

The Psychometric Properties of Savoring Beliefs Inventory (SBI) among Indian adults

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ABSTRACT

The capacity to attend, to appreciate and enhance the positive experience in one's life is Savoring (Bryant & Veroff, 2007) and the Savoring Beliefs Inventory (SBI) is widely used measure to assess it. The present study thus aimed to establish the psychometric properties of this tool among the Indian adults. This research explored the structural validity and reliability of the scale among a sample of young Indian adults. Utilising Exploratory Factor Analysis (EFA) the original 24 item forming the three-factor model was refined to a more parsimonious 18-item, two-factor structure. This new two-factor model was then further analysed using Confirmatory Factor Analysis (CFA). The two factors Savoring Capacity (11 items; $\alpha = .841$) and Savoring Constraints (7 items; $\alpha = .747$), exhibited a satisfactory model fit ($\chi^2/df = 2.60$, GFI = .876, CFI = .853, RMSEA = .078). While the factor structure of the scale was refined as per the Indian population, the result of the present also highlighted that Savoring among Indian respondents is possibly be explained as a dialectic process where high hedonic capacity co-exists with culturally ingrained regulatory constraints.

Keywords: *Savoring, Reliability, Validity, India*

According to positive psychology, *Savoring* is defined as an individual's ability to focus on, appreciate and enhance the joys, pleasures, and other positive emotions that they experience throughout their lifetime. (Bryant & Veroff, 2007). An important concept in positive psychology that highlights that individuals make self-evaluations of their capacity to enjoy positive experiences, hence differs from other measures of hedonic well-being by focusing on behavioural and cognitive processes that regulate and enhance positive feelings. A fundamental component of savoring involves *to-attend to* and *appreciating*, which involves conscious attention to or meta-awareness of those positive emotions that an individual experiences (Smith & Bryant, 2017). Researchers repeatedly reported that those individuals who claimed to savor effectively were possibly found to be happier (Jose et al., 2012; Salces-Cubero et al., 2019), more resilient (Salces-Cubero et al., 2019; Smith & Hanni, 2019) and enhanced well-being (Klibert et al., 2022; Smith & Hanni, 2019).

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The widely used measure to assess Savoring is the, Savoring Beliefs Inventory (SBI) which evaluates the perceived ability to savor across three-time frames i.e., past, present and future (Bryant, 2003). *Anticipating* or looking forward to something good about to happen, is often an effective way of enhancing positive expectation of an upcoming event. *Savoring the moment* on the other hand is mindfully attending to positive happening in the moment, it is also about the conscious, meta-aware appreciation of the experience, not just the passive endurance and intensification of it. Lastly *Reminiscing* is the pleasure derived from recalling the positive events occurred in the past. When two individuals experience a positive event, they will anticipate the event, enjoy it and remember it in their own subjective ways. This highlights the fact that Savoring is affected not just by the frequency of positive events happening in an individual's life, but also by the ability to capture and enhance the feeling subjectively (Bryant, 2003; Bryant & Veroff, 2007). Researchers have attempted to validate the scale in different socio-economic cultures and noticed significant differences in the structure of the scale. Individualistic cultures, which emphasise personal autonomy and independence, tend to amplify and express their positive emotions like, self- enhancement and personal fulfilment, while collectivist societies prioritise group cohesion and interpersonal harmony, tend to regulate positive affect in ways that promote relational and social goals, moderating individuals expression (Markus & Kitayama, 1991). These fundamental differences between the culture in how positive emotions are experienced and expressed raise important question regarding the generalizability of a measure that focuses on the individual's perceived ability to appreciate and enhance a positive emotions related to any experience. This question is particularly regarding the factor structure and cultural adaptability of the Savoring scale majorly validated in the USA. Such questions have motivated researchers across the globe to do cross-cultural validation research of the scale in different cultures and nations. Confirmatory Factor Analysis (CFA) of the French version of the scale supported superior fit to the original three-factor model over the one factor model (Golay et al., 2018). A Turkish adaptation study by Metin-Orta (2018), however revealed a significant difference by yielding and supporting a single factor structure of the scale, suggesting Turkish respondents conceptualise savoring as unidimensional. The Taiwanese validated version produced a modifies three factor structure where the future and present oriented items merged into a single factor, and the past oriented items were grouped, and the third factor comprised all reverse-scored items, indicating item valence may carry structural significance (Lai & Lo, 2023). Similarly, the Japanese adaptation supported the three-factor model; however, a five-factor model was reported with two additional factors of positive and negative valence items.

Combinedly, the available literature reveals that while the construct of Savoring holds cross-cultural relevance, its psychometric structure varies across cultures and thus its manifestation cannot be assumed to replicate uniformly across the diverse cultures. This raises the need to study it in the Indian context as well. The study among Indian sample is particularly compelling case for the validation of SBI as Indian culture is positioned towards the collectivist end of Hofstede's dimension, and they put a lot of emphasis on spirituality holding a strong belief that suffering and happiness are two dimensions of the same reality (Swaminathan et al., 2022), which fundamentally diverges from the general hedonic assumption embedded in western developed measures. Bhawuk (2011) cautions against the uncritical application of Western models and tools in India, arguing that borrowed frameworks can confuse and even the results might misguide the interpretation. The present study thus constitutes the first systematic effort to establish the psychometric properties of the scale among an Indian sample.

METHODOLOGY

Participants and Procedure

The study employed a cross-sectional design to assess the psychometric properties of the scale SBI among Indian adults across two separate samples. The EFA sample included 261 adults with a mean age of 20.25 yrs (SD=1.84, range=19-29 years), while the CFA sample comprised another 260 young adults with a mean age of 21.05 yrs (SD=1.86, and range=18-33 yrs), with a combined total of 521 participants. Respondents across both the sample were recruited via convenience sampling and were enrolled only after providing informed consent, which outlined the study's objectives, the voluntary nature of their involvement, and the procedures implemented to ensure data confidentiality.

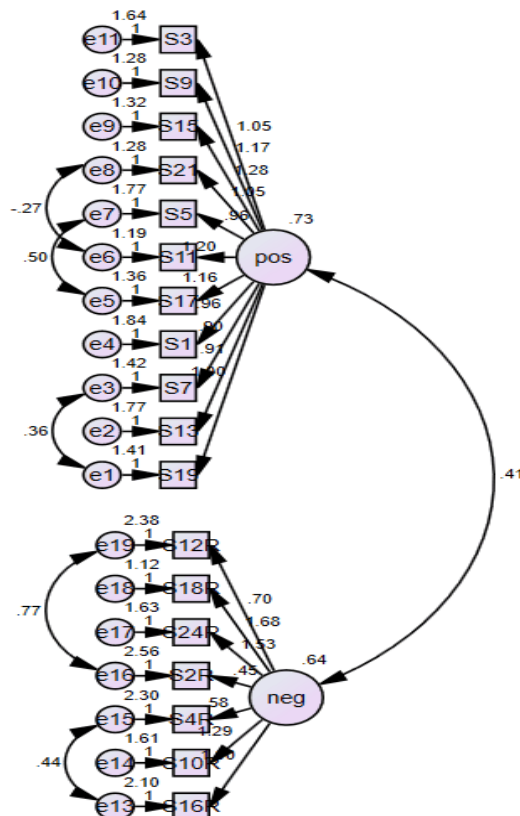
Tool

The Savoring Beliefs Inventory (SBI), developed by Bryant in 2003, is a self-report tool of 24 items that measures the extent to which individuals perceive they can savor positive experiences. The scale is designed to measure three major dimensions: Reminiscing, Savoring the moment, and anticipating, using a 7-point Likert scale to score items, with 1 being "Strongly Disagree" and 7 being "Strongly Agree." In the present study, the items pertaining to the negative domain were reverse-coded (designated with 'R') to ensure that elevated scores across all items indicate a greater overall Savoring belief.

RESULTS

The data gathered was analysed using IBM SPSS version 26 and AMOS 21. Initially, the data collected through first 261 participants was analysed using EFA and it helped in exploring the factors and CFA confirmed the same on next 260 participants. Finally, Cronbach's alpha was calculated.

Figure 1 Measurement Model of SBI



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Exploratory Factor Analysis (EFA)

An Exploratory Factor Analysis (EFA) with Principal Axis Factoring and Promax rotation was used on the 24 items of the original Savoring Beliefs Inventory (SBI). The first extraction showed a clear two-factor solution based on Eigenvalues > 1 and a confirmation from the Scree Plot. Six items were taken out of the factor purification procedure because their factor loadings were low ($<.30$) or their cross-loadings were so high that the factors' conceptual differences were not clear. The final 18-item structure (Table 1) showed two strong factors:

- Factor 1: Savoring Capacity (Positive) - This factor has 11 items: S1, S3, S5, S7, S9, S11, S13, S15, S17, S19, and S21.
- Factor 2: Savoring Constraints (Negative) - This includes 7 items: S2R, S4R, S10R, S12R, S16R, S18R, and S24R.

Confirmatory Factor Analysis (CFA)

A CFA was performed to validate the two-factor structural model discovered using EFA, consisting of Savoring Capacity (11 items) and Savoring Constraints (7 items). Based on the modification indices and the path diagram (Figure 1), the model was refined by allowing error terms to covary between item number 11-21, 17-5, 7-19, 2-12 and 4-16, of the original scale. This adjustment accounts for the conceptual overlap and systemic measurement error often found in self-report scales when items share similar linguistic phrasing or psychological themes. The final two factors model demonstrated a satisfactory fit with $\chi^2/df = 2.60$, GFI = .876, CFI = .853, and RMSEA = .078 (90% CI [.068, .089]). These results indicate that the refined 18-item structure is a psychometrically sound instrument for measuring the dual dimensions of savoring within the Indian population.

Reliability Analysis

The internal consistency of the refined 18-item scale and its two factors were evaluated using Cronbach's alpha (α). As shown in Table 2, the total scale demonstrated high reliability ($\alpha = .829$). The correlations between items in the Positive Domain were between .371 and .624, and those in the Negative Domain were between .339 and .598. No item elimination was found to enhance the alpha values significantly, demonstrating the stability of the 18-item structure.

Table 1 Reliability Statistics for the Refined SBI (N=261)

Factor	No. of Items	Cronbach's Alpha (α)
Savoring Capacity (Pos)	11	.841
Savoring Constraints (Neg)	7	.747
Total Savoring Scale	18	.829

DISCUSSION

The Dual Dimensions of Savoring in India

The results of the present study offered insights into the establishment of psychometric properties and cultural relevance of the scale in an Indian sample. Through the sequential analysis of gathered data using EFA and CFA and further with Cronbach's alpha, the original three factors model comprising 24 items of SBI was refined into 18 item, and the two factor model that demonstrated greater cultural consonance with the Indian respondents. The resultant two factors i.e., Savoring Capacity and Savoring Constraints, exhibited satisfactory internal reliability and a conceptually coherent factor structure, with CFA confirming the acceptable model fit. While the GFI and CFI values were below the

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conventional .90 threshold (Byrne, 1994), the RMSEA for this data falls within the .05–.08 range indicating reasonable fit (Browne & Cudeck, 1993). Researchers have repeatedly cautioned regarding the mechanical application of fit index cut-offs and recommended indices be interpreted alongside theoretical and contextual considerations (Hooper et al., 2008). The first factor-Savoring Capacity comprised all positively worded items and all reverse scored items loaded on the other factor, termed as Savoring Constraints. The first factor comprises positively worded items drawn across all three original temporal subscales, reflecting a unified capacity for hedonic engagement across the three-time frames. The collapse of temporal categories into a single factor suggests that Indian respondents experience and perceive savoring as an integrated generalised capacity for positive experience without any time-based categorization.

The clustering of all reverse-scored items onto one factor and all retained positive items onto the other, is attributed to the increased cognitive processing demands raised by the negatively coded items and the phenomenon has been repeatedly observed across different studies (Zhang et al., 2016). Additionally, the categorization of the two factors is possibly meaningfully explained by the theoretical groundings of dialecticism. Dialectical thinking refers to a culturally impacted cognitive orientation or a philosophical concept that views truth as not two opposing ends but as an integration into a holistic synthesis. The idea which derives its roots from Taoism, perceives that reality is fluid, holistic process where opposing forces are not mutually exclusive but independent parts of unified whole, like Yin and Yang and hence accepts contradiction, perceiving positive and negative emotional states as naturally co-existing rather than as polar opposites (Peng, & Nisbett, 1999). This orientation has been empirically studied in different cultures, where individuals from individualistic cultures like that of America, demonstrated that positive and negative affect tend to be perceived independently, while for individuals from collectivist cultures it was more likely for the participants to report simultaneous co-occurrences of both emotional states (Bagozzi et al., 1999). Spencer-Rodgers et al. (2010) further found out that members of dialectical cultures are more inclined to acknowledge negative aspects of truth even within positive experiences, reflecting a framework that establishes the presence of both valences simultaneously. Applying this to the present study provides a compelling explanation for the structural coexistence of both the factors i.e., Savoring Capacity and Savoring Constraint. Swaminathan et al., (2022) stated in their study that Indian philosophical traditions have embraced the simultaneous existence of the reality of happiness and suffering as a fundamental human experience. Joshanloo & Weijers (2014) also added about the prevalence of Fear of Happiness among individuals from a collectivist culture than others, thus adding as a further possible explanation. The two factor structure of Savoring for Indian respondents therefore doesn't indicate impaired savoring functioning rather reflects the dialectical thinking deeply embedded within Indian cultural traditions.

Limitations and Future Directions

The present study included just young adults hence limiting the generalisability of the results and leaves a stepping stone for further studies. The scale was administered in original version in English, for the purpose of validation hence the scale can be further translated or adapted to better suit Indian population. Future research should thus consider these points and attempt to adapt the scale with a more diverse sample from the population.

CONCLUSION

In summary, the final 18 items and two factors model suggests that Savoring in India is a psychologically complex and culturally embedded concept. This discussed capacity to

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appreciate positive experience coexists authentically with regulatory constraints that reflect values of emotional balance, social harmony and humble acknowledgement of the transience nature of positive emotions. The findings support meaningful departure from the Western centric paradigm of a unified concept of hedonic maximization to a culturally nuanced difference of experiencing, appreciating and enhancing the sense of positive experience.

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Conflict of Interest

The author(s) declared no conflict of interest.

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