

**Psychometric properties of Hindi Version Oxford Happiness Questionnaire in  
Indian Population**

**TOWARDS**

**Partial fulfillment of Master degree in Yoga Therapy (M. Sc. YT)**

**SUBMITTED BY**

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**Under the Guidance of**

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# CERTIFICATE

This is to certify that **Ganesh Baghel** who has got MSc registration with start from August 01, 2017 by Swami **Vivekananda Yoga Anusandhana Samsthana, deemed to-be University**, has successfully completed the required training in acquiring the relevant background knowledge in Yoga Therapy and has completed the M.Sc. course of 2 years to submit this research project entitled **“Psychometric properties of Hindi Version Oxford Happiness Questionnaire in Indian Population”** as per the regulations of the University.

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Date: 02-05-2019

Place: Bengaluru

# DECLARATION

I hereby declare that the subjected study was conducted by me at **Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA)**, Bengaluru, under the guidance of Dr. RAJESH S.K., Ph.D.

I also declare that the subject matter of my dissertation entitled “**Psychometric properties of Hindi Version Oxford Happiness Questionnaire in Indian Population**” has not previously formed the basis of the award of any degree, diploma, associate-ship, fellowship or similar titles.

DATE: 02-05-2019

Ganesh Baghel

PLACE: Bengaluru

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DATE: 02-05-2019

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**STANDARD INTERNATIONAL TRANSLITERATION CODE USED TO  
TRANSLITERATE SANSKRIT WORDS**

a	=	A	īa	=	'	pa	=	p
ä	=	Aa	ca	=	c	pha	=	)
i	=	#	cha	=	D	ba	=	b
é	=	\$	ja	=	j	bha	=	É
u	=	%	jha	=	H	ma	=	m
ü	=	^	ī	=		ya	=	y
â	=	\	ōa	=	q	ra	=	r
è	=	§	ōha	=	Q	la	=	l
e	=	@	ōa	=	f	va	=	v
ai	=	@e	ōha	=	F	ça	=	z
o	=	Aae	ēa	=	[	ña	=	;
au	=	AaE	ta	=	t	sa	=	s
à	=	A<	tha	=	w	ha	=	h
û	=	A>	da	=	d	kña	=	]
ka	=	k	dha	=	x	tra	=	Ç
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		ga	=	g	gha	=	"	

# 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 ( $r=.136, p<0.006$ ), and well-being scale ( $r=.241, p<0.001$ ), SDHS ( $r=.167, p<0.001$ ). 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

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# Chapter 1

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## 1. INTRODUCTION

**OHI** The Oxford Happiness Inventory was devised as a broad measure of personal happiness, mainly for in-house use in the Department of Experimental Psychology of the University of Oxford in the late 1980s.

The OHI follows the design and format of the Beck Depression Inventory (Beck, Ward, Mendelson, Mock, & Erbaugh, 1961) which provided, when reversed, a set of 20 multiple-choice Items relevant to subjective well-being. Further items were added to cover aspects of happiness which were not otherwise included and 29 items were retained in the final scale.

**OHQ** An alternative scale, the Oxford Happiness Questionnaire (OHQ) has been devised which consists of single items that can be answered on a six-point Likert scale. The purpose of this paper is to describe the improved scale and its psychometric properties and, by placing it in the public domain, to allow its wider use and further examination by others.

Happiness is a common search of human being. Every being wishes to have happiness and evade unhappiness. Happiness can be good predictor of physical and mental health. Further, happiness has been associated with modulation of stress and health behaviours (Piqueras, Kuhne, Vera-Villarreal, Van Straten, & Cuijpers, 2011). Further, happiness is considered as a positive component of subjective state of mind and mental well-being, characterized by enjoyment and contentment reflecting individual's overall subjective well-being (Veenhoven, 2010). The construct of happiness is very pervasive, but it is equally vague to measure. Happiness is generally considered to comprise three main components: the frequency and degree of positive affect or joy; the absence of negative feelings, such as depression or anxiety; and the average level of satisfaction over a period (Diener, Suh, Lucas, & Smith, 1999). Research shows high positive correlations between happiness, psychological and health domains of quality of life, life satisfaction, and positive affect. The frequency and degree of positive feelings or happiness; the average level of satisfaction over a period of time; and not having the negative feelings, such as depression and anxiety (Argyle & Crossland, 1987).



Even though efforts were made to quantify the construct of happiness objectively using biomedical markers, and psychophysiology methods. But one of the effective tools to assess happiness is the self-report questionnaire Oxford Happiness Questionnaire (OHQ) constructed by Michael Argyle and Peter Hills has been used wide in the research setting. Psychometric properties that have been reported showed that OHQ have an excellent reliability and validity (Hills & Argyle, 2002). OHQ has been adapted into several languages.

### ADAPTATION OF OHQ INTO DIFFERENT LANGUAGES

Variable	Cronbach <i>alpha</i> <sup>b</sup>	Cronbach <i>alpha</i> <sup>c</sup>	Cronbach <i>alpha</i> <sup>d</sup>	Cronbach <i>alpha</i> <sup>e</sup>	Cronbach <i>alpha</i> <sup>f</sup>	Cronbach <i>alpha</i> <sup>g</sup>	Cronbach <i>alpha</i> <sup>h</sup>
OHQ	0.91	0.92	0.91	0.85	0.93	0.84	0.95

OHQ- Oxford Happiness Questionnaire,<sup>b</sup> Cronbach's for OHQ- Indonesian version, <sup>c</sup>Cronbach's for OHQ-Iran version, <sup>d</sup>Cronbach's for OHQ- Turkish version and <sup>e</sup>Cronbach's for OHQ- Hebrew version, <sup>f</sup>Cronbach's for OHQ- Farsi, <sup>g</sup>Cronbach's for OHQ- Brazil, <sup>h</sup>Cronbach's for OHQ-Chains.

### ADAPTATION OF OHQ BY DIFFERENT LANGUAGES

**Table 1. Various Versions of OHQ along with reliability Details**

S.No.	Versions	Cronbach's Alpha
1.	OHQ and OHI (English)	OHI and the OHQ showed high scale reliabilities with values (cronbach's <i>alpha</i> =0.92) and (cronbach's <i>alpha</i> =0.91) respectively. It was observed that the maximum inter-item correlations within the two scales, ( $r=0.65$ ) and ( $r=0.58$ ). The average of OHI and OHQ scores of over all items were strongly related, $r=0.80$ , $P<0.001$ , which shows that both scales provide almost similar results. It means all the items of both the OHI and the OHQ make valid contribution for measuring overall happiness. (Hills & Argyle, 2002)
2.	Indonesian	Result shows that the OHQ-I items discriminating power parameter ( ) = 0.532 until 3.608, which concludes that all item has good discriminating power because it has a value above 0.50. (Rahmawati, Irmayanti Saragih, & Adeline, 2017)

3.	Iran	Eigen values for the six factors ranged from .94 to 9.17. These six factors explained 33.93% of the variance. Internal reliability using Cronbach's <i>alpha</i> in sample of students (n=727) was .92. Then, a sample of 50 students out of the 727 was randomly selected to examine test-retest reliability 6 weeks later, obtaining a reliability coefficient of .73. (Liaghatdar, Jafari, Abedi, & Samiee, 2014)
4.	Turkish	Cronbach's <i>alpha</i> internal Consistency coefficient of OHQ was found 0.91 and reliability coefficient obtained with test halving method was found 0.86 and composite reliability of the scale was found 0.91, Test retest reliability coefficient of different scales are : Life Satisfaction Scale : 0.82 Life Orientation Test : 0.77 Subjective Happiness Scale : Between 0.55 and 0.90
5.	Francis (Hebrew)	The following Pearson correlation coefficients were found between scores on the Hebrew translation of the Oxford Happiness inventory and on Extraversion ( $r = .42, p < .001$ ), Neuroticism ( $r = .32, p < .001$ ), Psychoticism ( $r = -.14, p < .05$ ), and Lie scale scores ( $r = .06$ ). These values confirm that happiness is related positively with Extraversion and negatively with Neuroticism. At the same time there is a small but statistically significant negative relationship between Happiness and Psychoticism. The scale achieved a coefficient <i>alpha</i> of .85. (FRANCIS, 2000)
6.	Brazil	The Alpha coefficient (Cronbach's <i>alpha</i> = 0.84), which shows subjective happiness correlated significantly with life satisfaction, hope and self-esteem. The magnitudes of the correlations were all positive and moderate (ranging from 0.48 to 0.66). All correlations were significant at $p < 0.001$ . (Damásio, Andrade, & Koller, 2015)
7.	Chinese	Internal consistency came excellent as (Cronbach's <i>alpha</i> = 0.95), and

		<p>the test-retest reliability showed a coefficient of 0.66 which shows significant correlations with happiness or mental health, extraverts were found happier as (<math>P &lt; 0.01</math>), although extraversion did not correlate with psychological symptoms, both neuroticism and social desirability did (<math>r = 0.36</math>, <math>P &lt; 0.01</math> respectively).</p>
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**NEED OF THE STUDY**

As in India majority of the people speak Hindi, there is a need to have a standardized tool to measure happiness in Hindi language. To our knowledge, there is no Hindi version of the OHQ available, and no research using the OHQ has been performed with Hindi speaking populations. Thus, the purpose of the present study was to examine the psychometric properties of a Hindi translation of the OHQ in a sample of Indian population. Further, the study explores the reliability of the translated scale by examining its internal consistency. Furthermore, the scale's validity by examining its relation with depression (divergent validity) and psychological well-being (mindfulness and wellbeing) as convergent validity.

# Chapter 2

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## 2. REVIEW OF ANCIENT LITERATURE

### AIMS

Various ancient literatures were referred for finding concepts of *ananda*. The following are the various verses which depicts this idea.

### OBJECTIVES

- ) To understand the concept of *ananda* from the perspective of *Panchadasi*.
- ) To unearth idea *ananda* from the viewpoint of *Panchadasi*.

### Concept of *Ananda* according to *Panchadasi*

AanNd< äü[ae ivÖaÚ ibÉeit,  
@tmev tpeÚE;a icNta kmaRi¶sMæta.  
änandaà brahmaëo vidväna bibheti |  
etameva tapennaiñä cintä karmägnisambhratä||

He who experiences the bills of brahman does not fear whatever cause. This anxiety born of the fire of karma does not burn only him.

Good action by failure to do it and bad action by doing it- both trouble ordinary person and scorch him like fire, the know of brahman is free from it(Shankarananda, 2012).

ivlln°tvTpíaTSyaiÖ}anmyae "n>,  
ivllnavSw AanNdmyzBden kwte.63.  
vilénaghratavatpaçcätsyädvijjānamayo ghanaù|  
vilénävastha ānandamayaçabdena kathate||63||

Just as melted ghee(becomes solidified later on), the intellect is later on solidified. The melted state is called by the name of Anandamaya(Shankarananda, 2012).

AanNdadev ÉUtain jayNte ten! jlvnm,  
te;a< lyí tÇatae ähüanNdae n! s<zy>.13.

änandädeva bhütäni jäyante ten jévanama|  
teñää layaçca tatrâto brahahmânando n saâçayaû||13||

Beings are born only from Bliss, their subsistence is because of it; their dissolution also is into it. Therefore Bliss is Brahman there is no doubt about it (Taittiriya)(Chinmayananda, 2014).

k<icTkal< àbuXdSy äüanNdSy vasna,  
AnugCDe\*tStU:[ImSte inivR;y> suol.74.

kaïcitkâlaâ prabudhdasya brahmânandasya väsanâ|  
anugacchedyatastüñëémaste nirviñayaû sukhé ||74||

In as much a person has woken up remains quiet, without any object (to experience) but yet happy, the impression of the bliss of brahman (enjoyed during sleep) continues for some time (even after waking up) (Shankarananda, 2012).

%dasIn> suol ÊoITyVSwaÇYmeTYsae,  
suoÊoe kmRkayeR TvaEdasINy SvÉavt>.93.

udsna sukh dukhtyavsthtraymetysa  
sukhadukhe karmakrye tvadsnya svabhvata||93||

He gets three condition- the state of indifference the state of being happy and the state of being miserable. Happiness and misery are the effects of karma. Indifference however is natural(Shankarananda, 2012).

isXdyeÚ veTyiSt ÊomisXdaE tiVdvxRte  
àitbNxe ÉveTkaexaeÖve;ae va àitbNxx.15.

sidhdayenna vetyasti dukhamasidhdau tavdivardhate  
pratibandhe bhavetkoddhvaveño vä pratibandhaka||15||

There is the grief as to whether the object of desire will be got or not; if it is not; the grief becomes intensified; if there is obstruction, anger (comes), if it is harmful, hatred (ensues) (Shankarananda, 2012).

Taittiriyaupanisad

AanNdae äüaeit Vyjanat!, AanNdaXdyeve oiLvmain ÉUtain jayte,  
AanNden jatain jlvint, AanNd< àyNTyiÉs<ivzNtlit, sE;a ÉagRvl

varœ iv\*a, prme VyaemNàitióta, s y @ns< ved àititóit,  
AaÚvanÚadae Éaevit, mhaNÉvit àjya pzuiÉbRüvcRsen!.

änando brahmoti vyajänät| änanä dhdayeova khalvimäni bhütäni  
jäyate| änandena jätäni jévanti | änandaà  
prayantyabhisaàviçantéti| saiñä bhärgavé vār vidyā| parame  
vyomanprati ñöhitä| sa ya enasaà veda pratitiñöhäti|  
ännavänannädo bhovati| mahänbhavati prajayä  
paçubhirbahmavarcaasen||

He knew Bliss as *Brahman*; for from bliss, indeed, all thesw being originate;having been born,they are sustained by Bliss they move towards and mergy in Bliss. This knowledge realised by Bhrgu and imparted by varuna (starts from the food-self and) terminates in the supreme (Bliss).established thus becomes fimly established; he become the possessor of food and the eater of food; and he become great in progeny, cattle and the luster of holiness, and great in glory (Chinmayananda, 2014).

icÄSy ih àsaden hiNt kmR zuÉazuÉM!,  
àsÚaTmaTmin iSwTva suom]ymîute.114.

cittasya hi prasädena hanti karma çubhäçubham|  
prasannätmätmani sthitvāa sukhamakñayamaçnute||114||

By the clarifiation of the mind, ine certainly destroys karma, good and bad. With clear mind and steadiness in the self, he attains the never-waning happines(Shankarananda, 2012).

## **Conclusion**

Upanishad defines happiness is state of mind in which mind is in-tuned with silence, no more distraction no more multiple thoughts. Happiness lies in different objects is just temporary but the happiness attained through service activity, yoga is the highest mean of happiness and long lasting.

To summarize the whole concept of ancient scriptures we can say happiness is state of being blissful, contented and living joyfully.

# Chapter 3

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## 3. REVIEW OF SCIENTIFIC LITERATURE

There are researches carried out to check the psychometric properties of oxford happiness questioner. Researches available related to oxford happiness questioner indicates very good internal validity and reliability.

S.N.	Author & Year	Sample details	Intervention	Assessment Tools	Result	Conclusion
1.	(Hills & Argyle, 2002)	N=172	Not applicable	Eysenck Personality Questionnaire, OHI, the OHQ	<i>Alpha</i> of two different groups were 0.92 and 0.91 respectively. The inter-item correlations for the OHI ranged from 0.03 to 0.58, mean 0.28, and the OHQ were 0.04 to 0.65 and overall correlation within the two scales, $r=0.65$ and $r=0.58$ respectively.	All cross-scale correlations between corresponding items were highly significant,



2.	(Liaghatdar et al., 2014)	n = 727	Not applicable	The Oxford Happiness Inventory. The Fordyce Happiness Inventory.	Reliability coefficient of .73. Cronbach's <i>alpha</i> = .92.	Persian/Farsi version of the OHI had suitable validity and reliability among Iranian university students. Thus, the inventory can be recommended for use as a trait-measure in Iranian universities
3.	(Lewis, Maltby, & Day, 2005)	N=138 (55 male and 83female)	Not applicable	Oxford Happiness Questionnaire Short-Form, Depression–Happiness Scale, Religious Coping Positive Scale, Extrinsic Social Scale, Religious Orientation Extrinsic Personal Scale, Religious Coping Negative Scale	Cronbach's <i>alpha</i> for Depression–Happiness Scale (0.92), Oxford Happiness Questionnaire Short-Form (0.74), the Religious Orientation Extrinsic Personal Scale (0.87), the Religious Orientation Extrinsic Personal Scale (0.83), the Extrinsic Social	Consistent with the theoretical distinction between subjective and psychological well-being. It is suggested that when religiosity is related to happiness, it is related to psychological well-being, which is thought to reflect

					Scale (0.87), the Religious Coping Positive Scale ( 0.94), and the Religious Coping Negative Scale ( 0.78)	human development, positive functioning and existential life challenges.
4.	(de Bruin, Zijlstra, van de Weijer-Bergsma, & Bögels, 2011)	N=711 students	Not applicable	Subjective Happiness Scale, Paediatric Quality of Life Inventory Scale, Healthy Self-Regulation Subscale, Children's Acceptance and Mindfulness Measure	Cronbach's indicated good internal reliability, =0.89 and men ( =0.87).	Psychometric validity of the MAAS in the assessment of mindfulness as a psychological construct. In addition, they underscore the need for careful assessment in studies of mindfulness
5.	(de Bruin et al., 2011)	N=781	Not applicable	Subjective Happiness Scale, Paediatric Quality of Life Inventory Scale, Healthy Self-Regulation Subscale, Stress Questionnaire for Youth,	Internal consistency based on 14 items for the adolescent sample was good ( =.86 for sample A and .85 e	The internal consistency of the Dutch MAAS-A was good, and we can therefore conclude the Dutch version of the

				Cognitive Emotion Regulation Questionnaire	more happiness ( $r=.33$ )	MAAS-A is a reliable instrument. the relationship between mindfulness and quality of life was positive as expected
6.	(Francis, Ok, & Robbins, 2017)	N=348 ( 122 males and 226 females)students in Turkey	Not applicable	Religious Attitude Scale (Islam), the Oxford Happiness Inventory, and the short-form Eysenck Personality Questionnaire Revised	positive association between happiness and religiosity ( $r = .12$ )	The data reported a small but statistically significant association between religiosity and happiness after taking sex and individual differences in personality into account.
7.	(J. et al., 2012)	N=385 (95 men and 290 women)	Not applicable	Depression scale CES-D, Five Facets Mindfulness QuestionnaireFFMQ,	The correlations obtained between MAAS with the CES-D self-applied depression scale were 0.558 and Cronbach's <i>alpha</i> statistics is 0.897.	The MAAS allows global measurement of this capacity and it is a tool having rapid administration and simple correction. The

						results obtained in this study indicate good reliability and validity of the Spanish version of the MAAS. The temporal reliability of the scale was very high and very similar to that obtained in the original study of the MAAS.
8.	(Carlson & Brown, 2005)	(N= 122) (N= 245)	Not applicable	Mindful Attention Awareness Scale (MAAS) Profile of Mood States (POMS), Symptoms of Stress Inventory (SOSI) CFI = comparative fit index; RMSEA = root-mean-square error of approximation	Internal consistency =.67. The single-factor structure of the MAAS was invariant across the groups. Higher MAAS scores were associated with lower mood disturbance and stress symptoms in cancer patients, and the	This study indicates that the MAAS is appropriate for assessing mindfulness in cancer populations, Cancer patients represent an important population to examine the effects of

					structure of these relations was invariant across groups	mindfulness and its promotion
9.	(Do an & Sapmaz, 2012)	N= 491 (334 women,154 men)	Not applicable	Oxford Happiness Questionnaire (OHQ), Life Satisfaction Scale (LSS), Subjective Happiness Scale (SHS), Life Orientation Test (LOT), Positive Affect Negative Affect Scale (PANAS)	Higher scores indicate higher level of happiness. Cronbach's alpha OHQ was found 0.91 and reliability coefficient obtained with test half-life method Was 0.86 and composite reliability of the scale was found 0.91.	study indicate that Turkish form of OHQ has a one-factor structure and this form can be used as a valid and reliable measuring means in evaluating happiness in university student
10.	(Francis & Katz, 2011)	N= 298	Not applicable	Oxford Happiness Inventory, Eysenck Personality Questionnaire	Coefficients <i>alpha</i> of .85. Eysenck Personality, Questionnaire coefficients <i>alpha</i> of Extraversion .79. there	Reliability of the Hebrew translation of the Ox- ford Happiness Inventory among, is more than

					is statistically significant Negative relationship between Happiness and Psychoticism.	adequate indicator of the overall item homogeneity of the scale.
11.	(Ruiz, Suárez-Falcón, & Riaño-Hernández, 2016)	N=762	Not applicable	Mindful Attention Awareness Scale (MAAS), Automatic Thoughts Questionnaire, Acceptance and Action Questionnaire, General Health Questionnaire, Depression, Anxiety, and Stress Scales, Dysfunctional Attitude Scale – Revised, Satisfaction with Life Survey	Cronbach's alpha of the MAAS was .92. the MAAS showed excellent internal consistency 0.92. Corrected item-total correlations of the MAAS ranged from .46 to .74	Study suggest that the MAAS is a valid and reliable measure of mindfulness in Colombian samples. In conclusion, the MAAS seems to be a reliable and valid self-report instrument in Colombian undergraduates, and conceives mindfulness as a unidimensional construct
12.	(S Stewart-Brown,	N=27,169	Not applicable	General Health Questionnaire, EQ-VAS	Cranach's alpha for SWEMWBS and	SWEMWBS items within the Health

	Boniface, Scholes, Mindell, & Ng Fat, (2016)				WEMWBS was 0.84 and 0.92, respectively, both exceeding the acceptable conventional level of internal agreement (0.70). presents results from multinomial logistic Regressions for SWEMWBS categorised into low (15%), medium (71%) and high (14%) wellbeing	Survey for England WEMWBS questionnaire ,correlations with social variables for low wellbeing, SWEMWBS's performance is very similar to that of WEMWBS.
13.	(BAYANI, 2008)	N=309(161 women and 148 men)	Not applicable	Oxford Happiness Inventory, the Satisfaction with Life Scale, the Beck Depression Inventory, and the Depression-Happiness Scale	Cronbach's coefficient alpha provided an estimate of internal consistency reliability, which was.93. Satisfaction with Life Scale ( $r = .71, p < .001$ ), Depression-Happiness	Analyses indicated that the Farsi version of the Oxford Happiness Scale has reliability as a measure of well-being and provided some preliminary evidence

					Scale ( $r = .31, p < .001$ ), Beck Depression Inventory ( $r = -.65, p < .001$ )	of construct validity
14.	(Tennant et al., 2007)	N= 348	Not applicable	WHO-Five Well-being Index, SDHS, Positive and Negative Affect Scale, Satisfaction With Life Scale, Global Life Satisfaction Scale, Scale of Psychological Well-being EQ-5D Thermometer, Emotional Intelligence Scale	Cronbach's <i>alpha</i> coefficient = 0.89. Correlation = 0.83	Scale focus on positive aspects of mental health. As a short and psychometrically robust scale, with no ceiling effects in a population sample, it offers promise as a tool for monitoring mental well-being at a population level.
15.	(Joseph, Linley, Harwood, Lewis, & McCollam, 2004)	N= 241 psychology undergraduates (54 male, 187 female)	Not applicable	Short Depression-Happiness Scale, Beck Depression Inventory, Oxford Happiness Inventory, NEO Five Factor Inventory.	Cronbach's <i>alpha</i> coefficient for SDHS=.80 Beck Depression Inventory = .85 Oxford Happiness Inventory=.74 NEO	Principal components providing support of a single-component solution confirming that the six items can be summed to yield a



					Neuroticism=.85, NEO Extraversion=.80, NEO Openness to experience=.72, NEO Agreeableness=.66, NEO Conscientiousness=.87. Correlations( BDI (r ¼ 2:63 OHI (r ¼ :69; p , :001)	single score. Good convergent validity with the full DHS, as well as with other established measures of depression and happiness, and good discriminate validity with established measures of free-floating anxiety, somatic anxiety, and hysteria.
16.	(Maltby, Day, & Barber, 2005)	N= 224	Not applicable	Enright Forgiveness Inventory, Depression-Happiness Scale, e Oxford Happiness Questionnaire – Short form	Alpha coefficients were above the 0.70. No significant differences were found between men and women for any of the variables.	The present findings suggest that forgiveness accounts for statistically significant variance, albeit quite low, in both hedonic and eudemonic happiness

						and the relationships may vary depending on which aspect of happiness is being considered
17.	(Francis, Brown, Lester, & Philipchalk, 1998)	N=378 in the U.K., 212 in the U.S.A., 255 in Australia, and 231 in Canada.	Not applicable	short Revised Eysenck Personality Questionnaire, Oxford Happiness Inventory ,	The Oxford Happiness Inventory achieved the high alpha coincident of 9[81\ with item rest of test correlations ranging between 9[17 and 9[69[	Then dingscon_rm the internal reliability of the Oxford Happiness Inventory and support the view that {happiness is a thing called stable extraversion
18.	(Robbins, Francis, & Edwards, 2010)	N=131	Not applicable	Oxford Happiness Questionnaire, Oxford Happiness Inventory, Eysenck Personality Questionnaire	( <i>alpha</i> = .92) and good construct validity in terms of positive association with extraversion( <i>r</i> = .38 <i>p</i> <.001)negative neuroticism ( <i>r</i> = -.57 <i>p</i> < .001).	The kind of happiness measured by the OHQ is clearly associated with stable extraversion.

# Chapter 4

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## **4. AIM AND OBJECTIVES**

### **AIM OF THE STUDY**

- ) The purpose of the present study was to prepare a translated version of the Hindi version of Oxford Happiness Questionnaire and assess the psychometric properties of Hindi version.

### **OBJECTIVES OF THE STUDY**

- ) To assess the internal consistencies of Hindi version of the Oxford Happiness Questionnaire in a sample of adulthood.
- ) To evaluate the relationships among mindfulness, wellbeing and depression in a sample of adulthood.

### **HYPOTHESIS AND NUL HYPOTHESIS**

- ) Hindi version of the Oxford Happiness Questionnaire will confirm adequate internal consistencies as well as construct validity as same in the original scale.
- ) High happiness would be associated with higher levels of wellbeing.
- ) High mindfulness would be associated with higher levels of happiness.
- ) High happiness would be associated with lesser levels of depression

# Chapter 5

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## **5. METHODS**

### **PARTICIPANTS**

#### **Sample size**

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). The educational values were as follows: 58.4% undergraduate, 35% Graduate, and 6.6% Post Graduate. All participants who chose to enroll in the study, informed consent was obtained, and their responses were confidential and anonymous.

#### **Selection and source of subjects**

Participants were recruited from different colleges at Sitapur, Utter-Pradesh, India.

#### **Inclusion criteria**

- ) Age: 18- 32 years.
- ) Both Genders
- ) Students who can read and understand Hindi well.

#### **Exclusion criteria**

- ) Students who are not willing to participate in the study.

#### **Ethical considerations**

- ) Informed consent of the respondents was collected, voluntary nature of participation was ensured and confidentiality was assuring as part of the research process.

## **DESIGN OF THE STUDY**

Cross sectional Design

### **PREPARATION OF HINDI VERSION- OXFORD HAPPINESS QUESTIONNAIRE**

First draft of 29 items OHQ was translated from English into Hindi by two native Hindi-speaking experts. Afterward, this translation was back-translation independently by two bilingual experts (both native Hindi speaking). The original and back-translated versions were equated and deliberated by the authors, psychologist and the back-translator. Finally, agreed on a common

translation. Before preliminary study, the questionnaire was administered to a few emerging adults to evaluate its clarity and acceptance.

## **VARIABLES STUDIED**

### **Socio-demographic questionnaire**

A socio-demographic check list was developed for this study to document the following: education, gender and age.

### **Mindful Attention Awareness Scale (MAAS)** (Hollis-Walker & Colosimo, 2011)

MAAS is a 15-item, 6-point Likert scale (1 = almost always to 6 = almost never) measure that assesses the quality of attention and awareness that individuals apply to their daily lives. All items of the MAAS are worded in a negative direction (e.g., I find myself doing things without paying attention). Participant's responses on each item are summed to create a total score. A high score indicates a high degree of mindfulness.

### **Short Depression – Happiness Scale** (Joseph, Harwood, Lewis, & McCollam, 2004)

The SDHS was designed to extend existing measures of depression beyond the zero point to measure not only the absence of depression but also the presence of happiness. The SDHS consists of six items, three items measuring happiness (e.g., I felt happy) and three reverse coded items measure depressive states (e.g., I felt my life was meaningless). Participants rate how frequently they feel the way described in the item on a four-point scale (0 = never, 1 = rarely, 2 = sometimes, 3 = often). When the items are summed, people can score from 0 (depressive state) through 9 (neither unhappy nor happy) to 18 (very happy).

### **Short Warwick-Edinburg Mental Well-Being Scale** (Sarah Stewart-Brown et al., 2009)

SWEMWBS consists of seven items phrased positively to cover positive aspects of wellbeing. Items cover a range of aspects of well-being including many which will be familiar from other well-known scales (e.g. I've been feeling relaxed, I have been thinking clearly). Responses in the form of a Likert scale comprise 'None of the time'; 'Rarely'; 'Some of the time'; 'Often' and 'All of the time'. Scores range from 7 to 35, with a higher score reflecting a higher level of mental well-being.

### **Oxford Happiness Questionnaire** (Hills and Argyle 2002)

This is an inverted form of the Beck Depression Inventory with additional items added to form a 29-item inventory. The items express how participants may feel about themselves (e.g., "I feel

that life is very rewarding’). Responses to items is scored on a 6-point Likert type scale: Strongly Disagree (1) to Strongly Agree (6). High scores indicate higher degree of happiness

#### **DATA EXTRACTION**

- ) Oxford Happiness Questionnaire scoring is obtained by adding all the items response. Question number 1,5,6,10,13,14,19, 23,24,27,28,and 29 are reverses scored.
- ) Mindfulness Attention Awareness Scale, summation of all the questions.
- ) Short depression and happiness scale calculated like this. Question number 1, 3 and 6 is reversing score (0=3, 1=2, 2=1, and 3=1). Further total score was obtained by adding up all the questions.
- ) Short Warwick-Edinburg Mental Well-Being Scale total score was obtained by adding up all the questions.

#### **DATA ANALYSIS**

All statistical analyses were performed using SPSS version 16.0 (SPSS Inc., Chicago, IL, USA). Computation of internal consistency (Cronbach’s alpha) was done across the samples. For the construct validity, Pearson correlation coefficients were calculated for (convergent validity) and discriminate validity.

# Chapter 6

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## 6. RESULTS

### Descriptive Statistics

Mean score achieved from scale was found 4.00 (SD=0.57) for the whole sample and score range was 0.61-2.0. Higher scores indicate higher level of happiness. When happiness scores were evaluated regarding gender, mean score for men was found 4.00 (SD=0.56) and for women 4.01 (SD=0.57).

Correlation between happiness scores and gender was examined by independent samples t test and no statistical difference was found ( $t=-0.306$ ,  $p\text{-value} = 0.7592$ ).

<b>Table 1 Descriptive Statistics</b>			
<b>Variables</b>	<b>Mean</b>	<b>SD</b>	<b>Cronbach's alpha</b>
Happiness(OHQ)	116.11	16.45	0.71
Mindfulness(MAAS)	55.13	8.68	0.41
Wellbeing(SWEMWBS)	25.25	3.94	0.55
Happiness Depress(SDHS)	10.76	3.05	0.40

OHQ: Oxford Happiness Questionnaire,  
MAAS: Mindfulness Attention awareness Scale,  
SWEMWBS: Short Warwick-Edinburgh mental well being scale,  
SDHS: Short depression happiness scale

The internal consistency, Cronbach's alpha was calculated for all the scales. Table 1 reports the Cronbach's alpha values for all the measures and the descriptive statistics. The values show moderate level of internal consistency, i.e., around 0.51. Cronbach's alpha of translated scale Oxford Happiness Scale was above average .71.

## Validity

The inter correlations results are summarized in the table 2.

<b>Table.2 Pearson's correlation coefficient for all measures</b>				
(n = 411)	<b>Happiness</b>	<b>Mindfulness</b>	<b>Wellbeing</b>	<b>Happiness Depress</b>
OHQ	1	.136**	.241**	.304**
MAAS	.136**	1	-0.001	0.062
SWEMWBS	.241**	-0.001	1	.167**
SDHS	.304**	0.062	.167**	1
OHQ: Oxford Happiness Questionnaire, MAAS: Mindfulness Attention awareness Scale, SWEMWBS: Short Warwick-Edinburgh mental well being scale, SDHS: Short depression happiness scale				

\*\* . Correlation is notable at the 0.01 level (2-tailed).

To examine the construct validity of the Hindi version OHQ, Pearson's correlation was conducted with the total sample to examine its relation with happiness score, MAAS, SWEMWBS, and SDHS. OHQ has strongly positive relation with MAAS ( $r=.136, p<0.006$ ), SWEMWBS ( $r=.241, p<0.001$ ), and SDHS ( $r=.304, p<0.001$ ) and statically significant.

Mindfulness has strong positive association with OHQ ( $r=.136, p<0.006$ ), however it has weak non-significant correlation with SWEMWBS ( $r=-0.001, p>0.982$ ), and SDHS ( $r=0.062, p>0.21$ ).

Wellbeing as strong positive association with OHQ ( $r=.241, p<0.001$ ), SDHS ( $r=.167, p<0.001$ ), however it has weak non-significant correlation with MAAS ( $r=-0.001, p>0.982$ ).

Happiness Depress score highly correlated with significantly result of test with OHQ ( $r=.304, p<0.001$ ) and SWEMWBS ( $r=.167, p<0.001$ ) however it has weak non-significant correlation with MAAS ( $r=0.062, p<0.001$ ).



**Table 3: Descriptive Statistics for age**

Age	N	Mean	SD	Min	Max	Med
Male	201	21.06	3.39	18	34	20
Female	210	19.76	2.52	18	31	19
Total	411					

The total sample was 411 of which 201 were males and 210 were females. The overall age range was 18 to 34. The mean age and standard deviation for males were 21.06 and 3.39. Whereas for females it was 19.76 and 2.52.

## FREQUENCIES FOR QUALITATIVE VARIABLES

**Table 4: Frequencies of Educational status**

Gender	PG	Percent	UG	Percent	10th to 12th	Percent	Total
M	72	35.8	16	7.96	113	56.21	201
F	16	7.61	67	31.90	127	60.47	210
Total	88		83		240		411

The total number of post graduates in males was 72 (35.8%) whereas the total number of post graduates in females was 16 (7.61%). The total number of undergraduates in males was 16 (7.96%) whereas the total number of undergraduates in females was 67 (31.9%). The total number of graduates in males was 113 (56.2%) whereas the total number of graduates in females was 127 (60.47%).

**Table 5: Frequencies of Marital Status**

<b>Marital Status</b>					
	<b>Unmarried</b>	<b>Percent</b>	<b>Married</b>	<b>Percent</b>	<b>Total</b>
M	182	90.54	19	9.45	201
F	203	96.66	7	3.33	210
					411

The total numbers of unmarried males were 182 (90.5%) whereas the total number of married males was 19 (9.4%). The total numbers of unmarried female were 203 (96.6%) whereas the total numbers of married females was 7 (3.3%)

**Table 6: Frequencies for health status**

<b>Currently Ill</b>					
	<b>Not ill</b>	<b>Percent</b>	<b>ill</b>	<b>Percent</b>	<b>Total</b>
M	198	98.50	3	1.49	201
F	209	99.52	1	0.47	210
					411

The total numbers of males not ill were 198 (98.5%) whereas the total number of males ill was 3(1.4%). The total numbers of females not ill were 209 (99.5%) whereas the total numbers of females ill were 1 (0.47%).

**Table 7: Frequencies of Yogic practice**

<b>Practicing Yoga</b>					
	<b>No</b>	<b>Percent</b>	<b>Yes</b>	<b>Percent</b>	<b>Total</b>
M	165	32.33	36	17.91	201
F	175	83.33	35	16.66	210
					411

The total number of males not practicing yoga was 165 (32.3%) whereas the total number of males practicing yoga 36(17.9%). The total numbers of females not practicing yoga were 175 (83.3%) whereas total numbers of females practicing yoga were 35 (16.6%).

**Table 8: Frequencies of Importance of Spirituality**

<b>Scales</b>	<b>Male</b>	<b>Percent</b>	<b>Female</b>	<b>Percent</b>	<b>Total</b>
Very low	19	9.45	8	3.80	27
Low	19	9.45	32	15.23	51
Medium	43	21.39	52	24.76	95
High	55	27.36	62	29.52	117
very high	65	32.33	56	26.66	121
					411

The above table shows the numbers of males and females interest in spirituality from very low to very high. The majority of males and females were having a medium interest in spirituality (n=201 and n=210).

# Chapter 7

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## 7. DISCUSSION

The aim of the present study was to translate and initial validation of Oxford Happiness Scale into Hindi. The Cronbach's *alpha* .71 indicates good internal consistency. Construct validity of the OHS was adequate, as shown by the correlations between mindfulness and theoretically positive related constructs (e.g. happiness and wellbeing) and negatively related construct (Depression) constructs. The results were in line with previous studies.

**Table 9: Descriptive of OHQ and Cronbach's for each facet of Hindi versions of OHQ (n=411)**

Variable	Mean	SD	<i>alpha</i> <i>b</i>	<i>alpha</i> <i>c</i>	<i>alpha</i> <i>d</i>	<i>alpha</i> <i>e</i>	<i>alpha</i> <i>f</i>	<i>alpha</i> <i>g</i>	<i>alpha</i> <i>h</i>
OHQ	116.11	16.45	0.91	0.92	0.91	0.85	0.93	0.84	0.95

OHQ- Oxford Happiness Questionnaire Cronbach's for OHQ- Indonesian version, <sup>c</sup>Cronbach's for OHQ-Iran version, <sup>d</sup> Cronbach's for OHQ- Turkish version and <sup>e</sup>Cronbach's for OHQ- Hebrew version, <sup>f</sup>Cronbach's for OHQ- Farsi, <sup>g</sup>Cronbach's for OHQ- Brazil, <sup>h</sup>Cronbach's for OHQ-Chains.

Internal consistency of Hindi OHS is in accordance with two previous reports. Further, the Hindi version of the Oxford Happiness Questionnaire had suitable validity. Thus, the questionnaire can be recommended for use as a trait-measure of happiness among Indian adults. Future research should examine shorter version of the Oxford Happiness Inventory and understand the happiness from ancient Indian scriptures

# Chapter 8

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## **8. APPRAISAL**

### **CONCLUSION**

From the evidences we conclude that the translation of Oxford Happiness Questionnaire was good. The psychometric properties shown in Hindi version is almost good and can be used further for any research as well as for any practical uses.

### **SUMMARY OF THE FINDINGS**

In summary, the current study found that the Hindi version -Oxford Happiness Questionnaire has good reliability and adequate construct validity.

### **LIMITATIONS OF THE STUDY**

The present study suffers from several limitations. The sample in this study consisted solely of early adulthood, which limits the generalize ability of the present findings. Factor analysis and Test-retest reliability was not tested.

### **SUGGESTIONS FOR FUTURE STUDIES**

Future studies should evaluate the psychometric properties of the questionnaire in general-population samples and clinical samples. Further explore the development of shorter version of the scale. Future studies should explore the factor analysis to assess the structural validity of the Hindi version of the Oxford Happiness Questionnaire especially.

# Chapter 9

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## APPENDIX

- ) DEMOGRAPHIC & INFORM CONCERN SHEET
- ) QUESTIONNAIRE
- ) RAW DATA

### DEMOGRAPHIC & INFORM CONCERN SHEET

1. Gender: M/F
2. Age:
3. Education:
4. Marital Status:
5. Are you currently **ill**? Yes [ ] No [ ]
5. Are you practicing any Yogic techniques (e.g. Asana, Pranayama, mindfulness, meditation, etc.)  
Yes [ ] No [ ]  
If **YES**, please state the practices..... &**how often** do you practice?  
Only in times of real need [ ] 1-2 times a year [ ] Once a month [ ] Weekly [ ] Daily [ ]  
If **NO**, Are you interested to learn any **Yogic techniques** (Asana, Pranayama, Meditation, etc.)  
Yes [ ] No [ ]
6. How important is **spirituality** in your life? (1 = very low to 5 = very high)  
By signing this form, I am agreeing that I am 18 years of age or older and am agreeing to participate in this project voluntarily.

Date:

Participant's Signature

## ALL QUESTIONNAIRES

### Day to Day Experience

**निर्देश-** नीचे आपके दैनिक जीवन के अनुभवों से जुड़े कुछ वाक्य दिये गये हैं। निम्नलिखित 1-6 मापन के अनुसार कृपया यह इंगित कीजिए कि आप कितनी बार/बारता उन्हें अनुभव करते हैं। कृपया यह बतायें कि आप कैसा अनुभव करते हैं न कि आप क्या सोचते हो कि आपका अनुभव कैसा होना चाहिये। कृपया हर एक वाक्य को दूसरे वाक्यों से अलग मान के उत्तर दीजिए।

1	2	3	4	5	6
लगभग हमेशा	बहुत ज्यादाबार	कभी कभार	कम बार	बहुत कम बार	लगभग कभी नहीं

1	मैं किसी भावना को महसूस कर रहा होता/रही होती हूँ और कुछ देर बाद ही मुझे उसके बारे में एहसास होता है।	1	2	3	4	5	6
2	मैं अपनी लापरवाही, उचित ध्यान ना देने या किसी और विषय पर सोचने के कारण कार्य/चीजों को बिगाड़/तोड़ लेता/लेती हूँ।	1	2	3	4	5	6

3	जो कुछ वर्तमान में होता है उस पर मैं ध्यान केंद्रित नहीं कर पाता/पाती हूँ ।	1	2	3	4	5	6
4	जब मैं कहीं जा रहा होता/होती हूँ तो मैं तेज स्फ़ार से चलता/चलती हूँ और रास्ते के अनुभवों पर ध्यान नहीं देता/देती हूँ ।	1	2	3	4	5	6
5	मैं शारीरिक तनाव और कष्ट को तब तक महसूस नहीं करता/करती हूँ जब तक वह मेरा ध्यान ना खींचे ।	1	2	3	4	5	6
6	जैसे ही मुझे पहली बार किसी व्यक्ति का नाम बताया जाता है, मैं कुछ क्षण बाद ही उस व्यक्ति का नाम भूल जाता/जाती हूँ ।	1	2	3	4	5	6
7	ऐसा प्रतीत होता है कि बिना चेतनापूर्वक यह जाने कि मैं क्या कर रहा/रही हूँ, मैं 'स्वचालित' रूप से कार्य करता रहता/रहती हूँ ।	1	2	3	4	5	6
8	मैं कार्यों को जल्दबाजी में बिना अधिक ध्यान दिए हुए करता/करती हूँ।	1	2	3	4	5	6
9	मैं अपने लक्ष्य की प्राप्ति के लिए इतना मग्न हो जाता/जाती हूँ कि यह भूल जाता/जाती हूँ कि मैं अपने लक्ष्य तक पहुँचने के लिये इस समय (वर्तमान में) क्या कर रहा/रही हूँ ।	1	2	3	4	5	6
10	मैं कार्य वा नियुक्त कर्म को स्वचालित ढंग से करता/करती हूँ बिना यह ध्यान दिये कि मैं क्या कर रहा/रही हूँ।	1	2	3	4	5	6
11	मैं किसी की बात को एक कान से सुनते हुए दुसरी ओर अपना कार्य भी करता/करती रहता/रहती हूँ ।	1	2	3	4	5	6
12	मैं स्वतः ही विभिन्न स्थानों पर पहुँच जाता/जाती हूँ और फिर आश्चर्यचकित होता/होती हूँ कि मैं वहाँ क्यों पहुँचा/पहुँची ।	1	2	3	4	5	6
13	मैं अपने आप को भविष्य या भूत की बातों में पूर्वाधिकृत पाता/पाती हूँ ।	1	2	3	4	5	6
14	मैं अपने आपको बिना ध्यान दिए कार्य करते हुए पाता/पाती हूँ।	1	2	3	4	5	6
15	मैं नाश्ता (स्नेक्स) खाता/खाती हूँ ये ध्यान दिये बिना कि मैं खा रहा/रही हूँ।	1	2	3	4	5	6

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नीचे कुछ वाक्य दिए गये हैं जो भावनाओं और विचारों के बारे में हैं। कृपया दिए गये सारी में चिन्ह लगाए जो पिछले दो सप्ताह में आपके अनुभव का सबसे अच्छी तरह वर्णन करता है।

1.	मैं भविष्य के बारे में आशावादी रहा हूँ।	कभी नहीं	कभी-कभार	कभी-कभी	अधिकतम	हमेशा
2.	मैं खुद को उपयोगी समझता रहा हूँ।	कभी नहीं	कभी-कभार	कभी-कभी	अधिकतम	हमेशा
3.	मैं आरामदेह महसूस करता रहा हूँ।	कभी नहीं	कभी-कभार	कभी-कभी	अधिकतम	हमेशा
4.	मैं समस्याओं का अच्छे ढंग से सामना करता रहा हूँ।	कभी नहीं	कभी-कभार	कभी-कभी	अधिकतम	हमेशा
5.	मैं स्पष्ट सोचता रहा हूँ।	कभी नहीं	कभी-कभार	कभी-कभी	अधिकतम	हमेशा
6.	मैं दूसरे लोगों के साथ नजदीकी महसूस करता रहा हूँ।	कभी नहीं	कभी-कभार	कभी-कभी	अधिकतम	हमेशा
7.	मैं वस्तुओं के बारे में अपने मन को निश्चित करने में समर्थ रहा हूँ।	कभी नहीं	कभी-कभार	कभी-कभी	अधिकतम	हमेशा

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नीचे दिए कुछ वाक्यों में लोग कैसा अनुभव करते हैं दिया गया है। कृपया हर एक को पढ़ें और जो आप का अनुभव आज को शामिल कर के पिछले सात दिनों में रहा उस वर्ग में चिन्ह अंकित कीजिए। कुछ वाक्य सकारात्मक भावनाओं को दर्शाते हैं, कुछ नकारात्मक भावनाओं को। आपने पिछले सात दिनों में अलग-अलग समय पर सकारात्मक एवं नकारात्मक समय पर सकारात्मक एवं नकारात्मक भावनाओं का अनुभव किया होगा।

1.	मैं ऐसा महसूस करता हूँ कि मैं अपने जीवन में असंतुष्ट रहा हूँ।	कभी नहीं	कभी-कभार	कभी-कभी	अधिकतम
2.	मैं स्वयं को सुखी महसूस करता रहा हूँ।	कभी नहीं	कभी-कभार	कभी-कभी	अधिकतम
3.	मुझे उदासी का अनुभव रहा है।	कभी नहीं	कभी-कभार	कभी-कभी	अधिकतम
4.	मुझे लगा है कि मैं जैसा हूँ उसी में, मैं बहुत प्रफुल्लित था।	कभी नहीं	कभी-कभार	कभी-कभी	अधिकतम
5.	मुझे लगा कि जीवन आनन्दमय रहा।	कभी नहीं	कभी-कभार	कभी-कभी	अधिकतम
6.	मुझे लगा कि जीवन अर्थहीन था।	कभी नहीं	कभी-कभार	कभी-कभी	अधिकतम

## Aae0 @c0 KyU0

indeRz -nlce k...D vaKy ouzhall ke bare me< id@ g@ hE<E k«Pya Aap #sse iktna  
shmt hE< ya Ashmt hE< nlce id@ g@ mapk ke Aaxr pr ir´ Swan Ére<e, –

1. pUrl trh Ashmt

2. mXym ép se Ashmt

3. wae–fa Ashmt

4. wae–fa shmt

5. mXym ép se shmt

6. pUrl trh shmt

k«pya nlce id@ g@ vaKyae<e kae Xyan se p –Fe<, #nme< k...D àî skaraTmk hE<  
AaEr k...D nkaraTmk Éav ke hE<,

iksl @k àî pr Jyada smy Vytlt n kre< ye àî shl glt Awva iciNht krne vale àîae< ke ìe|l—  
me nhl—

Aate hE<E, Aapke idmag me< Aaya phla %Är hl s<Évt> shl haega , Agr Aapkae k...D  
àî kiQn lgte hE<E tae

k«Pya %n àîae< ka %Är vhl de< jae smaNy AaEr IgÉg sÉI iSwityae< me< haeta hE ,

1. muHe nhl— lgta hE ik mE< Apne Aapse ouz ø~ ,

2. mE< b÷t Jyada Èsrae me<e éic rota ø~,

3. muHe lgta hE ik ijNdgl b÷t )ldayk hE,

4. mere ùdy me<e hr Vyi´ ke il@ ACDI Éavna@e< hE<,

5. subh %Qne ke bad muHe b÷t km Aaram mhsUs haeta hE,

6. mE< Apne Éiv:y ke àit Jyada Aazavadl nhl— ø~,

7. muHe IgÉg sÉI cl`je < ACDI lgtl hE<,

8. mE< hmeza Apne kayaeR< kae smipRt Éav se krta ø~,

9. ijNdgl ACDI hE,

10. muHe nhl— lgta hE ik Êinya ACDI hE,

11. mE< b÷t h~sta ø~,

12. mE< Apne jlvn me sÉI cljae< se pU[Rt> ouz ø~,

13. mE< nhl— saecta ik mE< Aak;R k ø~,

14. jae mE< krna cahta wa AaEr jae mE< ne ikya %sme< ANtr hE,

15. mE< b÷t ouz ø~,

16. mE<E k...D cljae me<e suNdrta pata ø~,
17. mE< hmeza Ęsrae< pr suod àÉav falta ø~,
18. mE< jae ÉI krna cahta ø~ %ske ilye smy inkal letl ø~,
19. muHe lgta hE ik merl ijNdgl mere iny<Ç[ me<e nhl— hE,
20. mE< iksl ÉI kayR kae krne me< s]m ø~,
21. mE< manisk ép se pU[Rt> stkR ø~,
22. mE<E àay> ouzl @v< %Tsah ka AnuÉv krta ø~,
23. muHe in[Ry lene me< kiQna\$ AnuÉv haetl hE,
24. mere il@ meere jlvn ka kae\$ mtlb AaEr mhTv nhl— hE,
25. muHe lgta hE ik mere ANdr b÷t %jaR hE,
26. mE< àay> kayR³mae<e pr àÉavl haeta ø~,
27. mE< Ęsrae< ke saw Aan<idt nhl— haeta ø~,
28. mE< k...D oas Svw AnuÉv nhl— krta ø~,
- 29 . mere blte smy me< k... D oas ouizyae< ik yade< nhl— hE< ,

S_N	GENDER	AGE	EDUCATION	MARITAL STATUS	ILL	IS_YOGA	IMP_SPIRITUL
1	M	24	BSC	S	N	N	1
2	M	22	12	S	N	N	5
3	M	21	BA	S	N	N	1
4	F	18	10	S	N	N	4
5	M	25	BA	S	N	N	3
6	F	18	12	S	N	N	5
7	F	21	BA	S	N	N	4
8	F	18	12	S	N	N	4
9	F	18	12	S	N	N	2
10	F	22	BA	S	N	N	5
12	F	18	11	S	N	N	3
13	M	20	BA	S	N	N	3
14	M	27	BSC	M	N	N	3
15	F	26	BA	S	N	N	3
16	M	28	BSC	S	N	N	5
17	M	24	10	S	N	N	4
18	M	25	BA	S	N	N	3
19	M	25	BA	S	N	N	5
20	M	25	BA	S	N	N	4
21	M	25	BA	S	N	N	4
22	M	18	12	S	N	N	3
23	F	20	12	S	N	N	2
24	F	21	12	S	N	N	3
25	F	18	12	S	N	N	2
26	M	18	12	S	N	N	1
27	F	24	BA	S	N	N	1
28	F	27	BA	S	N	N	4
29	M	20	12	S	N	N	2
30	M	21	12	S	N	N	4
31	F	22	BA	S	N	N	5
32	M	20	12	S	N	N	4
33	F	20	12	S	N	N	4
34	F	25	12	S	N	N	4
35	F	25	12	S	N	N	4
36	M	29	MA	S	N	N	3
37	M	28	BA	S	N	N	4
38	M	27	12	S	N	N	4
39	M	24	BA	S	N	N	3
40	M	25	BA	M	N	N	4

41	F	30	10	M	N	N	2
43	M	28	12	M	N	N	1
44	F	28	12	S	N	N	2
45	F	20	BSC	S	N	N	5
46	F	22	BSC	S	N	N	4
48	M	18	12	S	N	N	2
49	M	18	10	S	N	N	2
51	M	25	BA	S	N	N	4
52	M	20	12	S	N	N	4
53	F	18	12	S	N	N	3
54	M	22	BA	S	N	N	3
55	F	22	BA	S	N	N	4
57	F	21	BA	S	N	N	3
60	M	26	MSC	M	N	N	4
61	F	22	BCOM	S	N	N	3
62	M	21	12	S	N	N	3
63	M	21	BA	S	N	N	4
64	M	18	12	S	N	N	3
65	M	18	10	S	N	N	5
66	M	21	12	S	N	N	5
69	F	19	12	S	N	N	4
70	F	18	12	S	N	N	4
71	F	18	12	S	N	N	4
72	M	18	11	S	N	N	5
73	M	18	11	S	N	N	5
76	F	19	12	S	N	N	3
77	F	18	12	S	N	N	3
78	M	19	11	S	N	N	4
80	F	18	11	S	N	N	3
81	M	19	11	S	N	N	4
86	F	19	10	M	N	N	4
87	M	18	11	S	N	N	5
88	F	19	12	S	N	N	3
89	F	19	11	S	N	N	3
90	F	19	11	S	N	N	4
91	F	18	11	S	N	N	1
92	F	18	11	S	N	N	4
94	M	18	11	S	N	N	4
95	M	18	11	S	N	N	5
97	M	18	11	S	N	N	2
98	M	19	11	S	N	N	5



101	M	19	11	S	N	N	3
107	F	18	12	S	N	N	3
108	F	19	12	S	N	N	3
109	M	18	11	S	N	N	5
110	M	18	11	S	N	N	3
111	M	18	11	S	N	N	3
112	M	18	11	S	N	N	5
113	M	19	11	S	N	N	4
114	M	18	11	S	N	N	5
115	M	18	11	S	N	N	5
116	F	19	11	S	N	N	3
117	F	19	11	S	N	N	4
118	F	19	11	S	N	N	4
119	F	18	11	S	N	N	4
120	F	18	12	S	N	N	5
121	F	19	12	S	N	N	2
123	F	18	11	S	N	N	4
124	F	18	11	S	N	N	5
128	F	18	12	S	N	N	4
129	F	19	11	S	N	N	4
130	F	19	11	S	N	N	3
131	F	18	11	S	N	N	3
133	F	18	11	S	N	N	5
134	F	19	11	S	N	N	3
135	F	18	11	S	N	N	3
136	F	18	11	S	N	N	4
137	F	19	11	S	N	N	3
138	F	18	11	S	N	N	5
139	F	18	11	S	N	N	4
140	F	19	11	S	N	N	5
141	F	20	12	S	N	N	3
142	F	18	11	S	N	N	3
143	F	18	12	S	N	N	5
144	F	18	11	S	N	N	3
145	F	18	11	S	N	N	3
147	F	19	12	S	N	N	2
148	F	19	11	S	N	N	4
153	M	18	11	S	N	N	5
155	F	22	BA	M	N	N	4
156	M	22	BSC	M	N	N	5
158	M	18	11	S	N	N	4

160	M	18	11	S	N	N	4
161	F	18	11	S	N	N	3
162	F	18	11	S	N	N	4
163	F	18	12	S	N	N	3
164	F	18	12	S	N	N	3
165	F	18	11	S	N	N	4
166	F	18	12	S	N	N	3
167	M	19	12	S	N	N	4
168	M	19	11	S	N	N	5
169	F	18	11	S	N	N	5
170	F	18	11	S	N	N	4
171	M	19	12	S	N	N	5
172	M	19	12	S	N	N	5
174	M	18	11	S	N	N	5
175	F	21	BSC	S	N	N	5
176	F	18	12	S	N	N	3
177	M	19	12	S	N	N	5
179	M	18	11	S	N	N	5
180	F	18	12	S	N	N	5
181	M	19	11	S	Y	N	4
183	M	18	11	S	N	N	5
185	F	18	11	S	N	N	4
186	F	18	BA	S	N	N	5
187	F	18	12	S	N	N	4
188	F	18	12	S	N	N	5
189	F	21	BA	S	N	N	3
190	F	21	BA	S	N	N	3
192	F	20	BA	S	N	N	4
193	F	19	BA	S	N	N	3
194	F	22	BA	S	N	N	5
195	F	21	MA	S	N	N	3
197	F	20	BA	S	N	N	4
198	M	24	MA	S	N	N	4
199	F	18	12	S	N	N	4
200	M	21	MA	S	N	N	4
201	M	18	12	S	N	N	4
202	M	20	BA	S	N	N	5
203	M	18	12	S	N	N	4
205	M	21	MA	S	N	N	4
207	F	18	12	S	N	N	5
208	M	19	12	S	N	N	3

209	M	20	MA	S	N	N	5
210	M	22	MA	S	N	N	4
211	F	19	BA	S	N	N	3
212	F	18	12	S	N	N	5
213	F	20	BA	S	N	N	2
214	F	19	BA	S	N	N	4
215	F	22	BA	M	N	N	4
216	F	18	12	S	N	N	4
217	F	21	BA	S	N	N	5
218	F	18	12	S	N	N	4
219	M	22	12	S	N	N	4
220	F	21	BA	S	N	N	5
221	M	21	BA	S	N	N	2
223	M	19	12	S	N	N	5
224	M	19	12	S	N	N	1
225	M	21	BA	S	N	N	3
227	M	22	BA	S	N	N	4
228	F	18	BA	S	N	N	5
229	M	21	BA	S	N	N	4
230	F	21	BA	S	N	N	5
231	F	21	BA	S	N	N	5
232	F	18	BA	S	N	N	2
233	M	23	BA	S	N	N	2
234	M	18	10	S	N	N	4
236	F	24	MA	S	N	N	5
237	M	19	10	S	N	N	4
238	M	25	BA	M	N	N	3
245	M	30	MA	M	N	N	5
246	F	21	BA	S	N	N	5
247	M	21	BA	S	N	N	5
248	M	22	12	S	N	N	5
249	M	19	12	S	N	N	4
250	F	18	BA	S	N	N	5
251	F	20	BCOM	S	N	N	4
252	F	18	12	S	N	N	5
253	F	18	12	S	N	N	2
254	F	20	12	S	N	N	5
255	F	21	MA	S	N	N	3
256	M	19	BA	S	N	N	5
257	M	18	10	S	N	N	4
258	F	22	BA	S	N	N	4

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