Psychometric Evaluation of Orientation to Happiness Scale in an Indian sample

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The aim of the present study is to analyze psychometric properties of orientation to happiness scale by Peterson, Park, & Seligman, (2005) on an Indian sample. Present scale was tested on a sample 540 senior secondary school students both from public and private institutes. Confirmatory factor analysis revealed that 18 item 3 factor model of orientation to happiness demonstrated a better fit model on Indian sample. Though the internal consistency Cronbach's alpha was acceptable for three sub-constructs (meaning, pleasure, and engagement), and that of complete scale were found higher, the scale also provides good evidence of composite reliability (CR) as the CR value ranges from 0.84 to 0.85, further the results also shows that the orientation to happiness possess a good construct validity as AVE for all the three factors is 0.50. Therefore the results of the study based on internal consistency, composite reliability, and construct validity confirms adequate psychometric properties for construct orientation to happiness.

Keywords: Orientation to happiness, psychometric evaluation, composite reliability, confirmatory factor analysis.

Purpose of the present study is to validate orientation to happiness scale by Peterson, Park, & Seligman, (2005), which is a content specific scale to tap the orientation to happiness. Peterson, Park, & Seligman, (2005) stated that orientation to happiness is composed of three orientations which are distinguishable, and compatible and can be pursued simultaneously as each orientation is associated with life satisfaction. According to Anic, and Tončić, (2013) the perspective of happiness is divided into two views i.e. eudemonic and hedonic well-being. The hedonism perspective reflects that the well-being consists of pleasure and happiness (Kahneman, Diener, & Schwarz, 1999), while the eudaimonism perspective reflects well-being is found in actualization of human potentials (Anic, and Tončić, 2013). Further researchers like,Diener, (1994); Oishi, Diener, Suh, and Lucas, (1999) argued that hedonic approach is oriented towards life full of satisfaction and with positive emotions, and eudaimonic approach relates well-being with personal growth and living life with full potential (Waterman, 1993).

In the research of well-being the most common distinction is between eudaimonic and hedonic theories of happiness(Anic, and Tončić, 2013). However, this area of research has been broadened by the researchers Seligman (2002) and Peterson, Park and Seligman (2005) by investigating two paths pleasure and meaning simultaneously as different paths and by adding pursuit of engagement as its third path. This engaged life of an individual is based on activities in which he/she is completely betrothed which produce a state of flow. Researchers Anic, and Tončić, (2013), reported that the empirical evidence on orientation to happiness revealed that all the orientations i.e. eudaimonic, hedonic, and pursuit of engagement are compatible and can be instantaneously pursued. They further reported that individuals who follow all the three orientations lives a full life, and who do not endorse all the orientations lives empty lives.

According to Reichers and Schneider (1990) an instrument generally evolves through three stages (i) introduction and elaboration, (ii) evaluation and augmentation and (iii) consolidation and accommodation. Present study had a specific focus on the student population of developing country like India

where application and adaptation of orientation to happiness is highly desirable to find out whetherthese three orientations contribute to improved well-being and life satisfaction of young generation? Usually this means that the construct of orientation to happiness needs to be validated and revalidated.

Since prehistoric times happiness has been considered a decent and vital cause of motivation for sum total of human actions (Anic, and Tončić, 2013).According, to Cuğ, (2015) since Greek era philosophers argued that it (happiness) has remained a priority concern of mankind. According to philosophical view point there are two approaches of happiness i.e. Hedonism and Eudemonism that established roots of two traditions: pioneer of hedonism Epicurus proclaimed maximization of pleasure is the vital component that motivates people, while supporter of Eudemonia Aristotle, proclaimed that essence of life lies in the actualizing potential of individuals (Diener, Suh, and Oishi, 1997; Deci, and Ryan, 2008).The literature reveals although the approaches of happiness have been debated as distinct concepts but related constructs (Cuğ, 2015). As Telfer (1990) stated that the pleasure of hedonic approach occurs in absence eudemonia, while eudemonia don't occurs in absence of hedonic pleasure. That means, activities occurring in eudemonic pleasure always consists hedonic pleasure (Deci & Ryan, 2008).The growing body of literature on orientation to happiness reveals that most of the discussion onorientation to happiness is related to its components. The literature revealed researchers possesses diverse opinions regarding thisconcept.The hedonistic tradition is expressed as absence of negative affect and presence of positive one while eudemonic approach focuses on living of life in a functional manner (Diener, 2000). Likewise, Ryan and Deci, (2001)argued studies on hedonic approach stressed on components like satisfaction of life, positive negative moods and psychological symptoms whereas those related to eudemonic approach stressed on the optimal functioning factors like mastery, purpose relationship and self-acceptance. Therefore, two concepts explained well-being as focus on existing challenges of life (eudemonic) and focus on effect of global evaluations and quality of life (hedonic).

Several attempts have been made while conceptualizing the subjective well-being based on the previously developed theories, Diener (1984) advocated the Top Down approach. Further researchers Diener, (2000); Diener and Ryan, (2009)explained the role of traits (i.e. internal conditions) and demographics (i.e. external) of individuals. Further Diener and Ryan, (2009) highlighted two arguments in the field of subjective well-being. The first concern is whether it is a trait or state and the second one is regarding the role of pleasing events in cultivation of subjective wellbeing.However, Andrews, and Withey, (1976) believed that subjective well-being is the result based on external factors like health, work, and marriage. While Myers, and Diener, (1995) believed on the role of internal factors i.e. traits. Likewise, Diener (1984), Headey, and Wearing (1989) advocated Dynamic Equilibrium according to which people possesses fundamental levels of wellbeing which are determined by their personality. Therefore, for the better understanding of subjective wellbeing it is necessary to identify combination of these theories.

According to Diener, Oishi, and Lucas, (2003) subjective wellbeing is cognitive and affective evaluation of life. The cognitive factor refers to satisfaction of life in general while affective dimension refers to positive and negative effects of events which an individual experience during life. Apart from cognitive and affective domains various researchers proclaimed that subjective wellbeing focusses on various demographic features like age, race, gender (Shmotkin, 1990; DeNeve and Cooper, 1998; Hampton and Marshall, 2000), physical attraction (Diener,Wolsic, and Fujita 1995), socio-economic status (Suhail and Chaudhry, 2004), attitudes and support of parents (Young, Miller, Norton, and Hill, 1995), locus of control (Kelley, and Stack, 2000),spirituality and religion (Daaleman, 1999).However various researchers Myers, and Diener, (1995) reported that the various demographic factors such as age, gender, qualification, and socio-economic conditions do not yield consistent findings, hence they cannot predict subjective wellbeing

effectively.

It is evident from the literature, that the orientation to happiness is conceptualized with the help of three orientations: meaning, pleasure and engagement. Primarily, Seligman (2002) proposed that only two fundamental orientations leads to a happy life, first is life based on maximizing positive emotions and reducing negative ones which finds its base in the hedonism approach and second orientation suggests that an individual's abilities and talents leads to happiness, this orientation finds its base in the eudemonic approach. Extending its scope Peterson et al. (2005) integrated engagement as a third construct to the orientation to happiness. Empirical evidences from various researches (see Peterson, Park, and Seligman, 2005; Park, Peterson, & Ruch, 2009; Vella-Brodrick, Park, and Peterson,2009) prove that these orientations are compatible and can be simultaneously followed. The researchers further argue that individuals who endorse all the orientations lives a prosperous life, whereas those who do not pursue all of them experience a void in their life.

Research Method

Selection of an appropriate research design is necessary for the efficiency of any research (Bordens and Abbot 2011). Researchers like Davis (1996); Alreck and Settle (2004) argued that the survey research design is widely used research approach, which is considered one of the best methods to investigate and describe large population quickly and economically. Therefore, for present research survey design is found more appropriate, as it facilitates a researcher to perform various psychometric tests.

Sample

The targeted population of present research comprises of senior secondary students selected from three districts Shimla, Kangra, and Mandi of Himachal Pradesh India. A total of 630 questionnaires were personally distributed in both public and private senior secondary schools. The responses were personally collected using purposive sampling technique. Out of 630 responses 90 questionnaires were discarded

due to missing information resulting in a sample of 540 responses. Out of 540 respondents 47% respondents were males and 53% respondents were females. Age of the respondents ranged from 15 to 17 years. 43% of the respondents belongs to rural area and 57% belongs to urban areas, further 51% of the sample comes from public secondary schools and 49% to private from private secondary schools.

Measures

The orientation to happiness was measured with an 18-item scale developed by Peterson, Park, & Seligman, (2005). All the 18 items were rated on a 5-point frequency (1 = Not like me at all, 5 = Very much like me). The items were divided in three factors life meaning, life of pleasure, and life of engagement. 'Life meaning' was scaled by 6 items (e.g. 'My life serves a higher purpose'). 'Life of engagement' was assessed with 6 items (e.g. 'Life is too short to post phone the pleasure it can provide), and 'Life of engagement' is also measured with 6 items (e.g. 'Regardless of what I am doing, time passes very quickly').

Analysis and interpretation

In order to examine the stability of 18 item, 3 factor scale of orientation to happiness, researcher employed confirmatory factor analysis (CFA) using AMOS 19, CFA is a distinct case of structure equational modeling (SEM) (Joreskog and Sorbom 2004). The analysis of CFA for present study confirmed three-dimensional factorial structure of orientation to happiness was found valid and adequately applicable on sample of developing countries like Indian. The initial model indices of confirmatory factor analysis were CMIN/DF = 1.961, RMR = .075, GFI = .940, AGFI = .929, CFI = .890, RMSEA = .048, the results revealed that value of CFI was below the threshold mark, the other model indices like GFI, AGFI, RMR were acceptable. Researcher used modification indices and subjective judgements to improve the model. Few covariance was drawn and the final model fit of the confirmatory factor analysiswas CMIN/DF = 1.809, RMR = .070, GFI = .955, AGFI = .941, CFI = .909, RMSEA = .039 (Figure 1).

Further the results highlighted that construct

Table 1: Table showing description of Items, loading, composite reliability and Cronbach's alpha for orientation to happiness scale.

Factors	Items	Loading	Composite Reliability	Average Variance Extracted	Dimension-wise Cronbach's Alpha	Cronbach's Alpha for whole scale
Life of Meaning	LoM1	.69	.85	.50	.691	
	LoM2	.70				
	LoM3	.71				
	LoM4	.72				
	LoM5	.72				
	LoM6	.71				
Life of Pleasure	LoP1	.71	.84	.50	.698	.718
	LoP2	.74				
	LoP3	.68				
	LoP4	.66				
	LoP5	.71				
	LoP6	.73				
Life of Engagement	LoE1	.68	.85	.50	.700	
	LoE2	.70				
	LoE3	.72				
	LoE4	.67				
	LoE5	.72				
	LoE6	.75				

orientation to happiness possess adequate construct validity. According to Hair Anderson, Tatham and Black, (1998) construct validity of an instrument can be established by measuring the average variance extracted (AVE) of all the factors of the model. The three factors measuring orientation to happiness possesses an AVE of .50 (Table 1) providing sufficient evidence for construct validity (Fornell and Larcker 1981). Further in-order to establish reliability of the construct orientation to happiness researcher calculated composite reliability and internal consistency of the construct (refer to Table 1). The results revealed that range of Cronbach's alpha form three factors ranges from .691 to .700which is acceptable (George, and Mallery 2003) andfor complete scale the calculated value was found .718, further the value of composite reliability ranges from .84 to .85 reflecting the construct possesses adequate reliability (Nunnally and Bernstein 1994).

Discussion and Conclusion

Present study is aimed to test the psychometric properties of newfangled "Orientation to Happiness" scale for the first time in Indian context. The objective of present study was to explore factor structure along with internal consistency, and construct validity of the instrument. The assessment of confirmatory
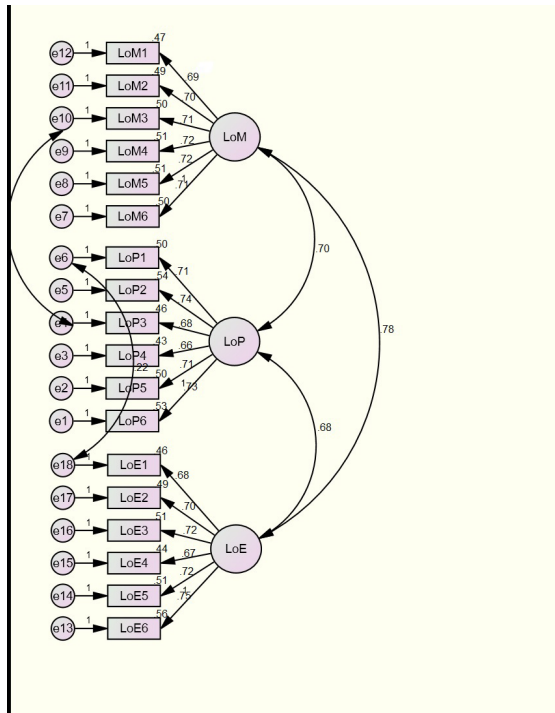
Figure 1: Confirmatory factor analysis of orientation to happiness.

factor analysis revealed that the three-factor model showed a good fit, assuming all the items load on one and only one factor. The 18 item3 factor model was found a good fit on Indian sample. Further, the internal consistency (.718) and composite reliability (.84 to 85) for the instrument was found sufficiently satisfying according to set criteria of George, and Mallery (2003) and Nunnally and Bernstein (1994) respectively. Further, the confirmatory factor analysis revealed that orientation to happiness possess a good factor structure and provides sufficient evidences for the construct validity as AVE of each factor was found 0.50 satisfying the criteria of Nunnally and Bernstein (1994).

On the basis of obtained results, it is concluded that in developing country like India, orientation to happiness can be treated as unitary instrument. Also, 18-item orientation to happiness scale is a well preferred construct due to its good psychometric properties. By providing good empirical evidences of dimensionality, reliability, and validity on scores of orientations to happiness has not

only enhanced the insight towards better understating of orientation to happiness but also extended the available literature on orientation to happiness in developing country like India. Present study acts as an instrumental work as research on orientation to happiness in India as its research can flourish only when a reliable and valid instrument is available in Indian context. Also establishing psychometric properties of orientation to happiness will enhance and accelerate research on present concept and importantly the present study has attempted to fill the vacuum by addressing the dearth in academic literature on orientation to happiness.

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