

A Validation Study of the Savoring Beliefs Inventory in Taiwan

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Abstract

Research has shown that savoring, a capacity of perceived control over positive emotions, is largely independent of the capacity about coping (Bryant, 2003). Although the concept of savoring has received more and more attention by the study of positive psychology, relatively little research has focus on savoring in Taiwan. Bryant (2003) proposed a Savoring Beliefs Inventory (SBI), which is a measure designed to assess attitudes toward savoring positive experience within three temporal orientations: the past (reminiscence), the present moment (present enjoyment), and the future (anticipation). The aim of this study was to examine the measurement characteristics of the Traditional Chinese version SBI (C-SBI) in Taiwan. Based on the English version SBI, we adapted a series of back translation method to develop the C-SBI. This inventory is consist of 12 items to measure savoring beliefs. The scale was tested with 356 Taiwanese participants. All of them are office workers, 63% were female and 37% were male. Age between 23-60. Results showed that: (1) reliability of the four scores (anticipating pleasure, present moment pleasure, reminiscing pleasure, and total score) was relatively good; (2) the factor analysis demonstrated that data fit the three-factor model. However, some of the subscale items are not identical with those of the original SBI. These results show that the C-SBI is a valid and valuable scale to measure attitudes regarding the ability to savor positive experience. However, continued evaluation of the tool and other subscales of C-SBI is required. The implication of such results is discussed.

Keywords: Savoring, Positive Affect, Positive Emotion, Positive Psychology

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Introduction

Workplace stress and stress coping strategy

The concept of work stress is traditionally viewed as negatively related to work behavior or performance. The fact that distress is not healthy is well-established. A lot of evidence has confirmed that job strain (distress) is associated with increased report of medical symptoms and health-damaging behavior.

However, recent empirical evidence appears to suggest that certain work-related stress seems to have positive effect. For example, Cavanaugh, Boswell, Roehling, & Boudreau (2000) found that work stress is differentially related (positively and negatively) to work outcomes depending on the stressors that are being evaluated.

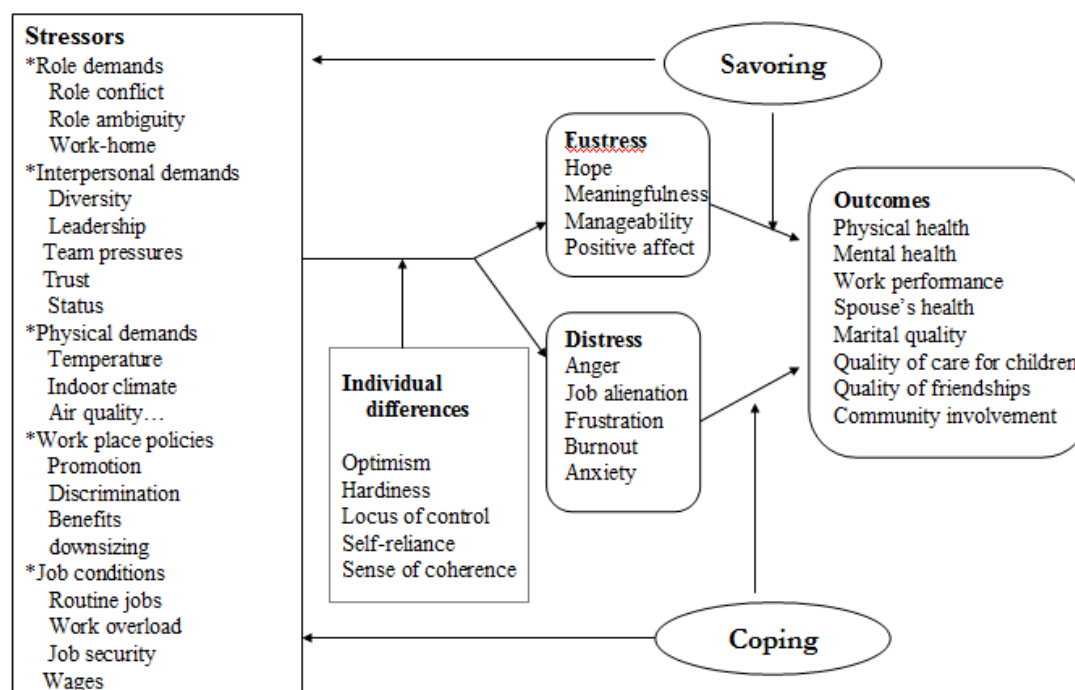
It is not surprising that there is less evidence concerning the relationship between eustress and health. Although psychology has traditionally been dominated by a focus on distress and dysfunction (Diener, 1984), there is a growing interest in understanding the causes and consequences of positive functioning (Bryant, 2003). Investigations of domains of positive functioning remain rare compared to research on psychopathology.

Nelson & Simmons (2003) proposed holistic model of stress (as shown in Figure 1) that incorporates both positive and negative psychological responses. This model also incorporates a broad range of demands, select individual difference variables that may be especially salient for cognitive appraisal, coping, and outcome variables representing things important to the individual both at work and away from work. Specifically, the holistic model also propose a new concept, savoring, that is the parallel for the positive response of coping for the negative response. Because the stress response is complex, we contend that most if not all of these stressors will elicit both a degree of negative and a degree of positive response for any individual.

The demands, distress response, coping, and outcomes portion of the model are well-known in the occupational stress literature. The unique aspects of this model, the indicators of eustress, the individual differences that may promote eustress, and savoring eustress are still not widely and detailed discussed.

From positive (eustress) view of stress, more and more evidence has shown that savoring, a capacity of perceived control over positive emotions, is largely independent of the capacity about coping (Bryant, 2003).

Figure 1. A holistic model of stress



(Source: Nelson & Simmons [2003])

Savoring

Although the concept of savoring has received more and more attention by the study of positive psychology, relatively little research has focus on savoring in Taiwan. In this study, we defined Savoring as Bryant (2003)'s definition of savoring believes, which contain one's ability to enjoy positive events through anticipating, savoring the moment, or reminiscing.

Bryant (2003) also proposed a Savoring Beliefs Inventory (SBI), which is a measure designed to assess attitudes toward savoring positive experience within three temporal orientations: the past (reminiscence), the present moment (present enjoyment), and the future (anticipation). Golay, Thonon, Nguyen, Fankhauser, and Favrod, (2018) applied SBI in France and proposed good validation evidence of French version SBI. However, to our knowledge, there is still no application of Savoring Belief Inventory in our country.

Therefore, the primary purpose of this study was to translate the English version SBI into Traditional Chinese version and validate the Traditional Chinese Savoring Believe Scale (C-SBI).

Method

Instruments and data collection procedure

The research instrument of this study was applied from Savoring Believe Inventory (SBI) developed by Bryant (2003). The original inventory contains 24 items— four positively-worded and four negatively-worded items for each of the three temporal forms of savoring.

We first translate all the 24 items into Traditional Chinese and made a pilot study. However, pilot testing with small groups of college students revealed that some of these items were ambiguous or misleading, and these were deleted. We then manipulated a combination of back-translation and small group pilot testing procedure. After three sets of pilot testing, a total of 12 items remained in the Traditional Chinese version Inventory. The 12 items are listed below:

1. Can feel the joy of anticipation.
2. Anticipating is a waste of time.
3. Can enjoy events before they occur.
4. Can feel good by imagining outcome.
5. Know how to make the most of good time.
6. Can prolong enjoyment by own effort.
7. (Find it) easy to enjoy self when want to.
8. Don't enjoy things as much as should.
9. Can feel good by remembering past.
10. Like to store memories for later recall.
11. Easy to rekindle joy from happy memories.
12. Best not to recall past fun times.

The Traditional Chinese version SBI is composed of 24 items, divided into three temporal orientations: past, present, and future, each represented by 4 items. Each item is rated on a 5-point Likert scale ranging from “strongly disagree” to “strongly agree.” Data were collected Survey Cake through internet.

Result

Sample Description:

The validation sample group contained 356 survey data gathered from full time workers. The sample distribution is shown in Table 1.

Table 1. Sample Distribution.

Category	<i>numbers</i>	%	% (accu.)
Gender			
Female	224	62.9%	62.9%
Male	132	37.1%	100.0%
Age			
Under 25	13	3.7%	3.7%
26~30 years	85	23.9%	27.6%
31~35 years	70	19.7%	47.3%
36~40 years	59	16.6%	63.9%
41~50 years	90	25.3%	89.2%
Above 51	39	11.0%	100.2%
Education			
Senior high (or below)	19	5.3%	5.3%
College	44	12.4%	17.7%
University	185	52.0%	69.7%
Grad. S. (or above)	108	30.3%	100.0%
Seniority			
Under 1 year	7	2.0%	2.0%
1~3 years	39	11.0%	13.0%
4~10 years	133	37.4%	50.4%
11~15 years	50	14.0%	64.4%
16~20 years	56	15.7%	80.1%
21 years or above	71	19.9%	100.0%

Data analysis

We manipulated a series of exploratory factor analysis combined with internal reliability analysis. Based on the original definition of Bryant (2003), the three factor model can appropriate interpret the Taiwanese data. The results of exploratory factor analysis and reliability analysis are shown in Table 2.

Table 2. Result of exploratory factor analysis and reliability analysis.

Item	Reliability	Factor 1	Factor 2	Factor 3
Can enjoy events before they occur. (future)	0.805	.705		-.139
Know how to make the most of good time. (now)		.666		.130
Can feel the joy of anticipation. (future)		.689	.233	-.118
Can prolong enjoyment by own effort. (now)		.561		.169
(Find it) easy to enjoy self when want to. (now)		.560		.190
Can feel good by imagining outcome. (future)		.336	.142	
Can feel good by remembering past. (past)	0.695		.823	
Like to store memories for later recall. (past)			.539	.093
Easy to rekindle joy from happy memories ° (past)		.194	.432	.121
Don't enjoy things as much as should. _ (now _R)	0.682	.223	-.224	.729
Anticipating is a waste of time. _ (future _R)			.106	.657
Best not to recall past fun times. _ (past _R)		-.113	.217	.602

Note:

1. "R" represent the reverse scoring item.
2. "future", "now", and "past" represent the original structure according to the Bryant(2003)'s SBI.

As data shown in table 2, result of 3-factor factor analysis revealed good explanation of the C-SBI. Compared with the structure of Bryant(2003)'s SBI, the factor 1 of C-SBI contained 6 items, 3 items estimated the future orientation and other 3 estimate present orientation; the factor 2 contained 3 items all estimated past orientation; the third factor, however, contained all the three reverse scoring items and estimated all the three temporal orientation, respectively.

The internal reliability analysis revealed that Cronback's α of the three factors are .805, .695, and .682 respectively. Which reflected good reliability index.

Conclusions

This study aimed to translate the English version SBI into Traditional Chinese version. Through a series of translation and back-translation combined with pilot testing, we revealed a 12-item C-SBI. Nevertheless, the preliminary investigation of the factor structure of the C-SBI showed that the EFA indicated that the three-factor structure of the C-SBI was adequate. However, compared with original English version SBI (Bryant, 2003) or French version SBI (Golay, et al., 2018), items which estimated three temporal facet are not identical. Also, all reverse scoring items were draw together in the same factor.

Based on these results, more detailed understanding of construction of savoring belief needs more detailed research by some other subjects or/and under other context.

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