

## THE DEVELOPMENT AND VALIDATION OF GRACIOUSNESS SCALE FOR UNDERGRADUATE STUDENTS IN SOUTHEAST ASIA

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Submitted: July 2022, Revision: December 2022, Accepted: May 2023

### ABSTRACT

*Graciousness is one of the important virtues a person should possess. A gracious person can be described as kind and caring no matter what the situation is. They treat others with consideration, and with respect despite disagreement. There is a dearth of scales to measure graciousness. With this premise, this research was conducted to develop a graciousness scale and test its dimensionality. Data were taken from 212 tertiary students from Indonesia and Philippines. The scale consisted of 20 items and was first assumed to be unidimensional. The exploratory factor analysis was conducted and generated a three-factor structures trimming down 20-item graciousness scale into 13-item scale. Factors 1, 2, and 3 are respectively describing respondents' Altruism, Interpersonal Skills, and Pleasantness. The total variance accounted for is 56.233%. Altruism accounted a variance of 24.781%, while Interpersonal Skills and Pleasantness accounted 16.424% and 15.027% respectively with a determinant of .023. This graciousness scale has theoretical and practical implications that can be used for further research.*

**Keywords:** Graciousness, unidimensional, exploratory factor analysis

### 1. PREFACE

Coronavirus disease 2019 (COVID 19) has been disrupting nearly each facet of everyday life, leading to enforced isolation, social distancing, monetary problem, concern of a dangerous disease, and several feelings of despair and helplessness. Sadly, there hasn't been any formula or operational guideline to manage this global COVID-19 pandemic. Previous studies have documented several responses to huge disasters or crises, such as anxiety and post-traumatic stress, in addition to recovery and resilience. People's character virtues, such as gratitude, kindness, hope, leadership, spirituality, love, and teamwork) really redoubled before and after 9/11 tragedy. Studies on a way to handle people since 9/11 contain pieces of helpful information that gives recommendations on a way to take care of the psychological stressors caused by COVID19. People who found purpose or clarity within the tragedies by orientating with their personal values, such as friendship, religious or non-secular activities, social ties, compassion, and kindness to others), as well as responsibilities, such as acknowledging any emotional burden from the tragedy, did notably well on low psychological complications and raised resilience [1]. In times like this, systematic intervention, policy and strategy implementation will cause improved social etiquette and cohesion that promote long-term solutions to the development of individual social graciousness. Family education conjointly plays a crucial role in providing a solid ethical foundation during the early childhood development, in which the essential components of conscience, shame, and therefore the awareness to differentiate good and evil are developed [2]. Graciousness is a crucial virtue that one ought to possess. A gracious person is depicted as kind and caring regardless of what the case is. They treat others considerately, and

with respect despite disagreement. The function of benevolence in foretelling the connection between situational trust and happiness, suggests that whatever anyone has accomplished for others, the stronger the affiliation within trusting and happiness. The outcomes strengthen the hypothesis that benevolence reinforces the association within trust and happiness because of the fact it increases a commendatory aspect from various people, notably to members with a low degree of kindness, the connection in showing trust and happiness was no longer significant. Trust can predict happiness, but kindness can strengthen the impact of trust and happiness, and barring at least some prosocial endeavor humans can now not derive plenty of happiness from being unsuspicious. What is fascinating is that the link connecting kindness and trust was not found with dispositional trust as an independent variable. Only situational trust features a correlation with kindness [3]. Expressing thanks reminds folks that somebody has done a kind deed for them, and therefore the author of the thank you note feels moved, uplifted, and ready to reciprocate, which heralds a greater effort in prosocial behavior. Giving an appreciative trigger (vs. no trigger) earlier than getting guidance to do acts of kindness increased a sense of elation—and this boost foresaw an increase in prosocial effort. The recurrent pattern of satisfaction and benevolence can be induced experimentally with the aid of a simple, quick wonderful undertaking [4]. In previous studies, the researchers have found that the traits Agreeableness, Extraversion, and Neuroticism from the Big Five Personality were the best to explain Vitality, Persistence, Gratitude, Spirituality, Humor, Kindness, Social Skill, Fairness, Autonomy, and Creativity. With Agreeableness and Extraversion were very much linked with Character Strengths. [5]. Other researchers have found that Gracious mindset is a mindset that must be practiced while striving to help other when in doubt, by presuming a considerate account of another's motivation or purpose in conditions where the benefits weigh more than the risks. Gracious mindset related to courtesy, trust, psychological security, humility, positive explanatory style, empathy, and forgiveness [6]. In research between Willingness to Pay for Altruism (WTPA) values and Subjective Well Being (SWB), gender and racial-ethnic groups as well as Subjective Well Being domains resulted in no differences as factors. However, we particularly found that, in terms of altruistic activities, decision making and confidence for men are affected, while we found that women's happiness, depression related to their everyday activities are more crucial fields of their SWB. Thus, in the point of influence of altruism on SWB measures, we find commonalities between all congregations, in which altruism affect only the ability of decisions making, performs functional and happiness with everyday activities except for the Africans, Arabs, Black Caribbean, and Asians group [7]. If people did benevolent acts, remembered said acts, or did both activities, the impacts on well-being were found to be similar. Reminiscing benevolence acts as they did in the past and genuinely doing more in the future, will improve the well-being of the individuals [8]. There is a dearth of scales to measure graciousness. With this premise, this research was conducted to develop a graciousness scale and test its dimensionality.

## **2. RESEARCH METHOD**

This is a cross-sectional study whereas data came from respondents in the Philippines and Indonesia. There are 212 respondents that were under study. Based on the reading of literatures there were twenty indicators of graciousness were formed. Data were analyzed using technique on exploratory factor analysis. The objective of factor analysis is to identify the number of dimensions under graciousness. Lastly, the naming of the dimensions of graciousness. To determine the variable, the Kaiser-Meyer-Olkin's (KMO) overall measure of sampling adequacy was utilized, which must be higher than 0.6 and Bartlett's test of sphericity should be significant. Upon deciding the number of factors, the eigenvalue and the rotated factor loading were used. The method used in the rotation is Varimax. Factors which have eigenvalues to be greater than one (1.0) and factor loadings of higher than point five (0.50) were considered. In determining the

underlying structure of factors, the Varimax rotation technique was employed. The first and second highest loading factors were used as a hint in naming dimensions.

### 3. RESULT AND DISCUSSION

#### Variables to be Included

From the twenty items, the KMO value is a little smaller compared to what was required ( $> 0.6$ ). It can be stipulated that a few of the factors assembled necessitates deletion. Seeing the figures in the diagonal of Anti-Image Correlation, the correlation of seven variables are lower than 0.5, which should be removed. Items taken out are “I listen to what others have to say”, “I like helping others”, “I monopolize my conversation with other people”, “I say what is appropriate”, “I like to please others”, “I neglect my friends”, “I break promises”. Finally, all the 13 items have been analyzed to have a KMO of 0.824 with Bartlett's test of sphericity  $p < 0.01$ ), as indicated in Table 1.

**Table 1**

*KMO and Bartlett's Test of Sphericity*

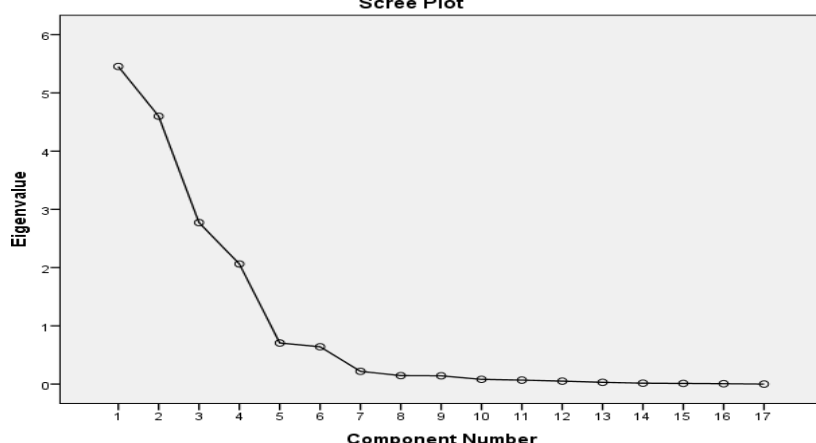
<b>Kaiser-Meyer-Olkin Measure of Sampling Adequacy.</b>		<b>.824</b>
Bartlett's Test of Sphericity	Approx. Chi-Square	1075.753
	df	136
	Sig.	.000

The communalities that signify the variance of each variable explained by its factor and hence subject for analysis, ranges from .397 to .717. The item with a communality of .397 is “I desire constant attention” and the item with highest communality, .717, is “I am approachable”. The items which are in the middle are “I respect others”, “I am sympathetic to people who needs me”, “I give favor to the person who deserves it”, “I appreciate any person who do me a favor”, “I pay attention to people I talk with”, “I use polite words”, “I am quick to criticize”, “I am a person who embarrass another person”, “I tend to hurt others”, “I am friendly” and “I am hospitable”

#### Number of Factors

**Figure 1**

*Number of Factors or Component*  
**Scree Plot**



The first factor has rotation sums of squared loading of 24.781%, which implies that it can explain 24.781% of graciousness. The second, and third factors have rotation sums of squared loadings of 16.424% and 15.027%, respectively. The total variance that can be explained by the three factors is 56.233%, as shown in Table 2. Hence, 56.233% of graciousness are explained by these three factors.

**Table 2**  
Total Variance Explained

Component	Total	Initial Eigenvalues		Extraction Sums of Squared Loading			Rotation Sums of Squared Loading		
		% of Variance	Cumulative	Total	% of Variance	Cumulative	Total	% of Variance	Cumulative
1	4.071	31.318	31.318	4.071	31.318	31.318	3.222	24.781	24.781
2	2.003	15.409	46.727	2.003	15.409	46.727	2.135	16.424	41.206
3	1.236	9.506	56.233	1.236	9.506	56.233	1.954	15.027	56.233

The Rotated Component Matrix signifies the loading of the item to its factor ranges from 0.597 to 0.844, as shown in Table 3. The first factor has a loading that ranges from .607 to .756. The second factor has a loading that ranges from 0.597 to 0.783 while the third factor has a loading range from 0.623 to 0.844.

**Table 3**  
*Rotated Matrix*

	Component		
	1	2	3
I respect others	<b>.756</b>	-.130	.170
I am sympathetic to people who needs me	<b>.748</b>	-.021	.132
I give favor to the person who deserves it	<b>.689</b>	-.016	.097
I appreciate any person who do me a favor	<b>.665</b>	.089	.054
I pay attention to people I talk with	<b>.664</b>	-.107	.274
I use polite words	<b>.607</b>	-.238	.194
I am quick to criticize	.025	<b>.783</b>	-.151
I am a person who embarrass another person	-.154	<b>.750</b>	-.052
I tend to hurt others	-.274	<b>.714</b>	-.010
I desire constant attention	.118	<b>.597</b>	.164
I am approachable	.073	-.015	<b>.844</b>
I am friendly	.240	.011	<b>.793</b>
I am hospitable	.433	-.023	<b>.623</b>

### Name of Factors

Table 3 shows that the first factor was tabulated by factors such as “I respect others”, “I am sympathetic to people who needs me”, “I give favor to the person who deserves it”, “I appreciate any person who do me a favor”, “I pay attention to people I talk with”, and “I use polite words”. The second factor was comprised of items “I am quick to criticize”, “I am a person who embarrass another person”, “I tend to hurt others”, and “I desire constant attention”. The third factor were composed of items “I am approachable”, “I am friendly”, and “I am hospitable”. The items with the highest loading for the first factor was “I respect others”, “I am sympathetic to people who needs me” which indicate sympathy and offering self to other fellow. Hence factor 1 may be named as “Altruism”.

The first and second items of the second factor are respectively “I am quick to criticize”, “I am a person who embarrass another person” which has to do with relating oneself to others hence may be named as “Interpersonal Skills”.

In the third factor, “I am approachable”, and “I am friendly”, are the first two items that may be used as a hint to name the factor. It indicated being approachable and friendly. Therefore, the third factor may be named Pleasantness.

This study constructed 20 items for graciousness. They are I am friendly “I listen to what others have to say”, “I am hospitable”, “I tend to hurt others”, “I like helping others”. “I respect others”, “I give favor to the person who deserves it”, “I use polite words”, “I am sympathetic to people who needs me”, “I am a person who embarrass another person”, “I am quick to criticize”, “I appreciate any person who do me a favor”, “I monopolize my conversation with other people”, “I pay attention to people I talk with”, “I say what is appropriate”, “I like to please others”, “I neglect my friends”, “I desire constant attention”, “I approachable and “I break promises”. These items were constructed in the scale of 1-5, ranging from strongly disagree to strongly agree.

Upon the use of exploratory factor analysis, seven of the items were removed and these were “I listen to what others have to say”, “I like helping others”, “I monopolize my conversation with other people”, “I say what is appropriate”, “I like to please others”, “I neglect my friends”, “I break promises”.

The remaining 13 items were classified into three factors, namely, Altruism, Interpersonal Skills, and Pleasantness. Items under Unselfish Regards to other were “I respect others”, “I am sympathetic to people who needs me”, “I give favor to the person who deserves it”, “I appreciate any person who do me a favor”, “I pay attention to people I talk with”, and “I use polite words”. Items under Interpersonal Skills were “I am quick to criticize”, “I am a person who embarrass another person”, “I tend to hurt others”, and “I desire constant attention”. Lastly, Items under Pleasantness were “I am approachable”, “I am friendly”, and “I am hospitable”.

As the limitation of this study, we don’t conduct the confirmatory factor analysis. For the next steps, we will conduct the analysis to verify the factor structure of a set of observed variables of graciousness on progress.

#### 4. CONCLUSIONS AND RECOMMENDATIONS

In this paper this study, dimensions of graciousness have been unfolded and that the results may be used in analyzing any study involving some concepts on graciousness. Determinant of graciousness might be determined in the future and it’s a good thing to study factors affecting graciousness and its dimension. On the other hand, graciousness may be used as contributing factor to enhance one’s attributes such as self-esteem, empathy, and compassion. Then new dimensions of graciousness would play a very important role. Therefore, in the broader sense, graciousness and its new dimensions could play the role as a mediator attribute.

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