



Development of the Uskudar Self-Consciousness Scale and examination of its psychometric properties in the context of skepticism and narcissism

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Abstract

Self-consciousness involves knowing and observing oneself, but in today's world, it also reflects rising psychological issues. Disconnection from one's inner world, emotional illiteracy, and behavioral inconsistency can harm personal and social integrity. Skepticism and narcissism both contribute to and result from this lack of self-awareness. This study aimed to develop a valid and reliable dimensional Uskudar Self-Consciousness Scale (USSCS) that includes two perspectives by focusing on skepticism and narcissism, and to examine its psychometric properties. Data were collected from 1119 participants across Turkey. As a result of the study, the Uskudar Self-Consciousness Scale consisted of two independent scales: Uskudar Skepticism Scale (USSES) and Uskudar Narcissism Scale (USNAS). The first scale, USSES, consisted of 20 items and 4 dimensions, and the structure explained 52.92% of the total variance. Cronbach's Alpha internal consistency reliability coefficient was found to be .89 in the total scale. The second scale, USNAS, consisted of 25 items and 5 factors. The total variance explained was 52.75%. Cronbach's Alpha internal consistency was found to be .90. Modeling confirmed both scales' structures, with acceptable goodness-of-fit values. According to the first results obtained in the study; (a) young generations are more skeptical and their narcissism is high, (b) skepticism and narcissism increase as the level of education increases, (c) in the 1119-person Turkey sample, skeptical affect and narcissism were found to be at a low level. As a result, a valid, reliable, and dimensional self-consciousness self-assessment scale that includes skepticism and narcissism was developed.

Keywords: Narcissism, Psychology, Reliability, Scale development, Self-consciousness, Skepticism, Validity.

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Contribution of this paper to the literature

Lies in developing a unique scale that integrates skepticism and narcissism under self-consciousness an approach not yet explored in Turkish studies thus offering an original tool with validated reliability for future research.

1. Introduction

Self-consciousness can be defined as focusing on one's own actions, thinking about them, and paying attention to what others think about oneself (Fenigstein, Scheier, & Buss, 1975). Self-consciousness is the directing of attention to internal latent aspects, feelings, and thoughts, or the focusing of attention on the aspects of the self that are reflected externally and are open to others, and on presenting oneself (Yilmaz, 2022). According to Fenigstein et al. (1975), self-consciousness consists of three sub-dimensions: private self-consciousness, public self-consciousness, and social anxiety. Private self-consciousness is related to the person's internal processes and includes awareness of feelings, thoughts, motives, and aspects of the self that are hidden from others (Scandell, 1998). Public self-consciousness includes the individual's awareness of the aspects of oneself reflected in the social world and the way one presents oneself to others, and one's concern with how others perceive one and the impressions one leaves on others. Social anxiety is related to discomfort and anxiety felt in the presence of others (Hope & Heimberg, 1988; Scheier, Buss, & Buss, 1978).

To measure self-consciousness, a 23-item Self-Consciousness Scale was developed by Fenigstein et al. (1975). In this scale, self-consciousness was found to consist of three sub-dimensions: private self-consciousness, public self-consciousness, and social anxiety (Öveç, 2007). In a study conducted by Vleeming and Engelse (1981), it was determined that the scale consisted of three sub-dimensions, similar to the original study. Subsequent studies revealed that the self-consciousness scale consisted of more than three structures. Burnkrant and Page Jr (1984) proposed that private self-consciousness consists of two factors. Thus, they redefined the scale developed by Fenigstein et al. (1975) as a four-factor scale, and revealed that private self-consciousness consists of two sub-dimensions: self-reflectiveness and internal state awareness. Subsequent studies revealed that private self-consciousness has a two-factor structure (Mittal & Balasubramanian, 1987; Piliavin & Charng, 1988). While high levels of internal state awareness are seen as a sign of psychological health, high levels of self-reflectiveness are often associated with psychological maladjustment and psychopathology (Creed & Funder, 1998). Thus, Mittal and Balasubramanian (1987) suggested a 5-factor model for the Self-Consciousness Scale. According to them, private self-consciousness consists of two sub-dimensions, as put forward by Burnkrant and Page Jr (1984), and public self-consciousness consists of two sub-dimensions: style consciousness and appearance consciousness. In a study conducted by Nystedt and Ljungberg (2002), the sub-dimensions of private and public self-consciousness were confirmed. In this study, the number of dimensions of self-consciousness increased to five when social anxiety was also taken into account. In a study conducted by Rugancı (1995) with Turkish university students, it was found that the private self-consciousness scale consisted of two sub-dimensions.

Self-reflectiveness, a sub-dimension of private self-consciousness, involves thinking about oneself, including one's childhood experiences. In addition, self-reflectiveness is associated with excessive self-reflection and often associated with psychopathology. Internal state awareness is the awareness of emotions and emotional changes, and is a concept that includes objective evaluations of oneself and is generally associated with positive psychological characteristics (Öveç, 2007). Public self-consciousness is related to awareness of the outward aspects of the self and a high level of public consciousness is associated with social phobia (Hope & Heimberg, 1988). Therefore, as people's efforts to present themselves to the outside world and create a good impression increase, that is, as their level of public self-consciousness increases, social anxiety may also increase.

Studies on self-consciousness are contradictory. A study by Smith and Shaffer (1986) found that people with high private self-consciousness were more likely to help someone in need. In a study conducted by Sari, Kabadayı, and Şahin (2017), a positive correlation was found between professional self-efficacy and self-consciousness. In a study conducted by Alkal, Akça, and Korkmaz (2019), a 10-session psychoeducation program was created to increase self-consciousness. As a result of this program, the participants' self-consciousness increased. In this study, the increase in self-consciousness was evaluated as a positive quality. In a study emphasizing the positive aspects of high self-consciousness, it was found to be positively related to positive future expectations. Also, it was emphasized that self-consciousness would make the individual more resilient to negative experiences and make them hopeful (Yurtkoru & Taştan, 2018).

Narcissistic individuals have high self-consciousness in matters related to their ideal self, which they are flattered with Koşan and Kılıç (2022). Otherwise, these individuals have low self-awareness regarding their negative characteristics. A study conducted by Uji, Nagata, and Kitamura (2012) found that narcissism leads people to self-conscious emotions such as achievement-oriented pride and hubristic pride, but prevents the feeling of shame.

Narcissism is a personality disorder characterized by a grandiose sense of self-importance, self-praise, superiority over others, poor empathy, and fantasies of unlimited brilliance, success, and beauty. In psychology, many theories have been developed since Freud to explain the dynamics of narcissism. Kohut (2020) and Kohut (2023) argued that humans come into the world with a raw and primitive narcissistic self, which can mature through the primary and secondary mirroring provisions of parents, thus transitioning from archaic primary narcissism to mature secondary narcissism. In the meantime, in order to get out of archaic narcissism, it is necessary to experience optimal frustration in childhood, that is, to face the realities of the external world appropriately. Frustration below and above the optimal in childhood prevent the primitive narcissistic self from maturing. While those with primary mirroring deficiency always want to praise, highlight, and show themselves; those with secondary mirroring deficiency want to take shelter under the wings of external objects representing the idealized father imago, which they believe will meet their needs such as protection and guidance, and they idealize others.

People who are narcissistic are under the influence of the splitting defense, and these individuals have "single-mindedness," which is the inability to empathize with others and to understand that others may not think like themselves. When they attempt to establish genuine and sincere relationships with others, put aside their grandiose attitudes, and activate their true self, they often fall into abandonment depression, which involves switching to the

aggressive component of the splitting defense. Since they experience fragmentation in this part of the splitting defense, they immediately cut off the activation of the real self and continue to live their lives with their false self. Grandiose narcissists try to attract attention to receive admiration and applause from others. In contrast, devaluation narcissists, unlike grandiose narcissists, live in the aggressive component of the split and always project the bad within themselves onto others, meaning they constantly find faults and flaws in others (Masterson, 2012; Masterson, 2013).

Doubt is an emotion that becomes apparent when an obstacle is encountered on the way to achieving goals and motivates the mind to inquire, that is, to produce new solutions (Vazard, 2021). Skepticism can be observed on a wide spectrum, from severe clinical conditions such as delusions to more reasonable and non-clinical doubts that are seen in many people (Tone & Davis, 2012). The form of suspicion that negatively affects daily life and becomes a personality trait is called paranoid personality disorder. Paranoid delusions occur when suspicion becomes unreal and strange. Paranoid delusions cannot be changed even with clear evidence that the opposite of the delusional thoughts is true (Öztürk & Uluşahin, 2016). One of the reasons for skepticism is early traumatic experiences. Experiences such as abuse, rape, parental lying, and exposure to severe manipulation at an early age can cause skepticism to become established in the self's character (Young, Klosko, & Weishaar, 2003).

When we look at narcissism and skepticism, we can conclude that those who experience these problems think too much about certain issues. This indicates that their self-reflectiveness, which is the unhealthy dimension of self-consciousness, is high (Schoenleber, Johnson, & Berenbaum, 2024). In addition, the fact that narcissistic people do not want to see their true selves and suppress fragile emotions indicates that these people may have lower internal state awareness. In this study, the validity and reliability of the Skepticism and Narcissism scales in the context of Self-Consciousness will be discussed. There is no scale development study in Turkish literature that combines skepticism and narcissism under the title of self-consciousness. In this respect, the scale whose validity and reliability study will be conducted will make an original contribution to the literature.

2. Materials and Methods

2.1. Participants

The sample of the research consists of 1,119 participants over the age of 18. 89.1% of the participants were women (n=975), and 12.3% were men (n=138). Their ages ranged from 18 to 75, with an average age of 35. 48.3% of the participants had university education, 24.5% had high school education, 10.7% had primary education, 7.4% had college education, and 8.3% had postgraduate education. Sixty percent of the participants did not report their marital status; the remaining 23.4% were married, 12.5% were single, and 3.6% were divorced or widowed.

2.2. Data Collection Tools

A survey containing the two scales developed in the study and a demographic information form was used as data collection tools in the study.

2.3. Demographic Information Form

Participants were asked about gender, age, education level, marital status, daily social media usage time, and frequency of loneliness perception in the demographic information form.

2.4. Uskudar Self-Consciousness Scale (USSCS)

Uskudar Self-Consciousness Scale (USSCS), developed in this study, consists of two scales. The first is the Skepticism Scale, while the second is the Narcissism Scale. For the validity and reliability studies of the Uskudar Self-Consciousness Scale (USSCS) developed in this study, content validity, construct validity, confirmatory factor analysis, and internal consistency reliability were performed. First, an in-depth literature review was conducted by the researchers for both scales, and an item pool was created by taking into account research in the field of psychology (Tarhan, 2017). Six experts were consulted for their opinions. With the expert evaluation inventory, questions in each draft scale were evaluated as "It is appropriate for the item to remain on the scale," "The item may remain on the scale, but unnecessary," and "It is not appropriate for the item to remain on the scale." A pool of experts was formed with two academicians from each of the fields of psychology, psychiatry, and communication to include interdisciplinary views. Inventories were sent to the experts via e-mail. Subsequently, the compatibility ratios of the items were calculated with the help of the formula proposed by Tavşancı and Aslan (2001).

Compliance rates were calculated for each item using the ratings in the inventory. Accordingly, care was taken to ensure that the relevant item was scored between 0 and 1 and not below 0.80. In addition, each item was revised and arranged in terms of spelling and grammar, taking into account the section in which the experts expressed their opinions. Then, the 26-item Uskudar Skepticism Scale (USSES) and the 27-item Uskudar Narcissism Scale (USNAS) draft scale forms were prepared in a 5-point Likert type (from Strongly Disagree to Totally Agree), and the data collection phase was started for factor analysis.

Explanatory Factor Analysis is a statistical calculation technique performed with a large number of variables and is frequently applied within the scope of construct validity in scale development. Before performing EFA, it is necessary to test whether the data set is suitable for factor analysis (Büyüköztürk, 2018). For this, Bartlett's Test of Sphericity and the Kaiser-Meyer-Olkin (KMO) test were applied to the obtained data (Kalayci, 2010; Sharma, 1996). A KMO value of 0.90 and above is considered "excellent," between 0.80 and 0.89 is "very good," between 0.70 and 0.79 is "good," between 0.60 and 0.69 is "moderate," between 0.50 and 0.59 is "weak," and below 0.50 is considered "unacceptable." Furthermore, the Bartlett's Test of Sphericity is expected to be significant.

When the construct validity phase of the scales is conducted, the number of factors can be determined using EFA. For this, the Eigenvalues are used. According to the Eigenvalues, factors with a value equal to or greater than 1 are considered significant, and when it is less than 1, they are not taken into account (Tinsley & Tinsley, 1987).

Again, when the explained variance rate revealed by factor analysis varies between 40% and 60%, it is considered acceptable in social sciences (Büyüköztürk, 2018). On the other hand, in the criterion validity studies of each scale, correlation values are examined in the relations of the scales with each other. It is stated that when interpreting the

correlation values, the correlation value between 0.30-0.70 is considered "medium"; values above 0.70 indicate a "high" relationship, and values below 0.30 indicate a "weak" relationship (Büyüköztürk, 2018).

The Confirmatory Factor Analysis is conducted to determine whether the parameters identified by factor analysis confirm the scale structure, and the goodness-of-fit indices are calculated using structural equation modeling. Goodness-of-fit indices are expected to fall within acceptable ranges as reported in the literature. During reliability studies, internal consistency analysis for items is performed based on the item variances of the scales, and Cronbach's Alpha coefficients are calculated.

2.5. Criteria for Inclusion/Exclusion

In the study, being under the age of 18 was determined as an exclusion criterion. Voluntariness and age criteria were sufficient as inclusion criteria for the study.

2.6. Procedures

Pilot Application: The comprehensibility of the questions was tested by applying the online questionnaire, which was prepared as a data collection tool in the research, to 15 people for trial purposes. It was determined that no problems were encountered during the pilot application, and then the field application was started.

Field Application: The online questionnaire, including the Demographic Information Form and the USSCS Scale, which comprises the USSES and USNAS scales, was administered to both groups on a voluntary basis for one month, from 1 to 30 April 2024, in digital environments such as email, WhatsApp, social media stories, and feeds.

2.7. Data Processing and Statistical Analysis

Exploratory factor analysis (EFA) was applied in the construct validity studies of two scales within the scope of the USCSC. The Pearson correlation coefficient was calculated to assess the relationship between the dimensions of the scales and the total scores of the scales. The Pearson correlation coefficient test was used in criterion validity studies. The internal consistency reliability of the scales was determined by the Cronbach's alpha coefficient. In the confirmatory factor analysis, goodness-of-fit indices (χ^2/df , RMSEA, NFI, NNFI, CFI, GFI, AGFI) were evaluated using a data set of 400 participants with the help of structural equation modeling. SPSS 26.0 was used for all validity and reliability analyses and comparison tests. AMOS was employed for structural equation modeling and confirmatory factor analysis calculations.

3. Results

3.1. Validity and Reliability Studies of the Uskudar Self-Consciousness Scale (USSCS)

In this section, the validity and reliability studies of the Uskudar Skepticism Scale (USSES) and the Uskudar Narcissism Scale (USNAS) will be included. At the beginning of the validity and reliability studies, whether the data were suitable for factor analysis was examined with the Kaiser-Meyer-Olkin (KMO) sampling coefficient and the Bartlett Test of Sphericity. Accordingly, the KMO coefficient value was found to be .92. The result of the Bartlett Test of Sphericity was found to be significant ($\chi^2=7500.809$; $df=190$; $p=0.000$). Thus, the results showed that the data were suitable for factor analysis (Sharma, 1996). Exploratory factor analysis (EFA) was performed with 26-item candidate scale data created after the expert opinion phase. During EFA, values with an eigenvalue greater than 1 formed a factor, and a 4-factor structure emerged for USSES (Tinsley & Tinsley, 1987).

Table 1. USSES factor structure and explained variance ratio.

USSES	Eigenvalue	Variance	Cumulative variance
Factor 1	6.89	34.48	34.48
Factor 2	1.50	7.49	41.98
Factor 3	1.11	5.56	47.54
Factor 4	1.07	5.37	52.92

As seen in Table 1, the eigenvalues of the factors range between 6.89 and 1.07. The total explained variance rate is 52.62%. After determining the number of factors, item factor loadings were examined, and items with overlapping or low factor loadings (9, 10, 16, 19, 22, 26) were removed from the scale. The factor loadings of the remaining 20 items after the removal of 6 items are presented in Table 2.

Table 2. USSES item factor loadings, item-total correlations, and Cronbach's alpha values.

Factor	New item no.	Items	Factor load	Item total correlation	Cronbach's alpha
F1	1	Q14: I cut people out of my life because of a small mistake.	0.66	0.62	0.81
	2	Q20: I do not forgive people; I consider it my right to take revenge.	0.65	0.60	
	3	Q1: My sense of revenge is strong, and I never know what I will be angry about.	0.65	0.65	
	4	Q2: I would consider going to court even for a simple reason.	0.60	0.44	
	5	Q13: I am special, and I cannot handle criticism.	0.59	0.55	
	6	Q21: I like myself and always defend myself against people.	0.51	0.51	
	7	Q11: I make a big deal out of something simple; I enjoy testing people.	0.51	0.54	
	8	Q18: I perceive a simple mistake or omission as disloyalty.	0.43	0.66	

Factor	New item no.	Items	Factor load	Item total correlation	Cronbach's alpha
F2	9	Q7: I make comments that upset others even though they are not true.	0.43	0.38	0.68
	10	Q24: Sometimes I do not trust even my closest people. I think I will be deceived.	0.83	0.36	
	11	Q25: I agree with the statement that you should not even trust your father in this world.	0.79	0.35	
	12	Q23: I remember the saying: "Human beings do not always behave decently" every day. I always fear that they would not hurt me.	0.67	0.30	
	13	Q8: I am confident, but I am a skeptic. I do not believe people easily.	0.51	0.38	
F3	14	Q15: I protect the person I love at all costs.	0.73	0.62	0.81
	15	Q17: I see various connections between events.	0.67	0.49	
	16	Q12: I do not forget the bad treatment done to me.	0.55	0.37	
F4	17	Q5: I am different, and I believe in metaphysical things easily.	0.77	0.34	0.64
	18	Q6: I recommend exaggerated punishments for some people. And sometimes I start by saying, "These people..."	0.52	0.33	
	19	Q4: Trusting people makes me anxious; even if two people are talking from afar and do not look at me. I take it upon myself.	0.49	0.38	
	20	Q3: I often question people's commitment and loyalty to me.	0.46	0.38	
Total					0.89

Explanation: As a result of the EFA, the USSES scale form, consisting of 20 items and 4 factors, was rated on a 5-point Likert scale as "Strongly Disagree", "Slightly Agree", "Moderately Agree", "Very Agree", "Strongly Agree". A minimum of "1" and a maximum of "5" points can be obtained from each item. There are no items that need to be reverse scored.

As seen in [Table 2](#), the factor and item distributions in the scale were determined, and the items were renumbered. Subsequently, each of the factors to which the new numbered items belong was given a name. Accordingly, Factor 1 (Items 1-9) is "Seeking Revenge"; Factor 2 (Items 10-13) is "Fear of Harm"; Factor 3 (Items 14-16) is "Sense of Grandeur"; and Factor 4 (Items 17-20) is "External Attribution." Item-total correlations were found to be within the acceptable range for each item and correlated with the scale ($r > .30$). Within the scope of reliability studies, Cronbach's alpha values, which are the internal consistency coefficients of the factors and the total scale, were calculated. The Cronbach's alpha values of the factors ranged from 0.64 to 0.81, and the total scale was 0.89.

After the USSES factor structure was formed, a scale model was drawn using the AMOS program with a data set consisting of 400 people, and confirmatory factor analysis was applied in [Figure 1](#). The goodness-of-fit values were found to be within the acceptable range, and the model was validated ($\chi^2/df = 2.99 < 3$; $RMSEA = 0.07 < 0.08$; $NFI = 0.91 > 0.90$; $NNFI = 0.96 > 0.95$; $CFI = 0.96 > 0.95$; $GFI = .92 > 0.90$; $AGFI = 0.86 > 0.85$).

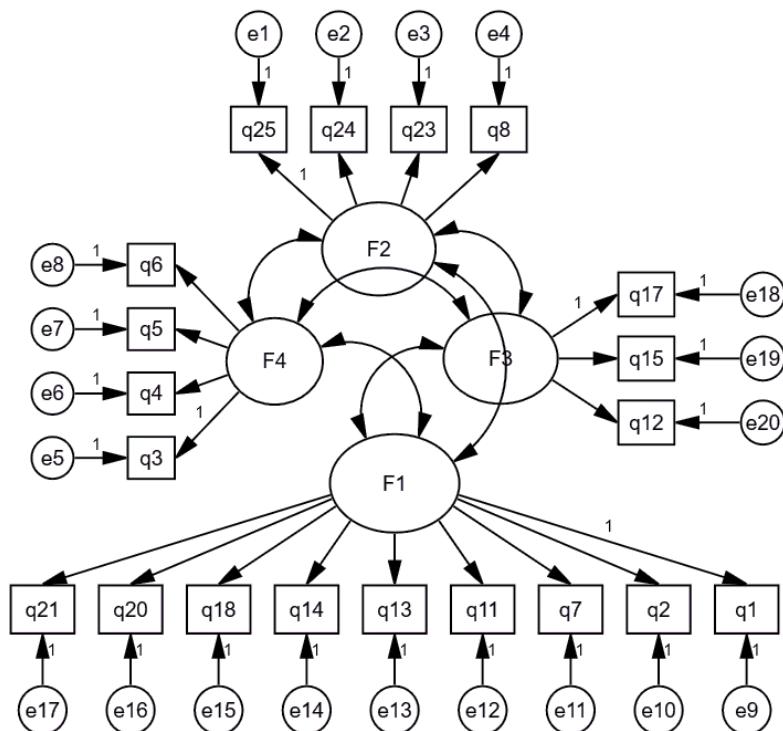


Figure 1. USSES scale standardized model.

In the second stage of the study, validity and reliability studies of the USNAS Scale were conducted. Exploratory factor analysis (EFA) was performed with the 27-item candidate scale data created after the expert opinion phase. Following the EFA, Eigenvalue values greater than 1 for the USNAS formed factors, and a five-factor structure emerged, as shown in [Table 3](#).

Table 3. USNAS factor structure and explained variance ratio.

USNAS	Eigenvalue	Variance	Cumulative variance
Factor 1	7.62	30.50	30.50
Factor 2	2.01	8.04	38.54
Factor 3	1.32	5.28	43.83
Factor 4	1.20	4.82	48.65
Factor 5	1.02	4.09	52.75

As seen in **Table 3**, the eigenvalues of the factors range between 7.62 and 1.02. The explained variance rate for the total scale is 52.75%. When two overlapping items, 9 and 15, were removed from the scale, a 25-item, 5-factor scale structure emerged. The factor loadings of the items are given in **Table 4**.

Table 4. USNAS item factor loads, item-total correlations, and Cronbach's alpha values.

Factor	New It. No.	Items	Factor load	Item total correlation	Cronbach alpha
F1	1	I5: I enjoy paying attention to other people's flaws.	0.70	0.45	0.81
	2	I4: It is easy for me to make negative comments about others.	0.68	0.57	
	3	I23: When there is a problem, my first reaction is usually to look for fault in others.	0.63	0.56	
	4	I7: Most of the time, I do not think I am making a mistake.	0.60	0.47	
	5	I6: I get angry when I do not get what I want. The reasons for the situation are not important to me.	0.58	0.61	
	6	I16: Most of the time, I want the rules to be tailored to me.	0.48	0.59	
	7	I10: I do not mind using others to achieve my goal.	0.47	0.49	
	8	I17: When asking questions in a meeting, I make comments that show that I know more than the speaker.	0.46	0.52	
	9	I22: When others criticize me, I think they are jealous of me.	0.40	0.60	
F2	10	I1: I have dreams of being big, famous, and rich. I like to pretend that these dreams have come true.	0.68	0.54	0.74
	11	I26: Being successful, powerful, and rich is one of my primary interests.	0.67	0.64	
	12	I24: I often think that it is better not to live than to be an ordinary person.	0.64	0.54	
	13	I27: Someone else's success does not make me happy. Even if it is the person I love. And I even get jealous sometimes.	0.48	0.40	
	14	I21: I love competition. But I cannot stand losing.	0.47	0.66	
F3	15	I18: I often think that other people misunderstand me.	0.81	0.56	0.72
	16	I19: I often think that I am treated unfairly.	0.78	0.60	
	17	I8: If I realize I did something wrong. I can easily feel depressed.	0.51	0.55	
	18	I20: People see my successes but say I am difficult.	0.41	0.56	
F4	19	I12: I am very selective about the people I meet and the people in my life.	0.74	0.45	0.67
	20	I11: I categorize everything and prioritize what is most important to me.	0.66	0.56	
	21	I14: I do not care about other people's feelings and thoughts if they do not benefit me.	0.63	0.49	
	22	I25: Things that do not conform to my ideal have no value.	0.48	0.59	
F5	23	I3: I have more success than my peers.	0.82	0.46	0.72
	24	I2: I am important, smart and talented.	0.80	0.52	
	25	I13: I feel special in the way I dress and the car I drive.	0.47	0.56	
Total					0.90

Explanation: As a result of the EFA, the USNAS scale form, consisting of 25 items and 5 factors, was rated on a 5-point Likert scale as "Strongly Disagree", "Slightly Agree", "Moderately Agree", "Very Agree", "Strongly Agree". A minimum of "1" and a maximum of "5" points can be obtained from each item. There are no items that need to be reverse scored.

As seen in **Table 4**, the factor and item distributions in the scale were determined, and the items were renumbered. Subsequently, each of the factors to which the new numbered items belong was given a name. Accordingly, Factor 1 (Items 1-9) is "Egocentrism and Devaluing Others"; Factor 2 (Items 10-14) is "Grandiose Fantasy"; Factor 3 (Items 15-18) is "Entitlement and Inability to Self-Criticize"; Factor 4 (Items 19-22) is "Exhibitionism"; and Factor 5 (Items 23-25) is "Superiority." Item-total correlations were found to be within the acceptable range for each item and correlated with the scale ($r > .30$). Within the scope of reliability studies, Cronbach's alpha values, which are the internal consistency coefficients of the factors and the total scale, were calculated. The Cronbach's alpha values of the factors ranged from .67 to .81, and the total scale was .90.

After the USNAS factor structure was formed, a scale model was drawn using the AMOS program with a data set consisting of 400 people, and confirmatory factor analysis was applied. The goodness-of-fit values were found to be within the acceptable range, and the model was validated in **Figure 2** ($\chi^2/df=2.97<3$; $RMSEA=0.07<0.08$; $NFI=0.94>0.90$; $NNFI=0.98>0.95$; $CFI=0.96>0.95$; $GFI=0.92>0.90$; $AGFI=0.87>0.85$).

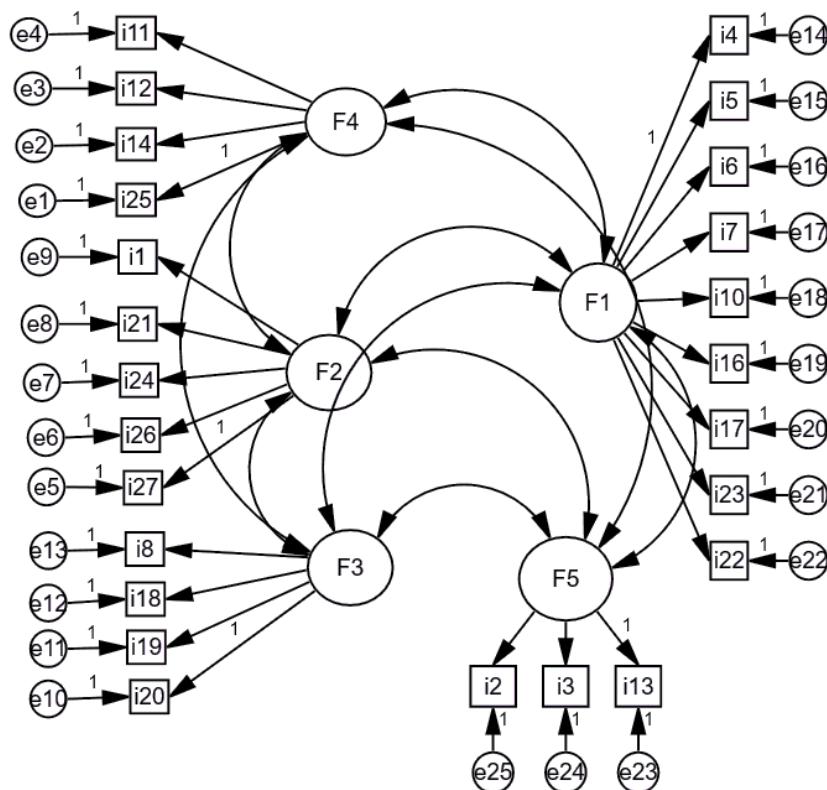


Figure 2. USNAS scale standardized model.

After determining the dimensional structure of both scales, the relationship between the dimensions was examined using the Pearson correlation coefficient analysis, and the results are presented in Table 5.

Table 5. USSCS scale and relationship of factors.

Uskudar self-consciousness scale										
Uskudar skepticism scale	F1	F2	F3	F4	Uskudar Narcissism Scale	F1	F2	F3	F4	F5
F1: Seeking revenge	1				F1: Egocentrism and devaluing others	1				
F2: Fear of harm	0.56	1			F2: Grandiose fantasy	0.63	1			
F3: Sense of grandeur	0.55	0.63	1		F3: Entitlement and inability to self-criticize	0.60	0.53	1		
F4: External attribution	0.63	0.59	0.61	1	F4: Exhibitionism	0.47	0.49	0.46	1	
-					F5: Superiority	0.39	0.45	0.33	0.49	1
USSCS	0.85	0.81	0.81	0.83	USSCS	0.85	0.81	0.77	0.74	0.64

As expected, the scales are dimensionally consistent within themselves, that is, the dimensions are moderately correlated ($r > .30$ and $< .70$) and highly correlated with the scale total scores ($r > .70$).

After developing the USSCS scale, psychometric examinations were conducted. First, it was examined whether there was a relationship between the Uskudar Skepticism Scale and the Uskudar Narcissism Scale. A high level of relationship was found ($r > .70$), as seen in Table 6.

Table 6. Pearson correlation value of scales.

Scales	N	X	r	p
USSCS & USNAS	1119	41.26	0.77	0.000
	1119	49.60		

First, the average scores obtained from the scales were calculated and the results are given in Table 7. Then, differences according to gender, age and some social media questions were tested with parametric tests.

Table 7. Average USSCS scores of groups.

Groups / USSCS	X	Sd	Groups / USNAS	X	Sd
F1: Seeking revenge	14.67	5.42	F1: Egocentrism and devaluing others	14.38	5.39
F2: Fear of harm	9.49	3.99	F2: Grandiose fantasy	8.44	3.79
F3: Sense of grandeur	9.28	2.90	F3: Entitlement and inability to self-criticize	9.40	3.78
F4: External attribution	7.80	3.18	F4: Exhibitionism	10.30	3.57
-			F5: Superiority	7.11	2.86
Total (n=1119)	41.26	12.75	Total (n=1119)	49.64	15.10

When Table 6 is examined, it is observed that the average score on the USSCS scale is $X=41.26$; and on the USNAS scale, it is $X=49.64$. Considering the evaluation intervals obtained through the equal spacing technique, in the sample of 1119 individuals from Turkey where the study was conducted, skepticism and narcissism were found to be at a low level. The evaluation intervals and application forms of the scales are provided in Appendix 1.

In the study where self-consciousness was examined, it can be said that self-consciousness was at a low level. When the sub-dimensions were examined in terms of skepticism, seeking revenge was found to be "none," the fear of harm and external attribution were found to be at a low level, and the sense of grandeur was found to be at a medium level. When the sub-dimensions were evaluated in terms of narcissism, egocentrism and devaluing others, grandiose fantasy was evaluated as "none." In other dimensions, a low level of narcissism was revealed (Entitlement and inability to self-criticize, exhibitionism, superiority). The graphs created with the total scores of the scale are given in [Figure 3](#).

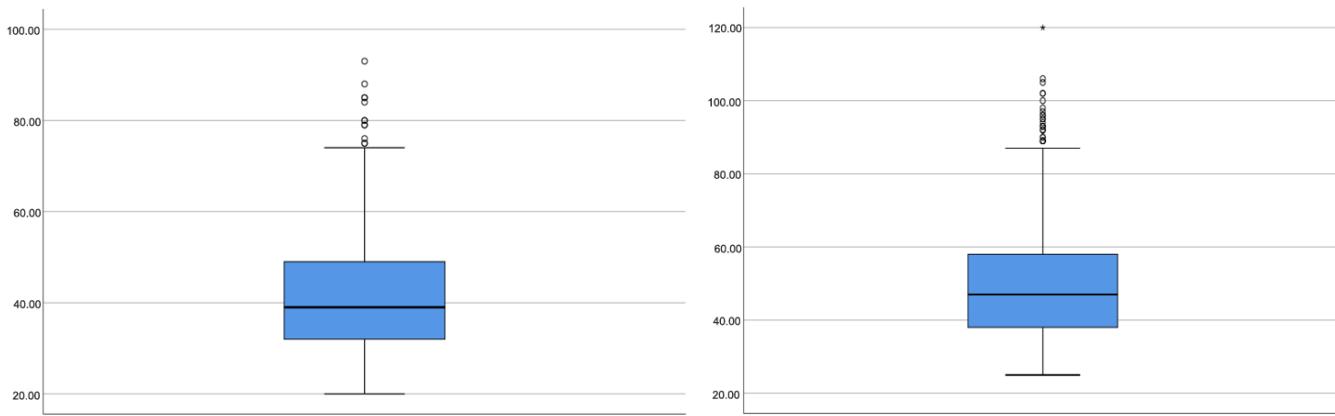


Figure 3. USSES & USNAS average score.

Note: *USSES can be seen on the left side; USNAS can be seen on the right side.

Within the scope of psychometric studies, the differences in two separate scale scores according to the age variable were analyzed. The age variable was first grouped as X, Y, Z according to the generation theory. One-Way ANOVA and LSD analysis techniques were preferred for the differences between the groups. Highly significant differences emerged in each category ($p < 0.001$). In this context, the total scores of the two scales and the Cohen's d calculations, which show the mean scores, standard deviations, and the effect size created by the difference according to the generations, are presented in [Table 8](#) and [Table 9](#).

When the results are examined, it is seen that the Generation Z group (Age: 18-30) has the highest average scores in both scales and dimensions. Especially, the difference between Generation Z and Generation X (Age: >45) is seen to be high ($d > 0.50$). Thus, it can be said that as age increases, skepticism and narcissism tendencies decrease, as seen in generation groups. As age decreases, skepticism, narcissism, and the level of self-consciousness in general increase.

Table 8. Average USSES Scores of Age Groups of Generations.

Scale	X	Sd	d
USSES – Generation Z: 18-30 (n=420)	46.14	13.07	0.95 ^{ac}
USSES – Generation Y: 30-45 (n=512)	39.40	12.11	
USSES – Generation X: >45 (n=177)	35.20	9.46	
Sub-Scales			
Seeking revenge – Generation Z: 18-30 (n=420)	16.31	5.94	0.73 ^{ac}
Seeking revenge – Generation Y: 30-45 (n=512)	14.03	5.11	
Seeking revenge – Generation X: >45 (n=177)	12.67	3.79	
Fear of harm – Generation Z: 18-30 (n=420)	10.70	4.12	0.41 ^{ab}
Fear of harm – Generation Y: 30-45 (n=512)	9.05	3.78	
Fear of harm – Generation X: >45 (n=177)	7.91	3.45	
Sense of grandeur – Generation Z: 18-30 (n=420)	10.05	2.68	0.35 ^{ab}
Sense of grandeur – Generation Y: 30-45 (n=512)	9.03	3.01	
Sense of grandeur – Generation X: >45 (n=177)	8.20	2.64	
External attribution – Generation Z: 18-30 (n=420)	9.06	3.51	0.29 ^{bc}
External attribution – Generation Y: 30-45 (n=512)	7.26	2.76	
External attribution – Generation X: >45 (n=177)	6.40	2.37	

Note: The range is between 1-5.

^aReference group was calculated as Scale & Subscale: Age/Generation Z total X_1-X_2/SD Generation Z

^bReference group was calculated as Scale & Subscale: Age/Generation Y total X_1-X_2/SD Generation Y

^cReference group was calculated as Scale & Subscale: Age/Generation X total X_1-X_2/SD Generation X

Table 9. Average USNAS scores of age groups of generations.

Scale	X	Sd	d
USNAS – Generation Z: 18-30 (n=420)	55.60	15.75	0.93 ^{ac}
USNAS – Generation Y: 30-45 (n=512)	47.25	13.86	
USNAS – Generation X: >45 (n=177)	42.59	11.72	
Sub-Scales			
Egocentrism and devaluing others – Generation Z: 18-30 (n=420)	15.84	6.14	0.37 ^{ab}
Egocentrism and devaluing others – Generation Y: 30-45 (n=512)	13.77	4.83	
Egocentrism and devaluing others – Generation X: >45 (n=177)	12.63	3.93	
Grandiose fantasy – Generation Z: 18-30 (n=420)	10.13	4.12	0.30 ^{bc}
Grandiose fantasy – Generation Y: 30-45 (n=512)	7.63	3.18	
Grandiose fantasy – Generation X: >45 (n=177)	6.77	2.54	
Entitlement and inability to self-criticize – Generation Z: 18-30 (n=420)	10.76	3.88	0.23 ^{bc}
Entitlement and inability to self-criticize – Generation Y: 30-45 (n=512)	8.79	3.56	
Entitlement and inability to self-criticize – Generation X: >45 (n=177)	8.00	3.17	
Exhibitionism – Generation Z: 18-30 (n=420)	11.09	3.70	0.28 ^{ab}
Exhibitionism – Generation Y: 30-45 (n=512)	10.08	3.42	

Exhibitionism – Generation X: >45 (n=177)	9.13	3.31	0.28 ^{bc}
Superiority – Generation Z: 18-30 (n=420)	7.75	2.89	0.62 ^{ac}
Superiority – Generation Y: 30-45 (n=512)	6.96	2.82	0.27 ^{ab}
Superiority – Generation X: >45 (n=177)	6.05	2.57	0.33 ^{bc}

Note: The range is between 1-5.

^aReference group was calculated as Scale & Subscale: Age/Generation Z total $X_1-X_2/SD_{\text{Generation Z}}$

^bReference group was calculated as Scale & Subscale: Age/Generation Y total $X_1-X_2/SD_{\text{Generation Y}}$

^cReference group was calculated as Scale & Subscale: Age/Generation X total $X_1-X_2/SD_{\text{Generation X}}$

Another analysis was made according to the level of education. The levels of education were grouped as primary school, high school, college, university, and postgraduate. For this, variance analysis, One-Way ANOVA, and LSD difference test were applied, and significant differences were found in both scales ($p<0.005$). Although there were significant differences in each category of the dimensions, the results based on the total scores of the scale are presented in [Table 10](#).

Table 10. Average USSES and USNAS scores according to education level.

Scale	X	Sd	d
USSES – Primary education (n=120)	35.83	9.33	0.63 ^{ab}
USSES – High school (n=274)	40.86	12.20	
USSES – College (n=83)	42.19	13.55	
USSES – University (n=540)	42.51	12.94	
USSES – (n=93)	43.33	13.71	
USNAS – Primary education (n=120)	43.93	12.97	0.59 ^{ab}
USNAS – High school (n=274)	47.54	14.28	
USNAS – College (n=83)	49.45	15.63	
USNAS – University (n=540)	51.51	15.12	
USNAS- Postgraduate (n=93)	52.30	14.99	

Note: The range is between 1-5.

^aReference group was calculated as Scale & Subscale: Primary education total $X_1-X_2/SD_{\text{Primary education}}$

^bReference group was calculated as Scale & Subscale: Postgraduate total $X_1-X_2/SD_{\text{Postgraduate}}$

When the average scale scores in Table 10 are examined, it is observed that skepticism and narcissism increase as the level of education increases. According to Cohen (d) effect analysis, the effect size between the lowest and highest scores was found to be high ($d>0.50$). Thus, it can be concluded that individuals with a postgraduate education level exhibit higher levels of skepticism and narcissism than others. Those with a university education level are in second place. People with a primary school education level have the lowest levels of skepticism and narcissism.

4. Conclusion and Discussion

In this study, the concept of self-consciousness was addressed within the scope of two perspectives, skepticism and narcissism. The focus was on developing a measurement tool and examining its psychometric properties. In this context, a valid, reliable, and dimensional tool called the Uskudar Self-Consciousness Scale, which actually includes two independent scales called the Uskudar Skepticism Scale and the Uskudar Narcissism Scale, was added to the literature. According to the initial research findings obtained with the measurement tools, low self-consciousness was observed in 1119 participants from various age groups in the Turkish sample. This indicates low skepticism and low narcissism. Significant results were obtained in the detailed analyses conducted according to the independent variables and scale dimensions. It was understood that these results were consistent with and supported by the research findings on these subjects in the literature.

According to the first results, although the skepticism and narcissism levels of 1119 participants of various ages across Turkey were found to be low, in the comparison made according to age groups, the narcissism and skepticism of young people between the ages of 18-30, called Generation Z, were found to be high compared to other generations. When the sub-dimensions are examined, it is striking that Generation Z makes a difference in the narcissism dimensions of "Egocentrism and Devaluing Others," "Grandiose Fantasy," "Entitlement and Inability to Self-Criticize," "Exhibitionism," and "Superiority." When the literature is researched, it is stated that the Instagram application is the most preferred by young people, especially in Turkey, and is frequently used as a tool for self-presentation and identity construction ([Kavut, 2018](#)). Self is a concept that includes the characteristics that a person attributes to his or her personality in order to define himself or herself ([Hortaçsu, 2012](#)). In his work The Presentation of Self in Everyday Life, Goffman exemplifies how people perform to display the desired self in interpersonal interactions by comparing the behavior of people on and off stage with theater ([Goffman, 2014](#)).

In Goffman's self-presentation approach, the concepts of performance and showcase have an important place. According to Goffman, performance is defined as all activities that a person performs in front of a certain audience for a certain period of time and has an effect on the audience. He explains the concept of showcase as the stereotyped expression forms used by the person, knowingly or unknowingly, while performing ([Goffman, 2014](#)). Goffman evaluates body language, posture, gestures, and facial expressions, as well as demographic characteristics of individuals such as age and gender, racial structure, and physical characteristics such as height and appearance, as parts of the individual's personal showcase ([Goffman, 2014](#)). Goffman places the presentation of the self in a theatrical framework by using concepts such as performance, showcase, and set in the presentation of the self in daily life. Although this study does not include a result focused on the use of social media by young people, it has been revealed in many studies conducted throughout Turkey that Generation Z is a pioneer in social media use, especially in Instagram use ([Tutgun-Ünal & Deniz, 2020](#)). Therefore, experts state that social media platforms are a medium where young people's narcissistic characteristics are exhibited ([Tarhan, 2020](#)), and it is necessary to thoroughly understand the psychology of social media, as it will also support clinical treatments.

The finding regarding the level of education in the study is also significant, and it has been found that as the level of education increases, skepticism and narcissism increase. The increase in self-consciousness also increases the

skeptical effect of people. However, according to the general results of the study, this skepticism is at a low level. Again, the fact that the narcissism levels of people with university and postgraduate education are higher may be related to the fact that the level of education is displayed on social media as an important capital tool today (Akdeniz, 2022). It can be said that the reasons for this result need to be investigated in future studies. It can be suggested that the first psychometric examinations and results of the two valid and reliable scales developed in the study be discussed with the findings of future studies.

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Appendix 1 presents the Uskudar Self-Consciousness Scale (USSCS).

Appendix 1. Uskudar Self-Consciousness Scale (USSCS).

Uskudar Self-Consciousness Scale is a self-assessment scale and consists of two separate scales: 1) Uskudar Skepticism Scale, 2) Uskudar Narcissism Scale.

USKUDAR Skepticism Scale (USSES)

Item No.	Items	Strongly disagree	Slightly agree	Moderately agree	Very agree	Strongly agree
1	I cut people out of my life because of a small mistake.					
2	I do not forgive people; I consider it my right to take revenge.					
3	My sense of revenge is strong, and I never know what I will be angry about.					
4	I would consider going to court even for a simple reason.					
5	I am special and I cannot handle criticism.					
6	I like myself and always defend myself against people.					
7	I make a big deal out of something simple; I enjoy testing people.					
8	I perceive a simple mistake or omission as disloyalty.					
9	I make comments that upset others even though they are not true.					
10	Sometimes I do not trust even my closest people; I think I will be deceived.					
11	I agree with the statement that you should not even trust your father in this world.					
12	I remember the saying: "Human beings do not always behave decently" every day. I always fear that they would not hurt me.					
13	I am confident, but I am a skeptic; I do not believe people easily.					
14	I protect the person I love at all costs.					
15	I see various connections between events.					
16	I do not forget the bad treatment done to me.					
17	I am different, and I believe in metaphysical things easily.					
18	I recommend exaggerated punishments for some people, and sometimes I start by saying, "These people..."					
19	Trusting people makes me anxious; even if two people are talking from afar and do not look at me, I take it upon myself.					
20	I often question people's commitment and loyalty to me.					

Note * Uskudar Skepticism Scale is a self-evaluation scale consisting of 20 items and 4 factors.

: 1,2,3,4,5,6,7,8,9. **Items** constitute the Factor 1 named "*Seeking Revenge*".

10,11,12,13. **Items** constitute the Factor 2 named "*Fear of Harm*".

14,15,16. **Items** constitute the Factor 3 named "*Sense of Grandeur*".

17,18,19,20. **Items** constitute the Factor 4 named "*External Attribution*".

Evaluation: A minimum of 20 points and a maximum of 100 points can be obtained from the scale. There are no reverse-coded items.

SCALE TOTAL SCORE:

20-35 points: No Skepticism

36-51 points: Low Skepticism

52-67 points: Moderate Skepticism

68-83 points: High Skepticism

84-100 points: Very High Skepticism

Dimensions

Seeking Revenge:

9-15 points: None

16-23 points: Low Level

24-30 points: Intermediate

31-38 points: High Level

39-45 points: Very High Level

Fear of Harm:

4-6 points: None

7-10 points: Low Level

11-14 points: Intermediate

15-17 points: High Level

18-20 points: Very High Level

Sense of Grandeur:

3-4 points: None

5-7 points: Low Level

8-10 points: Intermediate

11-12 points: High Level

13-15 points: Very High Level

External Attribution:

4-6 points: None

7-10 points: Low Level

11-14 points: Intermediate

15-17 points: High Level

18-20 points: Very High Level

USKUDAR Narcissism Scale (USNAS)

Item No.	Items	Strongly disagree	Slightly agree	Moderately agree	Very agree	Strongly agree
1	I enjoy paying attention to other people's flaws.					
2	It is easy for me to make negative comments about others.					
3	When there is a problem, my first reaction is usually to look for fault in others.					
4	Most of the time I do not think I am making a mistake.					
5	I get angry when I do not get what I want; the reasons for the situation are not important to me.					
6	Most of the time I want the rules to be tailored to me.					
7	I do not mind using others to achieve my goal.					
8	When asking questions in a meeting, I make comments that show that I know more than the speaker.					
9	When others criticize me, I think they are jealous of me.					
10	I have dreams of being big, famous, and rich. I like to pretend that these dreams have come true.	:				
11	Being successful, powerful, and rich is one of my primary interests.					
12	I often think that it is better not to live than to be an ordinary person.					
13	Someone else's success does not make me happy, even if it is the person I love, and I even get jealous sometimes.					
14	I love competition, but I cannot stand losing.					
15	I often think that other people misunderstand me.					
16	I often think that I am treated unfairly.					
17	If I realize I did something wrong, I can easily feel depressed.					
18	People see my successes but say I am difficult.					
19	I am very selective about the people I meet and the people in my life.					
20	I categorize everything and prioritize what is most important to me.					
21	I do not care about other people's feelings and thoughts if they do not benefit me.					
22	Things that do not conform to my ideal have no value.					
23	I have more success than my peers.					
24	I am important, smart and talented.					
25	I feel special in the way I dress and the car I drive.					

Note: * Uskudar Narcissism Scale is a self-evaluation scale consisting of 25 items and 5 factors.

1,2,3,4,5,6,7,8,9. Items constitute the Factor 1 named "Egocentrism and Devaluing Others".

10,11,12,13, 14. Items constitute the Factor 2 named "Grandiose Fantasy".

15,16,17,18. Items constitute the Factor 3 named "Entitlement and Inability to Self-Criticize".

19,20,21,22. Items constitute the Factor 4 named "Exhibitionism".

23,24,25. Items constitute the Factor 5 named "Superiority".

Evaluation: A minimum of 25 points and a maximum of 125 points can be obtained from the scale. There are no reverse-coded items.

SCALE TOTAL SCORE:

25-44 points: No Narcissism

45-64 points: Low Narcissism

65-84 points: Moderate Narcissism

85-104 points: High Narcissism

105-125 points: Very High Narcissism

Dimensions

Egocentrism and Devaluing Others:

9-15 points: None

16-23 points: Low Level

24-30 points: Intermediate

31-38 points: High Level

39-45 points: Very High Level

Grandiose Fantasy:

5-8 points: None

9-12 points: Low Level

13-17 points: Intermediate

18-21 points: High Level

22-25 points: Very High Level

Entitlement and Inability to Self-Criticize:

4-6 points: None

7-10 points: Low Level

11-14 points: Intermediate

15-17 points: High Level

18-20 points: Very High Level

Exhibitionism:

4-6 points: None

7-10 points: Low Level

11-14 points: Intermediate

15-17 points: High Level

18-20 points: Very High Level

Superiority:

3-4 points: None

5-7 points: Low Level

8-10 points: Intermediate

11-12 points: High Level

13-15 points: Very High Level