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POLISH ADAPTATION OF THE REVISED CHEEK AND BUSS SHYNESS SCALE AND A SIGNIFICANCE OF SHYNESS IN THE CONTEXT OF PERSONALITY TRAITS AND METATRAITS

The aim of the current study is to prepare the Polish adaptation of the *Revised Cheek and Buss Shyness Scale* and to analyze relations between shyness, loneliness and personality traits. The study was conducted via the Internet, and a total of $N = 314$ adults participated and completed a set of self-report measures. Via comparisons of several confirmatory factor analysis models we demonstrated that the structure of the Polish adaptation of the scale is unidimensional. Consistent with research hypotheses, shyness was mostly correlated with loneliness and introversion; moreover, shyness was strongly negatively related to the personality metatrait of Plasticity and weakly but also negatively with the metatrait of Stability. In addition, individuals not engaged in romantic relationships scored significantly higher in shyness and loneliness, and lower in extraversion, openness, and Plasticity than individuals engaged in unformalized relationships. The results support the conclusion that shyness is a personality trait that significantly affects behavior by limiting the possibilities for adapting to changing environmental conditions.

Keywords: shyness, bifactor, personality, metatraits, loneliness

INTRODUCTION

In the era of globalization, we can better understand the changing world and the behavior of others by referring to intercultural research (Kwiatkowska, 2014). Behavior evaluated in the cultural context take two forms – adaptive and maladaptive – and depending on cultural traditions and customs, we could determine the desirable and undesirable attitude or behavior. From this perspective, shyness is perceived in two different and mutually contradictory ways: in individualistic cultures it is socially undesirable,

whereas in collectivist cultures is considered to be part of the existing social norms (Dzwonkowska, 2009; Jackson, Flaherty, & Kosuth, 2000; Zimbardo, 2012). Poland is considered to be characterized by a mixture of both individualism and collectivism (Hofstede, Hofstede, & Minkov, 2010), making it hard to interpret the cultural phenomenon of shyness. Dzwonkowska (2003) conducted a study on Polish participants and demonstrated that shyness is a serious problem, but also pointed out that it should not be interpreted as an unidimensional construct – shyness in the context of other traits (e.g. socia-

bility) can significantly influence the level of satisfaction and quality of social life of individuals. Therefore, shyness can be treated as a kind of maladaptive deviation from social or cultural norms; but to recognize its complexity, it must be analyzed from the perspective of the shy person (i.e. self-perspective), and taking into account the social assessment of behavior (Goffman, 2008). Thus, the perception of negative traits by society cannot be identified with the perspective of the shy person.

Shyness is a complex phenomenon that cannot be included in a single universal theory and requires a broad perspective of interpretation. For this reason, the advancement of our knowledge on the mechanisms of shyness in the context of other personality traits seems to be an important research problem. Therefore, the purpose of this article is to theoretically and empirically examine this issue – on the one hand through the adaptation and analysis of psychometric properties of the *Revised Cheek and Buss Shyness Scale* (RCBS; Cheek & Buss, 1981; Cheek, 1983), and on the other hand by trying to identify the significance of shyness for behavior by examining its relationship with loneliness and personality traits and metatraits (Costa & McCrae, 1995; DeYoung, Peterson, & Higgins, 2002; Teppers et al., 2013).

Definition of Shyness

Shyness is defined as an emotional attitude or personality trait, which manifests in reducing the level of activity in the presence of other people, associated with the unfounded fear of evaluation, which causes anxiety and an unjustified sense of shame (Beauvaleur, 2009, p. 166). It is characterized by “defensive” behavior, lack of faith, doubt in yourself and conviction about the poor social skills (Miller, 1999). Somatic symptoms of shyness, such as blushing, sweating, trembling limbs, and dry mouth, compound the inability and unwillingness to take the person timid social activities, which is secondarily discouraging and leads to further withdrawal from social life (Zim-

bardo, 2012). Thus, shyness becomes an obstacle in the acquisition and formation of basic adaptive skills, talents, and abilities assigned to the shy person (Dzwonkowska, 2009).

Shy individuals have poor interpersonal skills, which is visible in speaking difficulties and a greater sense of awkwardness and feeling of rejection in social interactions (Hammick & Lee, 2014; Ward & Tracey, 2004). Therefore, they are less involved in social situations, and prefer to maintain contact with a few close friends rather than with a larger group of people (Ward & Tracey, 2004).

Shyness as a personality trait closely related to a specific negative social self-image (Dzwonkowska, 2009, p. 219) is distinct from shyness as a common emotional reaction dependent on situational context (Zimbardo, 2012), or from shyness as a type of social anxiety (Anderson & Harvey, 1988). In the context of personality traits, is the subject of this article, it is worth noting that shyness is somehow divided on the anxiety attitude typical for neuroticism and withdrawal from social interaction characteristic for introversion (Briggs, 1988; Cheek & Briggs, 1990). Shyness, in the lexical study of personality, is recognized as an intrinsic feature of introversion (Hofstee, De Raad, & Goldberg, 1992), but its manifestations (e.g., the tendency to experience embarrassment, lack of desire to explore the world or unwillingness to compete) are also observable in other basic traits. In the current article, we try to focus on introverted shyness, but due to the imperfection of measurement methods, the impact of other traits is not without significance.

Methods of Measuring Shyness

There are plenty of tools for measuring shyness, but grasping it in different ways – many scales link to social anxiety (e.g. *Interaction Anxiousness Scale*; Leary, 1983), fear of communication (*Shyness Scale – The Personal Report of Communication Apprehension PRCA-24*; McCroskey & Beatty, 1986) or social etiquette (*Stanford Shyness Survey*; Zimbardo, 2012). In the current

study, we have decided to use one of the most popular methods for measuring shyness that has been successfully used by scholars adopting various theoretical approaches and with participants of many different ages – the RCBS scale (Cheek & Buss, 1981; Tang, Santesso, Segalowitz, & Schmidt, 2016; Tang, Santesso, Segalowitz, Schulkin, & Schmidt, 2016; Weeks, Ooi, & Coplan, 2015). The choice of the RCBS scale is justified in part by the fact that it does not measure shyness understood as a type of social anxiety disorder (Dzwonkowska, 2003). We chose the 13-item version of a scale (Cheek & Buss, 1981; Cheek, 1983), since it is characterized by better reliability than the 9-item version ($\alpha_{\text{RCBS-9}} = .79$; $\alpha_{\text{RCBS-9-PL}} = .87$; $\alpha_{\text{RCBS-13}} = .90$; Dzwonkowska, 2009). Another issue relating to our choice of the RCBS is that of the factor structure of shyness. The RCBS scale is designed as a one-dimensional tool measuring shyness understood as a personality trait (Cheek & Buss, 1981; Cheek, 1983); however, there are alternative models postulating a two or three factor structure (Crozier, 2005; Hopko, Stowell, Jones, Armento, & Cheek, 2005; Vahedi, 2011).

The most commonly used method in assessing which model better reflects the structure of the RCBS scale was Confirmatory Factor Analysis (CFA). Crozier (2005) and Vahedi (2011) demonstrated that a two-factor model is better fitted to the data than a unidimensional solution, while Hopko et al. (2005) postulated the superiority of a three-factor model. However, the proposed solutions are not free from limitations.

In the two-factor model, the first factor is formed of positively formulated items, and the other of negatively formulated items (Crozier, 2005; Vahedi, 2011). This procedure seems to allow controlling the error resulting from the fact that people respond differently to positions formulated positively and negatively; nevertheless, it does not seem to have a broader psychological significance (Podsakoff, MacKenzie, Lee, & Podsakoff, 2003; Podsakoff, MacKenzie, & Podsakoff, 2012).

Hopko et al. (2005) recognized that a unidimensional model fit to the data is not satisfactory. Their proposal of the three-factor model was based on exploratory factor analysis, which was performed on a random half of the same sample, and failed to reproduce the unidimensional model. As a result of the analyses four factors were identified; however, some test items were removed – two items which loaded highly on more than one factor and a third item which formed a separate factor – and for the remaining items a three-factor solution was the best fit. Those factors were subsequently named: *General Social Distress*, *Stranger Shyness*, and *Assertiveness Difficulty*. The model was then tested with CFA in the second half of the sample not included in the exploratory analysis. A three-factor model was slightly better fitted to the data than a unidimensional one (the difference in coefficients of RMSEA and GFI = .01) and still at the border of acceptable criteria of goodness of fit (Hu & Bentler, 1999). In three-factor solution the psychological significance of individual factors can be identified, but distinguishing them on the basis of the exploration of the same study group and the minimum level of improvement in indicators of goodness of fit can result in difficulties with its replication in other studies.

Relation of Shyness and Loneliness

Previous studies indicate a substantial relation between shyness and loneliness (Ashe & McCutcheon, 2001; Baş, 2010; Fitts, Sebby, & Zlokovich, 2009). Dzwonkowska (2003, 2009), for example, found that shy people are also more lonely. Dill and Anderson (1999) assume that shyness precedes loneliness and that the variables that contribute to feelings of loneliness also often apply to shyness – the factors that most interfere with the success of social interactions are fear and anxiety. Furthermore, shame and a sense of failure in the course of social interactions leads a shy person to avoid contact with others in the future, thus contributing to the pre-

sentation of loneliness (Jackson, Fritch, Nagasaka, & Gunderson, 2002).

Perlman and Peplau (1981, p. 31) define loneliness as “the unpleasant experience that occurs when a person’s network of social relations is deficient in some important way, either quantitatively or qualitatively.” In this definition of loneliness (Perlman & Peplau, 1981) there are three main points: 1) loneliness is due to a shortcoming in the way a person relates to others; 2) loneliness is a subjective phenomenon (it does not have to be the same in extent as objective isolation, so people can be alone without being lonely); and 3) loneliness is unpleasant and painful.

Considering time as a factor, loneliness can be described as a state or as a trait (Perlman & Peplau, 1998). Loneliness as a transitional state is mostly related to specific events such as, e.g., change of community and environment, while loneliness as a trait is associated with the personality of a person. Because the subject of interest in the present study is the relationship of shyness to other traits, loneliness is interpreted as a trait.

Relationship of Shyness and Loneliness with Personality Traits

Shyness and loneliness on both a theoretical and empirical level are associated with introversion (Costa & McCrae, 1995; Ebeling-Witte, Frank, & Lester, 2007; Jones, Schulkin, & Schmidt, 2014; Teppers et al., 2013). Despite observed high associations between these traits, neither shyness nor loneliness mandate that someone be introverted, and similarly, if someone is introverted that does not necessarily mean that they will be a lonely person. In the context of the remaining Big Five personality traits (Costa & McCrae, 1995), shy and lonely individuals are also described as less open to experiences, and more agreeable, conscientious, and neurotic (Asendorpf & Wilpers, 1998; Ebeling-Witte et al., 2007; Sala, Skues, & Grant, 2014). The constellation of the common variance of extraversion and openness to experience is described as the personality metatrait labelled

Plasticity (which is interpreted as adaptation to novelty and the need for seeking cognitive and social exploration), whereas the constellation of the common variance of the remaining three personality traits (i.e., conscientiousness, agreeableness and reversed neuroticism) is described as the Stability metatrait (which is interpreted as a general inclination towards socialization to existing social norms; DeYoung et al., 2002; Digman, 1997). The observed pattern of relationship of basic personality traits with shyness and loneliness describes the reversal of this description.

DeYoung’s (2015) Cybernetic Big Five Theory (CB5T) interprets the basic traits and metatraits of personality as components of a cybernetic process. The cybernetic process could be described as a self-regulatory, goal-directed system that adjusts to existing conditions but, regardless of those adjustments, remains oriented towards realization of the goals. According to the CB5T, behavior proceeds through five stages during the cybernetic process: (1) goal activation – choosing a goal to be realized; (2) action selection – selecting a behavior that will facilitate approach towards goal realization; (3) action – in which the selected behavior is carried out; (4) outcome interpretation – during which the consequences of the selected behavior are interpreted; and (5) goal comparison – assessment of whether the goal was realized via the comparison of the assumed goal with the achieved effect of actual behavior (DeYoung, 2015). Within described stages of the cybernetic process, different personality traits influence its different stages.

DeYoung (2015) assumes a hierarchical structure of personality, i.e., the most elementary mechanisms of control of the cybernetic process are the personality metatraits – Plasticity, which is responsible for the system’s capability for adaptation towards an unpredictable and changing environment, and Stability, which is responsible for maintaining realization of the selected goals, resisting distractions and preserving the stable functioning of the system. The influence of both personality metatraits on the functioning

of the cybernetic system is not contradictory – in fact, they constitute two forces which both aim to maintain the appropriate functioning of the system. Below personality metatraits there are corresponding basic personality traits: within Plasticity, extraversion is responsible for behavior, while openness is responsible for cognitive exploration, and within Stability, neuroticism is responsible for defensive behavior in reaction to uncertain conditions and threat; conscientiousness is responsible for maintaining of long-term or abstract goals realization; and agreeableness is responsible for altruism, cooperation and coordination of one's own goals with the goals of other people. Below basic traits, there are ten personality aspects (DeYoung, Quilty, & Peterson, 2007) – two for each basic trait, each of which performs more specific functions within the system. At the foundation of the hierarchical structure there are personality facets, whose number is unknown and which are responsible for narrow and concrete tasks. The higher the trait is within the hierarchical structure – the more important is its influence on the functioning of the whole cybernetic system.

On the basis of existing research, which indicates strong and negative associations with extraversion (Cheek & Briggs, 1990), one could hypothesize that from the perspective of cybernetic process, shyness is largely the consequence of the disturbance of the stage mostly related to extraversion – i.e., goal activation (DeYoung, 2015). However, on the basis of pattern of relationship with other basic personality traits, one could assume that such a conclusion is not clear enough, and the role of shyness in the cybernetic cycle is more complex.

Current Study

In the current study, we determined three basic research questions: (1) what is the structure of the RCBS scale in the Polish population?; (2) is it a valid and reliable tool for measuring shyness?; and (3) what are the differences in shyness, loneliness, personality traits and metatraits

between people in a relationship and single people? The formulation of these research questions has been verified by using the following analytical methods:

1. According to the structure of the RCBS scale we examined a series of CFA models. In the first model we tested a unidimensional model of shyness; in the second model we tested two factors distinguished on the basis of their positive or negative formulation (Crozier, 2005; Vahedi, 2011); in the third model we tested three factors proposed by Hopko et al. (2005). In the next step of analysis, on the one hand we assessed whether the distinction between two factors based on their direction (positive or negative) is an error resulting from the use of the method itself (Podsakoff et al., 2012), and on the other – we checked whether the three factors distinguished by Hopko et al. (2005) have a greater psychological significance. We made the verification by introducing a bifactor into the analyzed models (Chen, West, & Sousa, 2006) and by analyzing the differences in the strength of the correlation between compared versions with loneliness and personality traits. In Figure 1 we demonstrate a comparison of the structural model: with one factor with three lower-order factors, with a higher-order factor, and with a bifactor.

Analyzing higher-order factors is helpful in an attempt to answer the question of whether the above factors are something more general, and what is the source of observable relationship between them. A bifactor is an alternative way to test higher-order factors, because, as opposed to models of higher-order factors, which are treated as a result of the relationship between the strength of lower-order factors, a bifactor allows careful examination of its relationship with the individual items. A bifactor in the model is considered to be a general factor that affects all items and is responsible for the observable correlation between the factors that group several items – therefore, grouping factors in the model are uncorrelated with bifactor. With the introduction of bifactor it is possible to answer

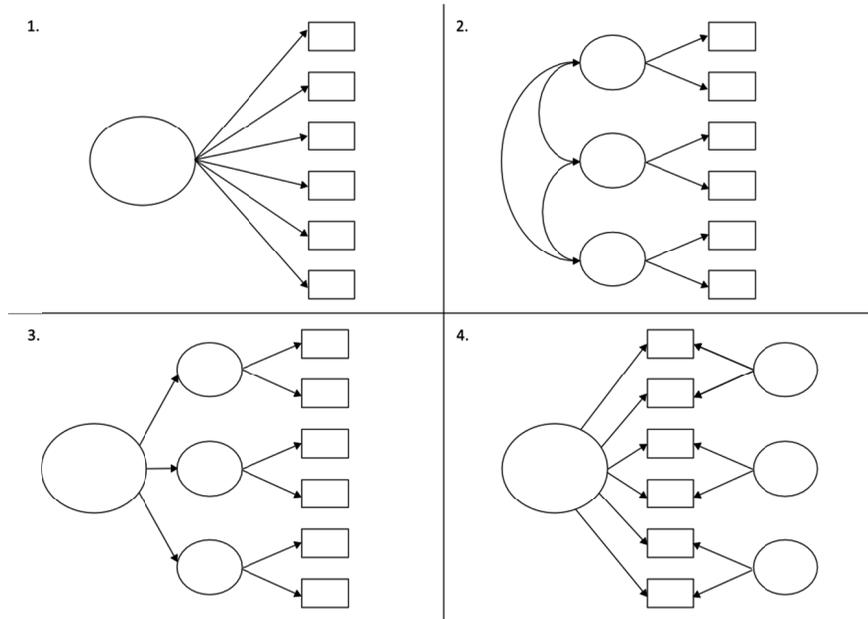


Fig. 1. Exemplary comparison of graphic representation of the model: (1) unidimensional, (2) with three lower-order factors, (3) with higher-order factor and (4) with bifactor

whether distinguished grouping factors is justified or whether they have a broader psychological significance (Chen et al., 2006; Reise, Moore, & Haviland, 2010).

In the assessment of models we used indicators of goodness of fit – CFI and RMSEA. The model can be considered as a good fit to the data if the CFI is greater than .90, while RMSEA is less than .06 (Hu & Bentler, 1999). To the value of RMSEA we assigned a 90% CI, where the upper limit shall not exceed .08; and the coefficient indicating the probability that RMSEA is below .05, which should be insignificant.

2. In assessing the reliability of the RCBS scale we used the ω coefficient (McDonald, 1999), which is an indicator of reliability less burdened with assumptions than the popular Cronbach's formula (see Sijtsma, 2009). In the assessment of validity of a scale we used Pearson correlation coefficients and examined its relationships with loneliness and personality traits and metatraits. We assume that a significant positive relationship between shyness and loneli-

ness, and negative relationship with extraversion and plasticity, will determine the validity of the measurement.

3. To evaluate the differences between people in relationships and single people, we used the parametric *t* test. We assume that single people are more shy and lonely and, in the perspective of personality traits, less extraverted and open to experience – and, therefore, less plastic.

METHOD

Participants and Procedure

Research was conducted using an online platform. Recruitment to the research had the character of snowball sampling – a direct link to the research was made available on Internet forums and social networking sites in order to reach a broad and variegated range of audiences. The study involved $N = 314$ respondents in the age group 16–35 years ($M = 22.00$; $SD = 2.76$). Table 1 shows the characteristics of the sample.

Table 1. Sample characteristics

Variable	Possible answers	N	%
Gender	Female	212	67.5
	Male	102	32.5
Place of residence	Village	59	18.8
	City to 50 000 residents	59	18.8
	City between 50 000 and 100 000 residents	45	14.3
	City of more than 100 000 residents	151	48.1
Education	Primary	11	3.5
	Vocational	1	0.3
	Technical	17	5.4
	Secondary	163	51.9
	Higher	122	38.9
Are you currently in a relationship?	No	169	53.8
	Yes, I am in an informal relationship	123	39.2
	Yes, I am engaged	15	4.8
	Yes, I am married	7	2.2

Most of the study group were female, while nearly half of the study group came from large cities. The study group was differentiated also due to education levels, but most were people with secondary or higher education. Characteristic for the group of respondents was also the fact that just over half of the sample is single, and nearly an equally large part of the respondents were in an informal relationship.

Measures

The Revised Cheek and Buss Shyness Scale (Cheek & Buss, 1981; Cheek, 1983) is a scale for the measurement of shyness made up of 13 test items. The items have been translated from the original language to Polish, and then were translated again by a lector of English. Respondents answered the test items using 5-point scale answers (1 = I strongly disagree, 5 = I strongly agree). The translated test items with their corresponding for one factor model standardized factor loadings are shown in Table 2.

The University of California, Los Angeles Loneliness Scale (Russell, Peplau, & Ferguson, 1978; Polish adaptation: Kwiatkowska, Kwiat-

kowska, & Rogoza, 2017) is a scale dedicated to the measurement of loneliness. The scale is made up of 20 items to which respondents use 4-point scale answers (1 = I never feel this way, 4 = I often feel this way). This is a one-dimensional scale showing excellent reliability in the current study ($\omega = .96$; $\alpha = .95$). The choice of scale is justified by the fact that it is one of the most popular tools for the measurement of loneliness and it is widely employed in research on the relationship between shyness and loneliness (e.g. Dzwonkowska, 2009).

The Big Five Inventory-15 (Lang, John, Lüdtke, Schupp, & Wagner, 2011; Polish adaptation: Strus, Ciecuch, & Rowiński, 2017) is used to assess personality traits in terms of the Big Five model (Costa, McCrae, 1995) in adults. Respondents answer test items using 5-point scale answers (1 = I strongly disagree, 5 = I strongly agree). Reliability in the present study is very good for all scales ($\omega_{\text{extraversion}} = .89$; $\alpha = .81$; $\omega_{\text{neuroticism}} = .80$; $\alpha = .60$; $\omega_{\text{openness}} = .87$; $\alpha = .75$; $\omega_{\text{conscientiousness}} = .79$; $\alpha = .59$), with the exception of the agreeableness scale ($\omega_{\text{agreeableness}} = .67$; $\alpha = .56$), which is acceptable.

Table 2. Item numbers, original item content (Cheek, 1983), Polish translation and standardized factor loadings of the RCBS scale

Item number	Original items	Polish translation	Factor loading
1.	I feel tense when I'm with people I don't know well.	Czuję się spięty/a, kiedy przebywam z ludźmi, których dobrze nie znam.	.67
2.	I am socially somewhat awkward.	Jestem trochę nieprzystosowany/a społecznie.	.79
3.	I do not find it difficult to ask other people for information.	Z łatwością przychodzi mi pytanie innych ludzi o informację.	-.61
4.	I am often uncomfortable at parties and other social functions.	Często czuję się niekomfortowo podczas przyjęć i innych społecznych okazji.	.84
5.	When in a group of people, I have trouble thinking of the right things to talk about.	Kiedy przebywam w grupie ludzi, trudno mi dobrać dobry temat do rozmowy.	.75
6.	It does not take me long to overcome my shyness in new situations.	Przewycięzenie mojej nieśmiałości w nowych sytuacjach nie zajmuje mi dużo czasu.	-.51
7.	It is hard for me to act natural when I am meeting new people.	Jest mi trudno zachowywać się naturalnie, kiedy poznaję kogoś nowego.	.77
8.	I feel nervous when speaking to someone in authority.	Czuję się zdenerwowany/a rozmawiając z kimś sprawującym władzę (np. z przełożonym, policjantem).	.52
9.	I have no doubts about my social competence.	Nie mam wątpliwości odnośnie moich kompetencji społecznych.	-.55
10.	I have trouble looking someone right in the eye.	Mam trudności z utrzymywaniem z kimś kontaktu wzrokowego.	.58
11.	I feel inhibited in social situations.	Czuję się skrupowany/a w sytuacjach społecznych.	.83
12.	I do not find it hard to talk to strangers.	Uważam, że rozmawianie z nieznanymi nie jest trudne.	-.61
13.	I am more shy with members of the opposite sex.	Jestem bardziej nieśmiały/a w stosunku do osób odmiennej płci.	.57

Note. Recoded items: 3, 6, 9 and 12.

RESULTS

Comparison of the Structural Models of the RCBS

Because of the failure to meet the assumption of multivariate normality as assessed by Mardia's test ($p < .001$), for all tested CFA models we decided to use the robust maximum likelihood estimator. The model fit indices of the analyzed models are presented in Table 3.

According to the values of the CFI, all of the tested models without a bifactor are well-fitted to the data; however, according to the RMSEA values, only the two-factor model fitted the data well. The introduction of the bifactor improved the fit statistics in the two- and three-factor model, but the value of RMSEA still suggested poor fit for the latter model. The standardized factor loadings of the two-factor model with bifactor are presented on the Figure 2.

Table 3. A comparison of the goodness of fit of tested models

Model	$\chi^2_{(df)}$	<i>p</i>	CFI	RMSEA	90%CI	<i>p</i>
Unidimensional	157.61 ₍₆₅₎	.001	.940	.067	.054–.081	.017
Two-factor	133.22 ₍₆₄₎	.001	.955	.059	.045–.073	.148
Three-factor (Hopko et al., 2005)	87.91 ₍₃₂₎	.001	.948	.075	.056–.093	.015
Two-factor with bifactor	88.13 ₍₅₂₎	.001	.977	.047	.029–.064	.594
Three-factor with bifactor	67.02 ₍₂₅₎	.001	.961	.073	.052–.095	.035

Note. Two-factor model was distinguished on the basis of positive and negative items.

Amongst all of the bifactor’s factor loadings, neither of them loaded less strongly than .50, whereas the strength of the factor loadings for grouping factors exceeded the value of .50 for only one item and .30 for only one other (mean strength of the factor loadings of the grouping factors: $M_{pos} = 16.67$; $M_{neg} = 33.50$; mean strength of the factor loadings of the bifactor: $M_{pos} = 70.33$; $M_{neg} = 55.25$). In accordance with these results, the structure of shyness as measured by the RCBS should be treated as unidimensional, and the extraction of additional factors only on the basis of the item wording does not introduce any psychological meaning.

Reliability and Validity of the Shyness Measurement by the RCBS

The reliability estimates for unidimensional shyness as measured by the RCBS ($\omega = .92$; $\alpha = .91$) are excellent – only a small amount of the information is due to measurement error. according to the validity of the measurement, Table 4 presents the correlation and regression coefficients of shyness with loneliness and personality traits and metatraits. In order to extract metatraits of personality from the basic traits, we used the solution which is used for the extraction of the General Factor of Personality – i.e.,

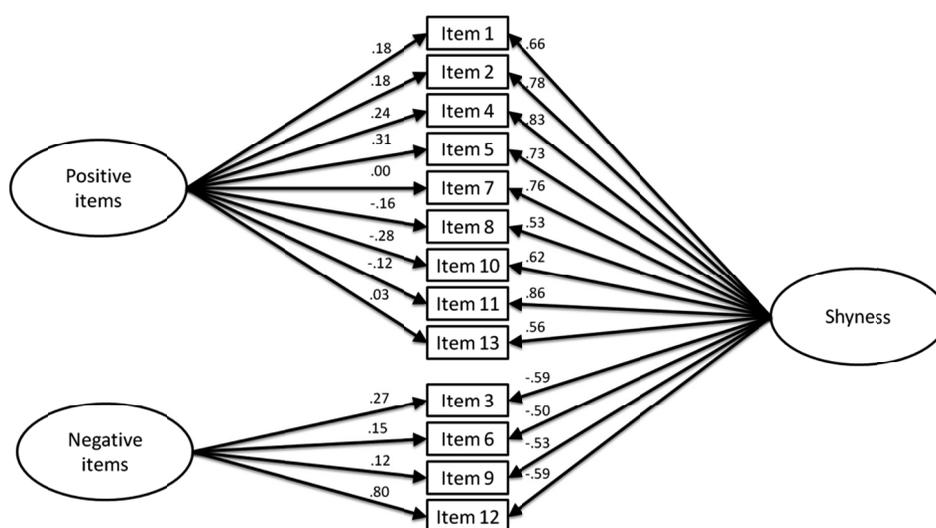


Fig. 2. Two-factor model with bifactor and standardized factor loadings

we extracted Plasticity and Stability as the first unrotated factors from corresponding basic traits. We decided on this solution in order to minimize the influence of the variance of the remaining basic traits on one hand and on the other we avoided the necessity to rotate the data. Thus, Plasticity was extracted from extraversion and openness to experience, and Stability was

extracted from neuroticism, agreeableness, and conscientiousness.

The strongest correlations were found between shyness with loneliness (positive) and extraversion (negative). Shyness was found to correlate with all basic personality traits with the exception of agreeableness. We also reported a strong negative relation of shyness with Plasticity and

Table 4. Correlations of shyness and loneliness and personality traits and metraits

	Loneliness	E	N	O	C	A	Plas	Stab
Shyness	.62**	-.65**	.32**	-.32**	-.25**	-.07	-.62**	-.27**
Loneliness		-.43**	.37**	-.26**	-.20**	-.11	-.44**	-.32**
E			-.05	.24**	.04	.03	.79**	.05
N				-.07	-.08	-.23**	-.08	-.74**
O					.14*	.09	.79**	.12*
C						.10	.11*	.30**
A							.07	.80**
Plas								.11*

Note. E = Extraversion; N = Neuroticism; O = Openness to experience; C = Conscientiousness; A = Agreeableness; Plas = Plasticity; Stab = Stability.

* $p < .05$; ** $p < .01$.

Table 5. The differences in the strength of the correlation coefficients of personality traits and loneliness between the unidimensional model and two-factor and three-factor solution

Model (or factor)	Loneliness	N	E	O	A	C
Unidimensional	.62	.32	-.65	-.32	-.07	-.25
Two-factor: Negative factor	.49**	.27*	-.55**	-.34	-.05	-.26
Two-factor: Positive factor	.63	.32	-.64	-.29**	-.07	-.23*
Three-factor: General Social Distress	.58*	.30	-.64	-.25**	-.09	-.23
Three-factor: Stranger Shyness	.52**	.25**	-.56**	-.32	-.02	-.25
Three-factor: Assertiveness Difficulty	.51**	.31	-.46**	-.24**	-.06	-.22
Mean difference	.07	.03	.06	.04	.02	.02

Note. N = Neuroticism; E = Extraversion; O = Openness to experience; A = Agreeableness C = Conscientiousness;

* $p < .05$; ** $p < .01$.

a low but also negative relation with the Stability metatrait. Provided results support the hypothesis that shy individuals are also more lonely, and they demonstrate a smaller tendency towards social stimulation; thus, the measurement of shyness by the RCBS may be deemed as valid.

The validity of the chosen RCBS model was additionally verified through the examination of the significance of the differences between the correlational coefficients of unidimensional model versus the two- and three-factor model with personality traits and loneliness. The differences in correlation strength were assessed using a Z-test for dependent samples, the results of which are presented in Table 5.

Among the compared pairs of correlation coefficient strengths between the unidimensional model and the two- and three-factor model, we found some significant differences in relation to the personality traits. Most of them (three) were found in extraversion and openness to experience, whereas the fewest differences (one) were found for conscientiousness. We did not find any significant differences across compared models for agreeableness. It is noteworthy that the differences in more than half of all analyzed pairs of correlations were insignificant. In relation to loneli-

ness we did not find significant differences with the exception of the positively worded factors; however, the mean level of the differences between analyzed pairs did not exceeded .10. Obtained results support the fact that the differentiation of more than one factor on the RCBS scale provides a broader interpretative perspective.

Ecological Validity of the RCBS – the Differences between Individuals Remaining within a Romantic Relationship

Due to the small sample size of individuals who were married, within the analyses we included only individuals who did not have a romantic partner during the study ($N = 169$) and individuals who were in an informal romantic relationship ($N = 123$). The differences between these groups in shyness, loneliness and personality traits are presented in Table 6.

Individuals without a romantic partner turned out to be more shy, lonely, extraverted, opened to experiences, and higher in Plasticity than individuals engaged in an informal romantic relationship. We did not find any significant differences in neuroticism, conscientiousness, agreeableness, and Stability; therefore, our expectations were confirmed.

Table 6. The differences between lonely people and people in an informal relationship in the range of shyness, loneliness and personality traits

	<i>M</i>		<i>SD</i>		$t_{(290)}$	<i>p</i>
	Lonely	In relationship	Lonely	In relationship		
Shyness	3.31	2.94	0.82	0.79	3.89	.001
Loneliness	2.53	2.09	0.73	0.63	5.32	.001
Extraversion	2.47	2.78	0.99	1.02	2.60	.010
Neuroticism	3.38	3.50	0.84	0.80	1.29	.199
Openness	3.62	3.88	0.89	0.73	2.69	.008
Conscientiousness	3.37	3.40	0.74	0.63	0.32	.746
Agreeableness	3.32	3.31	0.77	0.80	0.11	.909
Stability	0.02	-0.03	0.05	0.05	0.75	.455
Plasticity	-0.10	0.15	0.05	0.05	-3.34	.001

DISCUSSION

In the current study we attempted to resolve problems specific to the structural validity of RCBS scale (Cheek & Buss, 1981; Cheek, 1983) by proposing a unidimensional model as one which best reflects the psychometric properties of the measure. We also found that the RCBS scale is characterized by excellent reliability and measurement with its use is valid, as has been verified in relation to the loneliness and personality traits. The RCBS scale is also ecologically valid, because people who were not currently in a relationship were significantly more shy and lonely and less extraverted, open to experiences and plastic than those who were currently in an informal relationship. In conclusion, the RCBS scale is a reliable and valid measure of shyness.

So far in the literature various proposals have been made regarding the structure of the RCBS scale (Cheek & Buss, 1981; Cheek, 1983; Crozier, 2005; Hopko et al., 2005; Vahedi, 2011), but each of them had some limitations. In the current study we analyzed all of functioning structural models, showing that a two-factor solution best reflects the structure of the scale, which confirmed the assumption that the three-factor solution is difficult to replicate (Hopko et al., 2005). In a two-factor solution specific factors are formed of the items formulated only in a positive or negative way (Crozier, 2005; Vahedi, 2011), which is not a theoretical solution and unclear in relation to the psychological significance of the factors extracted in this way. Therefore, better indicators of goodness of fit of this model cannot arise from the better structure of the model itself – it can only arise from the tendency of people to respond in a similar manner to positions formulated in positive or negative way (Podsakoff et al., 2003; Podsakoff et al., 2012).

The hypothesis that the factors extracted in this way do not have the psychological significance and should not be distinguished was tested by introducing an additional factor to the model – a bifactor which allows one to determine the

validity of extracting factors grouped in the context of the higher construct – in the case of this study it was verified that the factors created with positive and negative items can be distinguished in the context of shyness. Introducing a bifactor into the model clearly confirmed that additional factors should not be distinguished, because the strength of the items' factor loadings drastically decreased. In summary, the structure of the RCBS scale is unidimensional, and it did not make sense to conceptualize it as involving two factors with one consisting of positive and the other of negative items, and that the increase in the indicators of fit does not result from better theoretical match, but from controlling the variance of the model, which results from the manner of answering differently worded items. Furthermore, the three-factor solution proved to be difficult to replicate and poorly reflected the structure of the RCBS scale in the Polish population.

On the basis of replication of existing results regarding associations between shyness and loneliness and introversion (Ebeling-Witte et al., 2007; Jones et al., 2014; Teppers et al., 2013), we demonstrated that the measurement of shyness by the RCBS scale is valid. Beyond the replication, we expanded the existing literature through consideration of the relationship between shyness and personality metatraits – Plasticity and Stability (DeYoung et al., 2002). The obtained results confirmed our expectations that the role of shyness is especially important for the first stage of the cybernetic cycle associated with extraversion – goal activation. Shy individuals have difficulties with selecting such goals, which are associated with the necessity of social stimulation, which in fact may influence all of the remaining cycle stages, i.e., there would be activated only such goals as would allow them to remain reserved towards other people. The deficits of the shy individuals also seems to concern two classes of rewards – wanting and liking as represented by the two aspects of extraversion – assertiveness and enthusiasm (DeYoung et al., 2007).

Assertiveness reflects wanting – the motivation to attain desired goals through gathering power or social status, while enthusiasm reflects liking – the tendency to engage in gregarious social interactions and feeling positive emotions while doing so (DeYoung, 2015). The significance of both of these motivations is decreased in shy individuals.

What is the meaning of shyness for the cybernetic process? The deficits in extraversion suggest the difficulties in selecting some of the behaviors, but such a conclusion does not allow for more general description of the shy individuals. A glance from the perspective of the two most important forces directing the cybernetic process – and therefore directing one's behavior – provides sufficient means to draw some conclusions. Shyness seems to be not just a component of introversion, but rather it is a component of the opposite of Plasticity – Rigidity. Shyness does not only influence the avoidance of goal selection associated with the necessity of social stimulation, but also the general tendency toward exploring, interpreted as choosing new goals, new methods of their interpretation and strategies of action (DeYoung, 2013; 2015). Thus, shy individuals would rather undertake behaviors they know well, which will limit their capacity to adapt to changing environmental conditions.

In the interpretation of the obtained results within the CB5T it turned out that the relation with Stability was lower – amongst its components the strongest relationship was found with neuroticism and conscientiousness, whereas no relationship with agreeableness was found. Shy individuals may therefore have difficulties in situations requiring the ability to resist distractors, and simultaneously they may feel general anxiety (Beauvale, 2009; DeYoung, 2015; Dill & Anderson, 1999); however, they do not act either selfishly or cooperatively. The negative relation with Stability may be a predictor of antipathy and hostility towards people (Rogoza, Żemojtel-Piotrowska, Rogoza, Piotrowski, & Wyszynska, 2016), but in the case of the relation with shyness owing to the lack of association with agreeable-

ness, it is rather in the form of general anxiety in the presence of other people. Also, the observed relation with Stability may be the result of the shyness itself, but it may be the result of the deficits in Plasticity – because of the lack of adequate means to adjust toward changing environments, stable realization of assumed goals and appropriate adjustment to situations may be impossible (DeYoung, 2015).

Shyness in relations to the two elementary forces of the cybernetic process is a trait which significantly influences the behavior of an individual. Shy individuals are rigid in their behaviors, which may in turn lead to less stable functioning – due to their rigid behavior, some of their goals may be forsaken, if their realization would require elasticity in behavior. During the cybernetic process of shy individuals, the possibilities for adjusting towards changing conditions are limited; thus, in order to support shy individuals one should therefore provide an environment which is predictable and repeatable.

Finally, during the study we provided evidence that individuals who were not in a romantic relationship are significantly more shy and lonely and less plastic, extraverted and open to experiences than individuals in a romantic relationship. However, these results do not allow for distinguishing between the possibility that individuals remain single and feel lonely because they are shy and do not have adequate social competences to change such state and the possibility that the support of a romantic partner decreases the feeling of shyness and loneliness and increases faith in one's own competences. However, the current study may be a starting point for further research in an attempt to answer this question.

Limitations of the Current Study

The investigation presented in this article is a correlational study based only on self-report data. Therefore, the obtained results must be interpreted with caution. To overcome this limitation in future studies, it is required to use experimental methods and data other than

that based on self-reports. Interpretation of the results within the CB5T concept presented in the discussion is only one of the existing possible interpretations, and the results do not support it directly. An alternative model allowing a theoretical interpretation of the results is the Circumplex of Personality Metatraits (Strus, Ciecuch, & Rowiński, 2014), in which shyness would be recognized as a Beta-Minus characterized by apathy, passivity, stagnation and submissiveness in interpersonal relations. Because this is the first study analyzing the structure of the Polish adaptation of RCBS scale, the structure should be reconsidered in future studies. A final important limitation of the study is the fact that most of the respondents were young adult women; therefore, future work should include a sample that is more gender-balanced and diverse in age.

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POLSKA ADAPTACJA ZREWIDOWANEJ SKALI NIEŚMIAŁOŚCI CHEEKA I BUSSA ORAZ ZNACZENIE NIEŚMIAŁOŚCI W KONTEKŚCIE CECH I METACECH OSOBOWOŚCI

ABSTRAKT

Celem niniejszej pracy jest przygotowanie polskiej adaptacji *Zrewidowanej skali nieśmiałości Cheeka i Bussa* oraz analiza relacji nieśmiałości z samotnością i cechami osobowości. W badaniach w formie online wzięło udział $N = 314$ osób dorosłych, które wypełniły zestaw metod samoopisowych. Poprzez porównanie modeli confirmacyjnej analizy czynnikowej wykazano, że struktura nieśmiałości w polskiej adaptacji jest jednowymiarowa. Zgodnie z oczekiwaniami nieśmiałość powiązana była głównie z samotnością oraz introwersją, a ponadto wykazano silną negatywną relację z plastycznością oraz słabą negatywną relację ze stabilnością. Wykazano także, iż osoby nie będące w związku są istotnie bardziej nieśmiałe, samotne oraz mniej ekstrawertywne, otwarte i plastyczne niż osoby w związku nieformalnym. Uzyskane wyniki pozwalają wnioskować, że nieśmiałość jest cechą osobowości, która w istotny sposób wpływa na zachowanie poprzez ograniczenie możliwości dostosowywania się do zmieniających się warunków otoczenia.

Słowa kluczowe: nieśmiałość, bifaktor, osobowość, metacechy, samotność