RELATIONSHIP OF SOCIO-DEMOGRAPHIC AND PERSONALITY VARIABLES WITH SUBJECTIVE WELL-BEING
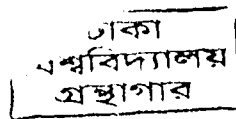
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RELATIONSHIP OF SOCIO-DEMOGRAPHIC AND PERSONALITY
VARIABLES WITH SUBJECTIVE WELL-BEING

A DISSERTATION

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DECLARATION

I, do hereby ,declare that the work presented in this thesis entitled "relationship of socio-demographic and personality variables with subjective well-being" is the result of my own investigation .I further declare that this thesis has been composed by myself and no part of this thesis has been submitted any where in any form for my academic degree.

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APPROVAL SHEET

This is to certify that I have read the thesis entitled "relationship of socio-demographic and personality variables with subjective well-being" submitted by Rasna Irin for the Degree of M.Phil in Psychology and that this is a record of bonafide research carried out by her under my supervision and guidance.

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ACKNOWLEDGEMENT

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RELATIONSHIP OF SOCIO-DEMOGRAPHIC AND PERSONALITY VARIABLES WITH SUBJECTIVE WELL-BEING

Abstract

The purpose of the present study was to investigate relationship of some socio-demographic variables (i.e., age, education, income and perceived physical health) and personality variables (i, e, extraversion, neuroticism, self -esteem and locus of control) with dimensions of subjective well-being(i.e. life satisfaction, positive affect and negative affect). It was hypothesized that each of the independent variables was related to each components of subjective well-being.

Three hundred participants from different Universities, different NGO's and different areas of Dhaka city were selected by purposive sampling for collecting data. The instruments used in the present study were one demographic and personality characteristic Questionnaire, Bengali version (Ilyas,2001) of short form of Maudsley Personality Inventory(Eysenck,1958), Bengali version(Ilyas,2003) of Rosenberg's Self-esteem Scale(Rosenberg,1965), Adapted Bengali version (Ilyas,2000) of Dultweller Internal Control Index(1984), Bengali version (Ilyas, 2001) of Diener et. al's (1985) Life Satisfaction Scale (SWLS) and Bengali version (Ilyas, 2002) of Watson and Clark's (1988) Positive & Negative affect Schedule. Data were collected by personal interviews.

Results of correlations indicated that age, education, income, perceived physical health, self-esteem and locus of control had positive and significant correlation with life satisfaction. And neuroticism was negatively correlated with life

satisfaction. However, regression analysis indicated that five predictors of life satisfaction were self-esteem, neuroticism, income, education and perceived physical health.

Results of correlations further indicated that age, income, perceived physical health, extraversion, self-esteem, and locus of control had significant positive correlations with positive affect. And neuroticism was negatively related to positive affect. However, regression analysis indicated that locus of control, perceived physical health, age, education and income were predictors of positive affect.

Results on relationships of negative affect with demographic and personality variables revealed that age, education, income, perceived physical health, extraversion, self-esteem and locus of control had significant negative correlation with negative affect. However, neuroticism had positive correlation with negative affect. Regression analysis indicated that self-esteem, perceived physical health, neuroticism, extraversion and age were predictors of negative affect.

Results of regression analysis(i.e.R^2-change) further indicated that self-esteem was strongest predictor of life satisfaction and negative affect, while locus of control was strongest predictor of positive affect.

CHAPTER – 1
INTRODUCTION

INTRODUCTION

The purpose of the present study was to investigate the relationship of some socio-demographic & personality variables with components of subjective well-being. Socio-demographic variables include age, education, income and physical health and personality variables refers to extraversion, neuroticism, self-esteem and locus of control.

Subjective well-being is defined as the degree to which an individual judges the overall quality of her or his life as a whole in a favorable way. In other words, subjective well-being is how well the person likes the life he or she leads (Veenhoven, 1984). Andrews and Withey (1976) define subjective well-being as " both a cognitive evaluations and some degree of positive or negative feeling, i,e.affect". Veenhoven (1984) also agrees that individuals use two components in evaluating their lives: their cognitions and their affects. Satisfaction implies cognitive evaluation, while happiness suggests emotional aspects. Satisfaction is defined as the perceived discrepancy between aspiration and achievement, ranging from the perception of fulfillment to that of deprivation (Campbell, Converse

and Rodges, 1976), Whereas happiness is conceived as an emotional state produced by the presence of ongoing pleasant affect (due to positive appraisals of ongoing events) much of the time and infrequent unpleasant affect (resulting from few on-line negative appraisals) (Diener,1994). Andrews and Withey (1976) found that life satisfaction formed a separate factor from the two major types of affect. Lucas, Diener and Suh (1966) used multitrait-multi method analyses to show that pleasant affect, unpleasant affect and life satisfaction were separable construct.

In the current study, socio-demographic variables refers to age, education, income and perceived physical health. Here by education we mean years of education. By income we mean monthly income of the family. Here by physical health we mean perceived physical health. Physical health refers to status of one's health; how well a person function, how ill he feels in everyday life.

In the present study, extraversion, neuroticism, self-esteem and locus of control are referred to as personality variables.

Here we defined **Extraversion** as a personality dimension in which person is oriented toward the

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outside world, prefer the company of other people and tend to be highly sociable, impulsive, assertive, dominant and venturesome (Eysenck,1990). Extraversion is an attitude of the psyche characterized by an orientation toward the external world and other people (Schultz and Schultz, 1994). Extraverts are likely to spend time with other people and under stress to gravitate toward one's own thoughts and feelings (Schultz& Schultz,1994). Introverts tends to be shy and prefer solitary activities; under stress, they withdraw (Jung, 1933). Introversion characterized by a disposition to be quite, reserved reflective, and risk avoidance. Extraverts and introverts differ biologically and genetically (Eysenck, 1990). They differ in their base levels cortical arousal, with extraverts having a lower level. For low cortical arousal, extraverts need and actively seek excitement and stimulation. In contrast introverts shy away from excitement and stimulation because their cortical arousal levels are already high.

Neuroticism is defined as personality dimension characterized by a tendency to have below average emotional control, to be slow in thought and action, to lack sociability, to repress unpleasant facts (Eysenck,

1952). They may have low self-esteem, and prone to guilt feeling. Eysenck suggests that neuroticism is largely inherited, a product of genes rather than learning or experience. It is manifested in biological as well as behavioral characteristics that differ from those of people at the emotional stability end of the dimension. According to Eysenck, differences in biological reactivity on the neuroticism dimension are innate that is, people are genetically predisposed either toward neuroticism or emotional stability.

Self-esteem refers to overall assessment of one's worth as a person. According to the dictionary, "to esteem a thing is to prize it, to set a high mental valuation upon it, when applied to persons esteem carries also the warmer interest of approval, cordiality, and affection" (Williams, 1979, p. 309). In common parlance self-esteem reefer's to the extent to which one prizes, values, approves or likes oneself (Blascovich and Tomaka, 1991). It is the evaluative component of one's self-concept. Self-esteem is a global evaluation that blends much specific evaluation about one's adequacy as a student, as an athlete, as a worker, as a spouse, as a parent or whatever is relevant to one. If the individual

feels basically good about himself or herself, he or she can be said to have high self-esteem. Sometimes the term, "positive self-concept" is used as a synonym for self-esteem (Weiten et al, 1994). Self-esteem is nearly as ubiquitous a construct as intelligence. Both self-esteem and intelligence are everyday trait concepts that psychologists attempt to quantify and both are defined as much in terms of their measurement and correlates as in terms of well developed theory. "In fact self-esteem has been related to almost every variable at one time or another" (Crandall, 1973, p.45). In the social science, self-esteem is a hypothetical construct that is quantified, for example, as the sum of evaluations across salient attributes of one's self or personality. It is the overall affective evaluation of one's own worth, value, or importance. The conception underlies the assumption that measuring attitudes toward, or evaluations of one's self reflects a person's self-esteem. The concept of self-esteem goes by a variety of names (e.g. self-worth, self-regard, self-respect, self-acceptance).

Locus of control refers to our belief about the source of control of reinforcement. Locus of control

concerns the beliefs that Individuals hold regarding the relationship between actions and outcomes. With one end of the unidimensional continuum labeled internal and its opposite, external (Rotter, 1966). Rotter (1980) proposed the concept of locus of control to explain personality differences in our beliefs about the source of reinforcement. People with internal locus of control belief that the reinforcement they receive is a function of their behaviors and attributes. Those who have external locus of control think other people, fate or luck controls reinforcement. They are convinced that they are powerless with respect to these outside forces. An internal locus of control was associated with a more active pursuit of valued goals, as social action (Levenson 1974, strickland, 1965), information seeking (Lefcourt and Wine, 1969, seeman 1963), alertness, (Lefcourt, Gronnerud, and Mc Donald, 1973, Wolk and De Cette, 1974), autonomous decision making (Crowne and liverant, 1963, sherman, 1973) and a sense of well-being (Lefcourt, 1982). Those who were assumed to have a more external locus of control were more often found to be depressed (Abramowitz, 1969;Naditch, Gargon and Michael, 1975), anxious (Feather, 1967;Watson, 1967)

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and less able to cope with stressful life experiences (Kobasa, 1979;Lefcourt, 1983;Sandler and Lakey.1982).

1.1 REVIEW OF THE LITERATURE:

Large number of studies have investigated the relationship of socio-demographic and personality variables with subjective well-being.

The relationship of socio-demographic variables with subjective well-being.

Age and SWB: Some big international studies over many countries and with over 1,00,000 participants have found that life satisfaction increases with age (Cantril, 1965), for men more than women(World values studies group,1994).Early studies found that young people were happier than old (Bradburn & Caplovitz, 1965; Gurin, Veroff & Feld, 1960; Knhlen, 1948; Wessman, 1957).

In relatively recent years, however, a number of researchers have found virtually no age effects (Alston et al; 1974; Andrews & Withey, 1976; Cameron, 1975; Saver, 1977; Spreitzer & Snyder, 1974), and several more have found a positive correlation between age and satisfaction (Bostner & Hultsch, 1970; Cantril, 1965; Clemente & Saver, 1976a; Medley, 1980). Braun (1977) found that younger respondents reported stronger levels

of both positive and negative affect, but that older subjects reported greater levels of overall happiness.

Campbell et al (1976) reported that satisfaction and their Index of General well-being correlated positively with age, whereas reports of being very happy decreased with age. Campbell et al (1976) found that older persons reported greater satisfaction in every domain expect health. Most results show a slow rise in satisfaction with age, but it seems that positive and negative affect are experienced more intensely by the young (Diener, Larsen, Levine & Emmons, in press). Thus young persons appear to experience higher levels of joy, but older persons tend to judge to their lives in more positive ways. In recent years investigators have begun to focus not so much on age but on life cycle patterns (e.g, Estes & Willensky, 1978; Harry, 1976; Medley, 1980). Life stages are examined that create characteristic demands and rewards for persons.

Education and SWB: The effects of education on subjective well-being do not appear to be strong (Palmore, 1979; Palmore & Luikart, 1972) and seem to interact with other variables such as income (Bradburn & Caplovitz, 1965). Several studies have found that

there is no significant effect when other factors are controlled (Clemente & Saver, 1976a; Spreitzer & Snyder, 1974; Toseland & Rasch, 1979-1980) and several studies have indicated more positive effects for women (Freudiger, 1980; Glenn & Weaver, 1981b; Mitchell, 1976). After suggesting that education has some positive influence, Glenn and weaver cautioned that "the estimated effects on males of all levels of education and of college on both sexes are especially likely to be disappointing.

Campbell's (1981) data suggest that education had an influence on subjective well-being in the U.S. during 1957 to 1978 Campbell's (1981) analysis suggests that although education may serve as a resource for the person, it may also raise aspirations and alert the person to alternative types of life.

Income and SWB: There is an overwhelming amount of evidence that shows a positive relationship between income and subjective well being within countries (e.g., Larson, 1978). In addition to those studies reviewed by Larson, many others have found objective income to be related to subjective well being (e.g. Alston, Lows & Wrigley, 1974; Andrews & Withey,

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1976; Bortner & Hultsch, 1970; Clement & Saver, 1976a; Freudiger, 1980; Kimmel, Price, & Walker, 1978; Mancini & Orthner, 1980; Riddick, 1970). Although the effect of income is often small when other factors are controlled, these other factors may be ones through which income could produce its effects (e.g., better health). Easterlin (1974) reviewed 30 cross-sectional studies conducted within countries. In every study, wealthier persons were happier than poorer persons in that country, and this effect was often strong.

Although persons in wealthier countries report high SWB than persons in poorer countries (Easterlin, 1974; Gall up, 1976-1977; Silver, 1980), this effect may be weaker than within country differences, although a rigorous analysis of effect sizes has not been reported. Japan is not much happier some respects happier than European countries However, the data over time are most revealing.

They indicate that as real income increases within a country, people do not necessarily report more happiness. Indeed, the data reported by Campbell suggest a general downward drift in happiness from 1957 to 1978 in all but the lowest income quartile.

Given the concern for economic development throughout the world, the questions concerning income and happiness are immensely important ones. Data over time from countries besides the U.S. need to be examined, as well as longitudinal data on individuals; Seidman and Rapkin (1983) have shown that although the prevalence of mental illness increases in economic downturns, this effect is greatest in heterogeneous communities in which recession does not affect everyone equally. Similarly, Morawetz (1977) has shown that a community with less equal incomes was less happy than a community with more equal incomes. These studies suggest that it is not only purchasing power or mean levels of income that are important, but the overall distribution of income, including the range and skew, that influences SWB.

Health and SWB: A substantial number of studies show a relatively sizable relationship between self-rated health and SWB (e.g., Edwards & Klemmack 1973); Larson, 1978; Markids & Martin, 1979; Near, Rice, & Hunt, 1978; Ray, 1979; Riddick, 1980; Spreitzer & Snyder, 1974; Toseland & Rasch, 1979-1980); Wessman, 1957; Wilson, 1960; Zeglen, 1977) and this

effect remains when other variables such as SES and age are controlled (Clemente & Saver, 1976a; Freudiger, 1980; Larson, 1978). Although some investigators (Mancini & Orthner, 1980; Miller, 1980) found a strong Zero-order correlation between health and SWB. A meta-analysis of studies on health and SWB revealed a consistent moderate correlation of about .32 between them, with virtually all findings being significant (Okun, Stock, Haring, & Witter, in press-a).

It appears that subjective health shows a strong relationship to happiness and that objective health has weak, but still significant relationship to SWB (Zautra & Hempel, 1983). Miller (1980) reported that health influenced satisfaction only cross-sectionally, not longitudinally.

The relationship of personality variables with subjective well-being:

Thus above review indicate the majority of studies of SWB examined relation of SWB with socio-demographic variables such as age, education, income and health. Although a few studies found strong relation of SWB with some socio-demographic variables, most of these variables account for only small

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proportion of SWB variance. For these disappointing results researchers turned to examination personality variables as predictor of SWB. Personality researchers found variables among the most influential factors for predicting SWB.

Extraversion, Neuroticism and SWB: Extraversion and related constructs such as sensation seeking and sociability have been found to co vary with SWB (Gorman 1972; Joshi, 1964; H.C. Smith, 1961; Tolor, 1978). Research findings research findings reveal that it is the sociability aspect of extraversion that correlates with positive mood, not the impulsivity component (Emmons & Diener, 1983).

Costa and Mc Crae (1980) found that extraversion correlates with positive affect, whereas neuroticism is related to negative affect. Others also found that neuroticism (Cameron, 1975; Hartmann, 1934) is related to unhappiness. Costa and Mc Crae suggest that extraversion and neuroticism are two basic dimensions of personality that led to positive effect and negative effect, respectively.

Deneve and Copper (1998) report a meta analysis of 74 studies using various measures of neuroticism in relation to well-being and happiness measures and neuroticism was found to have an overall correlation with happiness of 0.22,the strongest of the big five groupings in this analysis. However these studies included a variety of measures of happiness of the different components of well-being, neuroticism has the strongest correlation with negative affect (Costa and Mc-Crae, 1980).

Lowenthal, Thurner and Chiriboga (1975) confirmed that positive and negative affect were independent predictors of global happiness. Beiser (1974) found that report of psycho physiological disorders were associated with a negative affect factor but not with a positive affect factor in his instruments.

Bradburn reports that positive affect exclusively is related to social interest, sociability and activity and that negative affect only are associated with psychosomatic symptoms, anxiety, poor role adjustment and worries.

Self-esteem and SWB: High self-esteem is one of the strongest predictors of SWB. Many studies have

found a relationship between self-esteem and SWB (Anderson, 1977; Czaja, 1975; Drumgoole, 1981; Ginandes, 1977; Hggin, 1978; Kozma & stones, 1978; Peterson, 1975; Pomerantz, 1978; Reid & Ziegler, 1980; Van Coevering, 1974' Wilson, 1960), although this effect has been weak or complex in several studies (Reid & Ziegler, 1977; Wessman & Ricks, 1966; Wolk & Telleen, 1976). Campbell et al. (1976) found that satisfaction with the self showed the highest correlation with life satisfaction of any variable. An intriguing finding is that self-esteem drops during periods of unhappiness (Laxer, 1964; Wessman & Ricks, 1966). Self-esteem has been found to correlate with well-being in many studies, with a correlation of 0.50 or more (Veenhoven, 1994).Grol et.al(1996) found a correlation of 0.82 between self – esteem and positive attitude to life. While strong relation with self-esteem is widely found in the USA, Britain and western culture, it is weaker in collectivist culture (Denier andDenier,1995).

Cattell, Eber & Tatsuoka (1970) found that neuroticism or anxiety is more strongly correlated with NAS than with either PAS or ABS. But extraversion is more strongly correlated with PAS than with NAS.

When Extraversion and neuroticism measures are correlated with the three alternative operationalizations of happiness hopelessness, personal security, and the life satisfaction Index-11 of the 12 correlations are statistically significant and all are in the predicted direction. Thus E & N not only influence the experience of positive or negative affect, they also show consistent correlations with measures of happiness that do not depend on direct reports of affective experience.

Costa & Mc Crae (1977) found N cluster scores were significantly related to NAS and to ABS but not PAS. E cluster scores, by contrast, were not related to NAS but were related to PAS and BAS.

Locus of control and SWB: Locus of control scale has been found to relate to SWB in a number of populations (Baker, 1977; Brandt, 1980; Sundre. 1978). Many studies have found a correlation between scoring high on internal control and SWB. Internal control has consistently been found to be a predictor of happiness' et.al.(1997) used a sample of 494 adults in Taiwan and found that internal control correlated with happiness.Furthermore,this held up after extraversion, neuroticism, demographic variables and negative life events had been taken into accounts. Nevertheless, one might wonder

whether there would be certain environments or cultures in which externality would lead to higher SWB. If the events happening to a person were negative (e. g., failure), it might be better to attribute them to outside forces. Similarly, if one lives in an environment in which there is little freedom, an external orientation may be related to happiness and this conclusion is supported by the finding of Felton and Kahana (1974). A variable that is related to internality is the degree of perceived choice or control in a person's life, and this has consistently co varied with happiness (Ei-senberg, 1981; Knippa, 1979; Morganti, Nehrke & Hukicka, 1980; Reid & Ziegler, 1980). The direction of causality is very uncertain between internality and happiness. It may be that people with an external locus of control are that way due to unfortunate life circumstances, which also lead to unhappiness.

1.2   RATIONALE OF THE STUDY

Research indicated that large number of socio-demographic and personality variables are strongly related to SWB. However, researchers often rely on global measures of happiness or instruments that cannot map onto the components of SWB. Very few studies are undertaken for investigating the relationship of personality variables with components of SWB. But for understanding of how these variables influence the separate components of SWB (i. e. life satisfaction, positive

affect, negative affect) more research is needed. For this reason, the current study has been undertaken to investigate relationship of these variables with components of subjective well-being.

Moreover, cross-cultural differences in relation between SWB and other variables (i. e. extraversion, neuroticism, self-esteem, Locus of control) have been little studied SWB itself is known to vary across cultures. A broad cultural variable that may potentially influence SWB is individualism vs. collectivism (I-C; Triandis, 1989). One of the most salient differences between individualism and collectivism is the role of norms related to cognitions, emotions and behaviors. Triandis (1995) described four central elements in making I-C distinction: (a) First individualists give more weight to personal attitudes than to norms as determinants of social behavior, where as collectivists give more weight to norms than to attitudes. (b) Second individualists consider self as an autonomous, independent person, whereas collectivists consider, self as more connected to in-group (i. e. family, friends, co-workers). (c) Third, individualists are oriented toward their personal goals and desires and they perceive the individual the basic unit. In contrast, the collectivists view the group as of primary importance and focus their attention on achieving group goals. (d) Fourth, individualists maintain relationship for personal benefit, whereas collectivists maintain relationship for a sense of connection and obligation (Triandis, 1995, 1996).

Review of literature indicates that most of the studies of SWB have been done in the industrialized countries of the western world. Very few studies have been undertaken in the developing Muslim world. Researches have further revealed that

most of industrialized countries of the west are individualist nations, while developing. Muslim countries are collectivist nations (Denier et. al.; 2000). Researches have indicated that Bangladesh is one of the most collectivistic nations (Denier and Denier, 1995). It is expected that individualism-collectivism variable may work as a moderator variable in the relation between SWB and other variable. For example life satisfaction is more strongly predicted by self-esteem in individualistic nations than in collectivist nations (Diener & Diener, 1995). It is further speculated that the pattern of relationship of SWB with socio-demographic and personality variables might be different in these two populations. Data of the current study might be useful for verifying these speculations.

1.3 OBJECTIVE AND HYPOTHESIS

Considering the above facts, the present study was undertaken for examining the relationships of socio-demographic(i.e. age, education, income, perceived physical health) and personality variables (such as extraversion, neuroticism, self-esteem and locus of control with different dimensions (i.e. life satisfaction, positive affect and negative affect) of subjective well-being.

In the light of the objective the following hypotheses were tested in the current study.

1. Life satisfaction and positive affect increases with age.

2. Negative affect decreases with age.

3. Higher the education the more is the life satisfaction and positive affect.

4. Higher the education the lower is the negative affect.

5. Higher the income the more is the life satisfaction and positive affect.

6. Higher the income the lower is the negative affect.

7. Perceived physical health increases life satisfaction and positive affect.

8. Good perceived physical health decreases negative affect.

9. Self-esteem is positively related to life satisfaction and positive affect.

10. Self-esteem is negatively related to negative affect.

11. Internal locus of control orientation increases life satisfaction and positive affect.

12. Internal locus of control decreases negative affect.

13. Extraversion is positively related life satisfaction and positive affect.

14. Extraversion is negatively related to negative affect.

15. Neuroticism is negatively to life satisfaction and positive affect.

16. Neuroticism is positively related to negative affect.

CHAPTER – 2
METHODOLOGY

METHODOLOGY

2.1 Participants.

First five participants (teachers) were selected as judges for assessing the appropriateness of the Bengali translation of short form of Maudsley personality inventory (1958), Dultweller Internal control index (1984), Ed Diener's life satisfaction scale (1985) and Watson and Clarks (1988) positive and negative affect schedule (PANAS). For assessing translation reliability 50 participants were selected.

Then 300 participants were selected by purposive sampling from different universities, different organization and different areas of Dhaka city for administering demographic and personal information questionnaire and 5 scales. Age of participants ranged from 15 to 55 years. Among them 150 were male and 150 were female. Profession-wise distribution of participants were as follows: Service-168, Homemaker-26, Students-95, and others 11.Among them 128 were married and 172 were unmarried. Their educational background was below S.S.C to Master' degree (Below S.S.C-50, H.S.C-50, Master's /M.A-200) and monthly

family income of participants ranges from Tk.2000 to 1,00,000.

2.2 Instruments

For data collection, the present study used the following instruments:

I. Demographic and Personal Information Questionnaire.

II. Bengali version (Ilyas, 2001) of short form of Maudsley Personality Inventory. (Eysenck, 1958)

III. Bengali version (Ilyas, 2003) of Rosenberg's Self-Esteem Scale (Rosenberg, 1965).

IV. Adapted Bengali version (Ilyas, 2000). of Dultweller Internal Control Index (1984).

V. Bengali version (Ilyas,2001) of Diener et. al's.(1985) Life satisfaction scale(SWLS).

VI. Bengali version (Ilyas,2002) of Watson and Clark's (1988) Positive & Negative affect schedule.

I. Demographic and personal Information Questionnaire. This questionnaire collected the data on age, sex, education, income occupation, marital status and perceived physical health.

II.Bengali version (Ilyas, 2001) of short form of Maudsley personality inventory (MPI)(Eysenck, 1958). The Bengali version of 12 items short form of MPI was used for measuring extraversion and neuroticism. The scale contains 06 extraversion items and 06 neuroticism items. The scoring procedure for both extraversion and neuroticism were as follows: Yes =2,Uncertain (?)=1.No=0. The sum of scores of all items was total score of the scale for an individual. 428218

These 12 items were translated into Bengali. Then both English and Bengali Versions were given to five judges (expert in both Bengali and English) for examining whether each item of both the versions convey the same meaning or not. Some changes in Bengali versions were made according to the suggestion of judges. Then English and Bengali versions were administered to 50 participants with a gap of 10 days. Significant correlations between scores of English and Bengali versions of extraversion [r(48)=0.766,p<0.0005] and neuroticism [r (48)=0.931,p<0.0005) indicated that the English and Bengali versions measured the same thing. For assessing test –retest reliability, Bengali versions of the scale was administered on 50 subjects,

then after an interval of 10 days, the scale was administered on the same subjects. Significant correlations between scores of two administrations indicated test-retest reliability of extraversion [r (48)=0.766, p<0.0005] and neuroticism[r (48)=0.931, p<0.0005] of the Bengali version. The alpha coefficients were also calculated for determining internal consistency reliability.Cronbach alpha coefficient for neuroticism and extraversion were α= o.6286 and α=o.3542 respectively.

III.Bengali version (Ilyas, 2003) of Rosenberg's self-Esteem Scale. The scale was originally developed to measure adolescent's feeling of self-worth or self-acceptance. It is a 10 items Likert type scale in Bengali. The items are answered on a four-point response format (strongly agree, agree, disagree, strongly disagree). The scale ranges from 10-40 with higher score representing higher self-Esteem. Five items estimate positive feelings and five items negative feeling about self. For positive item 4 indicates, "strongly agree", score 3 "agree", Score 2 "disagree", score 1 "strongly disagree".

The scale has high reliability; test-retest correlations are typically in the range of 0.82 to 0.88 and Cronbach's alpha for various samples are in the range of 0.77 to 0.88 (Blascovich and Tomaka, 1991). Significant correlation of English and Bengali version [r (48)=. 902,p<0.0005] indicated translation reliability of Bengali version of the scale (Ilyas and Irin, 2003). High Cronbach's alpha (α=0.87) of Bengali version further indicated internal consistency of the scale (Ilyas, 2003).

The Rosenberg's self-esteem scale has convergent and discriminant validity (Blascovich and Tomaka .1991). It is associated with many self-esteem related constructs, the correlations of Rosenberg self –esteem scale with confidence, popularity and academic self-concept are 0.65, 0.39 and 0.38 respectively (Lorr and Wunderlich, 1986;Reynolds 1988). The scale has also discriminant validity. Reynold's (1988) found no significant correlation between

self -esteem and grade point averages (0.10), Locus of control (-0.04), scholastic aptitude test verbal (-0.06) and quantities (-0.04) scores.

IV.   Adapted Bengali version (Ilyas, 2005) of Dultweller Internal Control Index (ICI)(1984). The Bengali version of 28 items internal control index was used for measuring locus of internal and external control. The scale contains 14 positive items and 14 negative items. These items were translated from Patricia, Dultweller (1984) "Internal Control Index" "(ICI)".

Half of the items were favorable to internal control and remaining items were favorable to external control. For items favorable to internal control, scores were as follows: Rarely=5,Occasinally=4,sometimes=3,frequently=2, usually=1. Scores were reversed for items favorable to external control. Items of the scale were translated into Bengali. Then both English and Bengali versions were given to 5 judges (expert in both Bengali and English) for examining whether each item of both the versions convey the same meaning or not Some changes in items of Bengali version were made according to suggestions of judges. For assessing validity, Bengali version of ICI scale was administered on a sample of 100 respondents. Significant F-ratio of locus of control scores by sex [F $(1,98)=6.92,p<0.01$], physical health [F

(3,96)=3.96,p<0.01] and academic achievement [F (3,96)=3.48,p<0.01] indicated validity of the scale (Ilyas and Rahman, 2000). Then English and Bengali versions were administered to 50 subjects with as gap of 7 days. Significant correlation [r (48)=0.917, p<0.0005] between scores of English and Bengali versions indicated translated reliability of the scale. (Ilyas and Irin, 2005).

V. Bengali version (Ilyas, 2001) of Diener et. al's satisfaction with life scale (1985) Bengali version (Ilyas,2001)of Diener et, al (1985) SWLS was used to measure subjective life satisfaction. This 5-item scale measured person's global satisfaction with life. The SWLS reveals the individuals own judgment of his or her quality of life.

Each item was scored from 1 to 7 in terms of "strongly disagree" to "strongly agree". Total score is obtained by summing the participant's responses on 5 items. Total score ranges from 5 to 35,with higher score indicating more satisfaction with life.

The English and Bengali version were administered to 50 participants with a gap of 7 days. Half of the

participants were administered English version first and then remaining half of the participants was administered Bengali version first. Significant correlation between English and Bengali version [r (48) =. 809, p<0.0005] indicated translation reliability of the scale.

VI. Bengali version (Ilyas, 2002) of Watson and Clark's (1988) positive and negative affect schedule.

The PANAS is comprised of two ten-item self-report scales designed to measure positive and negative affect. Ratings of 20 mood adjectives are made on a five point scale that includes "very slightly or not at all"," a little", "moderately" ,"quite a bit", and "extremely". Example of the negative affect adjectives is distressed, irritable, scared and nervous. Examples of the positive affect adjectives are interested, enthusiastic, alert and inspired. For the current study, the respondents were asked to report the frequency of their mood during the "past several weeks". Internal consistency estimates have ranged from 0.86 to .90 for the positive affect scale and from .84 to .87 for the negative affect scale.

Extensive validity date have been reported for the PANAS (Watson et. al 1988).

2.3 Procedure.

Individual interviews are used for collecting data. Interviewers give separate instruction for the questionnaire and each of the scale and are allowed asking freely if they have any question regarding any item of scales. Demographic and personal information questionnaire and adapted Bengali version of short form of Maudsley personality inventory (Ilyas, 2001), Bengali version (Ilyas, 2003) of Rosenberg's self –esteem scale (Rosenberg, 1965) adapted Bengali version of Dultweller Internal control Index (Ilyas.2000), Diener et.al's Life satisfaction, Watson and Clark's positive and negative affect schedule were administered in a single session. Questionnaires were distributed among the subjects. After distributing questionnaires, each of the respondents was requested to read the instruction and to fill up all questionnaires. For each scale, participant were told that each of the following questions has alternative answers. Please mark one answers, which best describe your personal opinion. There are no right or wrong answers, but simple a measure of your

opinions. Your answers will be completely anonymous and confidential and will be used only for research purpose. There was no time limit of filling up the questionnaires. Subjects took about 40-50 minutes to fill up the questionnaires. The subjects were given complete freedom in indicating their preference relating to a statement in the scale. They were thanked for participation.

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CHAPTER – 3
RESULTS

RESULTS

The methods of the analysis of the present study were mean ($\bar{X}$) and standard deviation SD, Pearson product moment correlation and stepwise regression analysis. Mean ($\bar{X}$) and standard deviation SD of independent (demographic & personality) and dependent variables are presented in table No.2. Results of table no. 2 indicated that physical health has lowest SD (.72885), while monthly income has highest SD (17051.16301).

Results of table No.3 indicated that correlations of each of demographic and personality variables with life satisfaction were significant and positive except extraversion. Correlation of extraversion with life satisfaction was not significant. However correlation of neuroticism with life satisfaction significant and negative [r (298)=-0.494,p<. 0005]. Results of table no.3 indicated that life satisfaction had significant positive correlation with age of respondent [r (298)=.162, p<.005],years of education [r (298)= .390, p<.0005], monthly income [r(298)= .248, p<.0005] and perceived physical health [r (298)=.334, p<.0005]. Result of table No.3 further indicated that Self-esteem[r (298)=0.537, p<0.0005] and Locus of control[r (298)=0.221,p<0.0005] had positive and significant correlation

with life satisfaction. However, neuroticism had negative correlation [r(298)= -.494, p< .0005] with life satisfaction.

Result of table No.4 indicated that positive affect has significant positive correlation with age of respondent [r(298)=.222, p<.0005] and perceived physical health [r (298)= .364, p<.0005] . Result of table No.4 further indicated that positive affect has significant positive correlations with extraversion[r (298)=0.300, p<0.0005], Self-esteem[r (298)=0.343, p<0.0005] and locus of control [r (298)=0.593, p<0.0005].

Result of table No.5 indicated that negative affect had significant negative correlation with age of respondent[r(298)=-- .205, p<.0005], years of education[r(298)=-.149, p<.01] and perceived physical health [r(298)=-.445, p<.0005]. Result of table No.5 further indicated that negative affect had significant negative correlation with extraversion[r (298)=-0.280, p<0.0005], Self-esteem[r (298)= -0.513, p<0.0005] and Internal control index[r (298)= -0..359, p<0.0005] and positive correlation with neuroticism[r (298)= .419, p<. 0005].

Regression of life satisfaction on demographic and personality variables:

Stepwise multiple regression analysis of table No.6 assess the amount of variance in life satisfaction, explained by

demographic and personality variables. The standardized Betas (βs) indicated that five variables are predictors of life satisfaction. These variables were monthly income ($\beta = .164$, $p < .001$), years of education ($\beta = .150$, $p < .003$), self-esteem ($\beta = .342$, $p < .0005$), perceived physical health ($\beta = .131$, $p < .005$) and neuroticism($\beta = -.259$, $p < .0005$). These variables jointly explained 45.5% variance of life satisfaction.

Selected statistics from regression of life satisfaction on demographic and personality variables are presented on table no.7. R^2-change indicated that self-esteem was the strongest predictor of life satisfaction, which alone explained 28.8% variance of life satisfaction. R^2-change also indicated second important predictor of life satisfaction was neuroticism, which explained 8.4% variance of life satisfaction. R^2-change further indicated that monthly income, years of education and perceived physical health explained 5.4%, 1.4% and 1.5% variance of life satisfaction respectively. The significant F-test [$F(5,294)=48.99$, $p < .0005$] of table 12 further indicated that variation in life satisfaction was accounted for by joint linear influences of self-esteem, neuroticism, monthly income, years of education and perceived physical health.

Regression of positive affect on demographic and personality variables:

Stepwise multiple regression of positive affect on demographic and personality variables was presented on table no 8. The partial standardized betas (βs) indicated that locus of control (β=.469, p<.0005), physical health (β=.213, p<.0005), age (β=.264, p<.0005), education (β=.235, p<.0005) and monthly income (β=.095, p<.043) were predictors of positive affect. These five variables jointly explained 44.8% variance of positive affect. R^2-change indicated that locus of control was the strongest predictor of positive affect. This variable alone explained 35.2% variance of positive affect. R^2-change of table no.9 further indicated that perceived physical health, age, education and monthly income explained 3.2%, 2.7%, 3% and .08% variance of positive affect respectively. The overall F-test of [F (5294)= 47.76, p< .0005] table no.13 indicated that variation in positive affect was due to joint linear influences of locus of control, perceived physical health, age, years of education and monthly income.

Regression of negative affect on demographic and personality variables:

Stepwise multiple regression of negative affect on demographic and personality variables was presented on table no 10. The partial standardized beta's (βs) indicated that self-

esteem (β= -.291, p<.0005), perceived physical health (β= -.291, p<.0005), neuroticism (β= .178, p< .0005), Extroversion (β= -.164, p<.0005) and age (β= -.106, p<.02) were predictors of negative effect. Self-esteem, perceived physical health, extroversion and age were negatively related to negative affect. These four variables explained 42.1% variance of negative affect. R^2-change indicated that self-esteem was strongest predictor of negative affect. It explained 26.3% variance of negative affect. R^2-change further indicated that perceived physical health, neuroticism, extroversion and age explained 8.9%, 3.3%, 2.6%, and 1% variance of negative affect. The significant F-test [F (5,294)=42.68, p<.0005] of table no.15 indicated that variation in negative affect was accounted for by joint linear influences of self-esteem, perceived physical health, neuroticism, extroversion and age.

Table no 1

Correlation between Bengali and English version of independent and dependant variable

Correlation between Bengali and English version of	r	Sig.level
Extraversion	0.766	0.0005
Neuroticism	0.931	0.0005
Self-esteem	0.902	0.0005
Locus of control	0.917	0.0005
Life satisfaction	0.809	0.0005
Affective well-being	0.575	0.0005

Table 2

Mean ($\overline{X}$) and Standard deviation (SD) of independent and dependent variables
(N=300)

Variables	($\overline{X}$)	SD
Age of respondent	27.9300	6.61071
Years of education	3.0933	1.05910
Monthly income	20677.333	17051.16301
Perceived Physical health	3.6433	.72885
Extroversion	8.2167	2.2013
Neuroticism	6.6300	2.9927
Self-Esteem	29.9967	405408
Internal Control Index	101.9167	11.1627
Life satisfaction	19.3200	6.2177
Positive affect	37.9400	7.7414
Negative affect	19.0333	6.5136

Table 3

Correlation of Life satisfaction with demographic and personality variables (N=300)

Correlation of life satisfaction with	r	Significant Level
Age of respondent	.162	.005
Years of education	.390	.0005
Monthly income	.248	.0005
perceived physical health	.334	.0005
Extraversion	.031	.589
Neuroticism	-0.494	.0005
Self-esteem	0.537	.0005
Locus of Control	.221	.0005

Table 4

Correlation of Positive affect with demographic and personality Variables (N=300)

Correlation of positive affect with	r	Significant level
Age of respondent	.222	.0005
Years of education	-.094	0.104
Monthly income	.126	.029
Perceived Physical health	.364	.0005
Extraversion	0.300	0.0005
Neuroticism	-0.178	.0002
Self-esteem	0.343	.0005
Locus of Control	.593	.0005

Table 5

Correlation of Negative affect with demographic and personality variables (N=300)

Correlation of Negative affect with	r	Significant level
Age of respondent	-.205	.0005
Years of education	-.149	.01
Monthly income	-.036	.536
Perceived Physical health	-.445	.0005
Extraversion	-0.280	.0005
Neuroticism	.419	.0005
Self-esteem	-0.513	.0005
Locus of Control	-0.359	.0005

Significant level p<.05 [2 -tailed]

Significant level p<.01 [2 -tailed]

Table 6

Step-wise multiple regression of life satisfaction on demographic and personality variables

Independent Variables	Standardized Beta (β)	t value for (β)	Significant level
Constant	-	.298	.766
Self-esteem	.342	6.755	.0005
Neuroticism	-.259	-5.254	.0005
Monthly Income	.164	3.470	.001
Years of education	.150	3.030	.003
Perceived physical health	.131	2.817	.005

Dependent Variable: life satisfaction

Table 7

Selected statistics from regression of life satisfaction on demographic and personality variables

Independent Variables	Multiple R	R^2	R^2 Change	F-Change	Significant level
Self-esteem	.537	.288	.288	120.615	.0005
Neuroticism	.610	.372	.084	39.655	.0005
Monthly income	.653	.426	.054	27.809	.0005
Years of education	.663	.440	.014	7.298	.0005
Perceived physical health	.674	.455	.015	7.936	.005

Dependent Variable: life satisfaction

Table 8

Step-wise multiple regression of Positive affect on demographic and personality variables

Independent Variables	Standardized Beta (β)	t value for (β)	Significant level
Constant	-	-2.230	.027
Locus of control	.469	9.952	.0005
Perceived physical health	.213	4.584	.0005
Age of respondent	.264	5.177	.0005
Years of education	-.235	-4.400	.0005
Monthly Income	.095	2.028	.043

Dependent Variable: Positive affect

Table 9

Selected statistics from regression of Positive affect on demographic and personality variables

Independent Variables	Multiple R	R^2	R^2 Change	F-Change	Significant level
Internal Control Index	.593	.352	.352	161.580	.0005
Perceived physical health	.620	.384	.032	15.664	.0005
Age of respondent	.641	.411	.027	13.404	.0005
Years of education	.664	.441	.030	15.685	.0005
Monthly Income	.669	.448	.008	4.114	.043

Dependent Variable: Positive affect

Table 10

Step-wise regression of negative affect on demographic and personality variables

Independent Variables	Standardized Beta (β)	t value for (β)	Significant level
Constant	-	14.805	.0005
Self-esteem	-291	-5.583	.0005
Perceived physical health	-.291	-6.138	.0005
Neuroticism	.178	3.556	.0005
Extroversion	-.164	-3.611	.0005
Age of respondent	-.106	-2.306	0.022

Dependent variable: negative affect

Table 11

Selected statistics from regression of Negative affect on demographic and personality variables

Independent Variables	Multiple R	R^2	R^2 Change	F-Change	Significant level
Self-esteem	.513	.263	.263	106.324	.0005
Perceived physical health	.593	.352	.089	40.713	.0005
Neuroticism	.620	.385	.033	15.739	.0005
Extroversion	.640	.410	.026	12.776	.0005
Age of respondent	.649	.421	.010	5.320	.022

Dependent Variable: negative affect

Table 12

The overall F-test of regression of life satisfaction on demographic & personality variables

SV	SS	df	MS	F	Significant Level
Regression	5253.694	5	1050.739	48.991	.0005
Residual	6305.586	294	21.448		
Total	11559.280	299			

Predictors: self-esteem, neuroticism, monthly income, years of education, physical health

Dependent Variable: life satisfaction

Table 13

The overall F-test of regression of Positive affect on demographic & personality variables

SV	SS	df	MS	F	Significant Level
Regression	8031.635	5	1606.327	47.764	.0005
Residual	9887.285	294	33.630		
Total	17918.920	299			

Predictors: locus of control, perceived physical health, age, years of education, monthly income
Dependent Variable: positive affect

Table 14

The overall F-test of regression of Negative affect on demographic & personality variables

SV	SS	df	MS	F	Significant Level
Regression	5335.319	5	1067.064	42.681	.0005
Residual	7350.348	294	25.001		
Total	12685.667	299			

Predictors: self-esteem, perceived physical health, neuroticism, extroversion, age
Dependent Variable: negative affect

CHAPTER – 4
DISCUSSION

DISCUSSION

The purpose of the present study was to investigate the relationship of some socio-demographic & personality variables with dimensions of subjective well being (i.e. life satisfaction, positive affect and negative affect). It was hypothesized that each of demographic and personality variables was significantly related to different dimensions of subjective well-being.

Results indicated that age of respondent, years of education, monthly income and perceived physical health, self-esteem and locus of control had significant positive correlation with life satisfaction. However, neuroticism was negatively related to life satisfaction. Why life satisfaction increases with age? Because with age gap between aspiration and achievement become smaller. Education also contributes to life satisfaction. This is because education allows individuals to make progress towards their goals or to adapt to changes in world around them. Due to education individuals get better jobs and earn more. This is turn decreases gap between aspirations and achievement and increases life satisfaction. Income may contribute to life satisfaction by providing the means to meet certain basic needs such as food, shelter, clean water and healthcare. High income brings improvement in standard of living and ensures possessions of things, which render life safe and comfortable.

Moreover, people with high income feel more free to what they exactly want to do. This makes them more confident in dealing with life events, which increases their life satisfaction. Results of current study suggested that good subjective health increases life satisfaction and ill health decreases life satisfaction. Why ill health negatively influences life satisfaction? This is because it interferes with attainment of important goals.

Results of correlations indicated that self-esteem and locus of control had positive and significant correlation with life satisfaction. Arrindel et. al .(1997) in a job satisfaction study also found self-esteem was correlated with life satisfaction. Many studies found a internal control was a predictor of subjective well-being (Rotter, 1996; Lu et. al; 1997).Positive and significant correlation of locus of control with life satisfaction indicated that person with internal locus of control orientation had higher life satisfaction. This is because people with internal orientation had higher successes in life and career. And these successes make them more satisfied. Standardized   Betas (βs) of regression analysis indicated that self-esteem, neuroticism, income, education and perceived physical health were predictors of life satisfaction(table 6).

Results of relationships of positive affect with socio-demographic and personality variables revealed that age,

income, perceived physical health, extraversion, self-esteem and locus of control were positively related to positive affect(table 4) and neuroticism was negatively related to positive affect(table4). However, standardized Betas ((βs) of regression analysis indicated that locus of control, perceived physical health, age, education and income were predictors of positive affect.

Results of correlation suggested that extraversion was positively related to positive affect and negatively related to negative affect. Why extravert had more positive affect, why they are happier? Because of differences in brain structure extraverts are more responsive to rewards and hence happier. Positive affects of extraverts is partly due to the joys of social interaction with friends, which extraverts are able to enjoy more, because they have superior social skills that enable them to do so.

Results on relationships of negative affect with demographic and personality variables revealed that age, education, income, perceived physical health, extraversion, self-esteem and locus of control had significant negative correlation with negative affect. However, neuroticism had positive correlation with negative affect. Regression analysis indicated that self-esteem, perceived physical health, neuroticism, extraversion and age were predictors of negative affect.

Results of regression analysis(i.e.R^2-change) further indicated that self-esteem was strongest predictor of life satisfaction and negative affect, while locus of control was strongest predictor of positive affect.

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APPENDIX

APPENDIX

আমি রাসনা আইরিন মনোবিজ্ঞান বিভাগের এম.ফিল (২য় বর্ষ) এর ছাত্রী। এখানে কিছু প্রশ্নমালা রয়েছে যেগুলোর উত্তর দেয়ার জন্য আপনাকে অনুরোধ করছি। আপনার দেয়া উত্তরের সম্পূর্ণ গোপনীয়তা রক্ষা করা হবে এবং শুধুমাত্র তা গবেষণার কাজে ব্যবহৃত হবে। আপনার সহযোগিতার জন্য ধন্যবাদ।

Demographic and Personal Information Questionnaire

ব্যক্তিগত তথ্য সংক্রান্ত প্রশ্নাবলী

১. বয়স :

২. লিঙ্গ : পুরুষ / মহিলা

৩. শিক্ষাগত যোগ্যতা :

৪. পেশা :

        চাকুরী   ☐

        ব্যবসা   ☐

        গৃহকর্ম   ☐

        ছাত্র   ☐

        অন্যান্য   ☐

৫. পারিবারিক মাসিক আয় :

৬. বৈবাহিক অবস্থা :

        বিবাহিত   ☐

        অবিবাহিত   ☐

        তালাকপ্রাপ্ত   ☐

        বিধবা / বিপত্নীক   ☐

        বিচ্ছিন্ন   ☐

৭. স্বাস্থ্য : গত ৬ মাসে শারীরিক অবস্থা বিবেচনা করে-

        খুব ভাল ছিল   ☐

        ভাল ছিল   ☐

        মোটামুটি ভাল ছিল   ☐

        খারাপ ছিল   ☐

        খুব খারাপ ছিল   ☐

Maudsley Personality Inventory

মডসলে ব্যক্তিত্ব প্রশ্নমালা

আপনার আচরণ অনুভূতি ও কাজ সম্পর্কে এখানে কিছু প্রশ্ন আছে। প্রতিটি প্রশ্নের পাশে তিনটি সম্ভাব্য উত্তর "হ্যাঁ", "অনিশ্চিত" (?) এবং "না" দেয়া আছে। প্রতিটি প্রশ্ন পড়ে "হ্যাঁ" এবং "না" এর মধ্যে যে উত্তরটি আপনার কাজ বা অনুভূতিকে প্রকাশ করে সে উত্তরটিকে বৃত্তাকারে বেষ্টন করুন। সিদ্ধান্ত গ্রহণ সম্পূর্ণরূপে অসম্ভব হলে "অনিশ্চিত" (?) কে বৃত্তাকারে বেষ্টন করুন। তবে এই উত্তরটি না দেওয়ারই চেষ্টা করবেন। কোন প্রশ্নেই বেশী সময় ব্যয় করবেন না। অনেক ভেবে চিন্তে উত্তর না দিয়ে যে উত্তরটি প্রথমে আপনার মনে আসে সেটিই বৃত্তাকারে বেষ্টন করুন। উত্তর দিতে মাত্র কয়েক মিনিট সময় লাগবে। এখন কাজ শুরু করুন এবং তাড়াতাড়ি করুন। দেখবেন কোন প্রশ্ন যেন বাদ না পড়ে। এখানে শুদ্ধ বা ভুল উত্তর নেই, এটি বুদ্ধি বা দক্ষতার পরীক্ষাও নয়, এটি শুধু আপনি কিভাবে আচরণ করেন তা পরিমাপ করে।

নং	বিবরণ	হ্যাঁ	অনিশ্চিত	না
৮.১	যে সব কাজে দ্রুত ব্যবস্থা গ্রহণ করতে হয় সে সব কাজ করতে আপনি কি সব চেয়ে সুখী হন?			
৮.২	সুস্পষ্ট কোন কারণ ছাড়া আপনি কি মাঝে মাঝে সুখী, মাঝে মাঝে বিষন্নবোধ করেন?			
৮.৩	কোন কাজে মনোযোগ দিতে চাইলে আপনার মনে কি প্রায়ই অন্য চিন্তা আসে?			
৮.৪	কারো সাথে নতুন বন্ধুত্ব করতে আপনি কি প্রথমে উদ্যোগী হন?			
৮.৫	আপনি কি আপনার কাজে দ্রুত এবং সঠিক হতে চান?			
৮.৬	যখন আপনি কোন কথোপকথনে অংশগ্রহণ করছেন তখন কি প্রায়ই অন্য চিন্তায় মগ্ন হয়ে যান?			
৮.৭	আপনি কি কখনও কখনও খুব কর্মচঞ্চল আবার কখনও কখনও অলস হয়ে যান?			
৮.৮	আপনি কি নিজেকে একজন প্রাণবন্ত মানুষ মনে করেন?			
৮.৯	প্রচুর মানুষের সংগে সামাজিক যোগাযোগে বাধা দেয়া হলে আপনি কি খুব অসুখী হবেন?			
৮.১০	আপনি কি বেশ খেয়ালী?			
৮.১১	কারণে-অকারণে আপনার মেজাজ কখনও কি খুব ভাল অথবা আবার কখনও খুব খারাপ হয়?			
৮.১২	আপনি কি কাজের পরিকল্পনার চেয়ে কাজ করতে অধিক পছন্দ করেন?			

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Rosenberg's Self-esteem Scale
আত্ম-প্রশংসা মানক

আপনি নিজেকে কিভাবে দেখেন তা পরিমাপ করার জন্য নিচের উক্তি গুলি তৈরী করা হয়েছে। প্রতিটি উক্তি যত্ন সহকারে পড়ে আপনার অনুভূতির মাত্রা নির্দেশ করুন। অনুভূতির মাত্রা নির্দেশ করার জন্য চারটি সম্ভাব্য উত্তর 'সম্পূর্ণ একমত', 'একমত', 'একমত নই', 'একেবারে একমত নই' প্রতিটি উক্তির ডান পাশে দেয়া আছে। যে উত্তরটি আপনার অনুভূতি বা মতামতকে সবচেয়ে ভালভাবে বর্ণনা করে সেটিতে টিক (√) চিহ্ন দিন।

		সম্পূর্ণ একমত	একমত	একমত নই	একেবারে একমত নই
৯.১	আমি মনে করি আমি একজন যোগ্য ব্যক্তি, অন্তত অন্যদের সাথে সমান মাপকাঠিতে বিচার করলে।				
৯.২	আমি মনে করি আমার কতগুলি ভাল গুণ আছে।				
৯.৩	সামগ্রিক বিচারে আমার এ রকম মনে করার প্রবণতা আছে যে আমি ব্যর্থ।				
৯.৪	বেশির ভাগ লোকের মত আমি সব কাজ করতে সক্ষম।				
৯.৫	আমার মনে হয়, গর্ব করার মতো আমার বেশী কিছু নেই।				
৯.৬	নিজের প্রতি আমার ইতিবাচক মনোভাব আছে।				
৯.৭	সার্বিকভাবে, আমি নিজেকে নিয়ে সন্তুষ্ট।				
৯.৮	আমি যদি নিজের প্রতি আরও শ্রদ্ধাশীল হতে পারতাম।				
৯.৯	মাঝে মাঝে আমার মনে হয় আমার কোন মূল্য নেই।				
৯.১০	মাঝে মাঝে আমার মনে হয় আমি মোটেই কোন কাজের নই।				

Internal Control Index

আভ্যন্তরীন নিয়ন্ত্রণের সূচক

নির্দেশনা

অনুগ্রহ করে নিচের প্রতিটি উক্তি পড়ুন। উক্তিগুলি আপনার মনোভাব, অনুভূতি বা আচরণ সম্পর্কে আপনার মনোভাব, অনুভূতি বা আচরণের মাত্রা যাচাই করার জন্য পাঁচটি সম্ভাব্য উত্তর নিম্নরূপ-

ক = খুব কম সময় (১০% এর চেয়ে কম)

খ = কদাচিৎ (প্রায় ৩০% সময়)

গ = মাঝে মমঝে (প্রায় অর্ধেক সময়)

ঘ = প্রায়ই (প্রায় ৭০% সময়)

ঙ = সবসময় (৯০% এর বেশী সময়)

যে উত্তরটি আপনি যা করেন বা অনুভব করেন, তাকে সবচেয়ে ভালভাবে বর্ণনা করে সেটি (অক্ষরটি) উক্তিটির শুন্য স্থানে লিখুন। মনে রাখবেন কোন অস্বাভাবিক পরিস্থিতিতে যা করেন বা অনুভব করেন তা নির্দেশ না করে সচরাচর যা করেন তাই নির্দেশ করুন।

১১.১   যখন আমি কোন সমস্যার সম্মুখীন হই, তখন আমি................ এটাকে ভুলে যেতে চেষ্টা করি।

১১.২   কোন কঠিন কাজ সম্পাদন করতে গিয়ে আমার .... প্রায় সময়ই অন্যদের উৎসাহের প্রয়োজন হয়।

১১.৩   আমি .... সেই সকল কাজই পছন্দ করি যেখানে নিজে সিদ্ধান্ত নিতে পারি ও দায়িত্ব নিজেই গ্রহণ করতে পারি।

১১.৪   আমার পছন্দের কোনো ব্যক্তির সাথে মতের মিল না হলে আমি .... আমার মতামত পরিবর্তন করি।

১১.৫   আমি .... আমার কাংখিত বস্তু পাওয়ার জন্য কঠোর পরিশ্রম করি।

১১.৬   আমি .... কোন তথ্য নিজে খুঁজে বের করার চাইতে অন্যের কাছ থেকে জানাকে বেশী পছন্দ করি।

১১.৭   আমি .... এমন কাজ গ্রহণ করব যেখানে অন্যদেরকে তত্ত্বাবধান করতে হয়।

১১.৮   এমন কোন কিছু যা আমি চাই না তা অন্যরা যখন গ্রহণ করতে বলে তখন আমি তাকে .... সহজে না বলতে পারি না।

১১.৯   আমি যে দলে থাকি সে দল কোন সিদ্ধান্ত গ্রহণ করলে আমি .... সেই সিদ্ধান্ত সম্পর্কে কিছু বলতে পছন্দ করি।

১১.১০ আমি .... কোন বিষয়ে সিদ্ধান্ত গ্রহণের পূর্বে এর বিভিন্ন দিক বিবেচনা করে দেখি।

১১.১১ অন্যরা কি চিন্তা করে তা .... আমার আচরণে বড় ধরনের প্রভাব ফেলে।

১১.১২ যখন আমার ক্ষেত্রে ভাল কিছু ঘটে, তখন আমি .... অনুভব করি যে, এটা আমি অর্জন করেছি।

১১.১৩ নেতৃত্বে থাকা আমি .... উপভোগ করি।

১১.১৪ আমি .... চাই আমার কাজে নিজে সন্তুষ্ট হওয়ার পূর্বেই অন্যরা আমার কাজের প্রশংসা করুক।

১১.১৫ আমার .... মতামতের ব্যাপারে আমি এতটা নিশ্চিত যে অন্যদের প্রভাবিত করতে আমি চেষ্টা করতে পারি।

১১.১৬ যখন কোন কিছু আমাকে প্রভাবিত করতে পারে, তখন আমি .... এ বিষয়ে যতটা পারি ততটা শিখি।

১১.১৭ আমি .... ঝোঁকের মাথায় কোন কিছু করার সিদ্ধান্ত নেই।

১১.১৮ অন্যদের দ্বারা প্রশংসিত হওয়ার চেয়ে আমি কাজটি ভালভাবে সম্পাদন করেছি .... এটাই আমার জন্য অধিকতর গুরুত্বপূর্ণ।

১১.১৯ আমি .... অন্যদের চাহিদাকে বিবেচনা করেই কোন কিছু করা থেকে বিরত থাকি।

১১.২০ যখন কারো সাথে আমার মতের মিল হয় না, তখন আমি .... আমার সিদ্ধান্তে অটল থাকি।

১১.২১ অন্যরা আমার যেটা করা উচিত মনে করে তার চেয়ে আমি যেটাকে ভাল মনে করি.........সেটাই করি।

১১.২২ যখন কোন কাজের ফলাফল লাভে দীর্ঘ সময়ের প্রয়োজন হয়, তখন আমি .... সেই কাজটি করতে নিরুৎসাহিত হই।

১১.২৩ দলের একজন হলে আমি .... কোন সিদ্ধান্ত গ্রহণের বিষয়টি দলের অন্য সদস্যদের উপর ছেড়ে দিতে পছন্দ করি।

১১.২৪ যখন আমি কোন সমস্যার সম্মুখীন হই, তখন আমি .... আমার বন্ধু অথবা আত্মীয়-স্বজনের পরামর্শ গ্রহণ করি।

১১.২৫ আমি .... সহজ কাজ করার চেয়ে কঠিন কাজ করতেই আনন্দ পাই।

১১.২৬ যেখানে নিজের চেয়ে অন্যের দক্ষতার উপর বেশী নির্ভর করতে হয়, আমি .... সেই পরিস্থিতিই বেশী পছন্দ করি।

১১.২৭ আমি একটি ভাল কাজ করেছি আমার এই অনুভূতির চেয়ে কোন গুরুত্বপূর্ণ ব্যক্তি যদি বলেন আমি ভাল কাজ করছি .... তা আমার কাছে অধিক গুরুত্বপূর্ণ।

১১.২৮ যখন আমি কোন কাজে নিযুক্ত থাকি, আমি .... সম্ভাব্য সবকিছু বের করতে চেষ্টা করি, এমনকি অন্য কেউ দায়িত্বে নিযুক্ত থাকলেও।

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Life Satisfaction Scale
জীবন সন্তুষ্টি মানক

নিচে ৫টি উক্তির সাথে আপনি একমত বা ভিন্নমত পোষণ করতে পারেন। নিচের মানকে প্রতিটি উক্তির জন্য সাতটি সম্ভাব্য উত্তর রয়েছে। এই মানক থেকে উপযুক্ত উত্তরটি বাছাই করে প্রতিটি উক্তির বাম পাশে উপযুক্ত নম্বর লিখে নির্দেশ করুন।

১.   =   সম্পূর্ণ ভিন্নমত

২.   =   ভিন্নমত

৩.   =   সামান্য ভিন্নমত

৪.   =   অনিশ্চিত

৫.   =   সামান্য একমত

৬.   =   একমত

৭.   =   সম্পূর্ণ একমত

১০.১   বেশীর ভাগ ক্ষেত্রে আমার জীবন আমার আদর্শের কাছাকাছি

১০.২   আমার জীবনের অবস্থা খুবই ভাল

১০.৩   আমি আমার জীবন নিয়ে সন্তুষ্ট

১০.৪   এ পর্যন্ত যে সব গুরুত্বপূর্ণ জিনিস চেয়েছি তা পেয়েছি

১০.৫   আমি যদি নতুন করে জীবন শুরু করতে পারি তাহলে আমার জীবন ধারার প্রায় কোন

পরিবর্তন হবে না

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Watson and Clark's Positive and Negative Affect Schedule
আবেগীয় সুখ মাপক স্কেল

অনুগ্রহ করে নীচের শব্দগুলো পড়ুন। শব্দগুলো আপনার অনুভূতি, আবেগ প্রকাশ করে। প্রতিটি শব্দের ডান দিকে ৫টি উত্তর রয়েছে। যে উত্তরটি আপনার বেলায় প্রযোজ্য তাতে টিক (√) চিহ্ন দিন।

ক্রমিক	বিবরণ	একেবারেই না	সামান্য	মোটামুটি	একটু বেশী	খুবই
১২.১	খুব দুর্দশাগ্রস্ত					
১২.২	মানসিকভাবে বিপর্যস্ত					
১২.৩	অপরাধ বোধে আক্রান্ত					
১২.৪	প্রচণ্ডভাবে ভীত					
১২.৫	প্রতিকূল					
১২.৬	বিরক্তিকর					
১২.৭	লজ্জিত					
১২.৮	একটুতে ঘাবড়িয়ে যায় এমন					
১২.৯	ভীতি বিহবল					
১২.১০	ভীত					
১২.১১	আগ্রহী					
১২.১২	শক্তিশালী					
১২.১৩	উত্তেজিত					
১২.১৪	উদ্যোমী					
১২.১৫	গর্বিত					
১২.১৬	সতর্ক					
১২.১৭	অনুপ্রাণিত					
১২.১৮	দৃঢ় সংকল্প					
১২.১৯	মনোযোগী					
১২.২০	কর্মঠ					