



THE ITALIAN VERSION OF THE SOCIETAL MATTERING SCALE (SMS): A VALIDATION STUDY.

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Theoretical Background

Societal Mattering (SM): the perception that individuals' actions can have an impact on the society; the feeling of having an influence on the broader socio-political context (Rosenberg, 1985).

- In the university context, having low levels of SM can increase feelings of marginality and loneliness between freshmen students or non typical students (e.g. adults) (Schlossberg, 1989)
- Housewives who has interiorized a negative stereotype on the utility of their activity or the society report worst well-being (Jung, 2012)
- Low SM is also associated with increased anti-social and risk behaviors between adolescents (Schmidt, 2018)
- Societal Mattering could contribute to enrich our knowledge on how individuals' well-being is affected by the macro-system (Arcidiacono & Di Martino, 2016)

Societal Mattering Scale (SMS) (Schmidt, 2018)

- ❖ SMS has been developed to assess societal mattering between adolescents living in a rural area of US.
- ❖ It is based on the societal dimension of the Work Mattering Scale (Jung & Heppner, 2017)
- ❖ Two subscales (9 items each) assessing mattering to **school** and mattering to **community**. In fact, according to Schmidt (2018), direct references to society would have been too far from adolescents' life experience

Aim

To validate the Societal Mattering Scale (Schmidt, 2018) in the Italian adult population (factorial structure, concurrent and predictive validity, reliability)



217 participants (47 men)
Aged between 20 and 67
(M = 56.22; SD = 6.21)



Online anonymous questionnaire
15 minutes



Societal Mattering Scale (Schmidt, 2018) Italian adaptation (back translation) referred to society;

Mattering to Others Questionnaire to family and friends (Marshall, 2001) in the Italian version (Matera et al., 2023);

Psychological Well-being Scale (Ryff, 1995) with a focus on the purpose in life dimension; administered in the Italian version (Sirigatti et al, 2009)



- **Item Analysis** (kurtosis and asymmetry);
- **Explorative Factor Analysis (EFA)**;
- **Reliability** (Cronbach's alpha);
- **Convergent Validity** (intercorrelations with interpersonal mattering, well-being and purpose in life);
- **Predictive validity** (linear regression with well-being as criterion variable and societal mattering as predictor)

Method

Results

Table 1. Descriptive Statistics and Factor Loadings of the Italian Societal Mattering Scale

| | Mean (SD) | Skewness (SD) | Kurtosis (SD) | Factor loadings |
|--------|--------------|---------------|---------------|-----------------|
| Item 1 | 3.68 (.92) | -.30 (.16) | -.36 (.33) | .61 |
| Item 2 | 3.33 (.97) | .02 (.16) | -.53 (.33) | .68 |
| Item 3 | 2.96 (1.09) | .19 (.16) | -.69 (.33) | .84 |
| Item 4 | 2.18 (1.06) | .69 (.16) | -.20 (.33) | .72 |
| Item 5 | 2.24 (1.11) | .62 (.16) | -.36 (.33) | .74 |
| Item 6 | 2.54 (1.08) | .44 (.16) | -.24 (.33) | .87 |
| Item 7 | 2.95 (1.07) | .09 (.16) | -.54 (.33) | .82 |
| Item 8 | 3.06 (1.07) | .03 (.16) | -.60 (.33) | .77 |
| Item 9 | 2.25 (1.05) | .56 (.16) | -.38 (.33) | .68 |
| | α .92 | | R^2 56.49% | |

Table 2. Intercorrelations between Societal Mattering and other investigated variables for convergent validity (n = 217)

| | 1. | 2. | 3. | 4. | 5. |
|-------------------------|--------|--------|--------|--------|----|
| 1. Societal Mattering | - | | | | |
| 2. Mattering to family | .42*** | - | | | |
| 3. Mattering to friends | .47*** | .46*** | - | | |
| 4. Purpose in Life | .37*** | .30*** | .20** | - | |
| 5. Well-being | .46*** | .37*** | .38*** | .81*** | - |

Note. *p < .05. **p < .01. ***p < .001.

Table 3. Linear Regression Model with Well-being as criterion variable

| | β | F ₍₁₎ |
|--------------------|-----------|------------------|
| Societal Mattering | .46*** | 58.66*** |
| | R^2 .21 | |

Note. *p < .05. **p < .01. ***p < .001.

Discussion

- EFA replicated the uni-factorial model proposed by the original version (Schmidt, 2018) even if "community" has been replaced with the word "society". Supporting the validity of the scale in the Italian adult population
- Results support convergent and predictive validity in line with previous research (Jung & Heppner, 2017; Schmidt, 2018; Wang & Prihadi, 2022)

LIMITS

- Unbalanced sample with respect to gender
- Invariance and CFA not tested
- Not longitudinal data for test-retest reliability and predictive validity

Results support the **validity** and **reliability** of the scale in the **Italian adult population**. Since it is a **short scale** it can be used in a variety of circumstances with ease. The SMS can increase our knowledge on how the societal dimension can contribute to **individual well-being**. Actions aimed at increasing societal mattering can also foster **society's positive functioning**.

Conclusions

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