor loads, then the significant and positive items were processed to obtain the factor score. The factor score is calculated to avoid estimation bias from measurement error. For convenience in interpreting the results

of the analysis, the authors transform the factor score measured on a standard scale (Z-score) into a T-score which has a mean = 50 and a standard deviation (SD) = 10, so that no respondent gets a negative score.

### 3) RESULTS

#### The results of validity testing on the content dimension of Fear Intimacy Scale

The author tested whether the eleven items were unidimensional, meaning that they only measured the content dimension. From the results of the CFA analysis carried out with the one-factor model, a fit model was obtained, with Chi-square = 46.03 df = 32, P-value = 0.05164, and RMSEA = 0.043. P-value has resulted in a value > 0.05 so it can be stated that the model with one factor is acceptable. This means that all items are significantly unidimensional, which only measures one factor, namely the content dimension.



Picture 1. Content dimension of fear intimacy scale validity test

Then the researcher sees whether the item measures the factor to be measured significantly and at the same time determines whether the item needs to be dropped or not, the test is carried out by looking at the t value for each factor loading coefficient, as shown in the following table:

Table 3. Item Factor Load Dimension Content

Item	Coeffisient	SE	t score	Significant
1	0.30	0.07	4.04	V
2	0.07	0.19	2.82	V
3	0.06	0.54	8.79	V
4	0.19	0.06	3.06	V

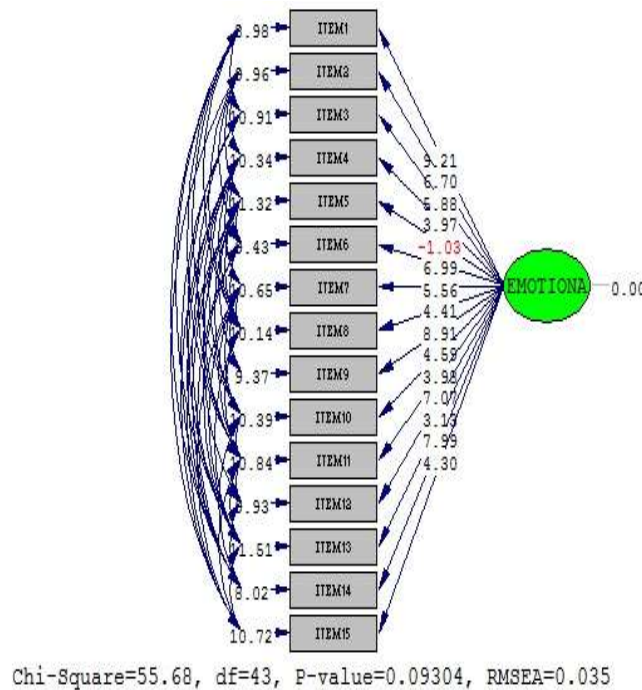
5	0.66	0.08	8.03	V
6	0.71	0.07	10.80	V
7	0.56	0.06	8.65	V
8	0.81	0.06	12.91	V
9	0.20	0.06	3.11	V
10	0.43	0.06	6.94	V
11	0.46	0.06	7.52	V

Description: sign V = Significant ( $t > 1.96$ ); sign X = Not Significant ( $t < 1.96$ )

Based on table 3, the t-value for the factor loading coefficient of all items is significant, so all items can be used for further analysis, in other words, nothing needs to be dropped.

**The results of validity testing on the emotional valenca dimension of Fear Intimacy Scale**

The author tested whether the fifteen items were unidimensional, meaning that they only measured the emotional valenca dimension. From the results of the CFA analysis carried out with the one-factor model, a fit model was obtained, with Chi-square = 55.68, df = 43, P-value = 0.09304, and RMSEA value = 0.035. P-value has resulted in a value > 0.05 so it can be stated that the model with one factor is acceptable. This means that all items are significantly unidimensional, which only measures one factor, namely the emotional valenca dimension.



Picture 2. Emotional Valenca dimension of fear intimacy scale validity test

Then the researcher sees whether the item measures the factor to be measured significantly and at the same time determines whether the item needs to be dropped or not, the test is carried out by looking at the t value for each factor loading coefficient, as shown in the following table:

Table 4. Item Factor Loads of Valenca Emotional Dimensions

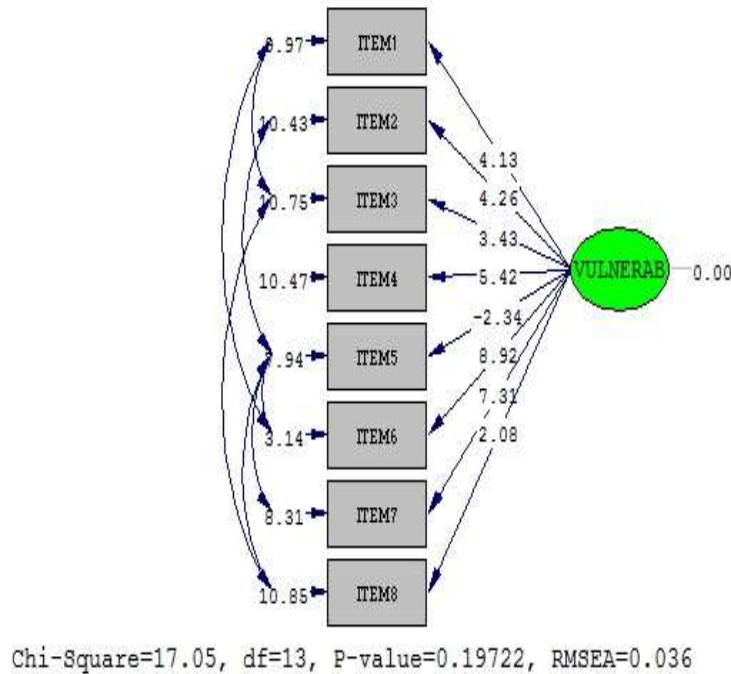
Item	Coeffisient	SE	T Score	Significant
1	0.58	0.07	9.21	V
2	0.41	0.07	6.70	V
3	0.48	0.07	5.88	V
4	0.36	0.07	3.97	V
5*	0.32	0.07	-1.03	T
6	0.55	0.07	6.99	V
7	0.33	0.07	5.56	V
8	0.40	0.07	4.41	V
9	0.51	0.07	8.91	V
10	0.34	0.07	4.59	V
11	0.22	0.07	3.98	V
12	0.51	0.07	7.07	V
13	0.45	0.07	3.13	V
14	0.56	0.07	7.99	V
15	0.29	0.07	4.30	V

Description: sign V = Significant T=not significant ( $t > 1.96$ ); sign X = Not Significant ( $t < 1.96$ )

Based on table 4, the t value for the factor loading coefficient of all items is significant, except for item no 5 where  $t < 1.96$  then this item is dropped.

#### **The results of validity testing on the vulnerability dimension of Fear Intimacy Scale**

The author tested whether the eight items were unidimensional, meaning that they only measured the vulnerability dimension. From the results of the CFA analysis conducted with the one-factor model, a fit model was obtained, with Chi-square = 17.95, df = 13, P-value = 0.19722, and RMSEA value = 0.036. P-value has resulted in a value  $> 0.05$  so it can be stated that the model with one factor is acceptable. This means that all items are significantly unidimensional, which only measures one factor, namely the vulnerability dimension.



Picture 3. Vulnerability dimension of fear intimacy scale validity test

Then the researcher sees whether the item measures the factor to be measured significantly and at the same time determines whether the item needs to be dropped or not, the test is carried out by looking at the t value for each factor loading coefficient, as shown in the following table:

Table 3. Item Factor Load Vulnerability Dimension

Item	Coefficient	SE	T score	Significant
1	0.98	0.09	4.13	V
2	0.90	0.09	4.26	V
3	0.95	0.09	3.43	V
4	0.81	0.08	5.42	V
5	0.97	0.09	-2.34	T
6	0.53	0.09	8.92	V
7	0.53	0.09	7.31	V
8	0.41	0.07	2.08	V

Information: sign V = Significant T=not significant ( $t > 1.96$ ); sign X = Not Significant ( $t < 1.96$ )

Based on table 3, the t-value for the factor loading coefficient for all items is significant, except for item no 5 ( $t < 1.96$ ), so it needs to be dropped.



#### 4. DICUSSION

The results of the construct validity test on the Fear Of Intimacy Scale, indicate that the items on this scale are significantly unidimensional, that is, they only measure the construct of the fear of intimacy dimension. In addition, the results of the translation process are also considered good, because there is no difference in meaning between the results of the back translation and the initial scale. Respondents can easily understand the statements contained in this scale. Based on the results of the CFA analysis with the Lisrel program, it is known that there are two items that have a t value below 1.96, so that the significant items on this scale are 32 items consisting of 3 dimensions. The weakness of this research is the limitation on the number of respondents and also the level of diversity of respondents who are less diverse. Further research can test on a larger number of samples and more heterogeneous respondents.

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