

ABSTRACT

Background

Happiness is a common pursuit of human being. Every being desires to have happiness and avoid unhappiness. Happiness can be good predictor of mental health. Oxford Happiness Questionnaire has been reported as an excellent reliable and valid self report scale to measure happiness.

Objectives

To measure the internal consistency of Hindi translated Version Oxford Happiness Questionnaire (OHQ) among adulthood. Further, to evaluate the divergent and convergent validity of Hindi version OHQ.

Methods

Participants were 411 adults (210 females and 201 males). Participants age ranged from 18 to 34 years with a mean age of 20.41 years (SD=3.04). Participants were recruited from five different colleges at Sitapur district, UP, India. Participants were given self report questionnaire including demographic details, Hindi version of OHQ, Short Depression-Happiness Scale (SDHS), Mindful Attention Awareness Scale (MAAS), and short Warwick-Edinburg Mantle Well-being Scale (SWEMWBS).

Data Analysis

Computation of internal consistency (Cronbach's alpha) was done across the samples. For the construct validity, Pearson correlation coefficients were calculated between Hindi version of OHQ and other constructs.

Result

Cronbach's alpha score of Hindi version OHQ has show good internal consistency ($\alpha = 0.71$). OHQ was found to be positively related with Mindfulness ($r = 0.136$, $p < 0.006$), and well-being scale ($r = 0.241$, $p < 0.001$), SDHS ($r = 0.167$, $p < 0.001$). Further, OHQ has shown negative correlation with depression.

Conclusion

Initial validation of Hindi version OHQ has shown reliable and valid scale. Further, research should explore to develop a shorter version through factor analysis and item reduction.

Key Words: Happiness, mindfulness, wellbeing, depression, reliability, validity