

## **ADAPTING TESTS**

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**Annotation:** The adaptation of psychological tests is the process of reworking psychological diagnostic tools in accordance with a specific cultural, linguistic, or social context. Through this process, tests are not only translated into other languages, but they are also adapted based on cultural sensitivity, norms, and values. The adaptation of tests is crucial in ensuring the reliability and validity of psychological assessment. Therefore, psychometric properties—namely, the validity, reliability, and level of standardization of the test—must be preserved. The article analyzes the stages of test adaptation, international experience, and the practice of localizing psychological tests in Uzbekistan. Simply translating the test into another language is not enough; it must fully align with the socio-cultural context and be understandable and relevant to the respondents. In this regard, the adaptation of tests is a modern, scientific, and practical aspect of psychological assessment.

**Keywords:** Psychological test, adaptation, psychometrics, validity, reliability, cultural context, translation, localization, diagnostics, psychological assessment, measurement tool, standardization.

In modern psychology, diagnostic tests serve to obtain important information about an individual's condition, abilities, personal characteristics, and mental health. However, since each psychological test is created within a specific language, culture, and social environment, there arises a necessity to adapt it for use in different environments. Test adaptation is the process of translating the test for use in another cultural or linguistic environment while maintaining its validity.

Modern psychology has the ability to influence a person's practical activities in various ways. One of these methods involves providing psychological assistance to individuals from different categories. However, to provide psychological assistance, it is necessary to first identify the causes of psychological changes in those individuals and the factors influencing them. In this regard, we refer to the science of psychodiagnostics and its methods and methodologies. A question arises: what does the term 'psychodiagnostics' mean, what does it study, and what are its theoretical and practical tasks? The term “psychodiagnostics” means psychological diagnosis, which involves drawing conclusions about a person's mental state or a specific individual trait, where “diagnosis” consists of conclusions about the subject's condition and characteristics based on the analysis of developmental indicators and descriptions.

“Psychodiagnostics” as a term was first used in psychiatry after the publication of Rorschach's work “Psychodiagnostics” and soon began to gain widespread popularity outside of medicine. “Diagnosis” which means “the diagnosis” refers to identifying any deviations in an individual's development, including the specific level of development of their conditions and characteristics.

Psychodiagnostics is a specialized field of knowledge that involves developing a set of methodologies to evaluate the psychological development indicators, conditions, and characteristics of individuals and groups. Any process studied in the field of psychology can serve as an evaluation object for psychodiagnostics. For example: the behaviors and interactions of cooperating individuals, ranging from an individual person's perception to complex social-psychological processes. The theoretical tasks of the science of psychodiagnostics include the following:

Clarifying the nature of psychological phenomena and the degree to which they can be evaluated scientifically;

currently studying the assessment of the quantity of psychological phenomena and its scientific validity;

identifying the main methodological requirements of psychodiagnostic methods and techniques;

understanding the conditions of psychodiagnostic research, the reliability of processing results, and methods of interpretation;

what the basic procedures for verifying the structure of tests and psychodiagnostic methods and their scientific basis consist of.

Psychological tests are initially based on elements specific to a particular language and culture. Applying them in another language or cultural context:

Incorrect diagnostic results can occur, reducing the reliability and validity of test results, leading to an incorrect assessment of a person's real psychological state.

Therefore, test adaptation is a complex scientific process that ensures not only translation but also its correct functioning semantically, culturally, and psychometrically.<sup>1</sup>

The adaptation of tests includes the following key stages:

1. Initial translation: Test texts are translated by qualified specialists.
2. Expert assessment: Experts in both languages evaluate the relevance of test questions and answer options in the cultural context.
3. Back-translation: The test is retranslated into the original language and compared.
4. Pilot testing: The test is tried out on a small group.
5. Psychometric analysis: Validity, reliability, normative data, and discriminative characteristics are assessed.
6. Standardization: Test norms are developed for local conditions.

The main psychometric properties of the test:

Validity: Does the test measure what it is supposed to measure?

Reliability: Are the test results consistent and stable?

Standardization: The test data have a norm for a specific age, gender, social group.

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<sup>1</sup> Azizxo'jaeva N.N. Pedagogik texnologiyalar va pedagogik mahorat. – Toshkent: TDPU, 2021.

If the test does not meet these criteria, its results cannot be trusted.

### Experience in adapting psychological tests in Uzbekistan

The use of psychological tests is increasingly widespread in Uzbekistan, especially in the fields of education, healthcare, and personnel selection. However, direct application of foreign tests is still observed in many cases. For example, tests such as MMPI, Raven, WAIS can sometimes give incorrect results, since they are not fully adapted to the local culture. Therefore, it is necessary to work on the adaptation of tests on a scientific basis by local specialists.

### Problems in Adaptation

The following problems arise when adapting psychological tests:

Cultural differences,

Linguistic uncertainties,

Semantic losses in the translation process,

Lack of local norms,

Financial and organizational constraints.

A systematic approach, a team of qualified specialists, and scientifically based methodology are necessary to overcome these problems.

Adapting tests to a different cultural or linguistic environment is a complex, multi-stage process that requires thorough attention. It is not just about translating the test, but also fully adapting it to the new context, taking into account culture-specific norms and values, preserving linguistic richness, and ensuring that psychometric indicators are not compromised. Below, the main problems encountered in test adaptation and effective methods for solving them will be analyzed in detail.

Each culture has its own social, moral, and psychological values. Therefore, questions or concepts contained in the original test may not be understood or interpreted correctly in another culture. For example, concepts such as “politeness”, “empathy”, “individual achievement” may be considered positive qualities in one society, but in another society these characteristics may be perceived as artificial or excessively individualistic.

Therefore, when tests are developed or adapted, their cultural relevance should be thoroughly analyzed. In such situations, cross-cultural research and transcultural methodologies come to the rescue. These approaches allow tests to be tested in several cultural environments, the results compared, and the necessary changes made to the test.

Cultural adaptation requires:

- Consulting with local experts and psychologists
- Updating questions based on cultural expressions
- Assessing validity by comparing test results across cultures

One of the biggest challenges in translating tests is language-specific lexical, grammatical, and semantic ambiguities. Each language has its own structure and patterns of expression, which can distort the meaning of the test. For example, the concept of “resilience” in English may not be fully or accurately translated into Uzbek.<sup>2</sup>

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<sup>2</sup> Soliyev B., Mamarasulov S. Moslashtirilgan test topshiriqlari va ularning didaktik imkoniyatlari // “O‘zbekistonda pedagogik izlanishlar” jurnali. – 2022. – №2. – B. 33–38.

Also, the fact that a word or phrase has different connotations in different languages can mislead test results. For example, the concept of “happiness” may be interpreted as a subjective emotional state in some languages, while in others it may be associated with economic stability or social status.

Back-translation methodology is used to overcome these problems. In this process:

First, the test is translated into a language.

Then, the translated text is back-translated into the original language.

The back-translated text and the original are compared, differences are identified, and necessary corrections are made.

Also, collaborating with professional linguists and local psychologists during the translation process helps to correctly understand the cultural and contextual differences of the language.

The psychometric quality of a test—its validity (i.e., does the test measure what it is supposed to measure?) and reliability (i.e., are the test results consistent?)—are among the most important aspects of test adaptation. If these properties are compromised when a test is adapted to another language or culture, the test results may be inaccurate, unfair, or unreliable.

The psychometric analysis process typically involves the following techniques:

- Statistical measures, such as correlation coefficients
- Internal consistency (Cronbach’s alpha) analysis
- Construct validity assessment through factor analysis

The adapted test should yield similar psychometric results to the original version. If not, the test should be redesigned or revised.

It is also important to analyze how test results differ between different groups (e.g., gender, age, social class). This is determined using differential item functioning (DIF) methods and allows you to make the test more fair.

The process of adapting tests to another cultural or linguistic context is not a simple translation, but a complex, methodologically based, multi-stage research process. This process requires a thorough analysis of cultural differences, language and lexical uncertainties, and psychometric requirements.

The following are important for effective adaptation:

Collaboration with cross-cultural and linguistic experts

Consistent application of methodological approaches (back-translation, psychometric analyses)

Testing and re-evaluating the adaptation results

Taking into account cultural norms and values at each stage

Adapted tests retain their reliability and fairness only if they are implemented with the right approach and a thorough methodology. Therefore, collaboration between academics and practitioners plays an important role in the global use of tests as reliable tools.<sup>3</sup>

In conclusion, the adaptation of psychological tests is not only a translation, but also a full integration of the test into a new cultural environment. This process ensures the accuracy and reliability of psychological assessment. In Uzbekistan, too, attention should be paid to the development and adaptation of tests based on a scientific approach. Only then will the psychological state of a person be correctly and fairly assessed and appropriate practical measures taken.

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<sup>3</sup> McMillan, J.H. (2014). Classroom Assessment: Principles and Practice for Effective Standards-Based Instruction. – Pearson Education.

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