

Validity Information for the Obstacles to Growth Survey

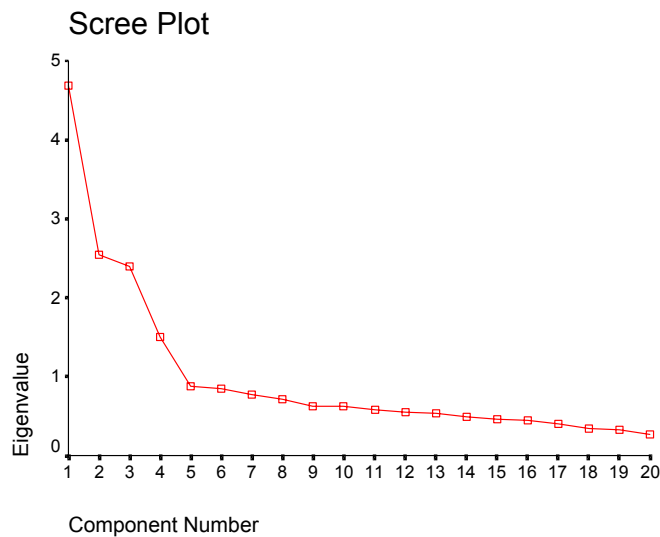
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The Obstacles to Growth Survey appears to be a valid measure of four impediments to spiritual progress. This document presents the current evidence of the instrument's validity, based on a sample of approximately 1,600 respondents. All data were collected from anonymous, voluntary respondents via our website, www.assess-yourself.org. The demographics of the sample is as follows:

- 64 % Female
- 19.8 % Black, 70.6 % White, 5.0 % Asian, 2.6 % Hispanic, 2.1 % other races
- Average age 36.6
- Age range: 16 to 85
- Average years as a Christian 17.7
- Respondents come from 49 states and 39 other countries (90% of the sample is from the US)

Factor and Reliability Analysis

The Scree Plot below demonstrates clearly that there are four factors in the Obstacle to Growth Survey. The rotated factor structure indicates the factor loadings, demonstrating the soundness and orthogonality of the four factors, as well as the absence of cross-loading. The reliability analysis reveals Cronbach's alphas above the 0.7 threshold.



Rotated Factor Structure

Extraction Method: Principal Component Analysis.
Rotation Method: Varimax with Kaiser Normalization.

| Obstacle | Item | 1 | 2 | 3 | 4 |
|------------------------------|------|-------------|-------------|-------------|-------------|
| Independence from God | 3 | .751 | .112 | .199 | .008 |
| | 7 | .701 | .009 | .263 | .000 |
| | 19 | .810 | .010 | .116 | .007 |
| | 21 | .754 | .005 | .128 | .178 |
| | 24 | .780 | .158 | .108 | .104 |
| Lack of Knowledge | 2 | .008 | .006 | .729 | -0.009 |
| | 6 | .103 | .002 | .735 | -0.001 |
| | 8 | .190 | .005 | .610 | .001 |
| | 9 | .131 | .003 | .699 | .004 |
| | 12 | .157 | .009 | .643 | -0.006 |
| Poor Environment | 1 | .183 | .640 | .010 | .001 |
| | 4 | .134 | .798 | .005 | .005 |
| | 5 | .177 | .823 | .007 | .003 |
| | 10 | -.192 | .729 | .000 | -0.004 |
| | 11 | .187 | .817 | .007 | .004 |
| Busyness | 17 | .003 | .000 | -0.004 | .777 |
| | 18 | .006 | .001 | .001 | .696 |
| | 20 | .005 | .008 | -.002 | .590 |
| | 22 | .008 | -0.007 | .000 | .695 |
| | 23 | .101 | .005 | -.005 | .639 |

Reliability Analysis

| | |
|-----------------------|------------------|
| Independence from God | $\alpha = 0.851$ |
| Lack of Knowledge | $\alpha = 0.732$ |
| Poor Environment | $\alpha = 0.826$ |
| Busyness | $\alpha = 0.712$ |

Content Validity

Four items in the Obstacle to Growth Survey are not used in the scales, but instead, are used to check the content validity of the scales. Correlations between the scales and these items provide evidence that the scales are reasonable measures of these obstacles.

Content validity correlations are as follows:

- The *Independence from God* scale is significantly correlated with item 13: “God makes the rules for my life, I don’t” ($r = -0.499, p = 0.000$)
- The *Lack of Knowledge About How to Grow* scale is significantly correlated with item 14: “I know the steps I must take to become a more Godly person” ($r = -0.350, p = 0.000$)
- The *Busyness* scale is significantly correlated with item 15: “The busyness of my life gets in the way of developing my relationship with God” ($r = 0.325, p = 0.000$)
- The *Poor Environment for Growth* scale is significantly correlated with item 16: “I am kept back from growing spiritually by friends and/or family” ($r = 0.338, p = 0.000$)

What Are the Greatest Obstacles to Growth? Norms for respondents over age 15 (n = 1,591)

Busyness appears to be the greatest self-reported obstacle, followed by poor environment and independence from God (statistical tie), and lack of knowledge about how to grow. There appear to be no differences of practical significant for men versus women.

Scale is 1.0 to 9.0 (higher mean = greater obstacle)

| Obstacle | Gender | n | Mean | Std. Dev. |
|------------------------------|---------------|----------|-------------|------------------|
| Busyness | Men | 565 | 5.529 | 1.351 |
| | Women | 1026 | 5.469 | 1.436 |
| Poor Environment | Men | 565 | 3.025 | 1.462 |
| | Women | 1026 | 3.242 | 1.695 |
| Independence from God | Men | 565 | 3.192 | 1.252 |
| | Women | 1026 | 3.007 | 1.259 |
| Lack of Knowledge | Men | 565 | 2.014 | .905 |
| | Women | 1026 | 1.948 | .923 |

The interpretation of these numbers, as provided on the website form, is as follows:

| | |
|-----------------------|--|
| Below 2.0 | This is probably <u>not an obstacle</u> for you |
| 2.0 – 3.9 | This may be a <u>moderate obstacle</u> for you. You should think further to assess whether this issue is in fact limiting your spiritual growth. |
| 4.0 – 5.9 | This may be a <u>significant obstacle</u> for you. If so, it is an obstacle that requires your attention. Consider addressing this obstacle soon if you want to grow. |
| 6.0 or greater | This may be a <u>severe obstacle</u> for you. If so, it is likely an obstacle that is preventing you from making much progress in the area of spiritual growth. |

Thus, for those in this sample, we would conclude that *busyness* is likely a “significant” obstacle to growth, *poor environment* and *independence from God* are “moderate” obstacles, and *lack of knowledge about how to grow* is a not much of an obstacle.