

Psychometric Validation: The Self-Reflection and Insight Scale for Adults

Abstract

The original SRIS (Grant et al., 2002) was translated into Urdu by using guidelines of Beaten et al. (2000) Cross-Cultural Adaptation of Self-Report Measures, it was given to a sample of 300 individuals (aged 18-30). Exploratory factor analysis (EFA) and confirmatory factor analysis (CFA) validated the scale's three-component model. A clean factor structure was produced by the analysis, and factor loadings for each item ranged from roughly .86 to .89, demonstrating high correlations between the factors and the items. The first factor explained 22.98% of the variation, and the extracted factors explained 78.11% of the cumulative variance. The model fit indices, which were χ^2/df 1.180, GFI .940, AGFI .924, CFI .994, IFI .994, and RMSEA .025, showed a good match to the data. The degree of internal consistency was great .84 in total ($\alpha = .86$ Engagement, $\alpha = .86$ for Self-Reflection Need, and $\alpha = .87$ for Insight). Additionally, the scale showed respectable levels of convergent validity and composite reliability. Strong criterion-related validity was demonstrated by the Urdu version of SRIS, which had significant negative correlations with measures of social anxiety and felt stress and positive correlations with mindfulness and self-consciousness. The removal of language barrier contributed inclusivity in testing and research. This validation allowed the world for cross-cultural comparison. In the areas like personality development, education, and counselling the valid Urdu version will help in research. These results imply that the Urdu-translated SRIS is a reliable psychometric tool for self-awareness in Urdu-speaking communities.

Keywords: Self-Reflection, Insight, Urdu Adaptation, Psychometric Validation, SRIS, Metacognition