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Nicel Araştırma

Psychometric Evaluation of the Turkish Version of the Housewives Burnout Questionnaire (CUBAC)

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Makale Bilgisi	**Öz**
Anahtar kelimeler: *ev hanımlarında tükenmişlik, ev hanımlarında tükenmişlik ölçeği, güvenilirlik, geçerlilik, doğrulayıcı faktör analizi*	Farklı bireyler arasında tükenmişlik deneyimi göz önüne alındığında, tükenmişliğin araştırılması ve değerlendirilmesi literatürde endişe konusudur. Son yıllarda, literatürde ev hanımlarında tükenmişlik incelenmiştir. Bu çalışmada amaç, Ev Hanımlarında Tükenmişlik Ölçeği'nin (EHTÖ) psikometrik özelliklerini, Türk ev kadınlarında incelemektir. Türk ev hanımlarından iki farklı veri seti toplayarak, çalışma iki aşamada düzenlenmiştir; EHTÖ'nün faktör yapısı ve güvenirliğini incelemek için kalibrasyon çalışması (n = 139), ölçeğin faktör yapısı ve geçerliğini incelemek için geçerlik çalışması (n = 509). İlk olarak, tatmin edici iç tutarlılık ve madde-toplam korelasyon katsayılarının yanı sıra, ölçeğin faktör yapısı Velicer'ın minimum ortalama kısmi korelasyonuna, Horn'un paralel analizine ve faktör analizine bağlı olarak iki faktörlü çıktı. İkinci olarak, EHTÖ'nün iki faktörlü modeli (sıkıcı ve yorucu ev ortamı ve destek eksikliği) doğrulayıcı faktör analizi ile desteklendi. Ayrıca, kavramsal olarak ilişkili yapılar ile EHTÖ'nün istatistiki olarak anlamlı korelasyonu (algılanan stres ve yaşamdan memnuniyet) eşzamanlı geçerliğini ortaya koydu. Geçerlilik ve güvenilirlik bulguları ilgili literatürde tartışıldı.

	Abstract
Keywords: *housewives burnout, housewives burnout questionnaire, reliability, validity, confirmatory factor analyses*	Considering burnout experience among different individuals, investigating and evaluating burnout are continuing concerns within the literature. In recent years, housewives' burnout has been examined in the literature. The present aim is to examine the psychometric properties of the Housewives Burnout Questionnaire (CUBAC) with Turkish housewives. By collecting two different data set from Turkish housewives, the study is designed in two phases; pilot study (n= 139) to identify factorial structure, and reliability and validation study (n= 509) to examine factorial structure and validity of the CUBAC. First, in addition to satisfactory internal consistency and item-total correlation coefficients, the factorial structure of the scale was two-dimensional based on Velicer's minimum average partial correlation, Horn's parallel analysis, and factor analyses. Second, the two-factor model of the CUBAC (boring and tiring home environment and lack of support) was corroborated by confirmatory factor analysis. Also, the CUBAC statistically significant correlation with conceptually related constructs (perceived stress and satisfaction with life) was significant that demonstrated concurrent validity. Validity and reliability findings were discussed in relevant literature.

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Introduction

The term burnout is defined as a psychological syndrome, including emotional exhaustion, depersonalization, and a reduced sense of accomplishment (Maslach, Schaufeli, & Leiter, 2001). The term is related how individuals cope with emotionally aroused situations (Schaufeli, Leiter, & Maslach, 2009). From the 1970s to the present, it has received attention in several studies examining effects on both individuals and organizations. Burnout results from high stress (D'Souza, Egan, & Rees, 2011), external pressures from organizational practices, unhealthy and poor communication around the environment (Kelly, 2020; Kumar 2018). When considering adverse effects on health, the consequences of burnout on both the physical and psychological health of human beings are demonstrated as suffering from cardiovascular diseases, diabetes, depression, and insomnia in a meta-analysis over 36 studies (Salvagioni et al., 2017). Similarly, it is mentioned that the relationship of burnout with higher emotional trauma, depression (Kelly, 2020), and suicide ideation (Kelly, 2020; Roskam & Mikolajczak, 2020) are highlighted. In a meta-analysis, the relationship between burnout and organizational outcomes are cited as job dissatisfaction, absenteeism, turnover, pension, and presenteeism (Salvagioni et al., 2017).

Mostly, burnout has been scrutinized in the sample of workers: white-collar workers, blue-collar workers (Toppinen-Tanner, Kalimo, & Mutanen, 2002), and workers in social, human and health services (Garcia-Arroyo & Osca Segovia, 2018; Kelly, 2020) such as clinical psychologists (D'Souza et al., 2011) and school counselors (Oser, Biebel, Pullen, & Harp, 2013). Those studies have explored the adverse effects of burnout on organizational outcomes such as job dissatisfaction and turnover. When considering the definition of burnout as experiencing exhaustion due to exposure of highly demanding situations (Pines, 1993; Roskam, & Mikolajczak, 2020) and external outside pressure (Kelly, 2020); every human being in highly demanding living conditions might experience burnout. Therefore, more recently, caregiver burnout, (Demirbas & Kizil, 2017; Kasuya, Polgar-Bailey, & Takeuchi, 2000), midwives burnout (Ramírez, Hernández, & de la Rubia, 2009), parental burnout (Roskam & Mikolajczak, 2020; Roskam, Brianda, & Mikolajczak, 2018), maternal burnout (Lebert, Dorard, Boujut, & Wendland, 2018) and couple burnout (Pines, Neal, Hammer, & Icekson, 2011) have been investigated by both practitioners and researchers.

Considering burnout experience among different individuals, investigating and evaluating burnout are both continuing concerns within the literature. Burnout is described as experiencing anger, negativity, sensitivity, violent outburst, and loss of interest (Kumar, 2018). In the extended theoretical framework, emotional exhaustion, depersonalization, and

absence of individual accomplishment domains have been identified as necessary to understand the term burnout (Jiménez, Rodríguez, Alvarez, & Caballero, 1997; Maslach et al., 2001). As described by Maslach and his colleagues (2001) exhaustion dimension contains feelings of having no energy to proceed the next event; depersonalization dimension includes being unconnected or unrelated from work, and accomplishment dimension represents feelings of inadequacy at work.

Those three domains of burnout driven from Maslach's study are taken into account in the Burnout Brief Questionnaire (BBQ; Jiménez et al., 1997). The scale includes items of risk factors, including features of tasks (such as unrewarding tasks) and features of the organization (such as lack of support). Also, features of tedium (such as doing jobs repeatedly) and features of the syndrome (that is drawn by Maslach and Jackson and includes emotional exhaustion, depersonalization and lack of personal accomplishment) are taken into consideration in BBQ. Finally, three consequences of the syndrome (on health, family environment, and labor performance) are included in the scale.

Recent developments in the field of burnout have led to a renewed interest in burnout experiences of different individuals and whether burnout term defined above is different from one sample to another sample. One of these groups is housewives. Housewives are increasingly recognized as facing with highly demanding conditions. They have to engage in various works that are mostly repetitive even though their work is seen as worthless in modern life (Johnson & Lloyd, 2004). Also, they stay away from business life (Gabriel, 2008) and have higher responsibility in child-rearing (Renk et al., 2003) and domestic tasks (Champagne, Pailhé, & Solaz, 2015). Besides, they are mentioned as emotionally bored (Johnson & Lloyd, 2004), especially in coping with the demands of childcare responsibilities such as education (Roskam & Mikolajczak, 2020). They also spend much more time than fathers in issues related with family life (Bianchi, Robinson, & Milkie, 2006) and have higher rates of parental burnout than fathers (Roskam & Mikolajczak, 2020). Due to not coping with emotions adequately, they are mentioned as at greater risk of losing a sense of personal accomplishment (Bakker et al., 1996).

To examine housewives' burnout, the Housewives Burnout Questionnaire (CUBAC) was developed from BBQ by considering the same theoretical framework (Ramírez et al., 2009). To test the theory behind CUBAC psychometrically, the structure of CUBAC (risk factors, features, and consequences) was drawn sequentially, including theoretically identified items that are collected from the risk factors, features, and consequences of burnout. The sequential structural model was found as significant based on the goodness of fit indices. Risk factors explained 58.4% of syndrome variance which explained 85.7% of consequences variance. In a recent study, the factor structure of the CUBAC was tested in the sample of

Mexican housewives (de la Rubia, Ramírez, & Hernández, 2010). The scale forcing three dimensions (antecedents, boredom and, consequences) did not reveal significant results. Based on Kaiser's criterion, when five items deleted from the scale, the scale had two-factor structures at exploratory factor analysis. These factors were named as activity-accomplishment and attachment-support-necessity. Therefore, the factorial structure of the scale varies in different studies.

As recognized by the renewed interest in burnout among different individuals, examining housewife burnout and possible factors associated with burnout is essential when considering the higher number of housewives in communities. Higher responsibility in child-rearing (Renk et al., 2003) and domestic tasks (Champagne, Pailhé, & Solaz, 2015) make housewives vulnerable to experience burnout. Therefore, it is essential to examine housewife burnout when providing psychological support to them. Also, it is questioned whether the housewife burnout term is influenced by cultural parameters (Moral, González, & Landero, 2011). Turkey is considered to have both individualistic and collectivistic cultural values (Oyserman, Coon, & Kemmelmeier, 2002). Thus it is wondered whether psychometric properties of CUBAC are the same for Turkish housewives. The present study aims to examine the psychometric properties of CUBAC in the sample of Turkish housewives. On account of the eastern family structure, Turkish housewives have fully involved in home-related issues as well as all the responsibilities of child-rearing. Therefore, examining psychometric properties enlighten further studies conducted about housewife burnout in collective family structure. The study is designed in two phases; pilot study and validation study. First, a pilot study is conducted to identify several factors of CUBAC and to examine factorial structure as well as the reliability of the scale. Second, the factorial structure of CUBAC is aimed to scrutinize via confirmatory factor analysis as well as the validity of the scale with conceptually related constructs (Perceived Stress Scale and Satisfaction with Life Scale) in the validation study.

Pilot Study

Method

Participants

One hundred and thirty-nine housewives, aged between 22 and 69 ($M = 42.21$, $SD = 10.01$), participated in the pilot study. The participants reported that they engage with households in a day which was between 1 and 10 hours ($M = 3.90$, $SD = 2.31$).

Measure

The Housewives Burnout Questionnaire (CUBAC) is an adapted scale form of BBQ in order to examine housewife's burnout by considering the same theoretical framework of BBQ (Ramírez et al., 2009). The scale is adapted to housewife's life cycle to assess their burnout. It includes 21 items, five of which are negatively worded (2, 4, 8, 9, and 16). The scale form is a five-point Likert-type scale 1 (never) to 5 (most of the time). The scale consists of three domains namely; antecedents or risky characteristics (9 items: 2, 4, 6, 8, 9, 10, 14, 16 and 20); burnout syndrome (i.e., absence of social support) (9 items: 1, 3, 5, 7, 11, 12, 15, 18 and 19), and consequences of burnout on health and environment (3 items: 13, 17 and 21). Internal consistency factors is .80, .81, and .71 respectively (Ramírez et al., 2009). Also, the concurrent validity results are satisfactory. Correlation between the scale and The State-Trait Anger Expression Inventory was significant (r=.38) (Gonzales et al., 2009).

Procedure

Before collecting data, the items of CUBAC were translated into Turkish by three independent native English-speaking translators fluent in Turkish. The accuracy of translations was controlled by two native Turkish-speaking psychologists fluent in English. Any discrepancies were resolved sensitively. Afterward, the items were translated back to English to see whether items were semantically similar items with the original scale. The scales were distributed to 139 housewives, and they completed questionnaires at their homes. They were informed about the aim of the present study and their consents were obtained. All subjects participated voluntarily. All data were analyzed using IBM SPSS statistics version 21.

Results

Internal Consistency Reliability

The Cronbach's alpha (α) and split-half reliability were used to test the reliability of CUBAC. First, the Cronbach's alpha (α) for CUBAC was examined. It was observed that the internal consistency of CUBAC was satisfactory, and the Cronbach's α was .84. However, it was observed that the corrected item-total correlation was low (-.05) for Item-2 (*"I feel identified myself with my housewife work"*). Therefore, Item-2 was excluded from the scale, and the Cronbach's α increased to .86. After removing Item-2, all items were renumbered, ranging from 1 to 20. The corrected item-total correlations ranged from .25 (Item-9: *"Personal*

relations I establish as a housewife are gratifying for me") to .61 (Item-11: *"There is little recognition from me for the effort I make for them"*).

Second, the Spearman-Brown coefficient based on odd-even splits was examined for the split-half reliability of CUBAC. The Cronbach's alpha (α) was .76 for odd split (*M* = 27.58, *SD* = 7.05, *n* = 10) and .77 for even split (*M* = 25.27, *SD* = 7.14, *n* = 10); the correlation coefficient between two forms was .72; the Spearman-Brown coefficient was .84.

Factor Structure

Regarding the sampling adequacy, the Kaiser-Meyer-Olkin Measure value indicating the meritorious quality of sampling was 0.83 indicates the meritorious quality of the sampling. An initial principal component with direct oblimin rotation analysis was performed; it revealed 6 factors with eigenvalues over 1, accounting for 59.24% of the total variance. It was observed that Item-2 was loaded under a factor, including a single item. Therefore, it was excluded from the analysis. After the exclusion, an initial principal component with oblique rotation revealed five factors with eigenvalues over 1, accounting for 55.96% of the total variance.

After performing initial factor analyses, to evaluate the number of principal components, Velicer's minimum average partial [MAP] correlation and Horn's parallel analysis [PA] (O'connor, 2000) were performed. Velicer's MAP correlation results (N = 139, k = 20 items) revealed two components. They were retained according to the original and revised MAP correlation test (O'connor, 2000) with the smallest average squared partial correlation as .0168 and the smallest average fourth power partial correlation as .0007. In addition to Velicer's MAP, the results of PA confirmed that there were two components. In relation to the results (N = 139, k = 20 items), the raw data eigenvalues were 1.804, mean was 1.600, and the percentile random data eigenvalues was 1.696 at the second root.

Based on Velicer's MAP and Horn's PA results, an initial principal component with oblique rotation with two factors was performed, accounting for 37.49% of the total variance. The first factor, *"Boring and Tiring Home Atmosphere,"* explained 28.47% of the total variance, and the second factor, *"Lack of Support,"* explained 9.02% of the total variance. The first factor includes 12 items (item-14, item-19, item-20, item-12, item-16, item-1, item-17, item-4, item-6, item-18, item-15, and item-13), and the second factor includes 8 items (item-9, item-10, item-5, item-11, item-2, item-3, item-7, and item-8).

Validation Study

Method

Participants

The sample included 509 housewives. Their ages ranged between 20 and 82 years (*M* = 40.40, *SD* = 11.06). In accordance with marital status, the majority of the participants (*N* = 427; 83.9%) were married, 7.3% (*N* = 37) of them were single, 5.1% (*N* = 26) of them lost their spouses, and 3.7% (N = 19) of them were divorced or living separately from their spouses. The mean monthly family income was 1835 Turkish Lira[1] (*SD* = 1459), ranging from 500 to 20000. The percentages of women in terms of education were as follows: 45.2% (N = 260) for primary school graduation, 30.8% (N = 157) for high school graduation, 12.4% (N = 63) for university graduation, and 11.6% (N = 59) for secondary school graduation. The participants reported that engaging with household chores period (year) ranged between 1 and 67 years (*M* = 22.84, *SD* = 12.89), and daily duration ranged between 1 and 11 hours (*M* = 3.67, *SD* = 2.12).

Measures

In addition to the Housewives Burnout Questionnaire (CUBAC) and Demographic Information Form, The Perceived Stress Scale (PSS) and Satisfaction with Life Scale (SWLS) were given to housewives to test the psychometric aspects of the measure.

The Perceived Stress Scale (PSS) is a 14-item self-report instrument designed to evaluate the level of perceived stress in one's life (Cohen, Kamarck, & Mermelstein, 1983). The participant responds whether the event is perceived as unpredictable, uncontrollable, and overloaded or not. The items are rated on a 5-point Likert scale (1 = "Never" to 5 = "Very often"). The total score can range between 0 and 56, and the higher scores indicate higher level of stress. It was adapted into Turkish culture and found internal consistency of .84 and test-re-test reliability of .87 (Eskin, Harlak, Demirkıran, & Dereboy, 2013).

Satisfaction with Life Scale (SWLS) was developed by Diener and his colleagues (1985) to assess global life satisfaction using five items that are rated on a seven-point Likert-type scale. The internal consistency of the scale was .87, and the test-retest correlation was .82. Turkish standardization of the scale was reported by Durak, Senol-Durak, and Gencoz (2010), who revealed that the internal consistency reliability was .81 in a sample of university students, .82 in a sample of correctional officers, and .89 in a sample of elderly.

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[1] 1 TL (Turkish Lira) = .19 USD

Procedure

In order to collect data, the scales were distributed to 509 housewives at their homes. They were informed about the aim of the present study, and their consents were obtained. All subjects participated voluntarily.

Results

Internal Consistency Reliability

Similar to the pilot study, the Cronbach's alpha (α) for internal consistency and the Spearman-Brown coefficient for split-half reliability were examined. The internal consistency coefficients for the total scale and subscales of CUBAC were satisfactory; the Cronbach's was .83 for the factor of Boring and Tiring Home Atmosphere, .75 for the factor of Lack of Support, and .86 for the total scale of CUBAC, and the corrected-item total correlations ranged from .30 *(item-13: "My work is repetitive")* to .65 *(item-14: "I am tired of my work as housewife")* for the factor of Boring and Tiring Home Atmosphere, .28 *(item-8: "Personal relations I establish as housewife are gratifying for me")* to .63 *(item-9: "My family underestimates the importance of my work")* for the factor of Lack of Support and .32 *(item-7: "In my family, we help each other in doing housework")* to .63 *(item-14: "I am tired of my work as housewife")* for the total scale of CUBAC.

In terms of split-half reliability for total scale, the Spearman-Brown coefficient based on odd-even splits was .86. On the other hand, the Cronbach's alpha (α) was .75 for odd split (*M* = 27.17, *SD* = 6.93, *n* = 10) and .77 for even split (*M* = 25.21, *SD* = 7.06, *n* = 10); the correlation coefficient between two forms was .75.

Concurrent Validity

In terms of concurrent validity, the relationships between Housewives Burnout Questionnaire (CUBAC, also its subscales) and Perceived Stress Scale (PSS) or Satisfaction with Life Scale (SWLS) were examined (see Table 1).

The CUBAC was significantly positively correlated with the PSS *(r = .48, p < .001)* and negatively correlated with the SWLS *(r = -.47, p < .001)*.

"Boring and Tiring Home Atmosphere" was significantly positively correlated with the PSS *(r = .45, p < .001)* and negatively correlated with the SWLS *(r = -.46, p < .001)*.

"Lack of Support" was significantly positively correlated with the PSS *(r = .40, p < .001)* and negatively correlated with the SWLS *(r = -.38, p < .001)*.

Table 1.

Descriptive statistics and correlation between variables

		X	SD	Min.	Max.	1	2	3	4	5
1	CUBAC-T	52.38	13.09	21.00	95.00		.84***	.93***	.48***	-.47***
2	CUBAC-LS	18.90	6.03	8.00	39.00			.57***	.45***	-.46***
3	CUBAC-BTHA	36.48	8.00	12.00	59.00				.41***	-.39***
4	PSS	26.82	7.76	7.00	52.00					-.45***
5	SWLS	21.33	7.11	5.00	35.00					

Note-1. CUBAC-T = Burn Out, CUBAC-LS = Lack of Support, CUBAC-BTHA = Boring and Tiring Home Atmosphere, PSS = Perceived Stress, SWLS = Life Satisfaction, X = Mean, SD = Standard Deviation, Min. = Minimum, Max. = Maximum.

Note-2. *** = p ≤ .001.

Confirmatory Factor Analysis

To assess the model fit, several indexes are suggested, such as the Tucker-Lewis Index (TLI), Root Mean Square Error of Approximation (RMSEA), Chi-Square (χ^2), Standardized Root Mean Square Residual (SRMR), and Comparative Fit Index (CFI). Larger values (.90 or above) for some goodness of fit indices (i.e., CFI, IFI, TLI) (Bentler & Bonett, 1980) smaller values (.05 or below) for other indices (i.e., SRMR, RMESA) (Bentler, 1985) are recommended to reveal good model fit.

A CFA tested the adequacy of the two-factor model for the CUBAC with 20 item by using AMOS 21.0 (Arbuckle, 2012). Correlations among the errors were constrained to zero. The model provided an adequate fit to the data, χ^2 (164) = 365.93, *n* = 509, *p* < .001, RMSEA = .049 (90% CI = .042 - .056, PCLOSE = .564), SRMR = .051, IFI = .917, TLI = .917, and CFI = .916.

Discussion

The study aimed to explore the reliability and validity of Turkish version of CUBAC. To explore factorial structure in detail, two different Turkish housewife samples were employed. A number of retained factors and reliability analyses were performed in the pilot study. The

factorial structure, concurrent validity, and reliability of CUBAC were examined in the validation study.

Based on the pilot study results, both reliability and initial factor analysis revealed that Item 2 is separate from CUBAC. When this item was deleted from the analysis, reliability coefficients increased to .86. When considering Item 2 (*"I feel identified myself with my housewife work"),* it is related to a commitment to house works rather than burnout. Another reason might be the term "identified myself with work" is rare among Turkish housewives who are respecting housework to continue family routine but not do tasks for identification of their selves. Therefore, they do not consider housework as a way of identification. Item 2 is not internally consistent with the rest of the items of the scale. Cultural factors might lead to this kind of difference that Turkish housewives do not evaluate housework equal to the identification of themselves. It is, therefore, considered that cultural aspects might be crucial and suggested to examine psychometric aspects in different cultures.

Velicer's MAP and Horn's parallel analysis results revealed that the two-factor model is relevant for CUBAC. Based on MAP and PA results, a principal component with oblique rotation with two factors was performed. Two factors accounted for 37.49% of the total variance. The first factor, *"Boring and Tiring Home Atmosphere"*, explained 28.47% of the total variance, and the second factor, *"Lack of Support"*, explained 9.02% of the total variance. The two-factor model was relevant as seen in the Mexican version (de la Rubia et al., 2010).

Based on validation study results, these two factor model of CUBAC was tested with CFA. The goodness of fit indices results revealed the relevancy of the factor structure. These factors, "Boring and Tiring Home Atmosphere" and "Lack of Support," were similar to the Mexican version (de la Rubia et al., 2010) in which factors were named as boredom and lack of support. They emphasized a causal link between these factors which means an imbalance between efforts and the results might lead to burnout.

Also, CUBAC and subscales correlation with perceived stress scale and satisfaction with life were significant, and relations between variables were in the expected direction. The CUBAC, "Boring and Tiring Home Atmosphere," and "Lack of Support" were significantly positively correlated with the PSS and they were negatively correlated with the SWLS as expected. Similar findings were obtained for burnout and perceived stress relationship (D'Souza, Egan, & Rees, 2011; Lebert et al., 2018) that housewives with higher perceived stress experienced higher burnout (Moral et al., 2011; Ramirez et al., 2009).

The scale can be used in clinical settings to evaluate housewives' burnout, to identify whether housewives have a boring and tiring environment and whether they have not received support. Also, considering higher perceived stress and lower life satisfaction relationship with

higher housewives' burnout, developing intervention programs to housewives are suggested in order to enhance their psychological well-being. Managing perceived stress and promoting life satisfaction with the ways of controlling burnout might be some of the titles of those programs. Also, CUBAC can be used clinically in study assessing the effectiveness of psychoeducation programs. In respect to the strength of the study, two different housewife sample were used to examine psychometric properties of the scale. An adequate number of individuals participated, especially in the validation study. In respect to the limitations of the study, test-re-test reliability cannot be evaluated in the present study due to difficulties in obtaining retest data from housewives.

In conclusion, the psychometric properties of CUBAC were satisfactory in two different Turkish housewife samples. When considering the similarity between this study and other studies by psychometric results, it is considered that the scale can be adapted to different cultures. Conducting studies are encouraged to reinforce the psychometric properties of CUBAC.

Compliance with Ethical Standards Conflict of Interest: All Authors declare that he/she has no conflict of interest.

Ethical approval: All procedures performed in studies involving human participants were by the ethical standards of the institutional and national research committee and with the 1964 Helsinki declaration and its later amendments or comparable ethical standards.

Informed consent: Informed consent was obtained from all individual participants included in the study.

Data Sharing Policy: The data that support the findings of this study are available. Restrictions apply to the availability of these data, which were used under license for this study. Data are available from the authors with the permission of the third party.

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Ev Hanımlarında Tükenmişlik Ölçeğinin (EHTÖ) Türkçe Versiyonunun Psikometrik Değerlendirmesi

Özet

Tükenmişlik terimi, duygusal tükenmeyi, duyarsızlaşmayı ve başarısızlık hissini içeren psikolojik bir sendrom olarak tanımlanmaktadır (Maslach, Schaufeli ve Leiter, 2001). Bu terim, bireyin duygusal olarak zorlandığı durumlarda nasıl tepki verdiğini içermektedir (Schaufeli, Leiter ve Maslach, 2009). Tükenmişlik, çoğunlukla işçi örneklemlerinde incelenmiştir: beyaz yakalı işçilerle, mavi yakalı işçilerle (Toppinen en Tanner, Kalimo ve Mutanen, 2002) ve sağlık hizmetlerinde çalışan işçilerle tükenmişlik araştırmaları gerçekleştirilmiştir (Garcia-Arroyo ve Osca Segovia, 2018). Yakın zamanda, bakıcı tükenmişliği (Demirbaş ve Kızıl, 2017; Kasuya, Polgar-Bailey ve Takeuchi, 2000), ebelerin tükenmişliği (Ramírez, Hernández ve de la Rubia, 2009), ebeveyn tükenmişliği (Roskam, Brianda ve Mikolajczak, 2018), anne tükenmişliği (Lebert, Dorard, Boujut ve Wendland, 2018) ve çift tükenmişliği (Pines, Neal, Hammer ve Icekson, 2011) gibi farklı tükenmişlik temalarını içeren çalışmalar dikkat çekmektedir.

Bireyler arasında tükenmişlik deneyimlerindeki farklılıklar göz önüne alındığında, tükenmişliğin araştırılması ve değerlendirilmesi alanyazında merak konusudur. Geniş kuramsal çerçevede, tükenmişlik terimini kapsayan duygusal tükenme, duyarsızlaşma ve bireysel başarısızlık boyutları tespit edilmiş (Jiménez, Rodríguez, Alvarez ve Caballero, 1997; Maslach ve diğerleri, 2001) ve bu doğrultuda Kısa Tükenmişlik Ölçeği geliştirilmiştir (Jiménez ve ark., 1997).

Son yıllarda, alanyazında ev hanımlarında tükenmişlik ile ilgili çalışmalar dikkat çekmektedir. Ev hanımlarında tükenmişliği incelemek için Ev Hanımlarında Tükenmişlik Ölçeği (EHTÖ) benzer kuramsal çerçeve göz önünde bulundurularak geliştirilmiştir (Ramírez ve ark. 2009). EHTÖ'nün ardındaki kuramsal çerçeveyi test eden faktör yapısı öncül veya riskli özellikler (9 madde), tükenmişlik sendromu (sosyal desteğin yokluğu, 9 madde) ve tükenmişliğin sağlık ve çevre üzerindeki sonuçları (3 madde) şeklinde belirlenmiştir. Öte yandan, Meksikalı ev hanımları ile yapılan çalışmada ölçeğin üç faktörlü yapısı desteklenmemiştir ve iki faktörlü yapının daha iyi bir çözüm olduğu ortaya çıkmıştır: faaliyet başarısı ve bağlanma desteği gerekliliği (de la Rubia, Ramírez ve Hernández, 2010).

Bu çalışmada amaç, Ev Hanımı Tükenmişlik Ölçeğinin (EHTÖ) psikometrik özelliklerinin Türk ev hanımlarında test edilmesidir. Kültürel olarak Türk ev hanımları evin sorumluluklarının yanı sıra çocuk bakımı konusunda sorumlulukları büyük ölçüde

üstlenmektedir. Bu nedenle, EHTÖ'nün psikometrik özelliklerin incelenmesi, kollektif değerleri olan aile yapısında ev hanımlarında tükenmişlik ile ilgili yapılan çalışmaları aydınlatacaktır. Türk ev hanımlarından iki farklı veri seti toplayarak, EHTÖ'nün faktör yapısı ve güvenirliğini incelemek için kalibrasyon çalışması; ölçeğin faktör yapısı ve geçerliliğini incelemek için geçerlik çalışması olarak iki aşamada düzenlenmiştir.

Pilot Çalışma

Kalibrasyon çalışmasına katılan örneklemin (n = 139) yaşları 20 ile 82 arasında değişmektedir (*M* = 42.21, *SD* = 10.01). Katılımcılara 21 maddeden ve 5'li Likert tipi formatta oluşan EHTÖ uygulanmıştır. Ölçeğin orijinal formunda iç tutarlılık katsayıları .71 ile .81 arasında değişmektedir.

Veri toplama öncesi, EHTÖ'nün maddeleri, akıcı olarak İngilizce ve Türkçe konuşan üç bağımsız tercüman tarafından Türkçe'ye çevrilmiş, ardından Türkçe'den İngilizce'ye tekrar çeviri yapılmış ve çeviri maddeleri ile orijinal ölçek maddeleri karşılaştırılmıştır

Madde-toplam ölçek korelasyonu düşük olan ikinci madde ölçekten uzaklaştırılmıştır. Ölçeğin iç tutarlılık katsayısı tatmin edici düzeydedir (Cronbach's Alpha = .86). Tek-çift sayılı ölçek maddelerine dayanan Spearman-Brown katsayısı, CUBAC'ın test-yarı test güvenilirliği açısından incelenmiştir. Cronbach alfa (α) tek rakamlı sayılarda bölünme için .76 (*M* = 27.58, *SD* = 7.05, n = 10) ve çift rakamlı sayılarda bölünme için .77 (*M* = 25.27, *SD* = 7.14, n = 10); iki form arasındaki korelasyon katsayısı .72'dir; Spearman-Brown katsayısı .84'tür.

Velicer'in minimum ortalama kısmi korelasyonuna (en küçük ortalama kısmi korelasyon karesi 0,0168, en küçük ortalama dördüncü güç kısmi korelasyonu .0007), Horn'un paralel analizine (N = 139, k = 20 madde) (Ham veri özdeğerleri 1.804, ortalama 1.600) (O'conner, 2000) ve klasik faktör analizine göre ölçeğin iki faktörlü olduğu ve bu iki faktörlü yapının toplam varyansın %37.49'unu açıkladığı ortaya konmuştur.

Geçerlik Çalışması

Yaş aralığı 20 ile 82 arasında değişen (*M* = 40.40, *SD* = 11.06) 509 ev hanımı ile yürütülen geçerlik çalışmasında, katılımcılara EHTÖ'nün yanı sıra Demografik Bilgi Formu, 14 maddelik Algılanan Stres Ölçeği (ASÖ; Cohen, Kamarck ve Mermelstein, 1983; Eskin, Harlak, Demirkıran ve Dereboy, 2013) ve Yaşam Doyumu Ölçeği (YDÖ; Diener ve ark., 1985; Durak, Senol-Durak ve Gençöz, 2010) yöneltilmiştir.

Bulgular, ölçeğin iç tutarlığının .86, alt ölçeklerin iç tutarlığının ise sıkıcı- yorucu ev ortamı için .83 ve destek eksikliği için .75 olduğunu göstermiştir. EHTÖ'nün iki faktörlü modeli (sıkıcı ve yorucu ev ortamı ve destek eksikliği) AMOS 21.0 (Arbuckle, 2012) program

kullanılarak test edilen doğrulayıcı faktör analizi ile desteklenmiştir (χ^2(164) = 365.93, *n* = 509, *p* < .001, RMSEA = .049 [90% CI = .042 - .056, PCLOSE = .564], SRMR = .051, IFI = .917, TLI = .917, ve CFI = .916). Ayrıca, ev hanımlarında tükenmişliğin kendisi ile kavramsal olarak ilişkili yapı olduğu varsayılan algılanan stresle *(r = .48, p < .001)* ve yaşam doyumuyla *(r = -.47, p < .001)* pozitif yönde yüksek düzeyde korelasyon göstermesi EHTÖ'nün eşzamanlı geçerlik kanıtıdır.

Tartışma

Kalibrasyon çalışmasında yapılan güvenirlik analizlerine göre ölçeğin ikinci maddesi olan (*"Kendimi ev işleri ile tanımladığımı hissediyorum"*) maddesinin tükenmişlik boyutundan ayrı bir madde olduğu, bu maddenin daha çok bağlılık ile ilgili bir madde olduğu düşünülmüştür. Hem kalibrasyon hem de geçerlik çalışmasında ölçeğin iki faktörlü yapısının uygun olduğu bulunmuştur. Ölçeğin alt ölçekleri, "Sıkıcı-Yorucu Ev Atmosferi" ve "Destek Eksikliği" şeklinde isimlendirilmiştir. Ölçek toplam skorunun diğer kavramsal açıdan ilişkili yapıların skorları ile yüksek korelasyon göstermesi ölçeğin eşzamanlı geçerliğini ortaya koymaktadır. Ölçek, ev hanımlarında tükenmişliği ve tükenmişlik ile ilintili etmenleri değerlendirmek üzere klinik uygulamalarda kullanılabilir.