

Validation of the Ukrainian versions of two life purpose scales: Revised sense of purpose in life scale (SOPS-2U) and specific purpose orientations (SPO-U) ☆



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ABSTRACT

This work focused on the translation and evaluation of the psychometric properties of two widely used scales for assessing sense of purpose in life – the Revised Sense of Purpose Scale (SOPS-2) and the Specific Purpose Orientations (SPO) scale – in the Ukrainian language. The SOPS-2 consisted of 14 items measuring three dimensions of purpose: awakening to purpose, awareness of purpose, and altruistic purpose. Meanwhile, the SPO included 12 items assessing three types of purpose: others-growth, self-growth, and career-focused purpose orientations. Renamed as the Revised Sense of Purpose Scale – Ukrainian Version (SOPS-2U) and the Specific Purpose Orientations – Ukrainian Version (SPO-U), these two scales underwent a thorough translation process by two multilingual scholars proficient in both Ukrainian and English languages, employing the committee approach. Then through analyses of two datasets, the factorial validity, construct validity, and reliability of the SOPS-2U and SPO-U were established. These translated scales provide reliable and valid tools for assessing life purpose among Ukrainian-speaking adults.

- Recognizing the profound impact of life purpose on adult wellbeing, the availability of a psychometrically robust measurement tool for assessing this construct in the Ukrainian language becomes crucial; thus, we translated and validated two such tools.
- The Revised Sense of Purpose Scale – Ukrainian Version (SOPS-2U) is valid for assessing awakening to purpose, awareness of purpose, and altruistic purpose dimensions in Ukrainian adults.
- The Specific Purpose Orientations – Ukrainian Version (SPO-U) can be used with Ukrainian adults to further examine the specific types of purpose, such as others-growth, self-growth, and career-focused purpose orientations.

☆ **Related research article** Yukhymenko-Lescroart, M. A., Sharma, G., & Voiedilova, O. (2023). Thriving amidst adversity: Flourishing and grit in Ukrainian college students with strong life purpose before and after the onset of the Russian war in Ukraine. *Heliyon*, 9(11), e21456. <https://doi.org/10.1016/j.heliyon.2023.e21456>

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Specifications Table

Subject area:	Psychology
More specific subject area:	Positive Psychology, Measurement
Name of your method:	Revised Sense of Purpose Scale – Ukrainian Versions (SOPS-2U) Specific Purpose Orientations Scale – Ukrainian Version (SPO-U)
Name and reference of original method:	Sharma, G., & Yukhymenko-Lescroart, M. A. (2019). Validation of the Revised Sense of Purpose Scale (SOPS-2) with emerging adults. <i>Journal of Character Education</i> , 15(2), 39–52. Yukhymenko-Lescroart, M. A., & Sharma, G. (2020). Examining the factor structure of the Revised Sense of Purpose Scale (SOPS-2) with adults. <i>Applied Research in Quality of Life</i> , 15, 1203–1222. https://doi.org/10.1007/s11482-019-09729-w Yukhymenko-Lescroart, M. A., & Sharma, G. (2022). Measuring specific purpose orientations in working adults. <i>Applied Research in Quality of Life</i> , 17(3), 1615–1633. https://doi.org/10.1007/s11482-021-09980-0
Resource availability:	The methods described here are implemented using the following software: Mplus. Full details of the code are provided. Data associated with this work are provided in Supplementary Material. Additionally, the methods described here have been implemented in the following substantive study: Yukhymenko-Lescroart, M., Sharma, G., & Voiedilova, O. (2023). Thriving amidst adversity: Flourishing and grit in Ukrainian college students with strong life purpose before and after the onset of the Russian war in Ukraine. <i>Heliyon</i> , 9(11), e21456. https://doi.org/10.1016/j.heliyon.2023.e21456

Method details

We translated, adapted, and evaluated the psychometric properties of two widely used scales for assessing sense of purpose in life – the Revised Sense of Purpose Scale (SOPS-2) and the Specific Purpose Orientations (SPO) scale – from English language into Ukrainian language.

The Revised Sense of Purpose Scale (SOPS-2) was originally developed and validated in English in a series of studies with emerging adults [1] and adults [2]. This scale consists of 14 items, designed to measure three dimensions of purpose in life: awakening to purpose, awareness of purpose, and altruistic purpose. Its development was grounded in Damon et al.'s [3, p. 121] conceptualization of purpose as “a stable and generalized intention to accomplish something that is at once meaningful to the self and of consequence to the world beyond the self,” reflecting the multidimensional nature of purpose. The SOPS-2 has been examined for factorial validity, construct validity, and reliability across a total of five studies and a combined sample size of 1890 participants aged between 18 and 81 years old [1,2]. Across these studies, the reliability estimates were shown to be 0.85–0.96 for awakening to purpose, 0.94–0.98 for awareness of purpose, 0.88–0.92 for altruistic purpose. Overall, the SOPS-2 scale has been shown to be reliable and valid. It was also used in a number of studies with high school pupils, university students, and professional adults examining the relationships between sense of purpose dimension and outcomes related to performance, retention, well-being [4-11].

The Specific Purpose Orientations (SPO) scale was developed and validated in English in subsequent research with the attempt to be able to assess people's specific types of purpose in contrast to their generalized sense of purpose [12]. The initial development of this scale involved items assumed to represent five dimensions of purpose orientation. However, empirical data revealed three distinct factors of purpose orientation. The Specific Purpose Orientations (SPO) scale consists of 12 items that assess three dimensions: others-growth purpose orientation, self-growth purpose orientation, and career-focused purpose orientation. Others-growth purpose orientation refers to the pursuit of one's life purpose by engaging in activities that enhance the well-being of others. Self-growth purpose orientation involves engaging in activities that promote personal growth and self-improvement. Career-focused purpose orientation reflects individuals' determination to excel in their chosen profession and fulfill their work-related potential [12]. The factorial validity, construct validity, and reliability of the SPO scale have been extensively evaluated across three studies, involving a total combined sample size of 1178 adults ranging in age from 18 to 81 years. The participants in these studies were drawn from diverse backgrounds, including the general population, coaches, and teachers [12]. The reliability estimates across these three studies were reported to be 0.85–0.96 for others-growth purpose orientation, 0.84–0.93 for self-growth purpose orientation, and 0.87–0.92 for career-focused growth orientation. Overall, the comprehensive examination of the scale's psychometric properties provided a robust foundation for its use in assessing purpose orientations among individuals from different age groups and professional domains. This scale has been used in several studies involving individuals from various age groups and professional backgrounds, further supporting its broad applicability and relevance in the field [13-15].

These two scales were translated from English to Ukrainian to create the Revised Sense of Purpose Scale – Ukrainian Version (SOPS-2U) and the Specific Purpose Orientations – Ukrainian Version (SPO-U). The translation process, employing the committee approach [16], was carried out by two multilingual scholars proficient in both languages. One scholar specialized in the sense of purpose scale, and the other specialized in teaching university students in Ukraine. This collaborative process ensured the accuracy and cultural relevance of the translated scales. The first researcher performed the initial translation, while the second verified the accuracy and ensured linguistic equivalence of the translated items. Minor suggestions by the second researcher were accepted to finalize the translations, and discrepancies were resolved through consensus. Their combined expertise and rigorous approach to translation ensured the fidelity and integrity of the translated version of the scale.

Table 1 presents the instructions, scale items, and response categories of the Ukrainian version of the Revised Sense of Purpose Scale (SOPS-2U) in comparison to the original English-language version. Similarly, Table 2 displays the instructions, scale items, and response categories of the Ukrainian version of the Specific Purpose Orientations (SPO-U) scale alongside the original English-

Table 1
The Original and Ukrainian Versions of the Revised Sense of Purpose Scale (SOPS-2).

Original Version (English) [1,2]	Ukrainian Version (Translation)
Scale Title Revised Sense of Purpose Scale (SOPS-2)	Назва шкали Revised Sense of Purpose Scale – Ukrainian Version (SOPS-2 U) / Шкала Почуття Життєвого Призначення
Instructions Please read each statement below and indicate how much you agree or disagree with each of them. There are no right or wrong answers. Please be open and honest in your responding.	Інструкції Будь ласка, прочитайте кожне твердження нижче і вкажіть, наскільки ви згодні або не згодні з кожним з них. Тут немає правильних або неправильних відповідей. Будь ласка, будьте відкриті та чесні у своїх відповідях.
Awakening to Purpose 1. I am awakening to my life's ultimate goal. 2. I am gaining clarity about my life's purpose. 3. I am gaining understanding about the deeper purpose of my life. 4. Recent activities are helping me to awaken to my life's purpose.	Пробудження до Призначення 1. Я починаю усвідомлювати основне призначення мого життя. 2. Я знаходжу ясність щодо призначення мого життя. 3. Я знаходжу розуміння глибинного призначення мого життя. 4. Недавні події та дії допомагають мені усвідомлювати призначення мого життя.
Awareness of Purpose 5. My purpose in life is clear. 6. I am certain about my life's purpose. 7. I can describe my life's purpose. 8. I feel confident about my life's purpose. 9. I have a good understanding of my life's purpose.	Усвідомлення Призначення 5. Мені ясно призначення мого життя. 6. Я переконаний (а) в призначенні мого життя. 7. Я можу описати Моє життєве призначення. 8. Я відчуваю впевненість у призначенні мого життя. 9. Я добре розумію призначення мого життя.
Altruistic Purpose 10. I aspire to make a positive difference in my community. 11. I seek to help others. 12. I seek to serve society in many ways, large and small. 13. I want to spend my life making a positive impact on others. 14. I make efforts to promote other people's wellbeing.	Альтруїстичне Призначення 10. Я прагну внести позитивні зміни в життя мого суспільства. 11. Я прагну допомагати іншим. 12. Я прагну служити на благо суспільства різними способами, великими і малими. 13. Я хочу провести своє життя, надаючи позитивний вплив на інших. 14. Я докладаю зусиль, щоб сприяти благополуччю інших людей.
Response Categories Strongly disagree (1) Disagree (2) Somewhat disagree (3) Neutral (4) Somewhat agree (5) Agree (6) Strongly agree (7)	Варіанти відповідей Цілком не згоден (1) Не згоден (2) Майже не згоден (3) Деяк посередині (4) Майже згоден (5) Згоден (6) Цілком згоден (7)

language version. These tables allow for easy comparison between the Ukrainian and English versions, as well as can be used to construct and administer the SOPS-2U and the SPO-U to participants.

After translating the scales, we conducted a thorough examination of the factorial validity, construct validity, and reliability of the Ukrainian versions of the Revised Sense of Purpose Scale (SOPS-2U) and the Specific Purpose Orientations scale (SPO-U) with participants in Ukraine. The data for our study were collected as part of a larger project, and we had two separate sets of data to analyze. The first set of data consisted of 159 adult participants, with a response rate of 53.0 %. Among the participants, 65.4 % were men, and the average age was 19.4 years. These participants completed the scales between November 2021 and January 2022. The second set of data included 107 adult participants, with a response rate of 53.3 %. Among this group, 61.7 % were men, and the average age was 19.9 years. These participants completed the scales between April and June 2022. We obtained these datasets through online surveys administered via Qualtrics. It is important to note that all participants included in this study were capable of providing informed consent, and they did so before participating in the study. We examined the data in these two sets of data using confirmatory factor analysis with robust maximum likelihood estimation method using Mplus software [17]. We used several indices to evaluate the fit of the models, such as the comparative fit index (CFI), the Tucker-Lewis index (TLI), the root-mean-square-error of approximation (RMSEA), and the standardized-root-mean residual (SRMR). Traditionally, values of CFI and TLI higher than 0.90 and 0.95, values of RMSEA and SRMR of lower than 0.08 and 0.06 are interpreted as good and excellent fit [18]. We present results below.

Method validation

SOPS-2U

In the first dataset, missing data on individual items ranged from 0 to 0.6 % and were missing completely at random (MCAR), as indicated by the Little's MCAR test: $\chi^2(33, N = 159) = 35.22, p = .363$. There were no missing data in the second dataset.

Confirmatory factor analysis with robust maximum likelihood estimation method was performed on the 14 items of the SOPS-2 U to test validity and reliability of the scale. Specifically, four awakening to purpose items were specified to represent awakening to

Table 2
The Original and Ukrainian Versions of the Specific Purpose Orientations (SPO) Scale.

Original Version (English) [12]	Ukrainian Version (Translation)
Scale Title Specific Purpose Orientations Scale (SPO)	Назва шкали Specific Purpose Orientations Scale – Ukrainian Version (SPO-U) / Шкала Конкретних Орієнтацій Життєвого Призначення
Instructions Please read each statement below and indicate how much you agree or disagree with each of them. There are no right or wrong answers. Please be open and honest in your responding. My purpose in life is...	Інструкції Будь ласка, прочитайте кожне твердження нижче і вкажіть, наскільки ви згодні або не згодні з кожним з них. Тут немає правильних або неправильних відповідей. Будь ласка, будьте відкриті та чесні у своїх відповідях. Призначення мого життя - це щоб ...
Others-Growth Oriented 1. To make a positive impact on others. 2. To promote people's wellbeing. 3. To make people aware that they can accomplish more, aim higher, and reach for excellence 4. To enrich the experience of the lives of people	Орієнтація: Спростання інших людей 1. Здійснювати позитивний вплив на інших. 2. Сприяти добробуту людей 3. Давати людям зрозуміти, що вони можуть досягти більшого, поставити перед собою більш високі цілі та прагнути до досконалості. 4. Збагачувати життєвий досвід людей.
Personal-Growth Oriented 5. To actualize myself in one or many areas 6. To inspire myself to be courageous and push aside the inner doubts 7. To enjoy and savor life as best as I can 8. To develop a healthy and happy lifestyle	Орієнтація: Особистісний ріст 5. Реалізовувати себе в одній або багатьох сферах 6. Надихати себе бути сміливим і відкидати внутрішні сумніви. 7. Насолоджуватися життям наскільки я можу. 8. Розвиватися і вести здоровий і щасливий спосіб життя.
Career-Focused 9. To be successful in the field of my work 10. To be an expert in the field of my work 11. To be an example for other people in my field of work 12. To reach for excellence in my work.	Орієнтація на мету: Робота 9. Бути успішним у сфері своєї роботи 10. Бути експертом в області своєї роботи 11. Бути прикладом для інших людей у сфері своєї діяльності. 12. Прагнути до досконалості у своїй роботі.
Response Categories Strongly disagree (1) Disagree (2) Somewhat disagree (3) Neutral (4) Somewhat agree (5) Agree (6) Strongly agree (7)	Варіанти відповідей Цілком не згоден (1) Не згоден (2) Майже не згоден (3) Десь посередині (4) Майже згоден (5) Згоден (6) Цілком згоден (7)

Table 3
Factor Loadings of the SOPS-2U Items on Intended Factors in CFA the Model.

Item	Dataset-1	Dataset-2
Awakening to Purpose		
SOPS01	.88	.85
SOPS02	.90	.76
SOPS03	.82	.88
SOPS04	.72	.71
Awareness of Purpose		
SOPS05	.82	.90
SOPS06	.88	.84
SOPS07	.87	.85
SOPS08	.90	.79
SOPS09	.92	.88
Altruistic Purpose		
SOPS10	.61	.80
SOPS11	.79	.75
SOPS12	.75	.68
SOPS13	.82	.80
SOPS14	.77	.73

purpose, five awareness of purpose items were specified to represent awareness of purpose, and five altruistic purpose items were specified to represent altruistic purpose. No other modifications were made to the tested measurement model. Fig. 1 depicts the diagram of the tested measurement model, while Fig. 2 shows the syntax for testing this model in Mplus software.

The three-factor measurement model showed a good model fit to the data with both sets of data: $\chi^2(74, N = 159) = 96.63, p = .040$, RMSEA = 0.044, 90 % CI [.010, 0.067], CFI = 0.981, TLI = 0.977, SRMR = 0.055 with the first set of data and $\chi^2(74, N = 107) = 79.5, p = .309$, RMSEA = 0.026, 90 % CI [.000, 0.063], CFI = 0.992, TLI = 0.990, SRMR = 0.043 with the second set of data. Table 3 shows factor loadings, which were all significant and ranged from 0.61 to 0.92 in dataset-1 and from 0.68 to 0.90 in dataset-2, which were all

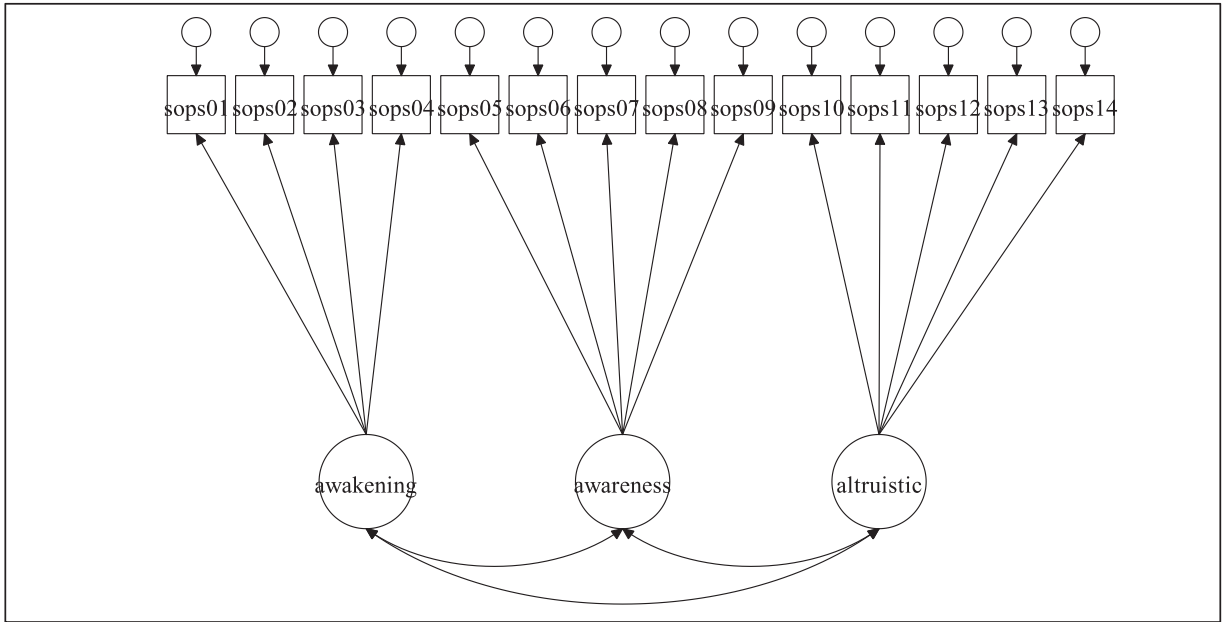


Fig. 1. Measurement Model of the SOPS-2U.

```

TITLE:      Revised Sense of Purpose Scale – Ukrainian Version (SOPS-2U)
DATA:      FILE IS SOPS2U.csv;

VARIABLE:
NAMES ARE
Dataset
SOPS01 SOPS02 SOPS03 SOPS04
SOPS05 SOPS06 SOPS07 SOPS08 SOPS09
SOPS10 SOPS11 SOPS12 SOPS13 SOPS14;
MISSING ARE ALL (-999);

USEOBSERVATIONS ARE (Dataset EQ 1); !1=dataset-1 2=dataset-2

USEVARIABLES ARE
SOPS01 SOPS02 SOPS03 SOPS04
SOPS05 SOPS06 SOPS07 SOPS08 SOPS09
SOPS10 SOPS11 SOPS12 SOPS13 SOPS14;

ANALYSIS:
Estimator = MLR;

MODEL:
AWAKENING BY SOPS01-SOPS04;
AWARENESS BY SOPS05-SOPS09;
ALTRUISTIC BY SOPS10-SOPS14;

OUTPUT:
SAMPSTAT STDYX MODINDICES CINTERVAL;
    
```

Fig. 2. Mplus Syntax for Testing the Measurement Model for the SOPS-2U Items.

Table 4
Construct Reliability and Average Variance Explained for Dimensions of SOPS-2U.

Dimension	Dataset-1		Dataset-2	
	Construct Reliability	Average Variance Explained	Construct Reliability	Average Variance Explained
Awakening to purpose	.90	.69	.88	.64
Awareness of purpose	.94	.77	.93	.73
Altruistic purpose	.86	.56	.87	.57

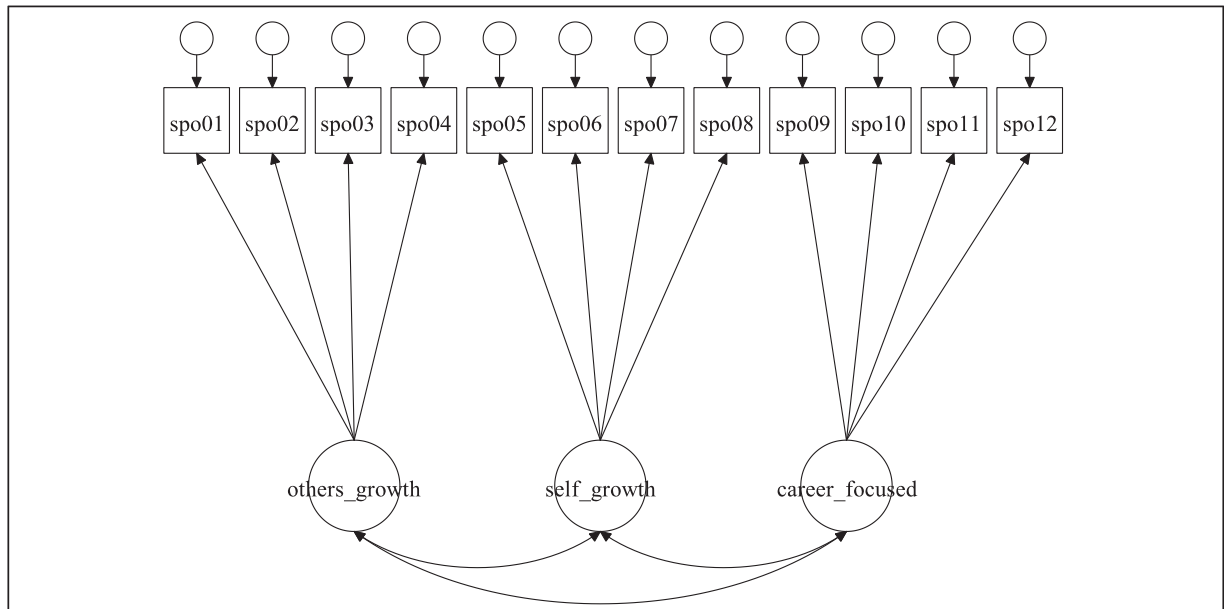


Fig. 3. Measurement Model of the SPO-U.

above 0.40 threshold. The correlations in dataset-1 and dataset-2 were: 0.88 and 0.89 between awakening to purpose and awareness of purpose, 0.42 and 0.61 between awakening to purpose and altruistic purpose, and 0.41 and 0.51 between awareness of purpose and altruistic purpose. These results provided evidence of factorial validity of the SOPS-2 U.

Table 4 provides the summary statistics of construct reliability and validity of the SOPS-2U. The reliability estimates, as shown in Table 4, ranged between 0.86 and 0.94, surpassing the threshold of 0.70 [19], indicating good internal consistency of the SOPS-2U dimensions. Additionally, the values of average variance extracted ranged from 0.56 to 0.77, all exceeding the threshold of 0.50 [19]. These findings provided evidence of construct validity of the SOPS-2U.

SPO-U

No missing data on SPO-U items were observed for any of the items of the SPO-U scale in either dataset. Confirmatory factor analysis was performed on the 12 items of the SPO-U scale to test its validity and reliability. Four others-growth purpose orientation items were specified to represent others-growth purpose orientation, four self-growth purpose orientation items were specified to represent self-growth purpose orientation, and four career-focused purpose orientation items were specified to represent career-focused purpose orientation. No other modifications were made to the tested measurement model. Fig. 3 depicts the diagram of the tested measurement model, whereas Fig. 4 shows the syntax for testing this model in Mplus software.

The model fit for the three-factor measurement model was adequate in both sets of data: $\chi^2(51, N = 159) = 109.70, p < .001$, RMSEA = 0.085, 90 % CI [.063, 0.107], CFI = 0.929, TLI = 0.909, SRMR = 0.052 with the first set of data and $\chi^2(51, N = 107) = 73.49, p = .021$, RMSEA = 0.064, 90 % CI [.026, 0.095], CFI = 0.962, TLI = 0.950, SRMR = 0.054 with the second set of data. As shown in Table 5, factor loadings ranged from 0.60 to 0.91 in dataset-1 and from 0.70 to 0.92 in dataset-2, which were all above 0.40 threshold. The correlations in dataset-1 and dataset-2 were: 0.62 and 0.70 between others-growth and self-growth purpose orientations, 0.56 and 0.57 between others-growth and career-focused purpose orientations, and 0.84 and 0.87 between self-growth and career-focused purpose orientations. These results provided evidence of factorial validity of the SPO-U.

```

TITLE:      Specific Purpose Orientations – Ukrainian Version (SPO-U)
DATA:      FILE IS SPOU.csv;

VARIABLE:
NAMES ARE
Dataset
SPO01 SPO02 SPO03 SPO04
SPO05 SPO06 SPO07 SPO08
SPO09 SPO10 SPO11 SPO12;
MISSING ARE ALL (-999);

USEOBSERVATIONS ARE (Dataset EQ 1); !1=dataset-1 2=dataset-2

USEVARIABLES ARE
SPO01 SPO02 SPO03 SPO04
SPO05 SPO06 SPO07 SPO08
SPO09 SPO10 SPO11 SPO12;

ANALYSIS:
Estimator = MLR;

MODEL:
OTHERS_GROWTH BY SPO01-SPO04;
SELF_GROWTH BY SPO05-SPO08;
CAREER_FOCUSED BY SPO09-SPO12;

OUTPUT:
SAMPSTAT STDYX MODINDICES CINTERVAL;
    
```

Fig. 4. Mplus Syntax for Testing the Measurement Model for the SOPS-2U Items.

Table 5
Factor Loadings of the SPO-U Items on Intended Factors in CFA the Model.

Item	Dataset-1	Dataset-2
Others-Growth Purpose Orientation		
SPO01	.79	.76
SPO02	.75	.70
SPO03	.82	.90
SPO04	.78	.79
Self-Growth Purpose Orientation		
SPO05	.79	.75
SPO06	.91	.75
SPO07	.82	.79
SPO08	.69	.73
Career-Focused Purpose Orientation		
SPO09	.88	.80
SPO10	.86	.89
SPO11	.84	.92
SPO12	.74	.88

Table 6
Construct Reliability and Average Variance Explained for Dimensions of the SPO-U Scale.

Dimension	Dataset-1		Dataset-2	
	Construct Reliability	Average Variance Explained	Construct Reliability	Average Variance Explained
Others-growth purpose orientation	.87	.62	.87	.63
Self-growth purpose orientation	.88	.65	.84	.57
Career-focused purpose orientation	.90	.69	.93	.76

Table 7
Correlations of SOPS-2U and SPO-U with Related Measures as Reported by Yukhymenko-Lescroart et al. (2023) [20].

Measures	Dataset-1			Dataset-1		
	Flourishing	Grit: Consistency of interests	Grit: Perseverance of effort	Flourishing	Grit: Consistency of interests	Grit: Perseverance of effort
SOPS-2U						
Awakening to purpose	.59***	.25***	.45***	.54***	.18	.46***
Awareness of purpose	.46***	.25***	.33***	.40***	.20*	.43***
Altruistic purpose	.58***	.05	.34***	.56***	.15	.46***
SPO-U						
Others-growth purpose orientation	.65***	.10	.44***	.65***	.15	.43***
Self-growth purpose orientation	.69***	.14	.54***	.60***	.12	.52***
Career-focused purpose orientation	.68***	.23**	.57***	.62***	.20*	.58***

Note. SOPS-2U = the Revised Sense of Purpose Scale – Ukrainian Version. SPO-U = the Specific Purpose Orientations – Ukrainian Version.

* $p \leq 0.05$.

** $p \leq 0.01$.

*** $p \leq 0.001$.

Table 6 provides the summary statistics of construct reliability and validity of the SPO-U. The reliability estimates, as shown in Table 6, ranged between 0.84 and 0.93, surpassing the threshold of 0.70 (Hair et al., 2019), indicating good internal consistency of the SPO-U dimensions. Additionally, the values of average variance extracted ranged from 0.57 to 0.76, all exceeding the threshold of 0.50 in both datasets. These findings provided evidence of construct validity of the SPO-U.

Utilization of the SOPS-2U and SPO-U in existing literature

Both SOPS-2U and SPO-U have been utilized in the literature. Notably, a recent study employed the SOPS-2U and SPO-U to investigate the role of different dimensions of sense of purpose in life and purpose orientation on flourishing and grit among Ukrainian college students, both before and after the onset of the Russian war in Ukraine [20]. The correlation results of SOPS-2U and SPO-U with measures of flourishing, grit (consistency of interests), and grit (perseverance of effort) are summarized in Table 7. As shown in Table 7, findings from the published study [20] revealed positive correlation coefficients between the dimensions of SOPS-2U and SPO-U and the measure of flourishing, ranging from 0.46 to 0.69 in dataset-1 and from 0.40 to 0.65 in dataset-2 ($p < .001$ for all). Moreover, the results also indicated positive correlation coefficients between the dimensions of SOPS-2U and SPO-U and the measure of grit (perseverance of effort), ranging from 0.33 to 0.57 in dataset-1 and from 0.43 to 0.58 in dataset-2 ($p < .001$ for all). Additionally, several correlations between the dimensions of SOPS-2U and SPO-U with grit (consistency of interests) were found to be significant. Specifically, the awareness of purpose dimension of the SOPS-2U and the career-focused purpose orientation dimension of the SPO-U consistently demonstrated positive and significant correlations with grit (consistency of interests) in both datasets, ranging from 0.20 to 0.25 [20].

Utilization of the SOPS-2 and SPO in existing literature

The SOPS-2 and SPO scales have been widely used in existing literature. This section provides recent literature that further supports the validity of these scales. Summarizing studies employing the original versions of the SOPS-2 and SPO, this section showcases their applications across diverse demographics and target populations, including high school students, university students, adults, and working professionals, highlighting the utility for both research and practical applications.

Table 8 presents a synthesis of recent studies conducted by the authors of the SOPS-2, detailing the reference, target population, purpose of the study, and key findings. Notably, these studies show that the correlation between awakening to purpose and awareness of purpose tend to be higher among younger participants (e.g., high school and undergraduate students) compared to older participants (e.g., graduate students, working professionals). This trend could stem from younger participants still navigating their path in life, while older participants tend to have a clearer sense of direction.

Similarly, Table 9 summarizes recent studies conducted by the authors of the SPO, detailing the reference, target population, purpose of the study, and key findings. Across these studies, career-focused and others-growth purpose orientations emerged as strong predictors of outcomes related to adjustment and thriving.

Table 8

Summary of Recently Published Articles: SOPS-2.

<p>Yukhymenko-Lescroart, M. A., & Sharma, G. (2024). Adolescence with strong life purpose report greater career maturity. <i>The Career Development Quarterly</i>. Advanced online publication. https://doi.org/10.1002/cdq.12344</p>	<p>High school students in the United States ($N = 234$)</p>	<p><i>Purpose:</i> To examine the role of sense of life purpose (awakening to purpose, awareness of purpose, and altruistic purpose) in career maturity (concern, curiosity, confidence, and consultation) among adolescents. <i>Key Findings:</i> Awareness of purpose was a significant predictor of the following three dimensions of career maturity: - career curiosity (positive), - career confidence (positive), - career consultation (negative) Altruistic purpose was a significant predictor of the following two dimensions of career maturity: - career concern (positive) - career confidence (negative)</p>
<p>Sharma, G., Yukhymenko-Lescroart, M. A., & Sanchez, T. (2023). Examining the role of life purpose in high school students' self-esteem through structural equation modelling. <i>Heliyon</i>, e19614. https://doi.org/10.1016/j.heliyon.2023.e19614</p>	<p>High school students in the United States ($N = 234$)</p>	<p><i>Purpose:</i> To examine the extent to which high school students' sense of purpose explained variance their self-esteem. <i>Key findings:</i> Awareness of purpose emerged as a significant predictor of: - self-esteem (positive) Altruistic purpose emerged as a significant predictor of: - self-esteem (positive)</p>
<p>Yukhymenko-Lescroart, M. A., & Sharma, G. (2022). Sense of life purpose is related to grades of high school students via academic identity. <i>Heliyon</i>, e11494. https://doi.org/10.1016/j.heliyon.2022.e11494</p>	<p>High school students in the United States ($N = 234$)</p>	<p><i>Purpose:</i> To examine the extent to which sense of life purpose of high school students was related to their grades directly and indirectly via academic identity. <i>Key findings:</i> A general factor of life purpose, defined as a second-order factor of awakening to purpose, awareness of purpose, and altruistic purpose, emerged as a significant predictor of: - academic identity (positive) - academic performance indirectly through academic identity (positive)</p>
<p>Sharma, G., & Yukhymenko-Lescroart, M. A. (2023). High school students' subjective well-being: The role of life purpose and academic identity. <i>Journal of Interdisciplinary Studies in Education</i>, 12(1), 1–22. https://oed.org/index.php/jise/article/view/5300</p>	<p>High school students in the United States ($N = 234$)</p>	<p><i>Purpose:</i> To examine the relationships among high school students' subjective well-being, academic identity, and sense of purpose in life. <i>Key findings:</i> Awakening to purpose emerged as a significant predictor of: - joy of learning (positive) Altruistic purpose emerged as a significant predictor of: - academic identity (positive) - joy of learning directly (positive) and indirectly through academic identity (positive) - educational purpose (positive)</p>
<p>Yukhymenko-Lescroart, M. A., & Sharma, G. (2023). Sense of purpose and progress towards degree in freshman college students. <i>Journal of Student Retention: Research, Theory, & Practice</i>, 21(1), 187–207. https://doi.org/10.1177/1521025120975134</p>	<p>University students in the United States ($N = 421$)</p>	<p><i>Purpose:</i> To examine whether first-time full-time freshman students' sense of purpose predicted their progress towards a degree. <i>Key findings:</i> Awakening to purpose emerged as a significant predictor of: - degree commitment (positive) - institutional commitment (positive) - first-year grade point average (GPA) indirectly through degree commitment (positive) - first-year good academic standing indirectly through degree commitment (positive) - first-year retention indirectly through degree commitment (positive) Altruistic purpose emerged as a significant predictor of: - academic identity (positive) - degree commitment (positive) - first-year grade point average (GPA) indirectly through academic identity (positive) and through degree commitment (positive) - first-year good academic standing indirectly through degree commitment (positive) - first-year retention indirectly through degree commitment (positive)</p>

(continued on next page)

Table 8 (continued)

<p>Sharma, G. & Yukhymenko-Lescroart, M. A. (2022). Life purpose as a predictor of resilience and persistence in college students during the COVID-19 pandemic. <i>Journal of College Student Retention: Research, Theory & Practice</i>, 15(2), 10251221076828. https://doi.org/10.1177/15210251221076828</p>	<p>University students in the United States (N = 295)</p>	<p>Purpose: To examine <i>the extent to which life purpose explained the variance in college students' levels of resilience and persistence amidst COVID-19 pandemic</i>. Key findings: Awakening to purpose emerged as a significant predictor of: - resilience (positive) - persistence (positive) Additionally, a general factor of life purpose, defined as a second-order factor of awakening to purpose, awareness of purpose, and altruistic purpose, emerged as a significant predictor of: - resilience (positive) - persistence (positive)</p>
<p>Sharma, G., & Yukhymenko-Lescroart, M. (2018). The relationship between college students' sense of purpose and degree commitment. <i>Journal of College Student Development</i>, 59(4), 486–491. https://doi.org/10.1353/csd.2018.0045</p>	<p>University students in the United States (N = 1010)</p>	<p>Purpose: To <i>examine the relationship between all three subscales of purpose and degree commitment</i>. Key findings: Altruistic purpose emerged as a significant predictor of: - degree commitment (positive)</p>
<p>Yukhymenko-Lescroart, M. A., & Sharma, G. (2023). The role of life purpose and passion for coaching in subjective well-being of sport coaches. <i>International Journal of Sport and Exercise Psychology</i>, 21(6), 969–991. https://doi.org/10.1080/1612197X.2022.2116469</p>	<p>Professionals and working adults: Sport coaches in the United States (N = 379)</p>	<p>Purpose: To <i>examine the role of purpose in life in coaches' subjective happiness and life satisfaction and the role of harmonious and obsessive work passions in these relationships</i>. Key findings: Awakening to purpose emerged as a significant predictor of: - harmonious work passion (positive) - obsessive work passion (negative) - subjective happiness indirectly through harmonious passion (positive) - life satisfaction indirectly through harmonious passion (positive) Awareness of purpose emerged as a significant predictor of: - harmonious work passion (positive) - subjective happiness directly (positive) and indirectly through harmonious passion (positive) - life satisfaction directly (positive) and indirectly through harmonious passion (positive)</p>
<p>Yukhymenko-Lescroart, M. A., & Sharma, G. (2022). Passion for work and well-being of working adults. <i>Journal of Career Development</i>, 49(3), 505–518. https://doi.org/10.1177/0894845320946398</p>	<p>Professionals and working adults: Any profession (N = 297)</p>	<p>Purpose: To <i>examine the relationship between passion for work and well-being using a completely independent and much more heterogeneous sample of full time working adults representing a wide variety of professions</i>. Key findings: Awakening to purpose was significantly predicted by: - harmonious passion for work (positively) - obsessive passion for work (positively) Awareness of purpose was significantly predicted by: - harmonious passion for work (positively) Altruistic purpose was significantly predicted by: - harmonious passion for work (positively) - obsessive passion for work (positively)</p>
<p>Yukhymenko-Lescroart, M. & Sharma, G. (2019). The relationship between faculty members' passion for work and well-being. <i>Journal of Happiness Studies</i>, 20(3), 863–881. https://doi.org/10.1007/s10902-018-9977-z</p>	<p>Professionals and working adults: University faculty members in the United States (N = 177)</p>	<p>Purpose: To <i>examine whether passion toward work predicted hedonic (life satisfaction and subjective happiness) and eudaimonic (sense of purpose) well-being</i>. Key findings: Awakening to purpose was significantly predicted by: - obsessive passion for work (positively) Awareness of purpose was significantly predicted by: - harmonious passion for work (positively) - obsessive passion for work (positively) Altruistic purpose was significantly predicted by: - harmonious passion for work (positively) - obsessive passion for work (positively)</p>

Table 9
Summary of Recently Published Articles: SPO.

Reference	Target Population	Purpose and Key Findings
Yukhymenko-Lescroart, M. A., Sharma, G., & Stephens, J. M. (2022). Life purpose orientations and academic misconduct among university students in Mexico. <i>Journal of College Student Development</i> , 63(3), 333–337. https://doi.org/10.1353/csd.2022.0027	University students in Mexico (N = 8240)	Purpose: To examine the extent to which the three life-purpose orientations predicted self-reported academic misconduct. Key findings: Career-focused purpose orientation emerged as a significant predictor of: - academic misconduct (positive) Self-growth purpose orientation emerged as a significant predictor of: - academic misconduct (negative)
Yukhymenko-Lescroart, M. A. (2022). Student academic engagement and burnout amidst COVID-19: The role of purpose orientations and disposition towards gratitude in life. <i>Journal of College Student Retention: Research, Theory & Practice</i> . Advanced online publication. https://doi.org/10.1177/15210251221100415	University students in the United States (N = 295)	Purpose: To examine whether life purpose orientations predicted student academic engagement and burnout directly and indirectly through disposition towards gratitude during COVID-19. Key findings: Career-focused purpose orientation emerged as a significant predictor of: - academic engagement (positive) - burnout: reduced sense of schoolwork accomplishment (negative) - burnout: schoolwork devaluation (negative) Self-growth purpose orientation emerged as a significant predictor of: - disposition towards gratitude (positive) Others- growth purpose orientation emerged as a significant predictor of: - disposition towards gratitude (positive) - burnout: reduced sense of schoolwork accomplishment indirectly through disposition towards gratitude (negative)
Yukhymenko-Lescroart, M. A., Sharma, G., Voiedilova, O. (2024). Examining the power of life purpose during times of war: Exploring the relationship between purpose orientations and career adaptability in Ukrainian university students. <i>Journal of College Student Development</i> .	University students in Ukraine (Study 1: N = 154; Study 2: N = 104)	Purpose: To examine the role of each of these purpose orientations in career adaptability among Ukrainian university students during unprecedented challenging and traumatic times. Study 1 took place during the COVID-19 pandemic before the onset of the Russian war, while Study 2 occurred during the war following the Russian siege. Key findings: Career-focused purpose orientation emerged as a significant predictor of career adaptabilities (CA): - concern CA after the 6-week siege by Russia (positive) - control CA before the war (positive) and after the 6-week siege by Russia (positive) - curiosity CA before the war (positive) and after the 6-week siege by Russia (positive) - confidence CA before the war (positive) and after the 6-week siege by Russia (positive) Others- growth purpose orientation emerged as a significant predictor of career adaptabilities: - concern CA before the war (positive) and after the 6-week siege by Russia (positive) - control CA after the 6-week siege by Russia (positive) - curiosity CA after the 6-week siege by Russia (positive) - confidence CA before the war (positive) and after the 6-week siege by Russia (positive)
Yukhymenko-Lescroart, M. A., & Sharma, G. (2022). The role of coaching identity and life purpose orientations in holistic athlete development. <i>International Journal of Sports Science and Coaching</i> , 17(3), 477–489. https://doi.org/10.1177/174795412111073546	Professionals and working adults: Sport coaches in the United States (N = 380)	Purpose: Key findings: Career-focused purpose orientation emerged as a significant predictor of: - winning-centered coaching identity (positive) - holistic development-centered coaching identity (positive) - coaching purpose related to athlete-centered outcome of sport-specific competence directly (positive) and indirectly through winning-centered coaching identity (positive) - coaching purpose related to athlete-centered outcome of sport-general competence indirectly through holistic development-centered coaching identity (positive) - coaching purpose related to athlete-centered outcome of confidence indirectly through holistic development-centered coaching identity (positive) - coaching purpose related to athlete-centered outcome of connection indirectly through holistic development-centered coaching identity (positive) - coaching purpose related to athlete-centered outcome of character indirectly through holistic development-centered coaching identity (positive) Others- growth purpose orientation emerged as a significant predictor of: - holistic development-centered coaching identity (positive) - coaching purpose related to athlete-centered outcome of confidence (negative) - coaching purpose related to athlete-centered outcome of connection (positive) - coaching purpose related to athlete-centered outcome of sport-general competence indirectly through holistic development-centered coaching identity (positive) - coaching purpose related to athlete-centered outcome of confidence indirectly through holistic development-centered coaching identity (positive) - coaching purpose related to athlete-centered outcome of connection indirectly through holistic development-centered coaching identity (positive) - coaching purpose related to athlete-centered outcome of character indirectly through holistic development-centered coaching identity (positive)

Conclusion

In sum, life purpose has a profound impact on wellbeing of adults, which is why the availability of a psychometrically robust measurement tool for assessing this construct in the Ukrainian language becomes crucial. In this work, we translated, adapted, and validated two such tools. The Revised Sense of Purpose Scale – Ukrainian Version (SOPS-2U) is valid for assessing awakening to purpose, awareness of purpose, and altruistic purpose dimensions in Ukrainian adults. The Specific Purpose Orientations – Ukrainian Version (SPO-U) can be used with Ukrainian adults to further examine the specific types of purpose, such as others-growth, self-growth, and career-focused purpose orientations.

This study presents a novel and substantial contribution to scientific understanding, particularly regarding the assessment of life purpose across different cultures, including Ukraine. Specifically, this study expands our knowledge of how life purpose scales perform in diverse cultural contexts. By doing so, it enhances the generalizability and validity of life purpose measurement tools, contributing to more accurate and comprehensive assessments of individuals' sense of purpose across diverse populations.

Ethics statements

All procedures performed in studies involving human participants were in accordance with the ethical standards of the institutional and/or national research committees and with the 1964 Helsinki declaration and its later amendments or comparable ethical standards. Informed consent was obtained from all individual participants included in the study.

Declaration of competing interest

The authors declare that they have no known competing financial interests or personal relationships that could have appeared to influence the work reported in this paper.

CRediT authorship contribution statement

Mariya A. Yukhymenko-Lescroart: Conceptualization, Methodology, Formal analysis, Resources, Data curation, Writing – original draft, Writing – review & editing, Visualization, Visualization, Supervision, Project administration. **Olena Voiedilova:** Conceptualization, Methodology, Data curation, Writing – review & editing.

Data availability

The data are shared as Supplementary Material

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Supplementary materials

Supplementary material associated with this article can be found, in the online version, at [doi:10.1016/j.mex.2024.102848](https://doi.org/10.1016/j.mex.2024.102848).

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