

# The Resilience, Adaptation and Well-Being Project



Young Adult - Social Support Index

YA-SSI

# **YA-SSI:**

## **Young Adult Social Support Index**

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### **Overview**

The Young Adult Social Support Index (YA-SSI) instrument was developed by Hamilton McCubbin, Joan Patterson, and Janet Grochowski (1984) as an adaptation of the Social Support Inventory (SSI) developed by Hamilton McCubbin, Joan Patterson, Betty Cooke, and Marilyn Rossman (1983) to assess the social support of entering college age youth in the college community.

### **Development of YA-SSI**

The modifications of SSI to form YA-SSI were made in order to assess the social supports relative to entry level college freshmen. The original SSI listed eleven sources of social support (i.e., spouse or partner, children, other relatives, close friends, co-workers, community or neighborhood groups, church or synagogue, professional or service provider, special groups, television, radio, newspapers, etc., and spiritual beliefs), The YA-SSI was adapted to include a listing of 12 sources of social support (i.e., parents, siblings, other relatives, high school friends, college friends, co-workers, church or synagogue, college faculty, counselors or administrators, professionals or service providers, special organized groups, spiritual beliefs, television, radio or newspapers, etc.). The five affective questions of YA-SSI (see the YA-SSI instrument) which reflected the five aspects of social support (i.e., emotional, esteem, network, appraisal and altruistic supports) remained the same as in the original SSI.

### **Conceptual Organization**

The original SSI, which has been used in the study of parents with young children, was modified for this study of young adults. The inventories SSI and YA-SSI have a similar conceptual base. Specifically, the inventories were both based on interviews with parents and young adults which emphasized three common themes.

First, that there were five types of support; (a) emotional, (b) esteem, (c) network, (d) appraisal, and (e) altruistic. Second, that support can be obtained from various sources and, third, that the amount of support received varied. Therefore, the inventories are designed to capture the type, source and intensity of the support received by young adults.

### **Reliability**

YA-SSI emerged as a GO-item self-report instrument designed to identify the sources of social support for entry level college freshmen. The overall internal reliability was .89 (Cronbach's alpha) and the test-retest reliability was .90.

### **Validity**

The factor analysis with a varimax rotation resulted in the formation of 11 factors (subscales). The alpha reliabilities for these 11 factors are also presented. Items which did not load clearly on any factor or which were outliers in the test of internal consistency were removed.

Factor 1:	Parents and Siblings	Alpha = .95
Factor 2:	Spiritual Faith	Alpha = .91
Factor 3:	College Friends	Alpha = .91
Factor 4:	Special Groups I Belong To	Alpha = .89
Factor 5:	Co-Workers	Alpha = .86
Factor 6:	Church/Synagogue Groups	Alpha = .90
Factor 7:	College Faculty, Counselors, Administrators	Alpha = .78
Factor 8:	Reading Books, Watching TV, Listening to Music	Alpha = .86
Factor 9:	High School Friends	Alpha = .85
Factor 10:	Other Professionals or Service Providers	Alpha = .82
Factor 11:	Other Relatives	Alpha = .84

The findings of the pilot investigation render initial support as to the construct validity of YA-SSI since the factor structure fits the original conceptualizations leading to the development of YASSI and the components of social support for college freshmen. As a prospective study, this investigation will further assess the predictive validity of YA-SSI (Grochowski, 1986).

#### Test-Retest Reliability

The test-retest reliability for YA-SSI is .90.

#### Additional Validity Checks

The validities for this instrument are limited to data from the original investigation which involved a prospective research design involving 111 students at a private college (see Tables 13.1 and 13.2)

**Table 13.1**  
**Discriminant Analysis for YA-SSI Recorded at the Time of Freshmans' Entry**  
**Into College. Groups Defined By Mid-Academic Year GPA (N.87\*\*)**

Discriminant Factors	Wilks' Lambda	Significance	Standardized Canonical Function Coefficients*
Spiritual Faith	.94148	.0794	-1.69841
Church Groups	.91530	.0234	2.08703

\*Eigenvalue = .09254  $\chi^2 = 7.4341$  Canonical Correlation = .2910290 Significance = .0243

\*\* List-wise deletion was used to decrease the chance that predictors would emerge because of sample size.

**Table 13.2**  
**Discriminant Analysis for YA-SSI Recorded at the Time of Freshmans' Entry Into College. Groups Defined By End of Academic Year GPA (N=87\*\*)**

<b>Discriminant Factors</b>	<b>Wilks' Lambda</b>	<b>Significance</b>	<b>Standardized Canonical Function Coefficients*</b>
Mid-Academic Year GPA	.72664	.0000	.92897
College Friends	.69392	.0000	-.74372
Other Relatives	.67681	.0000	.46659

\*Eigenvalue = .47762     $\chi^2 = 32.696$     Canonical Correlation = .5684973    Significance = .0000

\*\* List-wise deletion was used to decrease the chance that predictors would emerge because of sample size.

In a prospective study, Grochowski (1986) examined the predictive validity of YA-SSI as a factor in explaining the students' midyear and year end grade point average (GPA). Social support through spiritual faith and church groups were predictive of high midyear GPA (Table 13.1). Social support through college friends and other relatives were predictive of year end GPA after the midyear GPA was controlled for (Table 13.2).

### Scoring Procedures

The scoring for YA-SSI may be separated into two parts.

Part I calls for scoring of the eleven subscales and Part II calls for creating a total social support score.

First, identify which items in the questionnaire belong to each of the subscales (factors). The following list will help you:

Subscale 1:	Parents and Siblings	Alpha = .96
Subscale 2:	Spiritual Faith	Alpha = .91
Subscale 3:	College Friends	Alpha = .91
Subscale 4:	Special Groups I Belong To	Alpha = .89
Sub scale 5:	Co-Workers	Alpha = .86
Subscale 6:	Church/Synagogue Groups	Alpha = .90
Subscale 7:	College Faculty, Counselors, Administrators	Alpha = .78
Subscale 8:	Reading Books, Watching TV, Listening to Music	Alpha = .86
Subscale 9:	High School Friends	Alpha = .85
Subscale 10:	Other Professionals or Service Providers	Alpha = .82
Subscale 11:	Other Relatives	Alpha = .84

To arrive at scores for each one of these, add the number for each item that the respondent circled. Their scores should run from 1-3. The score for each of the subscales (factors) will obviously vary depending upon the number of items in each scale.

To create a total score, please add the totals for each of the subscales together.

Please note that items 1-12 ask for demographic information and other general data about yourself or your relationships and activities, but are not part of the social support measure, per se. Even

though a blank space is allowed in each of the subscales, to allow researchers to add an item to fit the group being studied, they are not considered part of the social support measure.

### **Norms and/or Comparative Data**

National norms are not available for YA-SSI. However, it is instructive to compare your scores with those obtained on the original sample of college students. The means and standard deviations for each of the subscales and the totals are presented in Table 13.3 and Table 13.4 (Grochowski, 1986).

### **Instrument Utilization for Research**

The YA-SSI instrument is currently being tested within the Family Stress, Coping and Health Project and by other investigators. The few studies that have included this instrument have already been cited in the validity section of this chapter and are included in the references. Therefore, a summary table of related publications is not available at this time.

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### **Notes**

1. The earlier writings on this instrument included a comprehensive description of the instrument's development. For the sake of brevity we limited the chapter to the basic information that users have requested and needed. If you desire a copy and are unable to find our earlier publications, either the 1987 or the 1991 edition, please write to us at the Center for Excellence in Family Studies, Family Stress, Coping and Health Project, University of Wisconsin-Madison, 1300 Linden Drive, Madison, WI 53706 or send email to [manual@macc.wisc.edu](mailto:manual@macc.wisc.edu). There will be a charge for these additional materials.
2. When referencing this instrument, the proper citation is: McCubbin, H.I., Patterson, J., & Grochowski, J. (1984). Young Adult Social Support Inventory (YA-SSI). In H.I. McCubbin, A.I. Thompson, & M.A. McCubbin (1996). Family assessment: Resiliency, coping and adaptation-Inventories for research and practice. (pp. 391-403). Madison: University of Wisconsin System.

**Table 13.3**  
**Means and Standard. Deviations for YA-SSI**

<b>Total</b>		<b>Mean</b>	<b>SD</b>	<b>Cases</b>
(Instrument)	Entire Population	145.38	19.33	166
	Female	147.42	18.53	81
	Male	143.44	19.98	85
<b>Factors</b> Parents and Siblings	Entire Population	2.51	.36	166
	Female	2.55	.33	81
	Male	2.46	.38	85
Spiritual Faith	Entire Population	1.75	.38	166
	Female	1.73	.37	81
	Male	1.78	.39	85
College Friends	Entire Population	1.94	.38	166
	Female	1.98	.36	81
	Male	1.91	.39	85
Special Groups I Belong To	Entire Population	1.66	.32	166
	Female	1.72	.29	81
	Male	1.61	.33	85
Co-Workers	Entire Population	1.83	.37	166
	Female	1.83	.37	81
	Male	1.84	.35	85
Church/Synagogue Groups	Entire Population	1.83	.39	166
	Female	1.81	.40	81
	Male	1.84	.38	85
College Faculty, Counselors	Entire Population	1.30	.33	166
	Female	1.30	.33	81
	Male	1.30	.33	85
Reading Books, Watch TV, Listening to Music	Entire Population	1.82	.29	166
	Female	1.87	.28	81
	Male	1.78	.30	85
High School Friends	Entire Population	2.15	.37	166
	Female	2.17	.36	81
	Male	2.14	.37	85
Other Professionals or Service Providers	Entire Population	1.54	.29	166
	Female	1.54	.27	81
	Male	1.54	.31	85
Other Relatives	Entire Population	2.19	.36	166
	Female	2.20	.37	81
	Male	2.18	.36	85

Table 13.4  
Means and Standard Deviations for YA-SSI Follow-up Study

<b>Total</b>		<b>Mean</b>	<b>SD</b>	<b>Cases</b>
(Instrument)	Entire Population	136.49	16.11	140
	Female	138.11	15.76	79
	Male	132.10	16.04	61
<b>Factors</b>				
Parents and Siblings	Entire Population	2.46	.36	148
	Female	2.63	.36	84
	Male	2.38	.37	64
Spiritual Faith	Entire Population	1.69	.33	160
	Female	1.70	.33	84
	Male	1.67	.34	66
College Friends	Entire Population	1.92	.38	148
	Female	1.92	.35	85
	Male	1.92	.42	63
Special Groups I Belong To	Entire Population	1.63	.29	161
	Female	1.68	.29	86
	Male	1.67	.27	65
Co-Workers	Entire Population	1.76	.37	146
	Female	1.77	.36	82
	Male	1.76	.40	64
Church/Synagogue Groups	Entire Population	1.71	.37	148
	Female	1.70	.31	83
	Male	1.72	.37	65
College Faculty, Counselors and Administrators	Entire Population	1.23	.30	161
	Female	1.27	.31	86
	Male	1.18	.28	66
Reading Books, Watch TV, Listening to Music	Entire Population	1.79	.30	161
	Female	1.86	.30	86
	Male	1.72	.28	66
High School Friends	Entire Population	2.11	.37	149
	Female	2.15	.36	86
	Male	2.06	.39	64
Other Professional or Service Providers	Entire Population	1.47	.26	152
	Female	1.52	.26	86
	Male	1.41	.22	66
Other Relatives	Entire Population	2.17	.38	149
	Female	2.23	.38	86
	Male	2.11	.37	64

# YA-SSI

## YOUNG ADULT SOCIAL SUPPORT INVENTORY

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*English Version*





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# YA-SSI

## YOUNG ADULT – SOCIAL SUPPORT INVENTORY ©


Hamilton I. McCubbin    Joan M. Patterson    Janet R. Grochowski




<i>Please answer the following questions:</i>	<b>Yes</b>	<b>No</b>
1. Are one or both of your parents living?	<input type="checkbox"/>	<input type="checkbox"/>
2. Do you have siblings? (i.e., brothers and/or sisters?)	<input type="checkbox"/>	<input type="checkbox"/>
3. Do you have other relatives such as grandparents, aunts, uncles, cousins?	<input type="checkbox"/>	<input type="checkbox"/>
4. Do you have high school friends? (friendships developed during high school years)	<input type="checkbox"/>	<input type="checkbox"/>
5. Do you have college friends? (friendships developed during college years)	<input type="checkbox"/>	<input type="checkbox"/>
6. Do you have a paying (\$) job where you have co-workers?	<input type="checkbox"/>	<input type="checkbox"/>
7. Do you belong to a church or synagogue?	<input type="checkbox"/>	<input type="checkbox"/>
8. Do you have spiritual beliefs?	<input type="checkbox"/>	<input type="checkbox"/>
9. Do you have contact with college faculty, counselors, and/or administrators?	<input type="checkbox"/>	<input type="checkbox"/>
10. Do you have contact with professionals or service providers such as doctors, nurses, barbers, diet counselors, etc.?	<input type="checkbox"/>	<input type="checkbox"/>
11. Do you belong to any special organized groups such as groups for minorities, hobbies, fitness, athletics, etc.?	<input type="checkbox"/>	<input type="checkbox"/>
12. Do you watch television, listen to the radio or read newspapers, magazines, pamphlets or non-required books?	<input type="checkbox"/>	<input type="checkbox"/>

Please read each statement and then indicate how much **support** you receive from **each** of the sources listed by checking **No**, **Yes**, or **Yes a Lot**. One additional space is provided for other sources you may want to add.

<b>I. I have a feeling of being loved or cared about from:</b>	<b>No</b>	<b>Yes</b>	<b>Yes a Lot</b>
13. My parents	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. My siblings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. Other relatives	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. High school friends	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. College friends	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18. Co-workers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19. Church/synagogue groups	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20. My spiritual health	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
21. College faculty, counselors, and/or administrators	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
22. Other professionals or service providers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
23. Special groups I belong to	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
24. Reading books, watching TV, listening to music	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
25.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>II. I feel I am valued or respected for who I am and what I can do by:</b>	<b>No</b>	<b>Yes</b>	<b>Yes a Lot</b>
26. My parents	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
27. My siblings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
28. Other relatives	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
29. High school friends	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
30. College friends	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
31. Co-workers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
32. Church/synagogue groups	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
33. My spiritual health	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
34. College faculty, counselors, and/or administrators	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
35. Other professionals or service providers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Please continue on next page 

36. Special groups I belong to	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
37. Reading books, watching TV, listening to music	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
38.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>III. I have a sense of trust or security from the “give-and-take” of being involved with:</b>	<b>No</b>	<b>Yes</b>	<b>Yes a Lot</b>
39. My parents	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
40. My siblings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
41. Other relatives	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
42. High school friends	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
43. College friends	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
44. Co-workers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
45. Church/synagogue groups	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
46. My spiritual health	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
47. College faculty, counselors, and/or administrators	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
48. Other professionals or service providers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
49. Special groups I belong to	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
50. Reading books, watching TV, listening to music	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
51.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>IV. When I need to talk or think about how I’m doing with my life, I feel understood and get help from:</b>	<b>No</b>	<b>Yes</b>	<b>Yes a Lot</b>
52. My parents	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
53. My siblings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
54. Other relatives	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
55. High school friends	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
56. College friends	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
57. Co-workers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
58. Church/synagogue groups	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
59. My spiritual health	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
60. College faculty, counselors, and/or administrators	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Please continue on next page 

61. Other professionals or service providers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
62. Special groups I belong to	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
63. Reading books, watching TV, listening to music	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
64.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>V. I feel good about myself when I am able to do things for and help:</b>	<b>No</b>	<b>Yes</b>	<b>Yes a Lot</b>
65. My parents	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
66. My siblings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
67. Other relatives	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
68. High school friends	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
69. College friends	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
70. Co-workers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
71. Church/synagogue groups	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
72. My spiritual health	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
73. College faculty, counselors, and/or administrators	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
74. Other professionals or service providers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
75. Special groups I belong to	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
76. Reading books, watching TV, listening to music	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
77.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>