

Standardization of Diener's Satisfaction with Life Scale in Hindi

Ruchi Singh^{1*}, Mubashir Gull², Akbar Husain³

ABSTRACT

Life satisfaction is an individual's subjective perspective about all situations in life. Diener's Satisfaction with Life Scale (SWLS) is the most widely used self-report instrument for assessing life satisfaction, which has been validated in many different countries, in different languages. Though, SWLS has been used in many Indian studies also, but surprisingly the SWLS is not yet adapted in Hindi. The **purpose** of the present study were: (1) to translate the SWLS into Hindi, (2) to establish the internal consistency and composite reliability of the Hindi version of satisfaction with life scale (SWLS-H), (3) to determine the construct validity of the SWLS-H and (4) to explore the factor structure of SWLS-H among adults. **Method:** The sample of the present study consisted of 400 Indian adults. SWLS was translated into Hindi by following 'Back Translation Method' and that Hindi version was used for collecting the data. Data was analysed by using Cronbach's Alpha, composite reliability, Exploratory Factor Analysis- Principal Component Analysis (EFA-PCA) and Pearson Product Moment Correlation. **Results:** Findings of the study supported strong evidence for validating the SWLS-H among Indian adults. The internal consistency of SWLS-H was found to be high as $\alpha = 0.82$. The cumulative percentage of variance explained by SWLS-H was 59.29%. Thus, SWLS-H can be considered as a reliable and valid instrument for measuring the construct of life satisfaction among adults.

Keywords: *Life satisfaction, Exploratory Factor Analysis, Standardization*

In the modern world, life satisfaction has become a quintessential aspect of the human life. It plays an important role in everyone's life. It provides an individual with a sense of agreement with all the situations of the life. Human-being is an objective creature on the earth, who always evaluating the situations of the life. An individual will feel no satisfaction at all until he attains his set goals. Aspiration of every human-being is only to attain his desires and goals that lead to life satisfaction. Therefore, life satisfaction is a very central aspect of the human well-being.

The structure of subjective well-being has been conceptualized as consisting of two main components: affective or emotional component and cognitive or judgmental component (Diner, 1984; Veenhoven, 1984). This judgemental component of subjective well-being has

¹UGC Post-Doctoral Fellow, Department of Psychology, Aligarh Muslim University, Aligarh (U.P) India.

²ICSSR Post-Doctoral Fellow, Department of Psychology, Aligarh Muslim University, Aligarh (U.P) India.

³Professor, Department of Psychology, Aligarh Muslim University, Aligarh (U.P) India

*Corresponding Author

Received: August 15, 2021; Revision Received: December 10, 2021; Accepted: December 28, 2021

Standardization of Diener's Satisfaction with Life Scale in Hindi

been conceptualized as life satisfaction (Andrews & Withey, 1976). Life satisfaction is the key part of subjective well-being. It is the way in which an individual shows his/her feelings, emotions and how he/she feels about the options and directions for the future (Paul, 2016). It is assessed in terms of satisfaction with relationships, mood, self-concepts, achieved goals and self-perceived ability to cope with daily life. Life satisfaction involves a favourable attitude towards the life as a whole rather than one's evaluation of current feelings.

Life satisfaction has been defined variously, including well-being and life satisfaction. According to Hall (2014), "Life satisfaction is an endorsement of or positive attitude toward one's life overall." "Life satisfaction is the degree to which a person positively evaluates the overall quality of his/her life as a whole. In other words, how much the person likes the life he/she leads" (Veenhoven, 1996, pp. 11-12). According to George "Life satisfaction is a cognitive assessment of an underlying state thought to be relatively consistent and influenced by social factors" (Ellison et al., 1989, p. 107).

Though, there are few differences among the above-mentioned definitions, but the underlying content of the definitions is same: Life satisfaction refers to an overall evaluation about the life of the self. In other words, life satisfaction is a global evaluation of one's life rather than only one that is grounded at any specific domain or in any specific point in time. It refers to a positive evaluation of the overall conditions of the life, a judgement that the life is at least on balance. According to Diener (1984) life satisfaction is an overall assessment of attitudes and feelings about your own life at a particular point in time ranging from negative to positive. Life satisfaction is one of the three major indicators of well-being: life satisfaction, positive and negative affect. Life satisfaction is characterized as an individual's cognitive judgment about the comparisons on the basis of the compatibility of their own living conditions with the standards (Diener et al., 1985). Diener (1984) demonstrated that reflection of positive thoughts and feelings about the life is consisting of three components: a global sense of satisfaction with the life, frequent positive thoughts and infrequent negative thoughts. While positive and negative affect refers to the emotional aspects of subjective well-being and satisfaction with life tap the judgemental, cognitive process about an overall evaluation of one's life rather than a summation across specific domains (Diener et al., 1985). In different cultures, self-esteem was found to strongly predict subjective well-being, and especially its cognitive aspect of satisfaction with life (Campbell, 1981; Diener & Diener, 1995). Myers and Diener (1995) identified four major personality traits from the profiles of happy people as the determinants of life satisfaction: personal control, self-esteem, extraversion and optimism. Life satisfaction reflects an individual's evaluation of his/her life as a whole, including different areas of the life such as family, friends and school as well as oneself, whereas self-esteem involves an individual's evaluation and perception of himself/herself (Civitci & Civitci, 2009).

Rationale of the study

Life satisfaction is one of the most commonly studied constructs in a large number of social science researches. The systematic review of its literature suggests that the Diener's Satisfaction with Life Scale (SWLS) is the most widely used self-report instrument for assessing life satisfaction. It has been validated in many different countries among different populations including; Taiwan students, Hong Kong students, Malaysians, Norwegian, Nigerian, Chilean population, Arab Americans and Azerbaijan (Bagherzadeh, 2018; Clench-Aas et al., 2011; Igbokwe et al., 2016; Musaitif, 2018; Osmanli, 2021; Sachs, 2003; Swami, & Chamorro-Premuzic, 2008; Wu & Yao, 2006) in different languages. Though, Dahiya and Rangnekar (2020) examined the psychometric properties of the SWLS among employees

Standardization of Diener's Satisfaction with Life Scale in Hindi

working in the Indian manufacturing sector using its English version. Surprisingly, the Hindi version of SWLS is not standardized yet in India. Therefore, the basic reason behind conducting the present study is to fill this gap in the existing body of knowledge by translating the SWLS into Hindi language and testing its psychometric characteristics among Indian adults. The present study has set the following objectives:

- To translate the Satisfaction with Life Scale into Hindi using 'Back Translation Method' (W.H.O., 2010).
- To determine the reliability of Satisfaction with Life Scale- Hindi (SWLS- H).
- To determine the construct validity of the Satisfaction with Life Scale- Hindi (SWLS- H).
- To explore the factor structure of the Satisfaction with Life Scale- Hindi (SWLS- H) with the help of Exploratory Factor Analysis using Principal Component Analysis (EFA- PCA) with Varimax rotation.

METHODOLOGY

Participants

Four hundred adults from Aligarh district of U. P. were randomly drawn in the present study. The age of the participants ranged from 21 to 60 years, with mean age of 35.73 years (SD= 6.28). Out of 400 adults, 227 (57%) were females and 173 (43%) were males. As per recommendations a range of 200–300 generally considered as appropriate for factor analysis (Comrey, 1988; Guadagnoli & Velicer, 1988). Guadagnoli and Velicer (1988) suggested that replication is required if sample size is < 300. Gorsuch (1983) recommend that the ratio of N: p should be a minimum of 10 per item, and SWLS is a 5-item scale, so the sample of 400 can be considered quite adequate.

Tools

In the present study following three tools were used.

- ***Satisfaction with Life Scale (SWLS)*** developed by Diener et al. (1985) was used as a self-report instrument for assessing life satisfaction. This scale consisted of 5-items designed to measure 'global cognitive judgments' of one's life satisfaction (not a measure of either positive or negative affect) of an individual. In this self-assessment instrument subjects are required to indicate that how much they agree or disagree with each of the 5 items on a 7-point rating scale ranging from strongly agree (7) to strongly disagree (1). Diener et al. (1985) reported a strong coefficient alpha of 0.87 and also 2 months a good test-retest reliability coefficient of 0.82. SWLS was reported as having good construct validity, as negatively correlated with clinical measures (Beck Depression Inventory ($r = -0.72$), a measure of negative affect using Dutch version of Symptoms Checklist-90 ($r = 0.31$), and with all eight symptom dimensions assessed, including anxiety ($r = -0.54$), depression ($r = -0.55$), and general psychological distress ($r = -0.55$). All these correlations provide support for the construct validity for the SWLS. For the convenience of the participants, the SWLS was translated into Hindi language by following 'Back Translation Method' as suggested by W.H.O. (2010).
- ***Subjective Happiness Scale (SHS)*** developed by Lyubomirsky and Lepper (1999) was utilized for assessing subjective happiness of the participants. The SHS consists of only 4 items and each item is required to answer using 7 point Likert scale ranging from 1 (not a very happy person) to 7 (a very happy person). Scoring is done on a continuous basis and the total scores ranging from 4 to 28, higher the scores indicate higher level of subjective happiness. Cronbach's alpha's of the original SHS ranged

Standardization of Diener's Satisfaction with Life Scale in Hindi

from 0.70 to 0.94 ($M = 0.86$). Test-retest reliability ranged from 0.55 to 0.90. The convergent validity between SHS and other happiness tools ranged from 0.52 to 0.72. In the present study, for the convenience of the Indian participants Hindi version of the SHS (SHS-H) was used, which has been shown to have acceptable internal consistency as $\alpha = 0.78$ (0.71 to 0.80; Field, 2013; George & Mallery, 2003). Construct (convergent) validity with Hindi version of Rosenberg's Self-Esteem Scale ($r = 0.53$) was confirmed (manuscript under review).

- **Spirituality Index of Well-being (SIWB)** developed by Daaleman et al. (2002) was used to measure participant's perceptions of their spiritual quality of life. It has 12-item self-reported instrument. This scale consists of two subscales: (1) self-efficacy subscale and (2) life-scheme subscale. Items 1-6 make up the 'self-efficacy' subscale, and items 7-12 make up the 'life scheme' subscale. Each item is answered on a 5-point Likert scale ranging from 1 (strongly agree) to 5 (strongly disagree). Scoring is done on a continuous basis total scores ranging from 12 to 60, the higher the scores indicate higher spiritual quality of life. Internal consistency of the original SIWB Scale was alpha of 0.87; self-efficacy subscale had an alpha of 0.83 and life scheme had alpha 0.80. The convergent validity of the SIWB with some tools like quality-of-life measures related to subjective well-being: EuroQol ($r = 0.18$) and the Years of Healthy Life Scale ($r = -0.35$). In the present study, for the convenience of the Indian participants Hindi version of the SIWB (SIWB-H) was used, which has been shown to have excellent internal consistency as $\alpha = 0.91$ (Field, 2013; George & Mallery, 2003). Cronbach's alpha of life-scheme and self-efficacy subscales were $\alpha = 0.88$ and $\alpha = 0.85$ respectively. Factorial and construct validity of the SIWB-H was also confirmed (manuscript under review).

Procedure

Prior to the administration of the Hindi versions of satisfaction with life scale, subjective happiness scale and spirituality index of well-being, the researchers introduced themselves and briefly explained the purpose of the study to the participants, after that rapport was established and informed consent was obtained. The participants were assured for the confidentiality of their responses and using the data for the research purposes only. Followed this, participants were asked to respond to each items of the set of scales candidly. Only those participants were given the set of scales who agreed to participate in the study. The participants were asked to clear any doubt in understanding the items of the scales. The participants generally took approximately 15-20 minutes in completing the scales. After collecting the set of scales from the participants, they were thanked for their cooperation.

RESULTS AND DISCUSSION

Data was analyzed with the help of SPSS V-23. Mean, standard deviations (SD), item analysis, Cronbach's Alpha, Exploratory Factor Analysis- Principal Component Analysis (EFA-PCA) with varimax rotation, construct and factorial validity were also calculated. The results are presented in table 1 and 2.

Standardization of Diener's Satisfaction with Life Scale in Hindi

Table 1: Mean, SD, skewness, kurtosis and alpha if item deleted of the items of SWLS-H (N= 400).

Items	Mean	SD	Skewness	Kurtosis	Alpha if item deleted
In most ways my life is close to my ideal.	5.19	1.41	-.626	-.076	.798
The conditions of my life are excellent.	5.03	1.50	-.638	-.057	.778
I am satisfied with my life.	5.12	1.59	-.741	-.259	.782
So far I have gotten the important things I want in life.	5.04	1.58	-.573	-.514	.769
If I could live my life over, I would change almost nothing.	4.44	1.85	-.266	-1.041	.814
Skewness:			0.266	- 0.741	
Kurtosis:			0.057	- 1.041	
pp- plot:				Satisfied	

As it can be observed from table- 1 that the means and SDs of all the five items of SWLS are shown in this table. The mean score ranged from 4.44 (min) to 5.19 (max). The values of skewness and kurtosis for all the five items were within the prescribed range of acceptable value (skewness value ≤ 2 or an absolute kurtosis ≤ 4) for ascertaining the normality of the data (Kim, 2013). The internal consistency of the overall SWLS was found to be $\alpha = 0.82$, indicating that the scale has high internal consistency or highly reliable and, it will not become greater after excluding any item from the set of 5 items. As recommended, the internal consistency between 0.81 and 0.90 is considered as 'good' (Field, 2013; George & Mallery, 2003).

Table 2 presents the detailed description about the factor structure of the satisfaction with life scale extracted using Principal Component Analysis (EFA-PCA) with Varimax Rotation. Before employing EFA-PCA, the data's adequacy was checked for factor analysis with the help of the Kaiser Meyer-Olkin (KMO) test for adequacy of the sampling and Bartlett's test of sphericity. In the present study the value of KMO (0.81) was found to be significant. It is recommended that the overall KMO should be ≥ 0.50 for conducting factor analysis (Kaiser, 1974). The value of the Bartlett's test of sphericity was also found to be significant ($\chi^2 = 695.173$; $df = 10$; $p = .000 < .05$). So, the adequacy of the sampling for employing factor analysis was confirmed. After checking the sampling adequacy and sphericity, EFA- PCA was employed to explore the factor structure and construct validity of SWLS. PCA with varimax rotation was employed for extracting the factor structure of the SWLS. The results of PCA were in favour of the extraction of uni-dimensionality on the basis of both the verification of scree plot of the matrix and eigenvalue standard (see Figure 1 and Table 2). After the evaluation of component matrix, it was found that on the single dimension, the item loadings ranging from 0.704 to 0.812 (> 0.40) which is an indicator that these items can very well represent its respective dimension. The cumulative percentage of variance explained by the dimension was 59.29 %. The emerged single dimension had an eigenvalue of 2.96, explaining the total 59.29 % of the variance. In the present study, uni-dimensionality of the SWLS was confirmed. Composite reliability of the uni-dimensionality were also calculated using online 'Composite Reliability Calculator- Estimates Composite Reliability based on Standardized Factor Loadings and Error Variances' and this calculator

Standardization of Diener's Satisfaction with Life Scale in Hindi

estimates composite reliability as recommended by Raykov (1997). Composite reliability for the single dimension was found to be 0.88 which is > 0.60 and Average Variance Extracted (AVE) was found to be 0.593, indicating the adequate level of convergent validity of the scale (Fornell & Larcker, 1981).

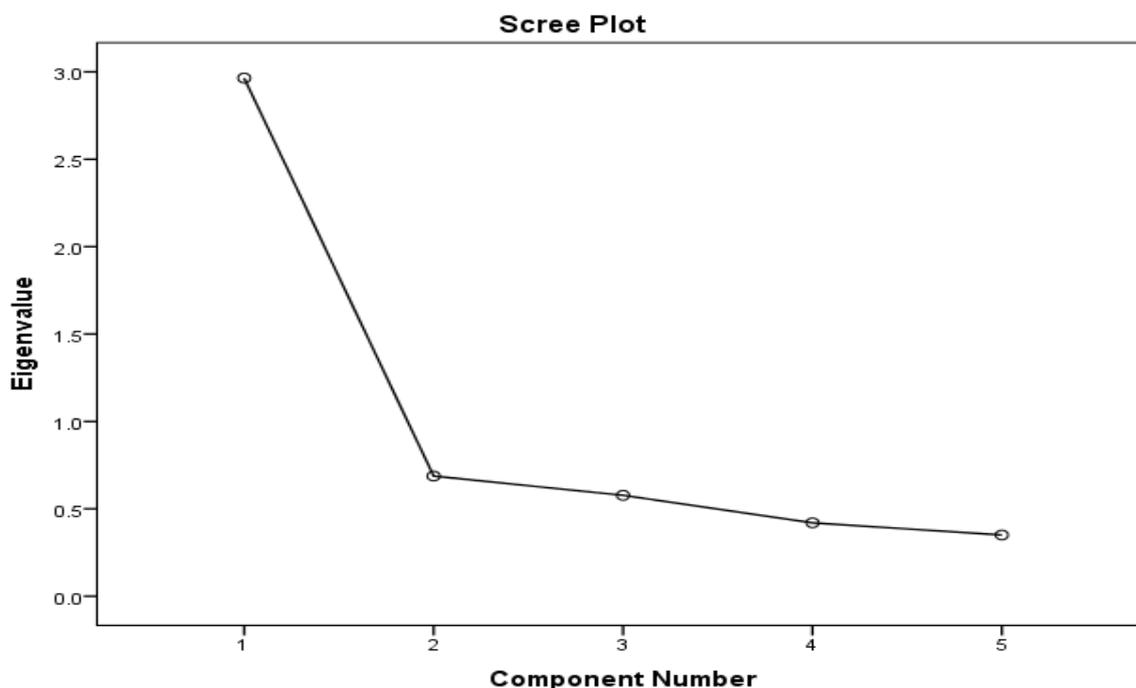
Table 2: Factor structure of the Satisfaction with Life Scale - Hindi (N= 400).

Items	FLs1	FLs2	h ²
4. So far I have gotten the important things I want in life.	.81	.84	.659
2. The conditions of my life are excellent.	.80	.77	.643
3. I am satisfied with my life.	.79	.83	.622
1. In most ways my life is close to my ideal.	.74	.72	.546
5. If I could live my life over, I would change almost nothing.	.70	.61	.495
Eigen Value	2.965		
Cronbach's Alpha Reliability	0.82		
Composite Reliability (CR)	0.88		
Average Variance Extracted (AVE)	0.593		
Cumulative Percent of Variance (CPV)	59.29%		

Note: FLs1= Factor loadings of the present study, FLs2= Original factor loadings of Diener et al. (1985), h² = Communalities.

Construct validity of the SWLS was determined by correlating SWLS-H scores with SHS-H and SIWB-H scores. Significant positive correlations were found with SHS--H (r= 0.50) and SIWB-H (0.48) confirming moderate level of construct validity of the SWLS. Findings of the present study can also be corroborated by the findings of previous studies. For example, Aboalshamat et al. (2018) reported that Students with high resilience are happier and more satisfied with their lives. Argan et al. (2018) suggested that leisure satisfaction and life satisfaction are the moderators of dimension of happiness. Khan and Khan (2017) examined positive correlations between the level of grit, happiness and life satisfaction. Dutta and Blangayil (2016) investigated a significant relationship between subjective happiness and life satisfaction and among Indian students. Gamble and Gärling (2012) explored that happiness was related to life satisfaction mediated by valence of current mood. Sharajabad et al. (2017) explored the importance of spiritual well-being as a modifying variable in order to improve life satisfaction. Niaghiha et al. (2019) explored that life satisfaction was found to be significantly correlated with spiritual well-being and social support. Shafi (2016) examined a significant positive correlation between spiritual well being and life satisfaction among middle aged people of Kashmir. Salmani et al. (2020) predicted a significant relationship between spiritual development and life satisfaction.

Figure 1: Scree plot for 5 items of SWLS shows the uni-dimensionality extracted in EFA-PCA.



As the present study was aimed to translate the SWLS into Hindi, to establish the internal consistency, to determine the construct validity and also to confirm the factor structure of the Diener's satisfaction with life scale among Indian adults. On the basis of the above mentioned findings, it is clear that, overall, SWLS-H can be considered as a tool for measuring life satisfaction with good psychometric properties in the Indian context. The reliability analysis (internal consistency) $\alpha = 0.82$ indicates that the reliability of the SWLS was found to be 'good' (.81 to .90, George & Mallery, 2003). The results of the Exploratory Factor Analysis using Principal Component Analysis (EFA- PCA) were also supported by the studies confirming uni-dimensionality of the SWLS among different countries' population like; Hong Kong students, Taiwan students, Malaysians, Norwegian, Nigerian, Chilean population, Arab Americans and Azerbaijan (Sachs, 2003; Wu & Yao, 2006; Swami, & Chamorro-Premuzic, 2008; Clench-Aas et al., 2011; Igbokwe et al., 2016; Bagherzadeh, 2018; Musaitif, 2018; & Osmanli, 2021). In the present study all 5 items are loaded on a single dimension with loadings >0.40 , as per recommendation to retain the items that have factor loadings of ≥ 0.40 (Nunnally, 1978; Raykov & Marcoulides, 2011) In the present study, all the 5 items were extracted with loadings ranging from .704 to .812 and, communality score ranging from 0.49- 0.66 respectively.

CONCLUSION

From the findings of the present study it can be concluded that the translated Hindi version of the satisfaction with life scale (SWLS-H) was found as a reliable and valid self-report instrument for assessing life satisfaction among Indian adults. Researchers can use SWLS-H among Indian adult population.

Implications

SWLS-H can be used for the assessment of life satisfaction among adults in the Indian context. The scores can be used to understand the level of life satisfaction among adult

clients and patients, and they can then be accordingly assisted by psychologists and academic trainers. Additionally, social science researchers also can become better able to understand the significance of satisfaction with life in different aspects of human life using the psychometric properties of the present study.

REFERENCES

- Aboalshamat, K. T., Alsiyud, A. O., Al-Sayed, R. A., Alreddadi, R. S., Faqiehi, S. S., & Almeahmadi, S. A. (2018). The relationship between resilience, happiness, and life satisfaction in dental and medical students in Jeddah, Saudi Arabia. *Nigerian Journal of Clinical Practice*, 21(8), 1038-1043. doi.org/10.4103/njcp.njcp_278_17
- Andrews, F. M., & Withey, S. B. (1976). *Social indicators of well-being: America's Perception of Life Quality*. Plenum.
- Argan, M., Argan, M. T., & Dursun, M. T. (2018). Examining relationships among well-being, leisure satisfaction, life satisfaction, and happiness. *International Journal of Medical Research & Health Sciences*, 7(4), 49-59. https://www.researchgate.net/publication/324721054_Examining_Relationships_Among_Well-being_Leisure_Satisfaction_Life_Satisfaction_and_Happiness
- Bagherzadeh, M., Loewe, N., Mouawad, R. G., Batista-Foguet, J. M., Araya-Castillo, L., & Thieme, C. (2018). Spanish version of the satisfaction with life scale: Validation and factorial invariance analysis in Chile. *The Spanish Journal of Psychology*, 21, E2. doi.org/10.1017/sjp.2018.2
- Campbell, A. (1981). *The sense of well-being in America: Recent patterns and trends*. McGraw-Hill.
- Civitci, N., & Civitci, A. (2009). Self-esteem as mediator and moderator of the relationship between loneliness and life satisfaction in adolescents. *Personality and Individual Differences*, 47(8), 954-958. doi.org/10.1016/j.paid.2009.07.022
- Clench-Aas, J., Nes, R. B., Dalgard, O. S., & Aarø, L. E. (2011). Dimensionality and measurement invariance in the satisfaction with life scale in Norway. *Quality of Life Research*, 20(8), 1307-17. <https://doi.org/10.1007/s11136-011-9859-x>
- Comrey, A. L. (1988). Factor-analytic methods of scale development in personality and clinical psychology. *Journal of Consulting and Clinical Psychology*, 56(5), 754-761. <https://doi.org/10.1037//0022-006x.56.5.754>
- Daaleman, T. P., Frey, B. B., Wallace, D., & Studenski, S. A. (2002). Spirituality index of well-being scale: Development and testing of a new measure. *The Journal of Family Practice*, 51(11), 952. doi.org/10.1370/afm.89
- Dahiya, R., & Rangnekar, S. (2020). Validation of satisfaction with life scale in the Indian manufacturing sector. *Asia-Pacific Journal of Business Administration*, 12(3/4), 251-268. doi.org/10.1108/APJBA-03-2019-0045
- Diener, E. (1984). Subjective well-being. *Psychological Bulletin*, 95(3), 542-575. <https://doi.org/10.1037/0033-2909.95.3.542>
- Diener, E., & Diener, M. (1995). Cross-cultural correlates of life satisfaction and self-esteem. *Journal of Personality and Social Psychology*, 68(4), 653-663. doi.org/10.1037//0022-3514.68.4.653
- Diener, E., Emmons, R. A., Larsen, R. J., & Griffin, S. (1985). The satisfaction with life scale. *Journal of Personality Assessment*, 49(1), 71-75. <https://fetzer.org/sites/default/files/images/stories/pdf/selfmeasures/SATISFACTION-SatisfactionWithLife.pdf>
- Dutta, A., & Blangayil, F. A. (2016). A study exploring the relationship between subjective happiness & life satisfaction. *The International Journal of Indian Psychology*, 4(7), doi.org/10.25215/0476.016

Standardization of Diener's Satisfaction with Life Scale in Hindi

- Ellison, C. G., Gay, D. A., & Glass, T. A. (1989). Does religious commitment contribute to individual life satisfaction? *Social Forces*, 68(1), 100-123. doi.org/10.1093/sf/68.1.100
- Field, A. (2013) *Discovering statistics using SPSS* (4th ed.). SAGE.
- Fornell, C., & Larcker, D. F. (1981). Evaluating structural equation models with unobservable variables and measurement error. *Journal of Marketing Research*, 18(1), 39-50. https://doi.org/10.1177/002224378101800104
- Gamble, A., & Gärling, T. (2012). The relational between life satisfaction, happiness and current mood. *Journal of Happiness Studies*, 13, 31-45. doi.org/10.1007/s10902-011-9248-8
- George, D., & Mallery, P. (2003). *SPSS for windows step by step: A simple guide and reference* (4th ed.). Allyn & Bacon.
- Gorsuch, J. P. (1983). *Factor analysis* (2nd ed.). Erlbaum.
- Guadagnoli, E., & Velicer, W. F. (1988). Relation of sample size to the stability of component patterns. *Psychological Bulletin*, 103(2), 265-275. doi.org/10.1037/0033-2909.103.2.265
- Hall, A. (2014). Life Satisfaction, Concept of. In Michalos, A. C. (Ed.). *Encyclopedia of Quality of Life and Well-being Research*. Springer, Dordrecht. doi.org/10.1007/978-94-007-0753-5_1649
- Igbokwe, D. O., Agbu, J. O., Adekeye, O. A., Adeusi, S. O., Obidiran, O. D., Yabilsu, S. J., Akindele, Z. A., Agoha, B. C. E., & Ndom, R. J. E. (2016). Revalidation of some measures of psychological wellbeing using a cross-section of Nigerian adults. *Nigerian Psychological Research*, 4, 572- 593.
- Kaiser, H. F. (1974). An index of factorial simplicity. *Psychometrika*, 39(1), 31-36. https://doi.org/10.1007/BF02291575
- Khan, B. M., & Khan, A. M. (2017). Grit, happiness and life satisfaction among professionals: a correlational study. *Journal of Psychology and Cognition*, 2(2), 123-132. doi.org/10.35841/psychology-cognition.2.2.123-132
- Kim, H. Y. (2013). Statistical notes for clinical researchers: Assessing normal distribution (2) using skewness and kurtosis. *Restorative Dentistry & Endodontics*, 38(1), 52-54. https://doi.org/10.5395/rde.2013.38.1.52
- Lyubomirsky, S., & Lepper, H. S. (1999). A measure of subjective happiness: Preliminary reliability and construct validation. *Social Indicators Research*, 46(2), 137-155. https://doi.org/10.1023/A:1006824100041
- Musaitif, A. (1934). *Psychometric properties of the satisfaction with life scale among Arab Americans*. Dissertations. https://epublications.marquette.edu/dissertations_mu/790
- Myers, D. G., & Diener, E. (1995). Who is happy? *Psychological Science*, 6(1), 10-19. https://doi.org/10.1111/j.1467-9280.1995.tb00298.x
- Niaghiha, M., Baglooei, M. M., Mafi, M., & Taherpour, M. (2019). Spiritual well-being and life satisfaction in pregnant women: The mediating role of social support. *Social Health and Behavior*, 2(3), 83-88. https://doi.org/10.4103/SHB.SHB_11_19
- Nunnally, J. C. (1978). *Psychometric theory*. McGraw-Hill.
- Paul, A. (2016). *Happiness explained*. Oxford University Press.
- Pavot, W., Diener, E., Colvin, C. R., & Sandvik, E. (1991). Further validation of the satisfaction with life scale: Evidence for the cross-method convergence of well-being measures. *Journal of Personality Assessment*, 57(1), 149-161. doi.org/10.1207/s15327752jpa5701_17
- Raykov, T. (1997). Estimation of composite reliability for congeneric measures. *Applied Psychological Measurement*, 21(2), 173-184. doi.org/10.1177/01466216970212006

Standardization of Diener's Satisfaction with Life Scale in Hindi

- Raykov, T., & Marcoulides, G. A. (2011). *Introduction to psychometric theory*. Routledge, Taylor & Francis Group.
- Sachs, J. (2003). Validation of the satisfaction with life scale in a sample of Hong Kong university students. *Psychologia*, 46, 225-234. doi.org/10.2117/psysoc.2003.225
- Salmani, S., Biderafsh, A., & Aliakbarzadeh, A. Z. (2020). The relationship between spiritual development and life satisfaction among students of Qom university of medical sciences. *Journal of Religion and Health*, 59, 1889–1896. doi.org/10.1007/s10943-018-00749-8
- Shafi, H., Bashir, N., Yousuf, U., Parveen, S., & Akhter, K. (2016). Relationship between spiritual well-being, life satisfaction and depression: A study of middle aged people. *The International Journal of Indian Psychology*, 3(2), 147-154. https://doi.org/10.25215/0302.069
- Sharajabad, F. A., Mohammad-Alizadeh Charandabi, S., & Mirghafourvand, M. (2017). Life satisfaction and its relationship with spiritual well-being and religious practice in Iranian adolescent girls. *International Journal of Adolescent Medicine and Health*, 31(6). https://doi.org/10.1515/ijamh-2017-0077
- Swami, V., & Chamorro-Premuzic, T. (2008). Psychometric evaluation of the Malay satisfaction with life scale. *Social Indicators Research*, 92, 25-33. https://doi.org/10.1007/s11205-008-9295-7
- Veenhoven, R. (1984). *Conditions of happiness*. Kluwer Boston Academic Publishers.
- Veenhoven, R. (1996). The study of life satisfaction. In W. E. Saris, R. Veenhoven, A. C. Scherpenzeel, & B. Bunting (Eds.), *A comparative study of satisfaction with life in Europe (pp. 11-48)*. Eötvös University Press.
- W.H.O. (2010). *Process of translation and adaptation of instruments*. https://www.who.int/substance_abuse/research_tools/translation/en/
- Wu, C., & Yao, G. (2006). Analysis of factorial invariance across gender in the Taiwan version of the satisfaction with life scale. *Personality and Individual Differences*, 40, 1259-1268. https://doi.org/10.1016/j.paid.2005.11.012

Acknowledgement

The authors were highly thankful to all the participants for their cooperation and full support in the present study.

Conflict of Interest

The author(s) declared no conflict of interest.

How to cite this article: Singh R., Gull M. & Husain A. (2021). Standardization of Diener's Satisfaction with Life Scale in Hindi. *International Journal of Indian Psychology*, 9(4), 1451-1460. DIP:18.01.138.20210904, DOI:10.25215/0904.138