

A Reliability and Validity of Gujarati Version of Life Attitude Profile – Revised for Adults

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ABSTRACT

Objective of study: The aim of this study was to examine the reliability and validity of the Gujarati version of the Life Attitude Profile–Revised (LAP-R) scale for adults. **Background:** Garry T. Reker developed multidimensional instrument of attitude toward life based on concepts of Viktor Frankl since 1981. The latest version, the LAP-R (Life attitude profile-revised, 1992) and consists of six dimensions; Purpose, Coherence, Choice/Responsibility, Death Acceptance, Existential vacuum and Goal seeking. **Methods:** The participants were 449 adults from Gujarat (194 males and 255 females), including 304 young adults (19–25 years), 80 middle-aged adults (26–45 years), and 65 older adults (46 years and above). Reliability was analyzed using Cronbach's alpha, while validity was assessed through the KMO and Bartlett's tests, as well as principal component analysis using IBM SPSS 23. Analyses were conducted for the total sample, gender groups, and age groups. **Findings:** The overall Cronbach's alpha coefficient of the test was .88, while subgroup alpha coefficients ranged from .49 to .94. The KMO values for all dimensions were greater than 0.50, and Bartlett's tests were statistically significant ($p < .05$). Twelve items were found to be inappropriate for both the total sample and the subgroups due to duplication or poor fit. The results for the Goal Seeking subdimension varied across all groups. **Conclusion:** The LAP-R scale can be used in research involving adults. However, some dimensions and questionnaire items may need to be revised or removed according to the age and psychological characteristics of different gender and age groups.

Keywords: Attitude toward life, purpose, Coherence, Choice/Responsibility, Death acceptance, Existential Vacuum, Goal seeking, Reliability, Validity

Attitudes affect how we perceive, evaluate, and make decisions. Therefore, an individual's attitude toward life affects major life decisions and choices of the individual and should be studied. Research requires measures that are valid, reliable, and based on valid psychological theories. Viktor Frankl's theory concerning the meaning and value of life, human existence, and purpose has remained influential and continues to be widely used by psychologists in their work.

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The LAP-R scale, developed by T. Reker, is a scale that comprehensively examines the attitude towards life, including purpose, goal-seeking, coherence, choice and responsibility, attitudes towards death, and existential issues. (Oyuntungalag O., Vikas R. and Suresh M., 2023) The logotherapeutic constructs of will to meaning, existential vacuum, personal choice and responsibility, realities and potentialities, and death transcendence comprise the building blocks of Frankl's theoretical framework. The LAP-R is the product of several refinements based on a combination of theoretical, rational, and factor-analytic procedures (Gary T. Reker, 1992). This scale was developed based on the logotherapy theory of Viktor Frankl, a great thinker of the 20th century. The original version was developed by E. J. Peacock and Gary T. Reker, the second version by Paul T. P. Wong, Peacock, and Gary T. Reker, and this Life Attitude Profile-Revised version was developed by Gary T. Reker. (Oyuntungalag O., Vikas R. and Suresh M., 2023).

The Life Attitude Profile – Revised (LAP-R)

The LAP-R is a 48-item self-report multidimensional measurement and each item on the LAP-R is rated on a 7- point Likert scale of agreement (1-7), ranging from "strongly agree" (7) to "strongly disagree" (1). The LAP-R is scored and profiled in terms of six dimensions and two composite scales (1992 by Gary T. Reker). The six dimensions are by Reker's definition (Reker, 1992) as follows; "1. **Purpose (PU)**; refers to having life goals, having a mission in life, having a sense of direction from the past, in the present, and toward the future., 2. **Coherence (CO)**; refers to having a logically integrated and consistent analytical and intuitive understanding of self, others, and life in general., 3. **Choice/Responsibility (CR)**; refers to the perception of freedom to make all life choices, the exercise of personal responsibility, personal decision making, and internal control of life events., 4. **Death Acceptance (DA)**; refers to the absence of fear and anxiety about death and the acceptance of death as a natural aspect of life., 5. **Existential Vacuum (EV)**; refers to having a lack of meaning in life, lack of goals, lack of direction, boredom, apathy, or feelings of indifference., 6. **Goal Seeking (GS)**; refers to the desire to get away from the routine of life, to search for new and different experiences, to welcome new challenges, to be on the move, and an eagerness to get more out of life." Two composite scales are by Reker (Reker, 1992) "1. **Personal meaning index (PMI)**; was developed to provide a more focused measure of personal meaning. The PMI is derived by summing the Purpose and Coherence dimensions. 2. **Existential Transcendence (ET)**; is a global measure of attitudes toward life that takes into account both the degree to which meaning and purpose has been discovered and the motivation to find meaning and purpose. ET is derived by summing the scores on the LAP-R dimensions of Purpose, Coherence, Choice/Responsibility, and Death Acceptance and subtracting the scores on Existential Vacuum and Goal Seeking."

Objective of study: To measure a reliability and validity of Gujarati version of LAP-R scale for adults.

Design and Data Collection: A pilot study of LAP-R for master students was successful. Retest of LAP-R was 0.71, retests of dimensions; Purpose 0.77, Coherence 0.52, Choice/Responsibility 0.65, Death acceptance 0.66, Existential Vacuum 0.65, Goal Seeking 0.64. (Oyuntungalag O., Vikas R. and Suresh M., 2023). Therefore, we tried to study this LAP-R scale among Gujarat adults, The total sample was 449.

Methods: In IBMSPSS-23, Factor analyses; KMO and Barlett's test, principal components analysis; extraction methods; eigenvalue greater than 1 and fixed number of factors, varimax

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rotation, internal consistency reliability, and Cronbach's alpha were used to measure the psychometric properties of the items of the scale.

Participant demographics: The participants were between the ages of 19 and 76 and were divided into 3 groups. The young-aged adults' group is 67.7% of all participants and most of them are 22 (N=133 and 29.6%) and 21 (N= 82 and 18.3%) years old. From middle-aged and older-aged participants, almost all ages were represented (ranging N= 1-8 and, %=0.2-1.3). Most of them are educated with Undergraduate degrees and all Education levels; High school 2%, High school passed -1.3%, Undergraduate – 15.4%, Master degree-12.2% M.Phill-0.4%, Doctor degree-2%, Professional Diploma-2.2% and Master student-64.4% were represented.

RESULT AND DISCUSSION

One of the essential conditions for the successful use of a psychological measure is to examination of its reliability and validity of it. In particular, when translating a psychological instrument developed in a country with a different language and culture, it is important to preserve the author's original theoretical framework and conceptual meaning while adapting the instrument to the target culture. Furthermore, it is necessary to determine whether the questionnaire is sufficiently reliable for further research applications. If the instrument demonstrates adequate reliability and validity, researchers can conduct surveys, collect and analyse data from various groups, and provide the public with accurate and meaningful information. In addition, instrument validation is especially important because respondents provide inaccurate, subjective, or opinion-based responses.' (Stričik, M, Čonkova, M, 2012). Statistical methods are therefore used to establish the validity and reliability of psychological tests.

The Gujarati version of the LAP-R test was examined for reliability and validity to determine whether it accurately reflects individual's attitudes toward life and whether its dimensions represent independent factors. In this section, the descriptive statistics, Kronbach's alpha coefficients, and construct validity of the LAP-R and its six dimensions are presented based on analyses conducted for the total sample as well as for groups differing in gender and age.

Table 1. LAP-R dimension Means, Standard Deviations

<i>Dimensions</i>	<i>Male</i>		<i>Female</i>		<i>19-25</i>		<i>26-45</i>		<i>46<</i>		<i>Total</i>	
	Mea n	St. D	Mea n	St. D	Mea n	St. D	Mea n	St. D	Mea n	St. D	Mea n	St. D
<i>Purpose</i>	44.15	7.21	44.78	7.45	44.44	7.40	44.62	7.56	44.69	6.89	44.51	7.35
<i>Coherence</i>	44.15	6.20	43.54	6.26	43.50	6.38	44.70	6.00	44.18	5.79	43.81	6.23
<i>Choice/Responsibility</i>	46.59	6.07	45.55	6.71	45.84	6.28	45.56	6.64	47.29	6.97	46.00	6.46
<i>Death Acceptance</i>	43.24	8.20	41.55	8.63	41.04	8.74	44.52	7.90	45.32	6.47	42.28	8.48
<i>Existential Vacuum</i>	37.33	8.07	38.14	7.56	38.45	7.33	38.02	8.93	34.46	7.64	37.79	7.79
<i>Goal Seeking</i>	41.29	7.90	42.08	7.45	43.42	6.07	40.98	7.88	34.84	9.81	41.74	7.65
<i>N</i>	194		255		304		80		65		449	

The mean scores and standard deviations did not differ significantly across the groups, particularly because the distributions were fairly similar between males and females. However, some differences were observed among the age groups. In particular, the older age group showed values that differed from those of the other groups across all measures. For

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example, this group had the highest mean score for Choice/Responsibleness and the lowest mean scores for Existential Vacuum and Goal Seeking. In addition, Goal Seeking showed the highest standard deviation within the older age group. The Death Acceptance scale demonstrated the largest standard deviation across both the total sample and the subgroups.

There were no significant differences in the variability of data points among the variables analyzed. The standard deviations of all items were relatively similar, indicating that the degree of dispersion within each variable was consistent across the dataset. However, item co_3 showed the lowest standard deviation, whereas item ev_42 had the lowest mean score among all items. (see appendix table 1)

Table 2. Correlations of LAP-R dimensions for total sample
Correlations

	PU	CO	CR	DA	EV	GS
Purpose						
Coherence	.61**					
Choice/ Responsibleness	.59**	.61**				
Death Acceptance	.23**	.35**	.28**			
Existential Vacuum	-.17**	.05	.00	.05		
Goal Seeking	.007	.14**	.03	.05	.53**	
N	449	449	449	449	449	449

Purpose, Coherence, and Choice/Responsibility were positively and strongly correlated with one another and were not significantly correlated with Existential Vacuum or Goal Seeking. Death Acceptance was positively but weakly correlated with Purpose, Coherence, and Choice/Responsibility, but was not correlated with Existential Vacuum or Goal Seeking. These findings are consistent with the results reported by the author of the LAP-R (Reker,1992).

Reliability of LAP-R

After examining the Cronbach's alpha coefficients for the total LAP-R scale and its dimensions, some items were removed based on two criteria: corrected item-total correlation and Cronbach's alpha if the item was deleted. Cronbach's alpha coefficients were then recalculated for the total sample as well as for each gender and age group. According to Field (2009), items with item-total correlations above 0.30 are considered to correlate adequately with the overall scale. Therefore, items with correlations below 0.30 were removed, as shown below.

1. The Purpose dimension: Item pu_1 ("Past achievements") was not suitable for the total sample, the male group, or the middle-aged group. **2. The Coherence dimension:** Item co_7 ("Meaning of life evident") was not suitable for any group, while item co_35 ("Unified life pattern") was not suitable for all groups except the young age group. **3. The Choice/Responsibility dimension:** All items were appropriate for the older age group. In the young age group, items cr_3 ("Opportunity to direct life"), cr_11 ("Own efforts"), cr_23 ("Do what I want"), and cr_45 ("Accept responsibility") showed corrected item-total correlations below 0.30. However, because Cronbach's alpha did not increase after their removal, these items were retained. Item cr_3 was not suitable for the male group, while items cr_17 ("Determine what happens") and cr_45 were not suitable for the middle-aged group. **4. The Death acceptance dimension:** All items were appropriate for the older age group. However, item da_44 ("Seldom thought about death") was not appropriate for any group except the older age group. **5. The Existential vacuum dimension:** Item ev_40

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(“Don’t care” attitude) was not suitable for the total sample or any subgroup. Item ev_4 (“Change main objectives”) was not suitable for the total sample, the female group, or the older age group. In addition, item ev_13 (“Lost interest”) from the older age group, item ev_33 (“Daydream about a new place/identity”) from the female and young age groups, and item ev_42 (“Boring/uneventful life”) from the older age group were removed. **6. The Goal seeking dimension:** This dimension was not suitable for the young age group, but it was suitable for the older age group. However, items gs_14 (“Break from routine”) and gs_43 (“Achieve new goals”) from the female group, as well as items gs_14 (“Break from routine”) and gs_21 (“I am restless”) from the total sample, were removed. Item gs_10 (“New/different things appeal”) from the female group was also removed, although its removal did not change Cronbach’s alpha. In addition, item gs_21 (“I am restless”) from the male and middle-aged groups, as well as items gs_43 (“Achieve new goals”) and gs_14 (“Break from routine”) from the middle-aged group, were removed. Recalculation increased Cronbach’s alpha coefficients by 0.02 to 0.08, thereby improving the reliability of the scales.

Table 3. Coefficients of internal consistency

LAP-R dimensions		Gender		Age group			Total
		male	female	19-25	26-45	46 ≤	
Purpose	α	0.78	0.76	0.76	0.79	0.77	0.76
Coherence	α	0.71	0.68	0.68	0.75	0.72	0.69
Choice/Responsibleness	α	0.66	0.68	0.64	0.70	0.80	0.67
Death acceptance	α	0.78	0.75	0.76	0.81	0.78	0.77
Existential Vacuum	α	0.73	0.67	0.65	0.78	0.71	0.68
Goal seeking	α	0.74	0.65	0.49	0.71	0.81	0.68
Personal meaning	α	0.84	0.82	0.83	0.84	0.83	0.83
Existential transcendence	α	0.94	0.91	0.86	0.89	0.77	0.93
LAP-R	α	0.91	0.85	0.85	0.82	0.84	0.88
	N	194	255	304	80	65	499

Cronbach’s alpha coefficients were calculated for the overall test, the composite dimensions, and each of the six dimensions across gender and age groups. A Cronbach’s alpha value of 0.88 indicates that the LAP-R demonstrated good internal consistency across all gender and age groups. The male group showed the highest level of internal consistency ($\alpha = 0.91$), which was higher than that of the female group. The lowest acceptable internal consistency value was observed in the group aged over 46 years ($\alpha = 0.77$). Cronbach’s alpha coefficients for the overall LAP-R and the composite scales (Personal Meaning Index and Existential Transcendence) were good to excellent for the total sample and all subgroups.

The Cronbach’s alpha coefficients of the dimensions ranged from 0.49 to 0.81. The Purpose and Death Acceptance dimensions showed acceptable reliability across all groups, whereas the other dimensions demonstrated acceptable to questionable reliability for the total sample as well as across gender and age groups. The reliability estimates for each dimension varied across gender and age groups.

The Goal Seeking dimension showed unacceptable reliability ($\alpha = 0.49$) for the young age group. A pilot study conducted among master’s students (Oyuntungalag O., Vikas K.R., & Suresh M.M., 2023) also demonstrated weak acceptability ($\alpha = 0.58$), suggesting that this dimension may not be suitable for younger individuals and may therefore require revision or removal.

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These findings may be related to the lifestyle and psychological characteristics of younger individuals. At a young age, many aspects of life are still uncertain, challenging, innovative, unconventional, and interesting. In addition, young people may not yet have achieved many of their goals and aspirations in life, which is often perceived as full of purpose and new experiences. Therefore, they may feel less need to seek additional novelty or change.

In contrast, for middle-aged and older adults, life circumstances may be more stable and clearly defined, which could increase the desire to seek new experiences, improve life conditions, or make personal changes. Accordingly, this dimension appeared to be more appropriate for the middle-aged and older age groups.

Differences were also observed between the male and female groups. These differences may be related to social and family gender roles and therefore require further investigation.

Validity of LAP-R

The internal consistency coefficients and factor analysis were conducted after verifying the representativeness of the sample in order to assess the reliability and validity of the LAP-R.

Sample adequacy: The sample size in this study was adequate prior to the removal of 12 items from the total questionnaire. The Kaiser–Meyer–Olkin (KMO) measure of sampling adequacy indicated that the overall LAP-R was 0.83, with values of 0.82 for Purpose, 0.77 for Coherence, 0.76 for Choice/Responsibleness, 0.80 for Death Acceptance, 0.77 for Existential Vacuum, and 0.74 for Goal Seeking. According to Field (2009), these values indicate good to excellent sampling adequacy.

Bartlett’s test of sphericity was statistically significant ($p < .001$), indicating that factor analysis was appropriate.

Table 4. The KMO Measure of Sampling Adequacy is shown by gender and age groups;

	Groups	PU	CO	CR	DA	EV	GS	LAP-R
<i>KMO Measure of Sampling Adequacy</i>	Male	.82	.74	.74	.79	.77	.80	0.78
	Female	.80	.75	.70	.78	.73	.70	0.77
	19-25	.82	.77	.70	.76	.74	.58	0.81
	26-45	.73	.74	.64	.74	.73	.70	0.67
	46 <	.74	.60	.76	.75	.67	.83	0.62

According to Kaiser (1974), values greater than 0.50 are considered acceptable (Field, 2009). The KMO values indicated that sampling adequacy was acceptable for the overall LAP-R and all dimensions. Most KMO values were in the good to excellent range; however, the overall LAP-R showed a mediocre value for the middle-aged group (0.67) and the older age group (0.62). Only the Goal Seeking dimension showed a mediocre value for the young age group (0.58). Therefore, the data were considered adequate for factor analysis. All Bartlett’s Test of Sphericity results were statistically significant ($p < .001$).

Construct validity: The overall content consistency of the LAP-R was examined, as well as whether the dimensions could be extracted as independent factors through factor rotation. This was conducted using Principal Component Analysis, based on eigenvalues greater than 1, and Varimax rotation with Kaiser normalization. The results were interpreted alongside the recalculated Cronbach’s alpha coefficients.

Total sample: A total of 12 items with inadequate Cronbach’s alpha values were removed prior to factor analysis, leaving 36 items for analysis. The items removed based on Cronbach’s alpha criteria were pu_1, co_7, co_35, cr_3, cr_11, cr_45, da_44, ev_4, ev_33, ev_40, gs_14, and gs_21.

Table 5. The overall LAP-R for total sample

<i>N</i>	<i>Communalities</i>	<i>KMO</i>	<i>Cumulated value of Rotation Sums of squared loadings %</i>	<i>Number of components</i>	<i>Number of items</i>
409	Average: 0.56 Range: 0.42-0.70	0.84	55.69	9	36

After rotation (see Appendix Table 2), five of the nine extracted factors were interpreted as representing meaningful dimensions. It was found that the Purpose and Coherence dimensions loaded only on the first factor. Therefore, the Personal Meaning composite scale can be interpreted, as it includes items that assess the current state, purpose, and meaning of one’s life. In addition, Reker (1992) originally extracted five factors, with the first factor consisting of Purpose and Coherence. Accordingly, this study suggests that the original conceptual framework and dimensional structure of the questionnaire were generally supported.

Subgroups: The same extraction method used for the total sample was applied to the subgroups to examine whether the LAP-R dimensions could be consistently extracted across all groups.

Male group: The male group consisted of 41 items. Based on Cronbach’s alpha, 7 items (pu_1, co_7, co_35, cr_3, da_44, ev_40, and gs_21) were removed. The communalities were acceptable, with a mean value of 0.65 and a range between 0.51 and 0.76. Factor analysis extracted 12 factors with eigenvalues greater than 1, explaining 65.13% of the total variance after rotation. In the rotated component matrix, Goal Seeking, Purpose + Coherence, Death Acceptance, and a combined Existential Vacuum + Goal Seeking factor emerged among the first four factors. The remaining factors consisted of mixed-dimension items or factors with two to three items.

Female group: The female group consisted of 39 items. Based on Cronbach’s alpha, 9 items (co_7, co_35, cr_11, cr_45, cr_23, da_44, ev_4, ev_33, and ev_40) were removed. The communalities were acceptable, with a mean value of 0.58 and a range between 0.42 and 0.71, although lower than those of the male group. Factor analysis extracted 10 factors with eigenvalues greater than 1, explaining 58.46% of the total variance after rotation. In the rotated component matrix, only the Death Acceptance dimension formed a relatively clear factor. The remaining factors consisted of mixed items across dimensions, although one dimension accounted for the majority of its items.

Young age group (19 - 25) The young age group consisted of 31 items. Based on Cronbach’s alpha, 17 items (pu_1, co_7, cr_3, cr_11, cr_23, cr_45, da_44, ev_33, ev_40) and all Goal Seeking items were removed. The communalities were acceptable, with a mean value of 0.56 and a range between 0.43 and 0.70. Factor analysis extracted seven factors with eigenvalues greater than 1, explaining 56.65% of the total variance after rotation. In the rotated component matrix, Purpose + Coherence, Death Acceptance, and Existential Vacuum emerged as the first three factors, while a two-item Choice/Responsibleness factor appeared as the sixth factor. The remaining factors consisted of mixed items from different dimensions.

Middle-aged group (26 – 45). The middle-aged group consisted of 37 items. Based on Cronbach’s alpha, 11 items (pu_1, co_7, co_35, cr_17, cr_45, da_25, da_44, ev_40, gs_14, gs_21, and gs_43) were removed. The communalities were acceptable, with a mean value of

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0.71 and a range between 0.53 and 0.83. Factor analysis extracted 10 factors with eigenvalues greater than 1, explaining 71.06% of the total variance after rotation. The rotated component matrix indicated that the first five factors clearly represented the original dimensions: Purpose + Coherence, Death Acceptance, Goal Seeking, Existential Vacuum, and a two-item Choice/Responsibleness factor. The remaining factors consisted of mixed items across dimensions.

Older age group (46 and above) The older age group consisted of 40 items. Based on Cronbach's alpha, 8 items (co_7, co_35, da_25, da_44, ev_4, ev_13, ev_40, and ev_42) were removed. The communalities were acceptable, with a mean value of 0.72 and a range between 0.59 and 0.83. Factor analysis extracted 10 factors with eigenvalues greater than 1, explaining 72.94% of the total variance after rotation. Although most factors did not represent single dimensions, except for Death Acceptance, several factors could still be interpreted as dimension-related. Accordingly, identifiable factors included Goal Seeking (first factor), Choice/Responsibleness (third factor), Purpose (fourth factor), Death Acceptance (fifth factor), and a combined Goal Seeking + Existential Vacuum factor (sixth factor). The remaining factors consisted of mixed items from different dimensions.

The construct validity of developmental scales such as the LAP-R is enhanced when it can be demonstrated that the factor structure remains invariant across age groups and between males and females (Reker, 1992). Although the number of components differs from that of the total sample, the first five components can still be considered to retain the same dimensions in terms of content. Under conditions of invariance, one can be assured that observed changes reflect "true" changes in the construct rather than changes in its meaning (Reker, 1992). Starting from the sixth component, some items that could not be included within a specific dimension formed small components either independently or together with items from other dimensions. Therefore, although some structural changes were observed, the content changes were minimal and generally followed the same principles as those of the total sample.

Comparison of LAP-R factors:

After confirming that the rotated factor structure was retained with eigenvalues greater than 1, rotated factor loadings are presented in the following tables, with the number of factors fixed at five. Only the young age group was rotated with the number of factors fixed at four. Items were removed based on Cronbach's alpha criteria for each gender and age group.

Table 6. Purpose + Coherence dimensions Factor loadings for Gender and Age

No	Item/Description	Gender		Age		
		Male	Female	19-25	26-45	46<
1	Past achievements		.20			.63
2	Clear goals/aims	.67	.32	.63	.70	.50
5	Discovered purpose	.65	.20	.44	.68	.43
18	Basically, living as I want	.65	.62	.34	.38	.68
26	Future direction	.52	.66	.33	.63	.62
31	Fulfilled goals	.68	.69	.60	.42	.70
37	Mission in life	.63	.42	.67	.75	.64
48	Exciting good life	.49	.38	.47	.48	.51
7	Meaning of life evident					
12	Consuming purpose	.53	.53	.52	.41	.34
16	Philosophy of life	.23	.56	.40	.39	.45
27	Reason for being	.60	.55	.50	.58	.70

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29	Life framework	.57	.53	.63	.71	.49
35	Unified life pattern			.53		
38	Ultimate meaning	.53	.47	.30	.53	.46
46	Sense of order/coherence	.39	.60	.53	.56	.64

Table 7. Choice Responsibility dimension Factor loadings for Gender and Age

No	Item/Description	Gender		Age		
		Male	Female	19-25	26-45	46<
3	Opportunity to direct life		.21		.58	.53
11	Own efforts	.21			.54	.26
17	Determine what happens	.21	.35	.54		.59
19	Freedom to choose	.34	.67	.64	.74	.81
23	Do what I want	.49			.80	.41
30	Life in my hands	.40	.67	.64	.32	.47
39	Make own decisions	.26	.55	.43	.30	.78
45	Accept responsibility	.56				

Table 8. Death acceptance dimension Factor loadings for Gender and Age

No	Item/Description	Gender		Age		
		Male	Female	19-25	26-45	46<
8	Less concerned than others	.61	.65	.62	.72	.60
15	Makes little difference	.81	.80	.76	.83	.57
22	Unconcerned about death	.76	.74	.75	.74	.68
25	Neither fear nor welcome	.39	.39	.48		
28	No sense worrying	.33	.44	.51	.38	.61
32	Unafraid of death	.75	.74	.69	.71	.79
44	Seldom thought about					
47	Accept as life experience	.52	.41	.48	.64	.33

Table 9. Existential Vacuum dimension Factor loadings for Gender and Age

No	Item/Description	Gender		Age		
		Male	Female	19-25	26-45	46<
4	Change main objectives	.56			.70	
6	Element is missing	.66	.33	.62	.60	.41
9	Lack of meaning/purpose	.56	.55	.66	.65	.37
13	Lost interest	.56	.68	.67	.51	
20	Uncertainty	.54	.59	.58	.62	.49
33	Daydream new place/identity	.41			.15	.85
40	“Don’t care” attitude					
42	Boring/ uneventful life	.62	.62	.56	.27	

Table 10. Goal Seeking dimension Factor loadings for Gender and Age

No	Item/Description	Gender		Age		
		Male	Female	19-25	26-45	46<
10	New/different things appeal	.69	.55		.63	.61
14	Break from routine	.26	.51			.59
21	I am restless		.58			.57
24	Need for adventure / new worlds	.43	.52		.49	.47
34	New challenge	.54	.55		.66	.82
36	Hope for exiting future	.77	.70		.77	.76
41	Eager to get more out	.73	.65		.73	.67
43	Achieve new goals	.56	.57			.55

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When examining the comparative results, no gender differences were found; however, differences were observed across age groups. Three items (co_7, da_44, and ev_40) did not fit well across all groups. In addition, the items pu_1; co_35; cr_3, cr_11, cr_23, and cr_45; da_25; ev_4, ev_13, ev_33, and ev_42; and gs_10, gs_21, gs_41, and gs_43 differed across groups. Nevertheless, the dimensions were generally supported, and the items were considered to demonstrate acceptable fit.

CONCLUSION AND SUGGESTION

According to Frankl's theory, Reker developed the LAP-R with six dimensions. These six scales are designed to measure how effectively an individual achieves the six areas that are important for managing and organizing life. Regardless of country, culture, or customs, people in every society strive to live meaningful and fulfilling lives. Therefore, although this questionnaire originates from a different language, culture, and worldview, it can still serve as a useful measure in today's increasingly globalized cultural context.

Although the results of the factor analysis were not further examined through SEM for factor confirmation, it was concluded that this Gujarati version of the test can be used in future research. However, the questionnaire items could be further improved based on the theoretical framework as well as the Gujarati language, culture, and worldview. In addition, researchers may adapt and use this version according to the specific needs of their studies.

According to the results of the study, this measure did not differ by gender, but differences were observed across age groups. As the majority of the young age group consisted of master's students, it is possible that their attitudes toward life and life goals have not yet been fully developed in many respects. Therefore, when the instrument is used with younger populations, the questionnaire items may need to be revised according to age-related psychological characteristics, or dimensions that are found to be inappropriate may be removed based on the research findings.

The findings of the study also suggest that this test may be more effective for individuals who are employed, actively contribute to society, and independently manage their own lives. It is expected that this version will be used in future studies within the region and that it will contribute to further research in this field.

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Conflict of Interest

The author(s) declared no conflict of interest.

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APPENDIX

Appendix table 1. LAP-R items means and standard deviation (Item/description authored by G. T. Reker)

No.	Item/description	Gender					
		Male		Female		Total	
		Mean	St.D	Mean	St.D	Mean	St.D
Purpose							
1	Past achievements	5.69	1.50	6.16	1.16	5.96	1.33
2	Clear goals/aims	5.86	1.23	5.98	1.22	5.93	1.22
5	Discovered purpose	5.50	1.47	5.44	1.58	5.46	1.53
18	Basically, living as I want	5.16	1.60	5.09	1.86	5.12	1.75
26	Future direction	4.86	1.62	4.93	1.82	4.90	1.74
31	Fulfilled goals	5.58	1.43	5.53	1.58	5.55	1.52
37	Mission in life	5.88	1.24	6.12	1.09	6.02	1.16
48	Exciting good life	5.62	1.49	5.59	1.63	5.61	1.57
Coherence							
7	Meaning of life evident	5.46	1.73	5.32	1.71	5.38	1.72
12	Consuming purpose	5.47	1.28	5.37	1.42	5.41	1.36
16	Philosophy of life	5.97	1.23	5.98	1.25	5.98	1.24
27	Reason for being	5.43	1.36	5.35	1.56	5.39	1.48
29	Life framework	5.81	1.23	5.93	1.14	5.88	1.18
35	Unified life pattern	4.84	1.67	4.65	1.74	4.73	1.71
38	Ultimate meaning	5.28	1.53	5.18	1.68	5.22	1.62
46	Sense of order/coherence	5.97	1.16	5.86	1.26	5.91	1.22
Choice/responsibility							
3	Opportunity to direct life	6.48	.90	6.41	.76	6.44	.82
11	Own efforts	5.92	1.26	6.02	1.25	5.98	1.25
17	Determine what happens	5.95	1.51	5.71	1.67	5.81	1.61

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19	Freedom to choose	5.38	1.68	5.18	1.82	5.27	1.76
23	Do what I want	5.79	1.26	5.62	1.48	5.69	1.39
30	Life in my hands	5.27	1.68	5.13	1.85	5.19	1.78
39	Make own decisions	5.53	1.58	5.49	1.65	5.51	1.62
45	Accept responsibility	6.30	.98	6.11	1.23	6.19	1.13
Death acceptance							
8	Less concerned than others	5.76	1.48	5.28	1.86	5.49	1.72
15	Makes little difference	5.10	2.00	4.99	1.98	5.04	1.99
22	Unconcerned about death	5.29	1.85	5.17	1.88	5.22	1.86
25	Neither fear nor welcome	4.78	1.79	4.67	1.74	4.72	1.76
28	No sense worrying	6.05	1.40	5.83	1.52	5.93	1.47
32	Unafraid of death	5.46	1.63	5.27	1.87	5.35	1.77
44	Seldom thought about	5.25	1.87	4.98	1.96	5.10	1.93
47	Accept as life experience	5.62	1.46	5.48	1.57	5.54	1.52
Existential vacuum							
4	Change main objectives	5.25	1.63	5.23	1.76	5.24	1.71
6	Element is missing	5.13	1.66	5.36	1.69	5.26	1.68
9	Lack of meaning/purpose	4.51	2.06	4.81	1.97	4.68	2.01
13	Lost interest	4.85	1.84	4.84	1.84	4.84	1.84
20	Uncertainty	4.66	1.65	4.72	1.67	4.69	1.66
33	Daydream new place/ identity	5.53	1.56	5.69	1.50	5.62	1.53
40	“Don’t care” attitude	4.42	1.69	4.41	1.77	4.42	1.73
42	Boring/ uneventful life	2.99	1.90	3.22	1.94	3.12	1.92
Goal seeking							
10	New/different things appeal	5.64	1.63	5.73	1.63	5.69	1.63
14	Break from routine	4.71	1.95	4.81	1.99	4.77	1.97
21	I am restless	3.39	1.91	3.90	2.01	3.68	1.98
24	Need for adventure / new worlds	4.66	1.96	4.89	1.96	4.79	1.96
34	New challenge	5.53	1.41	5.32	1.50	5.41	1.47
36	Hope for exiting future	5.93	1.43	5.84	1.46	5.88	1.45
41	Eager to get more out	5.55	1.74	5.75	1.67	5.66	1.70
43	Achieve new goals	5.97	1.28	5.99	1.27	5.98	1.28

Appendix table 2. Extracted factors of LAP-R by items and dimensions

No.	Item/description	FACTOR								
		I	II	III	IV	V	VI	VII	VIII	IX
I Purpose + Coherence										
2	Clear goals/aims	.72	.05	-.05	-.04	.01	.14	-.08	.15	.13
5	Discovered purpose	.61	-.01	.07	-.18	.14	.23	.20	.02	-.17
18	Basically, living as I want	.39	.07	.40	-.08	-.10	.32	-.15	.20	-.06
26	Future direction	.41	.15	.38	.06	-.20	.06	-.26	.09	-.14
31	Fulfilled goals	.49	.07	.32	.18	-.17	.13	-.23	.25	.02
37	Mission in life	.57	.01	.18	.21	-.10	.26	.02	-.02	.08
48	Exciting good life	.24	.12	.20	.18	-.02	.68	-.02	.02	.09
12	Consuming purpose	.35	-.06	.30	-.04	-.01	.06	.30	.36	.15
16	Philosophy of life	.13	.06	.15	.11	-.02	.18	.12	.08	.76
27	Reason for being	.56	.13	.36	.14	-.14	-.11	.00	.04	.15
29	Life framework	.56	.08	.12	.20	-.11	.06	.22	-.06	.20
38	Ultimate meaning	.40	.17	.49	.01	-.10	.02	.17	-.21	-.12
46	Sense of order/coherence	.34	.03	.22	.11	-.06	.48	.30	.08	.17

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II Death acceptance										
8	Less concerned than others	.03	<u>.61</u>	-.06	.00	-.08	-.01	.32	.16	-.05
15	Makes little difference	-.00	<u>.81</u>	-.02	-.09	-.02	.04	-.05	-.04	.05
22	Unconcerned about death	.11	<u>.75</u>	.05	.05	.06	-.03	.09	.01	.06
25	Neither fear nor welcome	.19	<u>.42</u>	.13	.00	.11	-.16	-.18	-.02	.41
28	No sense worrying	.08	<u>.37</u>	-.02	.11	-.07	-.09	<u>.59</u>	-.10	.10
32	Unafraid of death	.05	<u>.76</u>	.22	.00	-.01	.14	-.05	-.03	-.02
47	Accept as life experience	.04	<u>.45</u>	.36	.06	.00	.13	.35	.08	.00
III Choice/responsibility										
17	Determine what happens	.01	-.00	<u>.56</u>	-.03	.19	.02	.10	.18	.11
19	Freedom to choose	.08	.09	<u>.57</u>	-.02	-.01	.26	-.11	.35	.17
23	Do what I want	.17	.05	<u>.26</u>	.08	-.18	.08	-.00	<u>.65</u>	.03
30	Life in my hands	.24	.10	<u>.65</u>	.09	-.03	-.07	-.05	.09	-.04
39	Make own decisions	.10	.02	<u>.59</u>	.07	-.13	.27	.06	-.19	.24
IY Goal seeking										
10	New/different things appeal	-.00	.04	-.17	<u>.65</u>	.10	.00	-.09	.29	-.04
24	Need for adventure / new worlds	.08	.02	-.00	<u>.32</u>	.28	-.20	<u>-.38</u>	-.30	.13
34	New challenge	.07	.03	.18	<u>.62</u>	.14	.03	-.03	.03	-.09
36	Hope for exiting future	-.01	-.07	.01	<u>.77</u>	.09	.02	-.04	-.13	.10
41	Eager to get more out	-.00	-.09	.04	<u>.74</u>	.14	-.07	.11	-.08	.17
43	Achieve new goals	.17	.08	.02	<u>.58</u>	.00	.16	.11	.04	.00
Y Existential vacuum										
6	Element is missing	.08	-.03	-.14	.19	<u>.50</u>	-.40	.17	.13	.13
9	Lack of meaning/purpose	-.12	-.03	-.09	.19	<u>.62</u>	-.14	-.11	-.04	.19
13	Lost interest	-.04	-.09	.20	.10	<u>.70</u>	-.08	.09	-.14	-.17
20	Uncertainty	-.11	.13	-.10	.13	<u>.73</u>	.00	-.16	-.05	-.06
42	Boring/ uneventful life	-.24	.05	.09	.02	<u>.30</u>	<u>-.62</u>	.01	-.14	-.02