

The Development of the Filipino Spirituality Scale

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Spirituality is widely studied nowadays in the field of Psychology and Filipinos are known for having a deep sense of spirituality. In terms of measuring spirituality however, researchers argue that measures or scales about it should reflect greater sensitivity to cultural characteristics and issues (Hill & Pargament, 2003). Kapucinzki & Masters (2010) emphasized that in order to scale development on spirituality, researchers should have a strong conceptualization of spirituality, encourage the use of inductive methods, and compare these scales with other measures of spirituality. The study aimed to develop a measure of Filipino spirituality. Specifically, it intended to identify salient dimensions of spirituality among Filipinos. The study had two phases in the development of the scale, namely: focus group discussion (FGD) on the Filipino conceptions of spirituality as a basis for generating items; and test development, which included item construction based on the FGD and the literature, pilot testing, establishing reliability and validity of the scale. Qualitative results showed that spirituality has 3 main themes namely; connectedness with the sacred, sense of meaning and purpose, and expressions of spirituality. In the test development, the Filipino spirituality scale yielded two factors namely having a relationship or connectedness with a supreme being with a 53.13 % total variance explained by the factor, while the other factor of good relationship with others had a 7.196%. The reliability of the whole measure yielded cronbach alpha of 0.978 while the factors also obtained good reliability of indicators of 0.986 and 0.778 respectively. The results of the study are discussed in the broader conceptualization of spirituality in the Philippines as well as in mainstream Psychology.