A STUDY OF MULTIDIMENSIONAL SUBMISSIVENESS SCALE

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Abstract

Submissive behaviour refers to individuals' changing their value judgments, their thoughts and their views in the direction that the authority directs to. Submissive Behavior Scale (SBS) was developed by Gilbert et al. in 1991 and was finalized in 1994 (1994: 295-306). When the scale was formed, the studies of Buss and Claik (1986) on submissive behaviours were used. The scale was adapted to Turkish by Nesrin H. Şahin and Nail Şahin in 1992. The scale, which is in the form of a questionnaire, can be administered to adolescents and adults individually or collectively. The aim of this study is to develop a new scale that can be used to assess the submissive attitude of today. In this framework, depending on the intensities (frequency of behaviours) resulting from the data to be obtained, the dimensions of the submissive attitude will be identified. It was planned to determine which elements in individuals' submission levels played a major role through this scale. First, exploratory factor analysis was used to describe subscales and a four-dimensional scale (N_1=368) was developed. Four factors explained 52.82% of the total variance. Then the scale was applied to another sample (N_2=457) for confirmatory

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factor analysis. The χ^2 score was 266.49 (df= 98) with the χ^2/df ratio having a value of 2.72.The goodness of fit indexes are CFI=0.93; GFI=0.93; NFI=0.90; RMSEA=0.061. These values indicate that the four-factor structure of the scale have a reasonably satisfactory goodness of fit. A significant and positive correlation between Multidimensional Submissiveness Scale and Submissive Behaviour Scale was observed. Finally, it was found that Multidimensional Submissiveness Scale is a reliable and valid measure and can be a helpful measure for the researcher to understand submissive behaviours.

Keywords: Submission, Submissive Behaviour, Submissiveness Scale, Blindly Obedient, Destructive Orders.

Öz

Çok Boyutlu Boyun Eğicilik Ölçeği Çalışması

Otorite olarak bilinen bir kişinin verdiği emre karşılık olarak, bir davranışın yerine getirilmesine boyun eğicilik denir. Boyun eğicilik daha çok, bireyin değer yargılarını ve düşüncelerini otoritenin beklentisi doğrultusunda değiştirmesi olarak kullanılır. Fakat bu durum, kişinin bu davranışı benimsediğinin değil; yalnızca otoritenin beklentilerine uygun davrandığının bir göstergesidir. Bu çalışma ile günümüz şartlarına uygun bir boyun eğicilik ölçeği geliştirmek amaçlanmıştır. İlk uygulama sonrası açımlayıcı faktör analizi yapılarak (N_1=368) alt ölçeklerin belirlenmesi yoluna gidilmiş ve dört boyutlu bir ölçek ortaya konulmuştur. Bu dört boyutlu ölçeğin açıklayabildiği toplam varyans %52,82 olarak belirlenmiştir. Ardından ölçek doğrulayıcı faktör analizi için bir diğer örneklem (N_2=457) üzerinde uygulanmıştır. χ^2 değeri 266.49 (df= 98), χ^2/df oranı için 2.72 değeri bulunmuştur. Uyum indekslerine bakıldığında CFI=0.93; GFI=0.93; NFI=0.90; RMSEA=0.061'dir. Bu değerler göz önüne alınarak Çok Boyutlu Boyun Eğicilik Ölçeği'nin, boyun eğici tutumu ölçmede yeterli olduğu sonucuna ulaşılmıştır.

Anahtar Kelimeler: Boyun Eğicilik, Boyun Eğici Davranış, Boyun Eğicilik Ölçeği, Körü Körüne İtaat, Yıkıcı Emirler.

Summary

"Submissiveness is a tendency to comply with the wishes or obey the orders of others" (APA 2018). At their lives, people are expected to submit to their parents, teachers, social environments, bosses and elders. The conditions in which individuals have been raised, their socio-cultural environment, economic conditions and psychological conditions have been discussed in

relation to the submissive attitude. Many factors are argued to be influential in explaining submission, such as the need for an individual to be loved and accepted by the group, his/her being very confident in the people s/he thinks are more knowledgeable than herself/himself, his/her fear of exclusion and being scoffed at, his having low self-esteem, and his belonging to a collectivist cultural background (Sakallı 2001: 74-80).

First time Gilbert et al. in 1991 developed Submissive Behaviour Scale (SBS) to explain submissive attitude and finalized it in 1994 (1994: 295-306). When the scale was formed, the studies of Buss and Claik (1986) on submissive behaviours were used very often. This scale examining the submissive social behaviours related to depression consists of 16 items. The scale was adapted to Turkish by Nesrin H. Şahin and Nail Şahin in 1992. Many Turkish researchers used this scale for long years (See. Tuzcuoğlu and Korkmaz 2001; Hünler and Gençöz 2003; Kaya et al. 2004; Kabasakal 2007; Özkan and Özen 2008; Kızıldağ 2009). In these studies, different characteristics of the submission phenomenon have been measured in a single dimension.

Therefore, this study aimed to bring about a new multi-dimensional scale and use it to measure submissive behaviour of Turkish young adults and differentiate itself within the literature through this aspect. This study sample (n_1= 368, n_2=457) consists of 18–35 years old people from Ankara. Survey is applied nearly in one year from 2018 April to 2019 May. The purposive sampling method was used in this study. This scale employed five-point Likert-type responses. The results of the study were analysed using the SPSS 20.0 software program.

At the first step, exploratory factor analysis and Principal Component Analysis (PCA) were used to determine the factors. According to the results of Table 2, the scale has 4 factors with given values larger than 1. The first factor explained 22.46% of the total variance; the second factor explained 12.90% of the total variance; the third factor explained 9.78% of the total variance and the fourth factor explained 7.67% of the total variance. These four factors cumulatively explained 52.82% of the total variance. The Scree plot graph in Figure 1. also highlights the same four factors. It can be seen that the Four-Dimensional Submissive Attitude Scale had four factors. The factor loading values of items in Four-Dimensional Submissive Attitude Scale are presented in Table 3.

At the second step, confirmatory factor analysis is also used to verify four-factor structure of Four-Dimensional Submissive Attitude Scale. The

scale is applied to 457 people for confirmatory factor analysis. The goodness of fit indexes obtained is showed in Table 4. It is seen (in Table 4) that indexes of goodness of fit are in line with the ranges suggested in the literature. The statistic χ^2 is 266.49 (DF= 98) with the χ^2/df ratio having a value of 2.72; less than 3, which indicates an acceptable fit. The goodness fit indexes are CFI=0.93; GFI=0.93; NFI=0.90; RMSEA=0.061. As far as the first three index values are concerned, values above 0.90 and 0.95 are considered good and excellent fits for the model, respectively. In addition, RMSEA value is also below the recommended level of 0.08. These values indicated that the four factor structure of the scale had a satisfactory goodness of fit. Furthermore, when Figure 2 is examined, it is seen that factor loadings of the items varied between 0.24 and 0.85. It is expected in the literature that the factor loading values are higher than 0.30; but item 16 had a factor loading value of 0.24. However, it can be said that the four-factor structure is consistent with the data considering that the goodness of fit indexes are acceptable.

At the third step, validity and reliability are checked. A significant and positive correlation between Four-Dimensional Submissive Attitude Scale and Submissive Behaviour Scale was observed. Results are presented in Table 5. To ensure reliability, internal consistency of the scale is computed by Cronbach alpha. It is 0.76 for the Four-Dimensional Submissive Attitude Scale. Cronbach alpha for the first factor (Political Leader) is 0.67; Cronbach alpha for the second factor (Spiritual Leader) is 0.72; Cronbach alpha for the third factor (Social Media) is 0.77 and Cronbach alpha for the fourth factor (Close Friend) is 0.76. As a result Four-Dimensional Submissive Attitude Scale is a reliable and valid measure and can be a helpful measure for the researcher to understand submissive behaviours.

Introduction

From birth, individuals grow up by learning that they must submit to authority figures they encounter. Throughout their lives, they are expected to submit to their parents, teachers, social environments, bosses and elders. These attitudes can sometimes determine social relationships within the context of respect. The conditions in which individuals have been raised, their socio-cultural environment, economic conditions and psychological conditions have been discussed in relation to the submissive attitude. However, due to the changing social conditions, submission manifests itself in different environments and forms. It is necessary to determine and examine the new

dimensions into which this attitude has evolved. According to Milgram (1963: 372), submission is a behaviour that is performed easily and frequently and can be seen in any dimension of social life.

1. The Dimensions of Submissiveness

"Submissiveness is a tendency to comply with the wishes or obey the orders of others" (APA 2018) Submissive attitudes are shaped by the individual's thoughts, value structure and opinions. Although what is generally meant is the behavioural changes determined by the wishes of the authority, it is not necessary for the person having the submissive attitude to embrace his actions. What is important is to act in accordance with the existing authority (Sayar 2012: 82).

Submissive behaviour refers to individuals' changing their value judgments, their thoughts and their views in the direction that the authority directs to. This does not mean that the individual has adopted that behaviour. With his submission, the individual would fulfill only the expectations of the authority. When a person who submits to an authority figure does actions that will harm others even though s/he does not want to harm them, s/he only thinks s/he is doing what he has been told (Sayar 2012: 82-84).

There can be many psychological, sociological, experiential and traditional reasons for being dominated by an authority and behave in accordance with his/her orders. Many factors are argued to be influential in explaining submission, such as the need for an individual to be loved and accepted by the group, his/her being very confident in the people s/he thinks are more knowledgeable than herself/himself, his/her fear of exclusion and being scoffed at, his having low self-esteem, and his belonging to a collectivist cultural background (Sakallı 2001: 74-80).

1.1. Individual Dimension of Submissiveness

Adler examines the causes of submission originating from the individual by dividing individuals into two, those who submit and those who subjugate. Adler says that the person who submits lives according to the rules and laws imposed by others, and the person who subjugates emerges in situations where there is a need for management. To him, the extremes of both types of people are harmful to society. According to Adler, the person with a tendency to submit is a human being who lives in accordance with the rules imposed by others

and who has a sense of servitude. It is possible to recognize such individuals from their appearance. They are such people who are a bit hunchbacked, ready to bend their waist, and who stand by to accept what others facing them say and to do whatever is wanted (Adler 1997: 212-215).

The study of Gilbert and Allan (1994: 295-306) revealed that social comparisons were associated with submissive behaviours and entrepreneurial behaviours, which had a strong relationship with neuroticism and introversion. In fact, submissive behaviour was not directly the opposite of entrepreneurship, and there was a strong positive relationship between submissive behaviour and neuroticism (p < .001, r = .45) in mental health workers (*N*= 75). While neuroticism was mainly associated with anxiety and depression at the time when the study was conducted, it was also important in terms of psychological health to understand that neuroticism was related to submission. Moreover, individuals who exhibit submissive attitudes were found to be unable to express their negative feelings.

1.2. Social Dimension of Submissiveness

Although submission leads to problems in close relations, what is more dangerous is the fact that the person is blind obedient to a strong leader, takes no responsibility for what he does and makes himself a tool (Ent et al. 2014: 574-586). Milgram (1963) conducted an experiment at Yale University in 1963 to observe how much and to what extent individuals submitted to authority and how they performed tasks that violated their own conscience in this process. In his experiment, Milgram used what had happened in Nazi Germany as a setting to understand inhumane actions. This experiment has been very important as it measured how much ordinary people could submit to destructive orders under laboratory conditions (Milgram 1963: 371-378).

During the experiment, it was first explained that the relationship between punishment and learning would be measured, and the participants who volunteered were invited to the university. The experiment consisted of three individuals, the teacher (a participant), the student (a collaborator involved in the experiment) and the researcher (a collaborator involved in the experiment). The participant who participated as a teacher was unaware of the setup. The teacher and the student were placed in two separate rooms where they could communicate but could not see each other. The experiment went on as follows: The student was repeatedly asked some questions, and for each wrong answer, the teacher was asked to apply to the student an electric shock, which would gradually increase (from 15 volts to 450 volts). In front of the

teacher, there were buttons that started with a mild shock (15 volts) and ended with a severely dangerous shock (450 volts). From among 40 people who participated in the study as a teacher (aged 20–50 years), 26 people agreed to apply electricity up to 450 volts. Only 14 people refused to continue after 300 volts (Milgram 1963: 371-378).

What was the most surprising in the experiment was that although the people knew that they would not be subject to any material loss due to their withdrawal from this experiment and they showed signs of stress such as sweating, biting lips, digging nails into the flesh during the experiment, no one withdrew until 300 volts. Despite the facts that the person in the researcher role was wearing a uniform, he explained that the electricity would hurt the student but would not permanently harm him, and the Yale University was trustworthy as an institution supported the implementation of the orders by the people (Milgram 1963: 371-378), the fact that 300 volts would harm a living thing was something that any adult could know.

As far as the social causes of submission are considered, the relationships in the cultural environment where individuals grow up attract more attention. The tendency of obedience is higher in societies with cooperatively low economic development. Studies in different countries have shown that the socio-cultural and economic structure of communities influence their predisposition to submission (Kağıtçıbaşı 1981; 2017). From their childhood, people grow up by learning that they must submit to some authorities due to the elements of their culture, depending on their social needs. The title of the authority figure, the symbolic clothes s/he wears and the power s/he possesses come to the forefront as some of the main factors influencing the submission to authority (Sakallı 2016: 64-66).

Studies have highlighted that people have learned to submit to the orders of authority figures such as outstanding religious leaders, military commanders, doctors, scientists or parents in society (See Milgram 1963 and Zimbardo 1971). People tend to submit, because they learn to obey orders in the workplace, traffic or other social environments. When the authority figure is physically together with the individual, s/he exhibits more submissive behaviour in fulfilling the orders given by the authority. In fact, submission is linked to personal actions that the person carries out for his political goals, because people depend on the system in the environment where they live (Milgram 1963: 371). An individual's relationship with the authorities in society has a central place in understanding the submissive attitude.

In addition to the dominant authorities in society, marginal and rebellious groups also need submissive people more. Virtually all mass movements need people to blindly have faith and loyalty, and they want to be accompanied by submissive to reach their overarching goals. It would be easier to develop this kind of attitude in a group of standardized people with similar worldviews (Hoffer 2011: 7-10).

1.3. Political Dimension of Submissiveness

The events that disrupt the social order also have an aspect that promotes the submissive attitude. Especially if individuals are feeling threatened by another individual or group, they get confused, and they might submit to the leader who has devastating tendencies. It is known that political and religious leaders in history have had people believe that they had been threatened by the enemy, creating in their followers a subjective sense of resistance arising from hostility and using it (Fromm 2015: 20-21). According to Volkan (2017: 12), people focus more on the "traffic" to the public from the leader during the periods of crisis or terror. This is because the public seeks a savior to protect itself, its personal identity and its large group identity. Leaders can exaggerate the crowds' need for finding enemies and allies. Some leaders cannot distinguish the point where the real threat of people ends and their threat fantasy begins. If the fundamental trust of members of a group is shaken, people are deviated from the target, and the fundamental trust is replaced by blind trust.

If a society is intimidated and disturbed, it may be a matter of a few years or even a few decades until the impact of disturbance is overcome. If a community experiences disturbance, the second and third generation that comes after them also shares this tragedy. New generations may also be poisoned by the transfer of selected disturbance from generation to generation, and by children's listening to and imitating their elders (Volkan 2017: 12).

1.4. Cultural Dimension of Submissiveness

Cultural reasons and traditional structure are also associated with submissive behaviours. They are dominant in interpersonal relationships in Eastern culture more so than in Western culture. In a country, dominated predominantly by Eastern culture, it was understood that the concept of submission was confused with the concept of respect. For example, parents are observed to expect submissive behaviours under the name of respect from

their children, rulers from the ruled, teachers from their students, and elders from the younger ones. The individual considers himself/herself less valuable in interpersonal relationships where submissive behaviour is dominant. In such a case, the individual is not free. The individual does not have the right to speak, and does not need to be creative or productive, either. The only thing s/he has to do is to follow orders and fulfill what s/he is told (Yıldırım and Ergene 2003: 224-234).

1.5. Religious Dimension of Submissiveness

When the relationship of submission to faith is examined, the fact that faith directs people to act collectively and serve a common purpose is prominent. Depending on the development of rational thinking in modern societies, it has been predicted that individuals will be less inclined to irrational beliefs in both religious and secular groups. However, in recent years, the submissive attitudes towards the rules of the people, especially the group leaders and the structure found in the New Religious Movements emerging in Western societies have resulted in tragic consequences. For example, in the event that occurred in 1978, the mass suicide a total of 918 members, including 276 children, of the People's Temple cult led by Jim Jones had a broad repercussion on the public worldwide. In another case, examples of suicides in the 1990s committed by people in different countries belonging to the Solar Temple group - formed by people from the educated middle or upper classes of the community, believing that they would find life again in another star - show the extent of the dimensions of the blind belief in different groups. It is possible to come across such structures that show similar characteristics in both Western and Eastern societies. These types of structures, also known as suicide cults, is affecting a considerable number of people throughout the world, and in almost all of them, their members' blind submission leads to devastating consequences (Köse 2014: 53–54).

The studies that have been conducted to determine the components of individuals' submissive behaviour include but are not limited to Cattell 1989; Gilbert and Allan 1994; Tuzcuoğlu and Korkmaz 2001; Hünler and Gençöz 2003; Kaya et al. 2004; Kabasakal 2007; Özkan and Özen 2008; Kızıldağ 2009; Koç et al. 2010; Tümkaya 2011; Aysoy 2012; Sayar 2012; Baştuğ et al. 2014; Altınsoy 2016; Gülep 2017. In these studies, different characteristics of the submission phenomenon have been measured in a single dimension. The studies carried out after Gilbert and Allen's study in this area were inspired

by the scale employed in it. Therefore, this study aimed to bring about a new multi-dimensional scale and use it to measure submissive behaviour of Turkish young adults and differentiate itself within the literature through this aspect.

2. The Significance of Research

Although there are many studies in which submissive behaviours are studied in different social groups, there is no comprehensive study carried out in Turkey that reveals the fundamental dimensions of this behaviour and determines the variables that these dimensions depend on. The study to be done in this context is believed to provide an important contribution by filling the gap in the relevant literature. Moreover, apart from a scale that has examined the submissive social behaviours associated with depression (See. Savaşır and Şahin 1997: 100-103), there is no scale that directly determines the level of submission. For this reason, the scale to be obtained in the study is expected to be used by researchers in different disciplines.

The data to be obtained within the scope of this study are thought to be a source of an objective assessment of the submissive attitudes and the problems faced by the youth.

3. METHOD

3.1. Research Design

The study sample consists of 18–35 years old people from Ankara. Survey is applied between 2018 April and 2019 May. The purposive sampling method was employed in the study. In purposive sampling, the richest cases are selected and included in the study in line with the research goal. Therefore, in the context of the research goal, information rich situations are selected to be able to carry out an in-depth investigation (Büyüköztürk 2009: 89). In this sampling type, the researcher determines the participants in the research population, not randomly, but according to certain features and their own decisions (Böke 2011: 125).

3.2. Data Collection Instrument

Submissive Behavior Scale (SBS) was developed by Gilbert et al. in 1991 and was finalized in 1994 (1994: 295-306). When the scale was formed, the studies of Buss and Claik (1986) on submissive behaviours were used.

Moreover, an attempt was made to ensure that the items of this scale did not contain emotional elements and contained only social submissive behaviours. This scale examining the submissive social behaviours related to depression consists of 16 items. The scale was adapted to Turkish by Nesrin H. Şahin and Nail Şahin in 1992. The scale, which is in the form of a questionnaire, can be administered to adolescents and adults individually or collectively. In each item, the person is asked how well the behaviours mentioned define the person. Participants are asked to give their answers according to the following options: "Does not define me at all," "Defines me a little," "Somewhat defines me," "Defines me well," and "Defines me very well". The items are evaluated in accordance with the 5-point Likert-type scoring ranging from 1 to 5. One can score a minimum of 16 points and a maximum of 80 points on the scale. High scores point to more submissive behaviour. In terms of the reliability of the scale, the internal consistency (Cronbach's Alpha) was found to be .74. In terms of the validity of the scale, its correlations with the Beck Depression Inventory and the Sociopathy Scale were found to be .32 and .36, respectively. Moreover, in the regression analysis to predict depression, this scale was found to better predict depression than other scales (Savaşır and Şahin 1997: 11, 100-103).

In addition, a review of the literature on submissive behaviour was conducted when forming the scale items (Savaşır and Şahin 1997; Günüç 2009; Pirçek 2015; Şahin and Yağcı 2017). Following that, some of the items were formed in line with the information obtained from the literature. Moreover, current news providers, some forum sites and content on social media (Facebook, Twitter) were also taken into consideration when creating portions of the scale items.

This scale employed five-point Likert-type responses. Here, the extent to which a statement given to the participant is appropriate will be assessed on the basis of the following statements: (1) Does not define me at all , (2) Defines me a little, (3) Somewhat defines me, (4) Defines me well and (5) Defines me very well. The survey was administered to adults who are literate and over the age of 18.

3.3. Data Analysis

The results of the study were analysed using the SPSS 20.0 software program. In this study, exploratory factor analysis and Principal Component Analysis (PCA) were used to obtain the factors. "Principal component

analysis and factor analysis are statistical techniques applied to a single set of variables where the researcher is interested in discovering which variables in the set form coherent subsets that are relatively independent of one another" (Tabachnick & Fidell 1996: 635). The purpose in this method is to reduce the number of variables and classify the variables.

When assessing the suitability of the data set for factor analysis, a correlation matrix was formed for all variables used in the analysis, the Bartlett test of sphericity is run, and the Kaiser-Meyer-Olkin (KMO) sample adequacy criterion was determined. Finally, Eigenvalues and the Scree test graph was examined when forming the factors (Kalaycı 2010: 322). Regression analysis was performed to identify the factors predicting submissive behaviors.

The level of concordance between the Submissive Behavior Scale (SBS) and the Multidimensional Submissiveness Scale reveals the correlation value in order to check the criterion-related validity.

RESULTS

Step 1: Exploratory Factor Analysis

The results of Kaiser-Meyer-Olkin (KMO) and Barlett Sphericity Test are examined in order to see whether the sample size reaches a sufficient number, and the results are presented in Table 1.

Table 1: The Results of Kaiser-Meyer-Olkin (KMO) and Barlett Sphericity Test

Kaiser-Meyer-Olkin Test (KMO)		0.765
Bartlett's Test of Sphericity	Chi-Square	1239.656
	df	120
	p	0.000

The KMO value of the Multidimensional Submissiveness Scale that is applied to 368 people is 0.765. This value showed that factor analysis can be done. Since the Bartlett Sphericity test result is statistically significant (p <0.05), it could be said that sample size is sufficient for analysis.

As a result of exploratory factor analysis, proportion of variance explained and eigenvalues are presented in Table 2.

Table 2: Percentage of Variance Explained and Eigenvalues Related to Factors

	Initial Eigenvalues			Extraction Sums of Squared Loadings
	Eigenvalues	Percentage of variance	Cumulative Percentage of variance	Eigenvalues
1	3.594	22.460	22.460	2.541
2	2.065	12.904	35.364	2.267
3	1.565	9.784	45.148	1.891
4	1.227	7.669	52.817	1.751
5	0.912	5.702	58.518	
6	0.866	5.415	63.934	
7	0.800	4.999	68.932	
8	0.739	4.622	73.554	
9	0.726	4.536	78.090	
10	0.676	4.225	82.315	
11	0.626	3.911	86.226	
12	0.512	3.202	89.428	
13	0.496	3.100	92.528	
14	0.463	2.893	95.421	
15	0.384	2.399	97.820	
16	0.349	2.180	100.000	

According to the results of Table 2, the scale has 4 factors with eigenvalues larger than 1. The first factor explained 22.46% of the total variance; the second factor explained 12.90% of the total variance; the third factor explained 9.78% of the total variance and the fourth factor explained 7.67% of the total variance. These four factors cumulatively explained 52.82% of the total variance. This value means that the explained variance could be measured in specified factors. The Scree plot graph also highlights the same four factors. The Scree plot is shown in Figure 1. The Scree plot showed that the graph becomes flat after the fourth factor. As a result, it can be seen that the Multidimensional Submissiveness Scale had four factors.
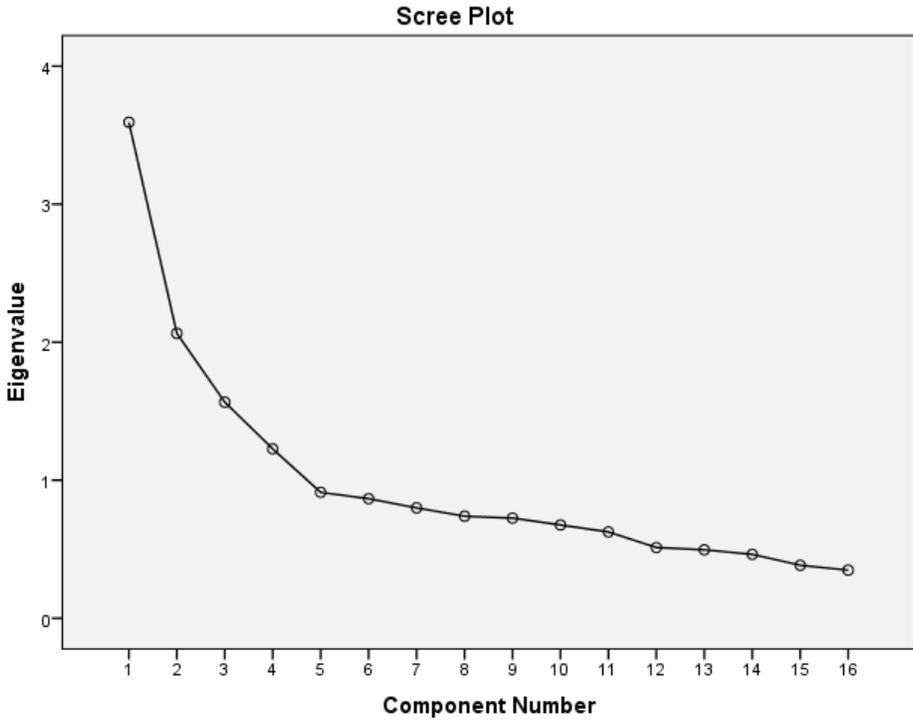
Figure 1: Scree plot

The factor loading values of items in Multidimensional Submissiveness Scale are presented in Table 3.

Table 3: The Factor Loading Values of Items in Multidimensional Submissiveness Scale

		Factors			
		Political Leader	**Spiritual Leader**	**Social Media**	**Close Friend**
1	I admire a political leader.	0.737			
2	I would keep voting for the political leader whose thoughts I embrace even if I do not like his or her policies.	0.543			
3	I seriously take the call of a political leader I trust.	0.719			
4	I would advocate against others what the political leader I like says even if I do not embrace some of his or her views.	0.685			
5	I would embrace the opinions of the person I accept as a political leader.	0.778			
6	It makes me comfortable to be under the control of a living spiritual leader.		0.770		
7	I would have difficulty making important decisions in my life, if there was not a spiritual leader I consult with.		0.701		
8	I strictly fulfill the wishes of the religious group I am a member of.		0.634		
9	It gives me confidence to be a member of a religious group.		0.767		
10	The people that I follow on social media influence me a lot.			0.698	
11	The comments of the social media influencers I follow on any topic can change my thoughts on that topic.			0.633	
12	Social media influencers affect my style of clothing.			0.669	
13	I do not like my connection with social media to be cut off.			0.548	
14	When I disagree with my friends, I hide it.				0.683
15	If the majority of my friends have adopted the same opinion on one subject, I would not share my opposing thoughts.				0.669
16	I am happy to be different.				0.665

When Table 3 is examined, it is seen that the first factor is composed of five items with factor loadings ranging from 0.54 to 0.79. The second factor is composed of four items with factor loadings ranging from 0.63 to 0.77. The third factor is composed of four items with factor loadings ranging from 0.55 to 0.70. The fourth factor is composed of three items with factor loadings ranging from 0.67 to 0.68. The first factor is called "Political Leader"; the second factor is called "Spiritual Leader" the third factor is called "Social Media" and the fourth factor is called "Close Friend".

Step 2: Confirmatory Factor Analysis

Confirmatory factor analysis is also used to verify four-factor structure of Multidimensional Submissiveness Scale. The scale is applied to 457 people for confirmatory factor analysis. The goodness of fit indexes obtained are showed in Table 4.

Table 4: Results of Goodness-of-Fit Test for Confirmatory Factor Analysis

Model	χ^2	χ^2/df	p	CFI	GFI	NFI	RMSEA
Perceived value	266.49	2.72	0.000	0.93	0.93	0.90	0.061
Recommended value		$\chi^2/df \leq 3$		$\geq$0.90	$\geq$0.90	$\geq$0.90	$\leq$0.080

When Table 4 is examined, it is seen that indexes of goodness of fit are in line with the ranges suggested in the literature. The statistic χ^2 is 266.49 (df= 98) with the χ^2/df ratio having a value of 2.72; less than 3, which indicates an acceptable fit. The goodness fit indexes are CFI=0.93; GFI=0.93; NFI=0.90; RMSEA=0.061. As far as the first three index values are concerned, values above 0.90 and 0.95 are considered good and excellent fits for the model, respectively. In addition, RMSEA value is also below the recommended level of 0.08. These values indicated that the four factor structure of the scale had a satisfactory goodness of fit. Furthermore, when Figure 2 is examined, it is seen that factor loadings of the items varied between 0.24 and 0.85. It is expected in the literature that the factor loading values are higher than 0.30; but item 16 had a factor loading value of 0.24. However, it can be said that the four-factor structure is consistent with the data considering that the goodness of fit indexes are acceptable.
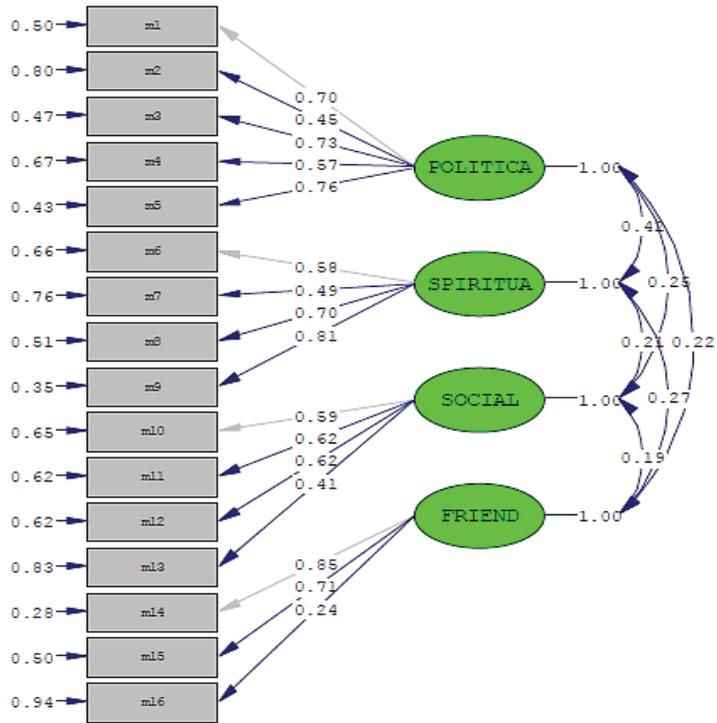
Figure 2: Standardized solution of the first order confirmatory factor analysis of Multidimensional Submissiveness Scale

Step 3: Criterion-related validity and reliability

Correlations between Multidimensional Submissiveness Scale and Submissive Behaviour Scale (SBS) is computed for criterion-related validity. Results are presented in Table 5.

Table 5: Correlations between Multidimensional Submissiveness Scale and Submissive Behaviour Scale

		Multidimensional Submissiveness Scale			
		Political Leader	Spiritual Leader	Social Media	Close Friend
Submissive Behaviour Scale (SBS)	r	0.172**	0.216**	0.097*	0.351**
	p	0.000	0.000	0.038	0.000
	n	457	457	457	457

**p<0.01; *p<0.05

When Table 5 is examined, it is seen that the correlation between SBS and Political Leader is positively low and statistically significant (r = 0.172; p<0.01). It can also be seen that the correlation between SBS and Spiritual Leader is positively low and statistically significant (r = 0.216; p<0.01). The correlation between SBS and Social Media is positively low and statistically significant (r = 0.097; p<0.05). The correlation between SBS and Close Friend is positively moderate and statistically significant (r = 0.351; p<0.01).

For reliability studies, internal consistency of the scale is computed by Cronbach alpha. It is 0.76 for the Multidimensional Submissiveness Scale. Cronbach alpha for the first factor (Political Leader) is 0.67; Cronbach alpha for the second factor (Spiritual Leader) is 0.72; Cronbach alpha for the third factor (Social Media) is 0.77 and Cronbach alpha for the fourth factor (Close Friend) is 0.76.

These values indicated that the four-factor structure of the scale had a reasonably satisfactory goodness of fit as Cronbach alpha values over 0.7 are generally considered to be acceptable in the literature (Green and Salkind 2012: 339).

Discussion

Conditions such as the following can lead the individual to submit to a group: Being in search of excitement, self-dissatisfaction, misconceptions about what one has experienced, inability to adapt to social life, being unemployed, being overly ambitious, being in adolescence, feeling guilty and sinful, having no satisfactory purpose in life, and having physical and mental disabilities as well as weaknesses. Individuals who do not like themselves, who do not care for themselves and who think they are sinful find themselves a shelter to get rid of their personal characteristics and individual feelings of inadequacy when they submit to a group (Hoffer 2011: 42, 45, 51). However, it is not surprising that such individuals who have a problem with themselves and with adaptation to society are involved in a group that performs destructive actions. By looking at the studies of both sociologists and psychologists on disadvantaged groups, it is understandable that those who came from such a group get involved in destructive actions (Volkan 2017: 13).

However, what is hard to understand is the possibility that ordinary people can easily perform destructive actions. Milgram's (1963: 371-378) study has proven that someone without a certain disadvantage could perform monstrous acts even without explicitly benefiting from them, invalidating many presuppositions at the time of the experiment.

Today, the fact that a game played on the Internet can direct a young person to perform destructive actions, and even to cause self-destruction and that the person can join the destructive actions of religious and spiritual groups that appear peaceful in society is something that keeps surprising the society. To understand all such surprising situations, submissive attitudes need to be understood well. It is aimed through this scale to support researchers investigating the factors associated with submission.

As a result, Multidimensional Submissiveness Scale is a reliable and valid measure and it can be a helpful measure for the researchers to understand submissive behaviours. Social services professionals can use this scale so as to understand the disadvantages of the youth and customize their trainings in line with the needs revealed through the scale.

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Original Turkish version of Multidimensional Submissiveness Scale / Çok Boyutlu Boyun Eğicilik Ölçeği

Ölçek Formundaki sıra	Analizdeki sıra		Beni hiç tanımlamıyor	Beni tanımlamıyor	Beni biraz tanımlıyor	Beni tanımlıyor	Beni çok tanımlıyor
1	6	Yaşayan bir manevi liderin kontrolü altında olmak beni rahatlatır.	1	2	3	4	5
2	1	Kendisine hayran olduğum bir siyasi lider var.	1	2	3	4	5
3	10	Sosyal medyada takip ettiğim kişiler beni çok etkiler.	1	2	3	4	5
4	7	Kendisine akıl danıştığım bir manevi lider olmasa, hayatımdaki önemli kararları almakta güçlük çekerim.	1	2	3	4	5
5	2	Düşüncelerini benimsediğim siyasi liderin politikaları hoşuma gitmese bile, ona oy vermeye devam ederim.	1	2	3	4	5
6	11	Takip ettiğim sosyal medya fenomenlerinin herhangi bir konudaki yorumları, o konu hakkındaki düşüncelerimi değiştirebilir.	1	2	3	4	5
7	14	Arkadaşlarımla aynı düşüncede olmadığımda, bunu saklarım.	1	2	3	4	5
8	9	Dini bir grubun üyesi olmak bana güven verir.	1	2	3	4	5
9	3	Kendisine güvendiğim siyasi bir liderin çağrısını ciddiye alırım.	1	2	3	4	5
10	15	Arkadaşlarımın çoğunluğu bir konuda aynı görüşü benimsemişse, aksi görüş bildirmem.	1	2	3	4	5
11	8	Üyesi olduğum dini grubun isteklerini harfi harfine yerine getiririm.	1	2	3	4	5
12	4	Bazı görüşlerini benimsemesem de, kendisini beğendiğim siyasi liderin dediklerini başkalarına karşı savunurum.	1	2	3	4	5
13	12	Sosyal medya fenomenleri giyim tarzımı etkiler.	1	2	3	4	5
14	5	Siyasi lider olarak kabul ettiğim kişinin görüşlerini benimserim.	1	2	3	4	5
15	16	Farklı olmaktan mutluyum.	1	2	3	4	5
16	13	Sosyal medyayla bağımın kopmasından hiç hoşlanmam.	1	2	3	4	5