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Research Paper

Development, Validation and Standardization of the Future Uncertainty Scale for Youth (FUS-Y)

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ABSTRACT

The present study describes the development and psychometric evaluation of the Future Uncertainty Scale for Youth (FUS-Y), a measure designed to assess perceptions of uncertainty regarding future events among young adults aged 18-30 years. An initial pool of 50 items was generated based on relevant theoretical frameworks and literature on future uncertainty, anxiety and stress. A panel of four experts representing psychology, sociology, research methodology and counselling evaluated the items for relevance, clarity, comprehensibility and appropriateness, resulting in the removal of 24 items. The preliminary 26-item scale was administered to a diverse sample of 500 university students and research scholars (250 males and 250 females) from various academic disciplines. Item analysis led to the deletion of five items with low corrected item-total correlations, yielding a final 21-item scale. The FUS-Y demonstrated excellent internal consistency (Cronbach's α = .917), representing an improvement over the preliminary 26-item version (α = .872). Exploratory factor analysis using principal components extraction with varimax rotation suggested a six-factor structure (KMO = .733; Bartlett's $\chi^2(210) = 6869.58$, $p < .001$), accounting for 72.09% of the total variance. Factor eigenvalues ranged from 1.023 to 8.054. Descriptive statistics indicated a mean score of 66.39 (SD = 13.54), with acceptable skewness (-.278) and kurtosis (-.490), suggesting an approximately normal distribution. Normative percentile values (P10 = 49, P25 = 54, P50 = 69, P75 = 78, P90 = 81) were established to facilitate score interpretation and classification of future uncertainty levels from Very Low to Very High. The findings provide preliminary evidence for the reliability and construct validity of the FUS-Y and establish preliminary norms for its use. The scale addresses the need for a culturally relevant measure of future uncertainty among youth and may be useful in research, counselling, career development and youth well-being interventions. Future studies are encouraged to confirm the factor structure and examine the scale's validity across diverse populations and settings.

Keywords: *Future Uncertainty, Youth, Scale Development, Psychometric Properties, Construct Validity, Normative Data*

Concept of Future Uncertainty

Future uncertainty refers to individuals' perceptions of unpredictability, ambiguity and lack of control regarding future life events and outcomes. It represents a form of uncertainty-

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related stress that emerges when individuals are unable to anticipate future circumstances with confidence. In psychological literature, future uncertainty is closely related to constructs such as future anxiety, uncertainty stress and intolerance of uncertainty. However, unlike general uncertainty, future uncertainty specifically concerns apprehensions about forthcoming life conditions, opportunities and challenges.

The experience of future uncertainty has become increasingly relevant in contemporary society. Rapid technological advancements, economic volatility, labor-market transformations, globalization and social change have altered traditional pathways to adulthood. Stable educational and occupational trajectories have become less predictable, making uncertainty a persistent aspect of young people's lives. Consequently, uncertainty is no longer viewed merely as a temporary condition but as a normalized feature of modern social reality.

Developmentally, emerging adulthood (18-30 years) is characterized by identity exploration, educational pursuits, career planning and the establishment of long-term life goals. These developmental tasks require individuals to envision and prepare for the future. However, when young people perceive the future as unpredictable or uncontrollable, their ability to plan effectively may be compromised. Research suggests that greater future-related uncertainty is associated with elevated psychological distress, increased stress and reduced well-being. In contrast, a positive future orientation (defined as the capacity to anticipate, plan and work toward future goals) has consistently been linked to adaptive functioning and positive developmental outcomes. Thus, future uncertainty may be conceptualized as the negative counterpart of future orientation, reflecting heightened concerns and pessimistic expectations regarding future events.

Future Uncertainty among Youth

Young adults today encounter multiple sources of uncertainty that influence their perceptions of the future. Economic instability, changing employment patterns, competitive educational systems and shifting social expectations contribute to concerns about achieving important life milestones. Career uncertainty, financial insecurity and concerns regarding educational attainment have become increasingly common experiences among youth across diverse cultural contexts.

Recent global developments have further intensified these concerns. Economic disruptions, technological transformations and changing labor-market demands have reduced the predictability of traditional career pathways. Young people frequently report anxiety regarding employment opportunities, financial independence and long-term stability. Research conducted during and after the COVID-19 pandemic demonstrated that disruptions in educational and career trajectories significantly increased anxiety and uncertainty among students and young adults. Furthermore, studies indicate that individuals who experience higher levels of future-related uncertainty tend to report lower psychological well-being and greater emotional distress.

Future perceptions also play a critical role in decision-making during emerging adulthood. Young people's expectations regarding their future influence educational choices, career aspirations and life planning. Consequently, persistent uncertainty about future outcomes may undermine motivation, goal-setting and adaptive coping processes, ultimately affecting psychological adjustment and personal development.

Need for a Culturally Relevant Measure

Despite growing scholarly interest in future-related concerns among youth, there remains a lack of instruments specifically designed to assess future uncertainty in a comprehensive and culturally relevant manner. Existing measures primarily focus on related constructs such as intolerance of uncertainty, future anxiety, future time perspective or career-related stress. Although valuable, these instruments may not adequately capture the multidimensional nature of uncertainty as experienced by contemporary young adults.

Research has demonstrated that cultural, social and developmental contexts significantly influence how uncertainty is perceived and managed. Factors such as family expectations, educational systems, economic conditions and societal norms shape young people's concerns about the future. Consequently, measurement tools developed in one cultural setting may not fully reflect the experiences of youth in other contexts without appropriate adaptation.

Previous studies have highlighted the importance of future-related uncertainty as a distinct psychological construct. For example, research on adolescent uncertainty identified "uncertainty of future" as a separate dimension of uncertainty experiences. Similarly, studies examining future uncertainty stress have demonstrated its significant association with psychological distress and well-being among young adults. These findings underscore the need for a dedicated instrument capable of assessing future uncertainty within the specific cultural and developmental contexts of youth populations.

Rationale for Developing the Future Uncertainty Scale for Youth (FUS-Y)

Given the increasing prevalence of uncertainty-related concerns among young people and the absence of a specialized assessment tool, the present study aimed to develop the Future Uncertainty Scale for Youth (FUS-Y). The scale was designed to assess perceptions of uncertainty regarding future events and life circumstances among individuals aged 18-30 years.

The development of FUS-Y was guided by established principles of psychological scale construction. Items were generated from theoretical literature and empirical research on future uncertainty, anxiety, stress and youth development. The item pool underwent face validation and expert review to ensure clarity, relevance and suitability for assessing future uncertainty among youth, while empirical analyses were conducted to evaluate the reliability and construct validity of the scale.

A psychometrically sound measure of future uncertainty has important implications for both research and practice. In research settings, it can facilitate the systematic investigation of factors associated with future uncertainty and its consequences for mental health, career development and well-being. In applied settings, the scale may assist psychologists, counsellors, educators and career guidance professionals in identifying young individuals who may be experiencing elevated uncertainty and require targeted support.

REVIEW OF RELEVANT LITERATURE

The theoretical foundation of the FUS-Y draws from research on future orientation, uncertainty and youth development. Studies on future orientation have consistently demonstrated that the ability to set goals, anticipate future outcomes and engage in long-term planning is associated with positive developmental and psychological outcomes. Conversely, research on intolerance of uncertainty suggests that individuals who perceive

uncertainty as threatening are more likely to experience anxiety, stress and maladaptive coping responses.

Empirical investigations have increasingly recognized future uncertainty as a distinct aspect of young people's experiences. Research examining adolescent uncertainty identified multiple dimensions of uncertainty, including uncertainty concerning future life circumstances. Other studies have demonstrated significant associations between future uncertainty, psychological distress, career stress and reduced well-being among young adults. Cross-cultural evidence further indicates that positive perceptions of the future contribute to higher levels of psychological well-being, whereas uncertainty and pessimism regarding future outcomes are associated with poorer adjustment.

Collectively, the existing literature suggests that future uncertainty represents a meaningful and multidimensional construct with significant implications for youth development and mental health. However, the limited availability of dedicated assessment instruments highlights the need for further measurement development. The present study addresses this gap through the development and psychometric evaluation of the Future Uncertainty Scale for Youth (FUS-Y).

Objectives of the Study

The objectives of the present study were as follows:

1. **Item Development:** To generate an initial pool of items reflecting the theoretical and empirical dimensions of future uncertainty among youth.
2. **Face Validation and Expert Review:** To evaluate the relevance, clarity and appropriateness of the generated items through expert review and to refine the item pool accordingly.
3. **Item Analysis:** To examine the psychometric performance of the preliminary items and eliminate poorly functioning items based on item analysis.
4. **Reliability Assessment:** To assess the internal consistency reliability of both the preliminary and final versions of the scale using Cronbach's alpha.
5. **Construct Validation:** To examine the underlying factor structure of the scale through exploratory factor analysis (EFA) and evaluate its suitability using the Kaiser-Meyer-Olkin (KMO) measure and Bartlett's Test of Sphericity.
6. **Norm Development:** To establish normative data, including percentile ranks and interpretative categories, for meaningful interpretation of Future Uncertainty Scale for Youth (FUS-Y) scores.
7. **Scale Finalization:** To develop a psychometrically sound and culturally relevant instrument for assessing future uncertainty among youth aged 18-30 years.

METHOD

Participants

A total of 500 young adults participated in the study. The sample comprised 250 males (50%) and 250 females (50%) aged between 18 and 30 years. Participants included undergraduate students, postgraduate students and research scholars drawn from multiple universities and academic disciplines. Participation was voluntary and informed consent was obtained from all participants prior to data collection.

Scale Development Procedure

The Future Uncertainty Scale for Youth (FUS-Y) was developed following standard psychometric scale construction procedures. An initial pool of 50 items was generated

through an extensive review of literature related to future uncertainty, future anxiety, uncertainty stress, career uncertainty and youth development. Items were designed to capture perceptions of uncertainty regarding future life circumstances across educational, occupational, financial and personal domains.

All items were structured as self-report statements rated on a five-point Likert-type scale ranging from 1 (*Strongly Disagree*) to 5 (*Strongly Agree*). The preliminary item pool was reviewed for wording, clarity and conceptual relevance before being submitted for expert evaluation.

Face Validation, Expert Review and Item Refinement

The initial pool of 50 items was reviewed by a panel of four experts representing psychology, sociology, research methodology and counselling. The experts evaluated each item for clarity, relevance, comprehensibility, adequacy and redundancy in relation to the construct of future uncertainty among youth. Based on their evaluations and consensus recommendations, 24 items were removed due to duplication, ambiguity or limited relevance to the construct.

Following this review and refinement process, a preliminary 26-item version of the Future Uncertainty Scale for Youth (FUS-Y) was retained for empirical testing.

Item Analysis

The 26-item preliminary FUS-Y was administered to the full sample (N = 500). Item analysis included calculation of corrected item-total correlations (CITC) for each item. The CITC measures the correlation of each item with the total score from the other items, indicating how well each item aligns with the overall construct. Items with low CITC (typically < .30 or negative) were flagged. Five items demonstrated unsatisfactory corrected item-total correlations (.158, -.135, -.047, .022 and .119) and were therefore removed. These values indicated that those items did not cohere well with the rest of the scale. The resulting final FUS-Y consisted of the remaining 21 items (see Appendix A).

Reliability Analysis

Internal consistency reliability was evaluated using Cronbach's alpha (α). For the preliminary 26-item scale, Cronbach's α was .872, indicating high consistency. After removing the five weak items, the final 21-item scale yielded an even higher alpha of .917. This suggests excellent reliability and that the item removal process improved the coherence of the scale. (Cronbach's α > .90 is generally considered excellent). These reliability statistics are summarized in Table 1.

Table 1: Reliability Statistics for Preliminary and Final Versions of FUS-Y

Scale Version	Number of Items	Cronbach's α
Preliminary Scale	26	.872
Final Scale	21	.917

Construct Validity

Construct validity of the Future Uncertainty Scale for Youth (FUS-Y) was examined through Exploratory Factor Analysis (EFA) using Principal Component Analysis (PCA) with Varimax rotation. Prior to factor extraction, the suitability of the data for factor analysis was assessed using the Kaiser-Meyer-Olkin (KMO) Measure of Sampling Adequacy and Bartlett's Test of Sphericity. The KMO value was .733, indicating acceptable sampling

adequacy, while Bartlett's Test of Sphericity was statistically significant, $\chi^2(210) = 6869.58$, $p < .001$, confirming that the correlation matrix was suitable for factor analysis.

Table 2: Kaiser-Meyer-Olkin Measure and Bartlett's Test

Statistic	Value
KMO Measure	.733
Bartlett's χ^2 (df = 210)	6869.580
Significance (p)	< .001

Exploratory factor analysis identified six factors with eigenvalues greater than 1.00, which collectively accounted for 72.09% of the total variance. The findings suggested the presence of multiple dimensions of future uncertainty among youth. Factor loadings ranged from .556 to .889, indicating satisfactory associations between the retained items and their respective factors. Overall, the factor analytic findings provide evidence for the construct validity of the FUS-Y and support its use as a psychometrically sound instrument for assessing future uncertainty among young adults.

Development of Norms

Norms for the Future Uncertainty Scale for Youth (FUS-Y) were developed using the score distribution of the final 21-item scale obtained from the sample of 500 participants. Descriptive statistics were calculated to examine the characteristics of the score distribution and percentile ranks were established to facilitate meaningful interpretation of individual scores.

Table 3: Descriptive Statistics for FUS-Y Scores (N = 500)

Statistic	Value
Mean	66.39
Standard Deviation	13.54
Median	69.00
Minimum Score	26
Maximum Score	97
Maximum Possible Score	105
Skewness	-.278
Kurtosis	-.490

The score distribution exhibited slight negative skewness and a moderately platykurtic shape, indicating an approximately normal distribution suitable for norm development.

Percentile ranks were computed to establish interpretive categories for future uncertainty levels among youth.

Table 4: Percentile Norms and Interpretive Categories for FUS-Y

Percentile	Score	Interpretation
10^{th}	49	Very Low
25^{th}	54	Low
50^{th}	69	Average
75^{th}	78	High
90^{th}	81	Very High

Percentile values were rounded to the nearest whole number for interpretive classification. Based on these percentile values, scores of 49 or below may be interpreted as indicating very low future uncertainty, scores between 50 and 54 as low, scores between 55 and 77 as average, scores between 78 and 81 as high and scores of 82 or above as indicating very high future uncertainty. These normative categories provide a practical framework for interpreting individual FUS-Y scores in both research and applied settings.

Software and Data Analysis

Data management and preliminary calculations were performed using Microsoft Excel. Statistical analyses, including item analysis, reliability analysis, descriptive statistics, percentile estimation, and exploratory factor analysis, were conducted using jamovi (Version 2.6). ChatGPT (OpenAI) was utilized for language editing and manuscript preparation assistance.

Ethical Considerations

Participation in the study was entirely voluntary. Prior to data collection, all participants were informed about the purpose of the study and provided informed consent. Participants were assured that their responses would remain confidential and anonymous and that the information collected would be used solely for academic and research purposes. They were also informed of their right to withdraw from the study at any stage without any penalty. All procedures were conducted in accordance with established ethical guidelines for psychological research.

RESULTS

A total of 500 young adults participated in the study, comprising 250 males (50%) and 250 females (50%). Participants ranged in age from 18 to 30 years and included undergraduate students, postgraduate students and research scholars from various academic disciplines. The diversity of the sample enhanced the representativeness of the data and supported the applicability of the Future Uncertainty Scale for Youth (FUS-Y) across youth in academic settings.

The internal consistency of the FUS-Y was assessed using Cronbach's alpha. The preliminary 26-item version of the scale yielded a Cronbach's alpha coefficient of .872. Following item analysis and the removal of five poorly performing items, the final 21-item version demonstrated an improved Cronbach's alpha of .917, indicating excellent internal consistency and reliability.

Corrected item-total correlation analysis revealed that five items had unsatisfactory correlation coefficients (.158, -.135, -.047, .022 and .119). These items were removed from the scale, resulting in a final 21-item version of the FUS-Y. The removal of these items improved the overall reliability and coherence of the scale.

Construct validity was examined through Exploratory Factor Analysis (EFA) using Principal Component Analysis with Varimax rotation. The Kaiser-Meyer-Olkin (KMO) Measure of Sampling Adequacy was .733 and Bartlett's Test of Sphericity was statistically significant, $\chi^2(210) = 6869.58$, $p < .001$, indicating that the data were suitable for factor analysis.

The analysis identified six factors with eigenvalues greater than 1.00, accounting for 72.09% of the total variance. The extracted factors suggested the presence of multiple dimensions of future uncertainty among youth. Factor loadings ranged from .556 to .889, indicating

satisfactory associations between the retained items and their respective factors. These findings provide evidence for the construct validity of the FUS-Y.

The total FUS-Y scores showed a mean of 66.39 (SD = 13.54) and a median of 69. The observed scores ranged from 26 to 97. The distribution demonstrated slight negative skewness (-.278) and a moderately platykurtic shape (kurtosis = -.490), suggesting an approximately normal distribution of scores within the sample.

Percentile ranks were calculated to establish normative interpretations of FUS-Y scores. The 10th, 25th, 50th, 75th and 90th percentile values were 49, 54, 69, 78 and 81, respectively. Based on these percentile values, five interpretive categories were developed: Very Low (≤49), Low (50-54), Average (55-77), High (78-81) and Very High (≥82). These normative categories provide a practical framework for interpreting individual levels of future uncertainty relative to the reference sample.

The psychometric analyses indicate that the Future Uncertainty Scale for Youth (FUS-Y) is a reliable measure of future uncertainty among young adults. The final 21-item scale demonstrated excellent internal consistency ($\alpha = .917$), satisfactory preliminary evidence of construct validity and a six-factor solution accounting for 72.09% of the total variance. Furthermore, the development of normative categories enhances the practical utility of the scale for both research and applied settings.

DISCUSSION

The present study aimed to develop and validate the Future Uncertainty Scale for Youth (FUS-Y), a psychometric instrument designed to assess perceptions of future-related uncertainty among young adults. The findings provide substantial evidence for the reliability and validity of the scale and support its use in both research and applied settings.

The FUS-Y demonstrated excellent internal consistency reliability. The final 21-item version yielded a Cronbach's alpha coefficient of .917, indicating a high degree of homogeneity among the items. Furthermore, the increase in reliability from .872 in the preliminary 26-item version to .917 in the final version suggests that the item refinement process successfully improved the psychometric quality of the scale. This finding is consistent with established principles of scale development, which emphasize the importance of removing poorly performing items to enhance overall reliability.

Evidence for construct validity was obtained through exploratory factor analysis. The Kaiser-Meyer-Olkin value (.733) and the statistically significant Bartlett's Test of Sphericity confirmed the suitability of the data for factor analysis. The analysis yielded a six-factor solution that accounted for 72.09% of the total variance, suggesting that future uncertainty among youth may contain multiple dimensions. These findings are consistent with previous research suggesting that uncertainty experienced by young people is shaped by multiple concerns and life circumstances rather than a single source of apprehension. The substantial proportion of explained variance further supports the adequacy of the scale's underlying structure.

The descriptive statistics revealed a mean FUS-Y score of 66.39 (SD = 13.54), suggesting a moderate level of future uncertainty among the participants. The score distribution demonstrated slight negative skewness and acceptable kurtosis, indicating an approximately

normal distribution. These findings suggest that future uncertainty is a common experience among young adults and varies across individuals within the population.

An important contribution of the present study is the development of normative data for score interpretation. Percentile-based categories ranging from Very Low to Very High future uncertainty provide a practical framework for interpreting individual scores. These norms enhance the utility of the scale by enabling researchers, counsellors, educators and other professionals to evaluate an individual's level of future uncertainty relative to a reference group of peers.

Overall, the findings indicate that the FUS-Y is a psychometrically sound instrument with strong reliability, satisfactory construct validity and useful normative benchmarks. The scale addresses an important gap in the assessment of future-related uncertainty among youth and provides a culturally relevant tool for examining this construct. The FUS-Y may be useful for research on youth development, mental health, career planning and well-being, as well as for identifying individuals who may benefit from supportive interventions aimed at managing uncertainty and strengthening future orientation.

Despite these strengths, future research should further examine the psychometric properties of the scale in diverse populations and settings. Additional studies employing confirmatory factor analysis, test-retest reliability and measurement invariance across demographic groups would provide further evidence regarding the stability and generalizability of the FUS-Y.

CONCLUSION

The present study developed and psychometrically evaluated the Future Uncertainty Scale for Youth (FUS-Y), a culturally relevant instrument designed to assess perceptions of future-related uncertainty among young adults aged 18-30 years. Through a systematic process of item generation, expert review, item analysis and exploratory factor analysis, a final 21-item scale was developed. The FUS-Y demonstrated excellent internal consistency reliability and satisfactory construct validity, supporting its suitability for assessing future uncertainty among youth.

The findings suggest that future uncertainty may involve multiple dimensions, as reflected in the six-factor solution identified through exploratory factor analysis. In addition, the development of normative data and interpretive categories enhances the practical utility of the scale by enabling meaningful interpretation of individual scores.

The FUS-Y addresses an important gap in the measurement of future-related uncertainty and provides researchers, psychologists, counsellors, educators and career guidance professionals with a standardized assessment tool. The scale may be particularly useful for research examining the relationships between future uncertainty, mental health, well-being, career development and youth adjustment. Furthermore, it may assist practitioners in identifying individuals experiencing elevated levels of future uncertainty and in designing appropriate support and intervention programs.

Overall, the Future Uncertainty Scale for Youth (FUS-Y) represents a reliable, valid and practically useful instrument for assessing future uncertainty among young adults and contributes to the growing body of research on youth development and psychological well-being.

Limitations

Several limitations of the present study should be acknowledged. First, the sample consisted primarily of university students and research scholars, which may limit the generalizability of the findings to non-academic youth and other population groups. Future studies should validate the Future Uncertainty Scale for Youth (FUS-Y) in more diverse community and cultural settings.

Second, the study employed a cross-sectional research design; therefore, the temporal stability of the scale was not examined. Future research should assess test-retest reliability to determine the consistency of FUS-Y scores over time.

Third, construct validity was evaluated using Exploratory Factor Analysis (EFA) only. Although the six-factor structure demonstrated satisfactory psychometric properties, Confirmatory Factor Analysis (CFA) using independent samples is required to further verify the factor structure of the scale.

Fourth, the present study focused primarily on scale development, reliability and construct validity. Other forms of validity, such as criterion-related validity, convergent validity and discriminant validity, were not examined. Future studies should investigate the relationships of the FUS-Y with related constructs such as anxiety, stress, well-being and future orientation.

Finally, the findings are based on self-report data, which may be influenced by response biases, including social desirability and individual differences in self-perception. Future research may incorporate longitudinal designs and additional assessment methods to further strengthen the evidence for the validity and practical utility of the FUS-Y.

Despite these limitations, the present study provides initial evidence supporting the reliability, validity and usefulness of the Future Uncertainty Scale for Youth (FUS-Y) as a measure of future-related uncertainty among young adults.

Implications

The Future Uncertainty Scale for Youth (FUS-Y) has important implications for both research and practice. As a psychometrically sound instrument, it provides researchers with a focused measure for examining future-related uncertainty among young adults. The scale can facilitate investigations into the relationship between future uncertainty and various psychological, educational and developmental outcomes, including mental health, well-being, career decision-making, academic motivation and future orientation.

In applied settings, the FUS-Y may serve as a useful assessment tool for psychologists, counsellors, educators and career guidance professionals. The normative categories developed in the present study allow practitioners to identify individuals experiencing relatively high levels of future uncertainty and to provide appropriate interventions, such as career counselling, future planning programs, stress-management training and resilience-building initiatives. The scale may also be used to evaluate the effectiveness of interventions designed to enhance future orientation and reduce uncertainty-related distress among youth.
Furthermore, the FUS-Y highlights the growing psychological significance of future-related concerns in contemporary youth populations. Educational institutions, youth development organizations and policymakers may utilize data generated through the scale to better understand patterns of future uncertainty and to develop programs that strengthen young

people's confidence, adaptability and planning skills. By providing a standardized and culturally relevant measure of future uncertainty, the FUS-Y contributes to evidence-based research and practice aimed at supporting youth development and well-being in an increasingly uncertain social and economic environment.

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Conflict of Interest

The author declares that there is no conflict of interest regarding the publication of this research paper.

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APPENDICES

Appendix A: Final Scale Items of the Future Uncertainty Scale for Youth (FUS-Y)

The final version of the Future Uncertainty Scale for Youth (FUS-Y) consists of 21 items developed to assess perceptions of future-related uncertainty among young adults aged 18-30 years. Respondents are instructed to indicate the extent to which they agree with each statement using a five-point Likert scale ranging from 1 (*Strongly Disagree*) to 5 (*Strongly Agree*).

Response Format:

- 1 = Strongly Disagree
- 2 = Disagree
- 3 = Neutral
- 4 = Agree
- 5 = Strongly Agree

Items:

1. I worry about whether I will achieve stability in life.
2. I feel pressure from society regarding my future success.
3. I often think that my future may not go as planned.
4. I feel confused while making important future-related decisions.
5. Increasing competition around me sometimes creates uncertainty about my future.
6. I believe my future is secure. (R)
7. I worry about getting suitable employment in future.
8. I sometimes feel disturbed when I think too much about my future.
9. I feel stressed when I think about future responsibilities.
10. I feel insecure when I compare myself with others.
11. I feel that opportunities for success are becoming limited.
12. I postpone important decisions because of uncertainty about my future.
13. I am satisfied with my future planning. (R)
14. Future-related uncertainty affects my daily thoughts.
15. I feel worried about maintaining my social status in future.
16. I find it difficult to make clear plans for my future.
17. I feel mentally exhausted when thinking repeatedly about my future.
18. I feel that uncertainty about the future reduces my confidence.
19. I remain uncertain about whether my efforts will lead to success.
20. I am afraid that things may not work out well in my future life.
21. I feel uncertain about achieving a balanced and satisfying life in future.

Appendix B: Norms and Scoring Procedure

Scoring

Participants rate each item on a 5-point Likert scale ranging from 1 (*Strongly Disagree*) to 5 (*Strongly Agree*). Items 6 and 13 are reverse scored before computing the total score. For reverse-scored items, responses are recoded as follows: 1 = 5, 2 = 4, 3 = 3, 4 = 2 and 5 = 1 (**Reverse-scored items:** 6 & 13).

After reverse scoring these items, responses to all 21 items are summed to obtain the total FUS-Y score. Total scores range from 21 to 105, with higher scores indicating greater perceived future uncertainty.

Normative Categories

Based on the percentile distribution of scores obtained from the study sample (N = 500), the following interpretive categories were established:

Category	**Total Score Range**
Very Low Future Uncertainty	≤ 49
Low Future Uncertainty	50-54
Average Future Uncertainty	55-77
High Future Uncertainty	78-81
Very High Future Uncertainty	≥ 82

These categories correspond to percentile-based cut-off scores and may be used to interpret an individual's level of future uncertainty relative to the reference sample. For example, a score of 70 falls within the Average Future Uncertainty category, whereas a score of 83 falls within the Very High Future Uncertainty category.