

CONSTRUCTION OF THE INSTRUMENT FOR EVALUATION OF TOLERANCE IN FRIENDSHIP RELATIONS

CONSTRUÇÃO DO INSTRUMENTO PARA AVALIAÇÃO DA TOLERÂNCIA NAS RELAÇÕES DE AMIZADE

Iel Marciano de Moraes Filho¹, Larissa F. de Carvalho², Luana E. Melo², Marcela R. Di Marcelo², Yashmim M. dos Santos²,
Margareth Regina Gomes Verissimo de Faria³

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RESUMO

O ser humano possui uma profunda necessidade de pertencimento, ou seja, de estabelecer vínculos com outras pessoas em relacionamentos que proporcionem interações positivas constantes. O objetivo de o mesmo fora construir um instrumento para avaliação da tolerância nas relações de amizade e ainda, desvendar as características das relações interpessoais, especificamente em relação à tolerância nas amizades. Trata-se de um estudo de caráter metodológico, foi realizado no período de junho a dezembro de 2018. Para guiar a construção do Instrumento de Avaliação da tolerância nas relações de amizade ATRA, tipo likert os itens de avaliação foram construídos e apresentados. Os procedimentos para construção dos itens foram baseados nas orientações de França e Schelini (2014) na Análise semântica e evidências e Reppold, Gurgel e Hutz (2014) baseado no processo de construção de escalas psicométricas. Foram entrevistados 42 discentes da área da saúde da de uma Universidade Privada do estado de Goiás tendo predomínio do sexo feminino, as variáveis de maior relevância foram : “amizade é aceitar a outra pessoa do jeito que ela é” e “e aceito os defeitos dos meus amigos, pois sei que também tenho defeitos”. Concluiu-se que dificilmente as relações de amizade são desinteressadas ou altruístas. É comum que elas visem preencher necessidades emocionais, inclusive a necessidade de ser aceito.

Descritores: Amizade; Desenvolvimento social; Afeto; Relações Humanas; Construtivismo.

ABSTRACT

The human being has a deep need for belonging, that is, to establish bonds with other people in relationships that provide constant positive interactions. The goal was to construct an instrument for assessing tolerance in the relationship of friendship and also to unravel the characteristics of interpersonal relationships, specifically in relation to tolerance in friendships. It is a methodological study that was carried out from June to December 2018. To guide the construction of the Instrument for the Evaluation of tolerance in ETFS friendship relations, likert type, the evaluation items were constructed and presented. The procedures for constructing the items were based on the guidelines of França and Schelini 2014 in the Semantic Analysis and Evidence and Reppold, Gurgel and Hutz 2014 based on the process of construction of psychometric scales. We interviewed 42 students from the health area of a private university in the state of Goiás, with female predominance. The most relevant variables were: "friendship is accepting the other person the way it is" and "I accept the defects of my friends, because I know I have defects too". It is concluded that friendship relations are rarely disinterested or altruistic. They are often intended to fulfill emotional needs, including the need to be accepted.

Descriptors: Friendship; Social development; Affection; Human relationships; Constructivism.

REVISA

1. Nurse. Master in Environmental Sciences and Health. College FACESA. Valparaíso de Goiás - Goiás. Brazil.
iel Filho@senaaires.com.br

2. Psychologist. PUC Goiás. Goiânia - Goiás. Brazil.

3. Psychologist. PhD in Psychology, PUC Goiás. Post-Doctorate in Psychology, USP / Ribeirão Preto. Goiânia - Goiás. Brazil.

INTRODUCTION

Friendship can be understood as an intimate, spontaneous and reciprocal interaction between individuals based on interpersonal relationships, in which people have shown affection and affection for another, characterized by a strong affective component that encompasses loyalty and protection.¹⁻²

In this way the main personal relationships are the main responsible for guaranteeing this belonging, being the relatives, friends and romantic partners. They are able to alleviate loneliness and provide subjective well-being, thus having an important role in personal happiness and health promotion.³

Friendship relationships allow the individual to learn important social skills for the establishment of satisfactory and harmonious interpersonal relationships throughout the entire life cycle, and an important way of belonging is to establish friendly relationships.¹

Since Aristotle the question of friendship is analyzed. The philosopher, in his work "Nicomachean Ethics" affirms that friendship is a virtue and divides it into three categories: a) utilitarian friendship, which varies according to circumstances; b) Friendship based on the pleasure which, for the philosopher, occurs among young people, because, he says, the life of young people is regulated by their emotions and their main interest is their own pleasure and the opportunity of the moment; c) perfect friendship, which is based on good and good, and exists only between good people, similar in virtue. This friendship is rarer, and needs time and intimacy to mature.⁴

Fehr 1996⁵ states that friendship is "a personal and voluntary relationship that provides intimacy and help in which the two sides like each other and seek each other's company." In this way the relationships of friendships are formed and developed, and maintained through the interrelationship between the following groups of factors: environmental, situational, individual and didactic.

Environmental factors include residential proximity, place of the day, population density and social network communication. Situational factors include probability of interaction, frequency of contact, dependence, and availability. With regard to individual factors, people first select from whom it is not possible to be friends (exclusion criteria); later evaluate potential friends (inclusion criteria). Among the exclusion criteria identified is that of dislike and based on differences (age, race, schooling, physical appearance and clothing). In the inclusion criteria there is physical appearance, social ability, responsiveness, shyness and similarity. Finally, there are two didactic factors in the emergence of friendship: mutual appreciation in the initial judgment of one individual over the other, and self-disclosure (openness to reveal particular subjects).⁵

In a study by Erbolato⁶ 2001 about the importance of friendship, 70% of respondents affirm that friendship is important because it responds to emotional needs, is a special relationship and is part of human nature. Friendship was related to aspects such as: satisfaction of emotional needs, exchange of resources and communication, "being present", similarities, and ease of interaction with the world.⁶

Mendelson and Aboud in 1999 defined six important requirements in the relationships of friendship, they are: stimulating companionship, help, intimacy, trustworthy alliance, self-validation, and emotional security. The stimulating companionship function is about engaging together in enjoyable, fun, and stimulating activities. The aid deals with the provision of guidance, advice, assistance and other forms of aid.⁷

Intimacy refers to sensitivity to the states and needs of the other,

providing openness to the honest expression of thoughts, feelings, and personal information. The trusty alliance reflects continued availability and loyalty. Self-validation involves the function of reassuring, encouraging, and helping others to maintain a positive self-image.⁷

Finally, emotional security addresses the provision of comfort and confidence in new or threatening situations. Friendship relationships are often more quantitative than qualitative. Thus, on a higher level of friendship, a proportionately greater degree of acceptance, support and intimacy is found.⁷⁻⁸

With respect to tolerance, it is always a social relationship mediated by the presence and acceptance of a difference, which does not mean agreeing with the choices and opinions of the other, is accepting the right of the other to be who it is. In the case of friendship relations, it is extremely important and must be present so that the relationship is lasting. And it is interesting for psychology to analyze how it is present and how its presence or absence affects human relationships.⁸

In this sense, it is justified, in the present research, to elucidate the problematic of how tolerance in the friendships is perceived by the people, what are these tolerances and why they happen. Moreover, understand and verify that people are more tolerant of friendship than they are tolerable.

The present study aimed to construct an instrument for the evaluation of tolerance in the relations of friendship and through it, to unravel the characteristics of interpersonal relations, specifically in relation to tolerance in friendships. The human being has a deep need for belonging, that is, to establish bonds with other people in relationships that provide constant positive interactions.

METHODS

The present methodological study was carried out from June to December 2018. In order to guide the construction of the Instrument of Evaluation of tolerance in ETFS friendship relations, the evaluation items were constructed and presented. The procedures for constructing the items were based on the guidelines of França and Schelini⁹2014 in the Semantic Analysis and Evidence and Reppold, Gurgel and Hutz⁸2014 based on the process of construction of psychometric scales. After choosing the group for reasons of affinity, the choice of theme was made. Soon afterwards they developed the justification, problematizing the theme, finalized and delivery of the research project. The questionnaire was then prepared with the help of the teacher during the laboratory classes of the discipline social psychology II.

When all the questions were ready, the students were invited to participate in the research after conveniently information about the goals and procedures of the study and the voluntary nature of their participation. The students who accepted to participate in the research signed the Free and Informed Consent Term. The questionnaire was composed of 21 questions in a Likert format with a score of 1 (I totally agree) to 5 (Totally Disagree).

After the data collection, the data were organized in Excel (version 2018) and analyzed in the software Statistical Package for the Social Sciences (version 19.0) to obtain the descriptive analysis of the data. This research is part of a larger project titled: Evaluation of the resilience capacity of the students of the technical and superior courses of the health area of an institution in a city around the Federal District. The research project was submitted to the Brazil Platform and directed to the Research Ethics Committee of the Faculty of Sciences and Education Sena Aires, being approved under the approval opinion n° 3,092,013 / 2018 and number of CAAE 00426918.2.0000.5595. The project meets the requirements of resolution 466/12.

RESULTS

We interviewed 42 students from the health area of a private university in the state of Goiás, predominantly female, with a percentage of 59.52%, while male participants were 40.48%. Table 1 presents the final version of the instrument constructed in this study.

Table 1- Final version of the instrument for evaluation of tolerance in friendship relations.

Evaluation of tolerance in friendship relations (ETFS)	Totally agree	Partially agree	I do not agree or disagree	Partially disagree	Totally disagree
Itens					
1. I have many friends					
2. I often fight with my friends.					
3. I fight more with my friends than I see					
4. When there are fights I am the one that seeks reconciliation.					
5. I have already apologized even though I am not wrong.					
6. I do not say anything when I am upset with a friend because I know that it will pass.					
7. I have maintained / maintained relationships for convenience.					
8. I have maintained / maintained friendly relations with people who bothered me.					
9. I make excessive jokes with my friends.					
10. I accept excessive jokes that my friends make with me.					
11. I have a better relationship with friends who participate in the same socioeconomic group as mine.					
12. I live better with my friends who have the same tastes as me					
13. I get along better with my same-sex friends.					
14. I am more tolerant of friends I have known for a long time.					
15. Friendship is accepting the other person the way he is.					
16. I accept the defects of my friends, because I know that I also have defects.					
17. I recognize that is difficult to handle with me					
18. I am rude when people are rude with me					
19. I always make efforts to find something good in people					
20. My friends consider myself as a flexible and tolerant person					
21. Keeping friendships is something that requires extreme dedication					

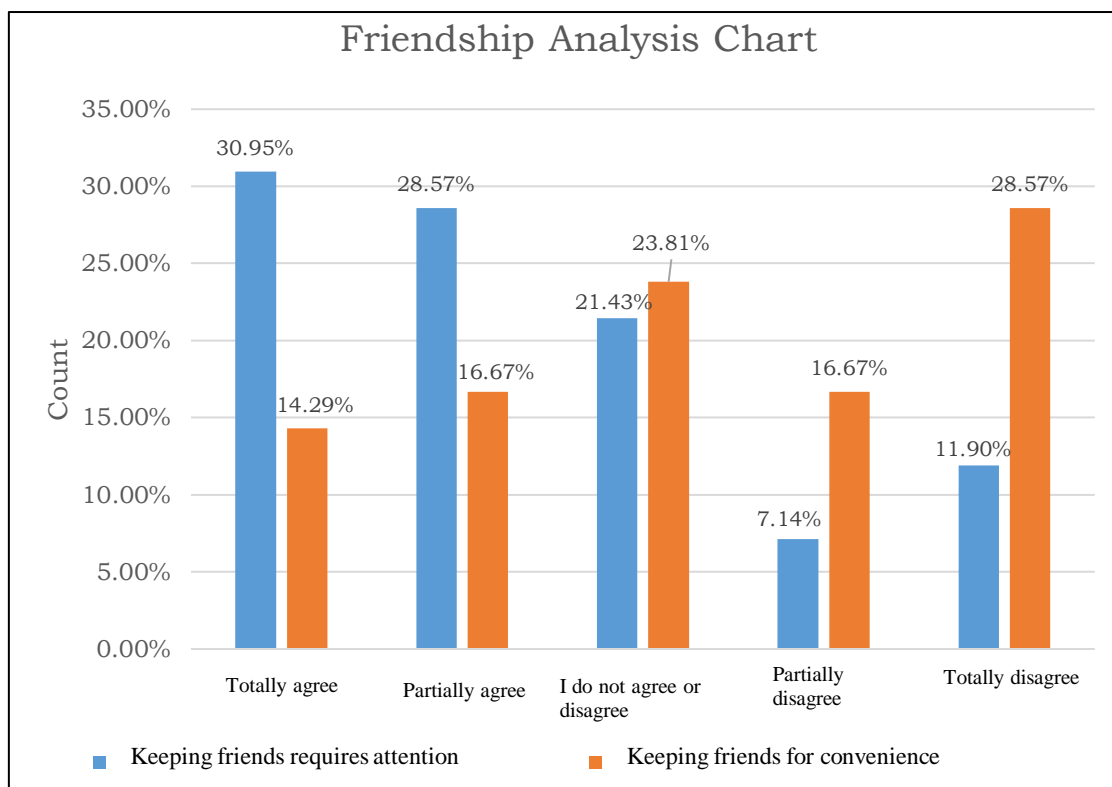


Figure 1. Variable analysis chart on friendships, measuring the parameters on "Keeping friendships demand dedication" and "Keeping friendships for convenience", in studies measured by 42 students in the Private University of the state of Goiás. Goiânia, Goiás. 2018.

According to the interviews conducted, 30.95% agree totally, 28.5% partially agree, 21.43% do not agree or disagree, 7.14% disagree partially and 11.9% totally disagree. In relation to keeping friendships for convenience 14.29% totally agree, 16.67% partially agree, 23.81% do not agree or disagree, 16.67% disagree partially and 28.57% disagree totally. When analyzing the scales that were evident in each study, the totally agree (30.95%) was primordial in keeping the friendships demand dedication, while the totally disagree (28,57%) became essential in keeping the friendships for convenience.

Figure 2 shows the percentage of scale responses between "totally agree" to "totally disagree", totaling five scales for the health students. Analyzes of the relationship of friends were measured, in relation to "I live better with friends from the same socioeconomic group", "I live better with friends who have the same taste" and "I am more tolerant of old friends". The data show that in order to live better with friends from the same socioeconomic group, 7.14% agree totally, 21.43% agree partially, 28.57% do not agree or disagree, 14.29% disagree partially and 28.57% agree fully.

In the analysis of better living with friends who have the same taste, 26.19% totally agree, 30.95% partially agree, 21.43% do not agree or disagree, 11.9% disagree partially and 9.53% totally disagree . And in relation to being more tolerant of old friends, 26.19% agree totally, 28.57% agree partially, 26.11% do not agree or disagree, 11.9% disagree partially and 9.52% disagree completely. By placing the scales in evidence in each analysis, for the better coexistence with the friends of the same socioeconomic group, what became evident among the scales was totally disagree (28.57%). In order to "get along better with friends who have the same taste", it was evident that I agree partially (30.95%) and in relation to "I am more tolerant of old friends", partially agree (28,57%) obtained higher indexes.

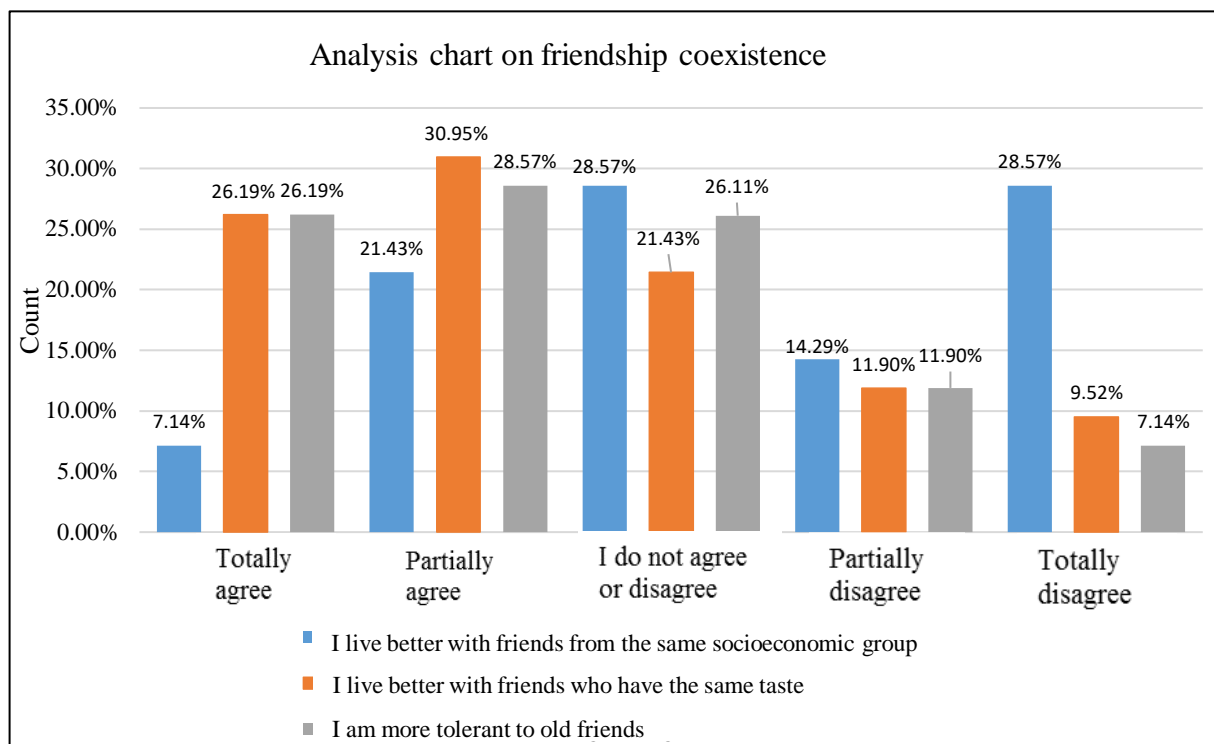


Figure 2. Variable analysis chart on friendship coexistence, measuring the parameters on "I live better with friends from the same socioeconomic group", "I live better with friends who have the same taste" and "I am more tolerant of old friends" in studies measured by 42 students at the Private University of the state of Goiás, Goiânia, Goiás.

In Figure 3 the variables of acceptance on friendships were analyzed. According to "friendship is accepting the other person the way it is," 50% totally agree, 21.43% partially agree, 14.29% do not agree or disagree, 4.76% partially disagree and 9.52% totally disagree. On "I accept the defects of my friends, because I know I have defects," 52.38% totally agree, 28.57% partially agree, 11.90% do not agree or disagree, 4.76% partially disagree and 2, 38% completely disagree.

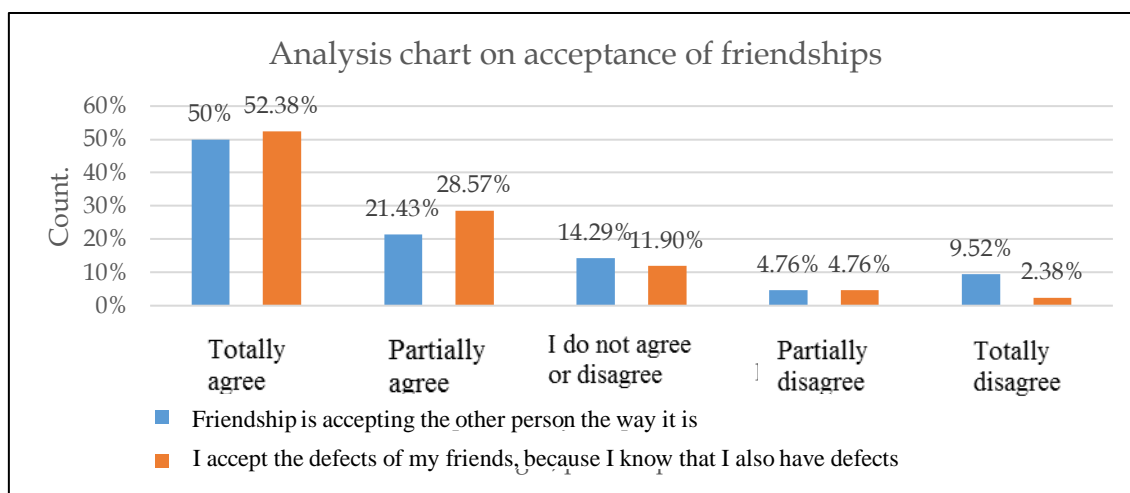


Figure 3. Variable analysis chart on acceptance of friendships, measuring the parameters on "Friendship is accepting the other person the way it is" and "I accept the defects of my friends, because I know that I also have defects", in studies measured by 42 students at the Private University of the state of Goiás, Goiânia, Goiás.

Putting in evidence in each parameter performed, according to "friendship is accepting the other person the way it is," totally agree (50%) got more relevant. While, in "I accept the defects of my friends, because I know that I also have defects, totally agree (52.38%) got more relevance.

DISCUSSION

In relation to the variables "Keep friendships demand dedication and Keep friendships for convenience of analyzed analysis of the variable," refuted hypothesis 1, which said that people tended to maintain relationships for convenience. With the result of 45% of disagreement, it is not a predominant behavior, but 30% agreed that it has maintained or maintains relations for convenience, which is a troubling result, because when one maintains relations already worn out, in which pleasure has been forgotten time, the eyes are closed for new opportunities.^{4,10}

We may suppose that in these relationships there is a tolerance towards the other, although, probably, they lack some of the key requirements that allow for a healthy and rewarding friendship relationship. An example would be a friendship that is maintained with companionship, help and emotional security, but if this companionship is not stimulating and there is no development of intimacy, friendship does not sustain itself or ends up being maintained by the convenience.^{4,10}

It can be classified as a utilitarian friendship, according to Aristotle, which shows that tolerance is not enough. Of the 59.52% of the participants agreed that maintaining friendship demands dedication. It takes some constant effort, such as taking the time to be with that friend, to listen, to help the friend when he needs help. Friendships are dynamic processes, so friendship is subject to constant changes, especially by changes not only in individual aspects or in their interaction, but also by those that occur as different situational or environmental configurations occur. In addition, the friendships need the presence of the requirements, being: stimulating companionship, help, intimacy, trustworthy alliance, self-validation, and emotional security.^{4,7} Tolerance itself could fit as a requirement, since it is often necessary to make an effort to be tolerant of attitudes that we do not agree on from our friends.

Of the 59.52% participants who agreed there had to be dedication to maintaining a friendship, 38.1% said they had many friends. Despite the dedication required, it is worth the effort, as friendship relationships provide intimacy and help, in which the two sides like each other and seek each other's company. In addition, because they recognize the need for dedication, these individuals are likely to devote more time to attracting more friends, who see in them the important requirements for maintaining a friendship.

Of the questionnaires applied, 42.86% of the participants disagree with the affirmative, 28.57% agree and the same percentage did not express an opinion, marking "I do not agree or disagree". Thus, it can be concluded that the socioeconomic group is not a great influence when it comes to better socializing with friends. Interestingly, these data disagree with Myers' theory^{11,12} that similarity is one of the factors that make us like someone. With this, it can be formulated a hypothesis that economic similarity is not so important or that the interviewees felt self-conscious when answering the questionnaire and chose to respond that they disagree, fearing they would be judged.

Only 21.42% of participants disagreed that having similar tastes is important to maintain a friendly relationship, while 57.14% of participants agree with the statement, thus stressing the importance of sharing tastes with

the friends cycle. This graph is in line with Myer's theory^{11,12} which states that similarity makes liking because it generates contentment.

From 54.76% of the participants agree that they are more tolerant with long-time friends, which leads to the conclusion that tolerance is being created and strengthened over time and, thus, the more recent relationships end up being more fragile views from this point. This shows the importance of the requirement of intimacy, which concerns sensitivity to the states and needs of the other, providing openness to the honest expression of thoughts, feelings, and personal information.⁴

About 71.43% of participants believe that friendship is accepting the other person the way it is. It is the recognition that the other is not obliged to think, feel, judge and act the way we expect. Of course we will have greater affinities with those who have a way of evaluating things more or less like ours. But we must try to understand those who are quite different from us. This will bring about an enormous enrichment of our inner life, for through this kind of experience we can experience other ways of existing and thinking about our condition. Understanding and communicating with all kinds of people will always be a great endeavor. By this way we can accumulate a knowledge of life much richer than with a critical attitude that, in fact, excludes and despises everything and everyone who are not as we are.^{4,10-14}

When we come across 71.43% of the participants who agree that friendship is accepting the other the way it is, we come across a certain contradiction when analyzing in this graph above that 80.95% said that they accept the defects of their friends, has defects, and this acceptance is not something genuine, of accepting the person with an end in itself. This result confirms hypothesis 4, which says that accepting a friend is related to wanting to be accepted. In addition, in a study conducted by Erbolato⁶ 2001 about the importance of friendship, 70% of respondents affirm that friendship it is important because it responds to emotional needs, it is a special relationship and is part of human nature.

CONCLUSION

Relationships of friendship are rarely disinterested or altruistic. They are often intended to fulfill emotional needs, including the need to be accepted. In this way, reciprocity is necessary in relations of friendship. A friendship based only on giving oneself to another or just receiving oneself, does not constitute a true bond of intimacy. One must accept to be accepted and accepted to accept.

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