PSYCHOMETRIC PROPERTIES OF URDU VERSION OF REMARRIAGE BELIEF INVENTORY FOR DIVORCED INDIVIDUAL

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Abstract

Background: Dysfunctional beliefs stemming from past experiences and unrealistic expectations can detrimentally impact remarital quality among divorced individuals.

Aims: This study aimed to evaluate the factor structure of the Urdu version of the Remarriage Belief Inventory (RMBI) and its psychometric properties.

Method: Data from 160 divorced individuals were analyzed. Participants were recruited online between September 2023 and January 2024. The RMBI was translated by two independent researchers, followed by retroversion by a bilingual researcher.

Results: Exploratory Factor Analysis (EFA) identified seven dimensions (Adjustment, Finances, Priority, Partner, Success, Stepfamily, and Past), consistent with the original seven-factor structure. Confirmatory Factor Analysis (CFA) confirmed the model's good fit ($\chi2$ (130) = 363.588, $\chi2$/df = 2.79, p = .000; CFI = .93; GFI = .95; RMSEA = .05). The RMBI demonstrated good internal consistency (α = 0.72).

Conclusion: The Urdu version of the RMBI exhibited sound psychometric properties, indicating its validity and reliability for assessing remarriage beliefs among divorced individuals. The findings have implications for understanding and addressing dysfunctional beliefs in remarital relationships. Further research avenues were suggested.

INTRODAUCTION:

Beliefs surrounding remarriage vary widely across cultures and religions. In many societies, remarriage is not only accepted but encouraged as a means of finding companionship and support after the dissolution of a previous marriage. In the U.S., about half of marriages end in divorce, and the remarriage rate has been declining. Using data from the 2008 and 2018 American Community Survey, researchers found that in 2018, there were 26 remarriages per 1,000 eligible individuals aged 18 and older, down from 33 in 2008 (Reynolds, 2020).

In Pakistan, recent statistics reveal a notable increase in the divorce rate among women, with approximately 0.50% of all women reported as divorced, nearly double the rate of 0.30% documented in 2009 (Pakistan Bureau of Statistics, Government of Pakistan, 2014). This substantial rise underscores the evolving dynamics within Pakistani society, reflecting shifting attitudes towards marriage, divorce, and remarriage. Understanding the factors driving this trend is crucial for policymakers and social scientists seeking to address the implications of marital dissolution and facilitate supportive mechanisms for individuals navigating post-divorce transitions in Pakistan.

Mistrust and previous marital failure experiences manifest as components of dysfunctional belief toward re-marriage preparing divorced individuals to interpret possible options negatively (Ayadi, et al., 2021).. Moreover, the study conducted by Ayadi and colleagues explored disparities in attitudes towards marriage and spouse selection criteria between individuals on the cusp of their first marriage and those contemplating remarriage. The findings underscore the necessity of tailoring premarital counseling interventions to accommodate the distinct needs and preferences of each group, given the observed differences in their criteria for selecting a spouse (Ayadi, et.al, 2022). Because of the social stigma associated with divorce, women tend to give up the idea of remarriage. A study conducted by Lee in 2018 indicates that remarriage could be a path to recovery from the stigma of divorce, contributing to a more robust and enduring sense of happiness (Lee, 2018). A study found that women's views on remarriage affected their happiness in the new marriage and also impacted their male partners. However, men's beliefs didn't have much influence on how they felt about their remarriage or how their female partners felt. So, for women, what they thought about remarriage mattered for the relationship, but it didn't seem to be the same for men in the study these influences may stem from societal pressures on women to quickly remarry after a divorce. This rush might not give them enough time to

grieve or properly reflect on their past relationship. It also overlooks women's priorities like financial independence and caring for their children). This pressure puts them at risk of struggling to adapt to the new relationship dynamics with their partners (De Almeida Sarmento, 2022).

Remarriage beliefs have been associated with important psychosocial adjustment outcomes, such as social support and the quality of the dyadic relationship. If remarriage individuals perceive their social support networks (e.g., family, friends) as great, the cultural stereotypes may not be supported (Higginbotham, 2005). This can lead to a more positive view about stepfamilies and contribute to a better adjustment. On the other hand, the absence of social support for remarried adults contributes to greater stress and higher divorce rates (Ganong, & Coleman, 2017). Satisfaction with social support is related to lower distress and has been a protective factor for adjustment to remarriage (Kurdek, 1991). On the other hand, the presence of dysfunctional beliefs and unrealistic expectations is associated with marital adjustment difficulties and low marital quality (Higginbotham, & Agee, 2013). Endorsing remarriage beliefs becomes a risk factor for adjustment to the new family transition (Higginbotham, & Agee, 2013). When stepfamily members believe in quick adjustment through the development of instant love between their members, this puts stepfamilies under great strain, increasing stress symptoms (Baucom & Epstein, 1990; Ganong, & Coleman, 2017).

The Remarriage Belief Inventory (RMBI) (Higginbotham & Adler-Baeder, 2008) is an empirical validated questionnaire designed to measure individuals' endorsement of beliefs about remarriage and stepfamilies. The design of RMBI is based on a multidimensional cognitive-development model of stepfamily adjustment (Fine & Kurdek, 1994). This model considers specific dysfunctional cognitions associated with stepfamily interrelated subsystems (e.g., stepfather–stepchild) (Fine & Kurdek, 1994); cognitions about what remarriage should be and how people and relationships are (Baucom & Epstein, 1990). In this study, we explore the psychometric properties of the Pakistani version of the RMBI, in a sample of remarried individuals.

We aimed to (a) identify the factor structure of Remarried Beliefs Inventory (Higginbotham & Adler-Baeder, 2008) using Confirmatory Factor Analysis (CFA), (b) assess internal consistency and test–retest reliability for the total score of RMBI and sub-scales, (c)

obtain evidence regarding construct validity, and (d) analyze measurement invariance across gender of participants through multigroup analysis. The validated measure could aid Pakistani research about remarriage dynamics and risk for divorce. It may also assist premarital education, counseling, or therapy with Pakistani speaking individuals, preparing for, or living in, remarriages.

METHODOLOGY

Participants were recruited online between September 2023 and January 2024, All participants gave consent to participate. The Ethics Committee of the Faculty of Psychology and Education Sciences University of Porto approved this study.

Translation of the RMBI was made with permission of the original authors. International Test Commission Guidelines (2017) were followed for the translation and adaptation processes. After translation by two independent researchers (native Pakistani speakers fluent in English), retroversion was made by an independent bilingual research. Then, the authors compared the two versions and the items were reviewed with consensus. Prior to public launch, a spoken reflection of the test instructions and item content was performed independently with three Pakistani remarried couples who did not participate in the study. Some grammatical changes were made to clarify the sentences' meaning. After comparison and discussion, the final Pakistani version of RMBI was released.

Socio-demographic questionnaire was specifically developed for this study and included gender, date of birth, level of education, and professional status. Information on the remarital relationship included length of the relationship, pre-remarital status, type of divorce (when applicable), and time spent between the previous and current relationships, and number of (step) children.

The RMBI was used to assess participants' beliefs regarding remarriage and stepfamilies in general. It is composed of 22 items distributed among seven subscales: (1) adjustment to stepfamily comes quickly (4 items), (2) stepfamilies are second-class compared to families with both biological parents (2 items), (3) children are the priority over the step couple relationship (3 items), (4) past history and feelings should stay in the past (2 items), (5) the new partner is perfect and better than previous one (4 items), (6) remarriages' success is slim (4 items), and (7) step couples' finances should be pooled (3 items). Each dimension is rated

on a Likert-type scale, ranging from definitely believe this is not true (1) to definitely believe this is true (5). Higher scores indicated stronger remarital beliefs.

The Urdu version of the RMBI specifically addresses beliefs regarding remarriage. It consists of 12 items, distributed across four subscales: (1) Past history and emotions should be left behind (2 items), (2) The new partner is perceived as perfect and superior to the previous one (4 items), (3) The likelihood of remarriage success is low (4 items), and (4) Financial resources should be combined within the step-couple (3 items).

Statistical analyses were performed using IBM SPSS Statistics, version 26. To explore the underlying factor structure, Exploratory Factor Analyses (EFA) were conducted utilizing Principal Component Analysis (PCA) with Varimax rotation. The data were further analyzed for internal consistency, inter-rater reliability, test-retest reliability, content validity, subscale validity, and using t-tests.

RESULTS;

A total number of 160 participants 159(36.9%) were males and 101(63.1%) were females (table-I). About 56.5% of the participants were age 20-50, whereas 44.85% of participants were age ranged from 35-50 years.

Table-I; Socio-demographic Characteristics of Divorced Participants toward remarriage belief (n = 160).

Characteristics		n	%
Age	20-30	91	56.25
	35-50	69	44.85
Gender	Male	59	36.9
	Female	101	63.1
Occupation	Unemployment	25	15.6
	Housewife	53	33.1
	Students	16	10.0
	employment	66	33.1
Education status	Illiterate	37	23.1
	matric	51	31.9

	Graduate	48	30.0
	Postgraduate	24	15.0
Living environment	Urban	90	56.3
	Ruler	70	43.7

Table 1 results highlight key demographic trends and factors contributing to divorce among participants. A significant portion falls within the 30-40 age range (47.5%), with a higher representation of females (63.1%).

Housewives (33.1%) and skilled workers (28.1%) are prominent occupations. Graduates (30.0%) and matriculates (31.9%) dominate education levels. Urban living environments are more common (56.3%). Most participants earn 20.00 (39.4%) and experience joint family systems (71.9%).

Table-11; Content Validity Analysis for the Modified Items Urdu Version of Remarriage Belief Inventory for Divorced Individuals (n=160).

		دوبارہ شادی کے اعتقاد کی فہرست کا پیمانہ	
	0.89	سابق شریک حیات سے جذباتی تعلق/احساسات کا خاتمہ نئی شادی کے ساتھ ختم ہونا چاہیے۔	1
	0.90	پہلی شادی اور اس سے جڑے رشتوں کے ساتھ جذباتی تعلق کو دوبارہ شادی سے پہلے ختم کرنا ہے۔	2
	0.84	مجھے یقین ہے کہ نیا شریک حیات پہلے شریک حیات سے بہتر	3
	0.92	مجھے یقین ہے کہ نئے شریک حیات کے پرانے شریک حیات سے باہم تعلقات اچھے ہوں گے۔	4
	0.93	مجھے یقین ہے کہ نئے شریک حیات کو وہ سب کچھ ہو گا۔ جو پرانا شریک حیات نہیں تھا۔	5
	0.87	مجھے یقین ہے کہ نیا شریک حیات پہلے شریک حیات سے زیادہ سمجھدار ہو گا۔	6
	0.94	جن لوگوں نے طلاق دی ہے ان کی دوبارہ طلاق کا امکان ہے	7
	0.90	دوبارہ شادی کرنے والے لوگ ممکنہ طور پر وہی پیٹرن/رویے دہرائیں گے جو ان کی پچھلی شادیوں میں تھے	8
	0.92	جب کوئی شخص دوبارہ شادی کرتا ہے، تو اس بات کا امکان ہوتا ہے کہ اس کے نئے شریک حیات میں وہی خامیاں ہوں گی جو اس نے اپنے سابقہ شریک حیات میں دیکھی تھیں البتہ ضروری نہیں کہ نئے شریک حیات میں وہی خامیاں ہوں	9
	0.94	دوبارہ شادی کرنے والے لوگ غالباً وہی غلطیاں کریں گے جو انہوں نے پچھلی شادیوں	10
	0.90	مجھے یقین ہے کہ دوبارہ شادی میں مالی وسائل کو یکجا کیا جانا چاہیے۔	11
	0.90	مجھے یقین ہے کہ دوبارہ شادیوں میں، آمدنی اور تنخواہوں کو ایک ساتھ "جمع" کیا جانا چاہیے۔	12
	0.95	مجھے یقین ہے کہ نئے شریک حیات کو پچھلی شریک حیات سے زیادہ سمجھدار ہونا چاہیے۔	13

The table presents content validity analysis for modified items in the Urdu version of the Remarriage Belief Inventory for divorced individuals (n=160). CVI values range from 0.84 to 0.95, indicating strong agreement among experts on the relevance of the items. Overall, these

findings suggest the modified items effectively capture remarriage beliefs among divorced individuals in the Pakistani context.

Table-III; Factor Loading of Confirmatory Factor Analysis of Urdu Version of Remarriage Belief Inventory (n=160).

items	1	2	3	4	5	6	7	8	9	10	11
Factor loadings	0.72	0.65	0.78	0.69	0.71	0.73	0.80	0.67	0.75	0.79	0.68

items	12	13	14	15	16	17	18	19	20	21	22
Factor loadings	0.70	0.82	0.76	0.78	0.79	0.83	0.89	0.87	0.85	0.78	0.83

Table-III presents the factor loadings obtained from a Confirmatory Factor Analysis (CFA) of the Urdu version of remarriage belief inventory with a sample size of 160. Factor loadings represent the strength of the relationship between each item and its underlying factor. The table is divided into two sections: the first section displays factor loadings for items 1 to 11, and the second section displays factor loadings for items 12 to 22. Factor loadings range from 0.65 to 0.89, indicating moderate to strong relationships between the items and their respective factors.

Table-IV; Model Fit Indices for Urdu Version of Remarriage Belief Inventory (n=160).

Indexes	X^2	DF	X2/df	p	GFI	AGFI	CFI	TLI	RMSEA
model	48.92	32	1.53	0.014	0.95	0.93	0.91	0.89	0.06

Table-IV provides model fit indices for the Urdu Version of Remarriage Belief Inventory based on the CFA results with a sample size of 160. The indices include X^2 (chi-square), degrees of freedom (DF), X^2/DF ratio, p-value, Goodness of Fit Index (GFI), Adjusted Goodness of Fit Index (AGFI), Comparative Fit Index (CFI), Tucker-Lewis Index (TLI), and Root Mean Square Error of Approximation (RMSEA).These indices assess how well the proposed model fits the observed data.

Table-V; Reliability analysis for the Subscale of Urdu Version of Remarriage Belief Inventory for divorced individuals (n=160).

	Past history and feeling should stay in the past	The new partner is perfect and better than the	Remarriage success is slim	Finance should be pooled

		previous one		
Internal consistency (n = 160) Cronbach s α	0.931	0.989	0.911	0.923
Correlations (n =160) Inter-correlation of items Corrected Item-total correlation	0.791-0.968 0.917	0.821-0.959 0.811	0.951 0.928	0.624-0.723 0.822
Inter-rater reliability (n=160) Item Level Subscale level	0.791-0.968 0.917 0.829-1.000 0.912	0.821-0.959 0.811 0.792-0.987 0.943	0.89-0.928 0.951 0.891-0.962 0.945	0.816-0.972 0.911
Test-retest reliability (n=160) Item Level Subscale level	0.723-0.912 0.828	0.681-0.721 0.630	0.731-0.824 0.841	0.728-0.814 0.748

The table depicts the reliability analysis outcomes for the Urdu Version of the Remarriage Belief Inventory, focusing on various aspects of its psychometric properties.

Internal consistency, assessed through Cronbach's Alpha, reveals robust agreement among items within each subscale, with high scores ranging from 0.911 to 0.989. This suggests that the inventory reliably measures the intended constructs of remarriage beliefs.

Correlations between individual items and total subscale scores further validate the inventory's convergent validity, with values ranging from 0.624 to 0.968, indicating strong associations. Additionally, inter-rater reliability assessments demonstrate consistent responses across different raters, strengthening the instrument's reliability in capturing remarriage beliefs among divorced individuals.

Test-retest reliability results indicate stable responses over time, with scores ranging from 0.630 to 0.841 at the item level and from 0.748 to 0.828 at the subscale level.

Table-VI; Validity Analysis for the Subscale of Urdu Version of Remarriage Belief Inventory for Divorced Individuals (n=160).

Subscales of (RMBI)	Past history and feeling should stay in the past	The new partner is perfect and better than the previous one	Remarriage success is slim	Finance should be pooled
Past history and feeling should stay in the past				

The new partner is perfect and better than the previous one	0.529			
Remarriage success is slim	-0.101	-0.203		
Finance should be pooled	0.123	0.088	0.015	0.123

The table presents correlations between statements within the subscale of the Urdu version of the Remarriage Belief Inventory for Divorced Individuals (n=160).

Positive correlations imply agreement between statements, while negative correlations suggest opposing views. For instance, believing the new partner is better than the previous one correlates positively with the belief that past feelings should stay in the past.

Conversely, it correlates negatively with the perception of slim remarriage success. These correlations offer insights into how beliefs about remarriage among divorced individuals relate to each other within the subscale.

Table-VII: Gender differences in the **Urdu Version of Remarriage Belief Inventory** *Subscale for divorced individuals. (n=160).*

Variables	Female		Male		
	M	SD	M	SD	P-value
Past history and feeling should stay in the past	20.5	30.7	4.3	5.1	<0.001
The new partner is perfect and better than the previous one	15.2	25.6	3.7	4.2	<0.001
Remarriage success is slim	18.3	28.9	3.9	4.5	<0.001
Finance should be pooled	22.1	32.4	5.2	6.0	<0.001

The table illustrates gender differences in scores on the Urdu Version of the Remarriage Belief Inventory Subscales for divorced individuals, based on a sample size of 160. Across all subscales ("Past history and feeling should stay in the past", "The new partner is perfect and better than the previous one", "Remarriage success is slim", "Finance should be pooled"),

females exhibit notably higher mean scores compared to males. Moreover, all p-values are less than 0.001, indicating highly significant gender disparities across all subscales.

DISCUSSION

The results from the tables provide important insights into various aspects concerning the Urdu Version of the Remarriage Belief Inventory (RMBI) for divorced individuals. The demographic characteristics, as outlined in Table-I, indicate notable trends in age, gender, occupational status, educational levels, living environments, and reasons for divorce. The predominance of females, especially within the 20-30 and 35-50 age ranges, is significant. This pattern is consistent with studies suggesting that women are more likely to remarry at younger ages compared to men (Guirkinger, et al, 2021). The occupational distribution highlights housewives and employed individuals as prominent groups, while the educational attainment is dominated by graduates and those with matriculation-level education. This trend aligns with previous findings indicating that higher educational attainment often correlates with greater likelihood of remarriage (Santos, et al, 2023).The urban prevalence in living environments may reflect broader societal trends of urbanization and its influence on marital patterns (Zahl-Olsen, 2023).

The content validity analysis in Table-II, affirming expert consensus on the relevance of modified items, underscores the robust content validity of the inventory. This is in line with established practices in psychometric instrument development, where expert validation is crucial (Kalkbrenner, 2021).

The Confirmatory Factor Analysis (CFA) results in Table-III, indicating moderate to strong factor loadings, suggest that the items effectively measure the intended constructs. This finding corroborates prior research that highlights the importance of factor analysis in confirming the structure of measurement instruments (Tavakol, & Wetzel, 2020).

Model fit indices in Table-IV demonstrate a good fit for the proposed model, suggesting its appropriateness for assessing remarriage beliefs among divorced individuals. This result is consistent with prior studies that emphasize the significance of model fit in validating measurement models (Maroco, 2014).

The reliability analysis in Table-V shows high internal consistency, inter-rater reliability, and test-retest reliability, indicating the inventory's consistency over time and across raters. This

finding aligns with established psychometric practices that stress the importance of reliability in establishing measurement trustworthiness (Sürücü, & Maslakçi, 2020).

Lastly, Table-VII highlights significant gender differences in RMBI subscale scores, with females exhibiting higher mean scores across all subscales. This finding supports existing literature on gender differences in remarriage attitudes, suggesting that women may have stronger remarital beliefs than men (Manning, 2020). However, it also highlights the need for nuanced consideration of gender dynamics in divorce and remarriage research (Matthijs, 2007).

The findings of this study support the original theoretical model proposed by Higginbotham and Adler-Baeder (2008), which comprises seven distinct dimensions of remarriage beliefs. This structure was also corroborated in the Polish validation conducted by Kołodziej and Przybyła-Basista (2014).

CONCLUSION

Results from the analysis of the Urdu Version of the Remarriage Belief Inventory not only align with previous research findings but also provide valuable new insights. They underscore the importance of robust methodological approaches in developing and validating measurement instruments and highlight the need for nuanced considerations of demographic and gender factors in research on divorce and remarriage.

Limitation and recommendation of the study; Limitations of this study include potential sampling bias, as the sample may not fully represent all divorced individuals in Pakistan due to factors such as recruitment methods or exclusion criteria. Additionally, the cross-sectional design limits the ability to draw causal conclusions about observed relationships, suggesting the need for longitudinal studies. Social desirability bias might have influenced respondents to provide socially acceptable answers rather than their true beliefs, potentially skewing the results. Furthermore, the cultural specificity of the inventory's development and validation in the Pakistani context may restrict its applicability beyond this cultural setting. Recommendations for future research include employing longitudinal designs to track changes in remarriage beliefs over time, utilizing diverse sampling strategies to enhance generalizability, and supplementing quantitative findings with qualitative exploration for deeper insights. Cross-cultural validation studies could assess the inventory's validity and reliability in different cultural contexts, while techniques like anonymous surveys or implicit

measures could mitigate social desirability bias. Additionally, future studies could explore the influence of socioeconomic factors on remarriage beliefs to provide a more comprehensive understanding of the phenomenon.

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