

https://dspace.org/

A Validation study of the sense of coherence scale using two South African samples

Randall, Susan Jane

2007-03-01T11:05:14Z
http://hdl.handle.net/10539/2171

Downloaded from a DSpace repository. https://dspace.org/

ABSTRACT

This study undertook to investigate the validity of the Sense of Coherence Scale (SOC Scale) for use in South Africa. The scale was developed by Antonovsky (1987) and is widely used in stress and health research. It measures three components: meaningfulness, comprehensibility, and manageability, which Antonovsky posited as being central to a person's sense of coherence (SOC), which in turn facilitates coping and personal resilience. The current research utilised two samples, namely a group of disabled individuals and a group of undergraduate psychology students. It found that while the SOC Scale is indeed a useful psychometric instrument within a South African context, it would be advisable to develop a modified version of the scale for local use. Factor analysis suggested that a three-factor solution is more appropriate than a one-factor solution, a finding which is congruent with Antonovsky's theory. Suggestions are made for modifications to some of the original 29 items, as well as the subscales, of the SOC Scale.

Keywords: Sense of coherence, salutogenesis, Antonovsky, validation study, meaningfulness, resilience, stress, coping, health, disability.