Open University Research Sessions 2021
(OURS 2021)

16th and 17th September 2021

ADAPTATION AND VALIDATION OF THE CONNECTEDNESS TO NATURE SCALE FOR THE USE IN SRI LANKA

E.A.S.K. Somarathne[12], E. Lokupitiya[1], M.W. Gunathunga[3]*

[1]Research Promotion and Facilitation Center, Faculty of Medicine, University of Colombo, Sri Lanka
[2]Department of Zoology and Environment Sciences, Faculty of Science, University of Colombo, Sri Lanka
[3]Department of Community Medicine, Faculty of Medicine, University of Colombo, Sri Lanka

Exploring the connectedness with nature opens doors to examining the cognitive relationship between an individual and the natural world. Connectedness to Nature Scale (CNS) might be the most studied tool by researchers from a range of disciplines in different parts of the world. The objective of the current study was to adapt and validate the CNS in the *Sinhala* speaking context. Adaptation of the CNS was carried out according to the International Test Commission (ITC) guidelines for translating and adapting tests. Pre-tests, Delphi process and preliminary cross-sectional study to collect data for exploratory factor analysis (EFA) were carried out with the purpose of ensuring the judgmental validity and construct validity of two- way translated CNS into *Sinhala*. Out of all ratings in the last round of the Delphi process, 90.48 % of scores were in the range of 7-9. Pre-testing of the reviewed Sinhala version of CNS ensured the clarity of the langue used. Items 5, 13 and reversed items 4 (R4) and 14 (R14) were removed based on the results obtained through EFA. Reliability analysis of the Sinhala version of CNS (CNS-Sin) revealed that the CNS-Sin without items R4, 5, 13 and R14 showed a good internal reliability ($C\alpha = 0.84$). This is the 1st research study which focused on adapting and validating a tool that assesses an individual's explicit connection with nature in Sri Lankan context. Researchers who investigate psychology in environmental concerns can use this tool in assessing one's experiential connection with nature, which might support in creating an environmentally sustainable society. It can be concluded that CNS-Sin is a valid and reliable tool for measuring connectedness to nature. As this opens the doors to investigate one's environmental beliefs, psychometric data collected through this tool might be helpful to enhance the fruitfulness of environmental management-experimental approaches in the future.

Keywords: CNS, Connectedness to nature, Eco-friendly behavior Environmental attitudes

Corresponding author: sksomarathne@stu.cmb.ac.lk