Abstract

The present research was conducted to develop and validate an indigenous self-report measure of happiness, named as Happiness Scale (HS). A conceptual referent theory of happiness proposed by Rojas (2005) guided the development of HS. Items were empirically generated from psychologists and young adults and were presented on five point scale. A sample of 800 young adults (400 men and 400 women, with age range 19 – 34 years) was taken, belonging to various educational institutes of Lahore and Gujranwala. The factor analysis was used to determine construct validity of HS, which resulted in 32-items scale with eight factors. These eight factors were labelled (a) Cheerfulness (b) Satisfaction (c) Virtue (d) Familial attachment (e) Self-fulfilment (f) Sociability (g) Altruism and (h) Self-efficacy. The alpha coefficient (α = .90) and item-total correlation (ranging from r = .36 to .66, p<.01) supported the high internal consistency of the HS. Second study was conducted to assess the the convergent and discriminant validity by correlating HS with Oxford Happiness Questionnaire (Hills & Argyle, 2001) and with the Siddiqui Shah Depression Scale (Siddiqui, 1997)respectively, to establish construct validity. Results from convergent and discriminant validity studies provided a strong evidence for the construct validity of the Happiness Scale (HS). The third study tested happiness among young adults regarding gender, marital status, family system, residence and profession. Independent sample t-test was applied for statistical analysis. Results indicated that the happiness levels do not differ significantly with regard to marital status and family system. However the level of happiness was found higher in women participants than men participants, in Gujranwala residents than Lahore residents, and in teacher participants than student participants.