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CONSTRUCTION AND VALIDATION OF URDU LIFE SATISFACTION SCALE

Arisha[1], Dr. Roomana Zeb*[2], Dr. Saima Arzeen[3], Ghuncha Asif[4], Mouattar Faiz[5]

*[1]M. Phil Scholar, Department of Psychology, University of Peshawar
[2]Assistant Professor, Department of Psychology, University of Peshawar
[3]Lecturer, Department of Psychology, University of Peshawar
[4,5]Graduated Student, Department of Psychology, University of Peshawar

*[1]areeshaaa60@gmail.com, [2]roomazeb@uop.edu.pk, [3]saimaarzeenmehar@uop.edu.pk

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Corresponding Author: *
Dr.Roomana Zeb

Abstract

This present study aimed to develop Life Satisfaction Scale in Urdu for Pakistani adults, followed by its validation process. The study initiated with item writing which resulted in 66 items. These items were then analyzed by the supervisors resulting in a reduced version of 38 items. The remaining items were applied on a sample of 181 participants (n=90 males, n= 91 females) on the students of University of Peshawar and nearby areas. Out of the 181, nine respondents gave incomplete answers for which their data was excluded from the study. The age range was from 18 to 35 years (M = 20.71, SD = 2.44). For the 38-item version the initial reliability analysis yielded the Cronbach's alpha of .92. Three items had a low item-total correlation i.e., below .30 hence were removed. The remaining 35 items were then put through Principal Component Analysis (PCA), and the scree plot clearly showed that only one factor made sense. That factor had an eigenvalue of 10.51 and explained 30.19% of the total variance. The KMO value was .87, and Bartlett's Test of Sphericity was significant ($\chi^2 = 2539.243$, $df = 561$, $p < .001$). The final 35-item scale had excellent reliability ($\alpha = .93$, $M = 123.02$, $SD = 23.45$). A separate group of 100 participants also filled out the SWLS and PANAS so that convergent and discriminant validity could be checked. The Urdu Life Satisfaction Scale (ULSS) had a positive correlation with the SWLS ($r = .38$, $p < .01$) and with positive affect ($r = .44$, $p < .01$), and a negative correlation with negative affect ($r = -.32$, $p < .01$). Overall, the findings show that the ULSS is a reliable and valid tool for measuring life satisfaction in Urdu-speaking Pakistanis.

Introduction

Life satisfaction is basically how a person feels about their life overall. It is not about a momentary mood or emotion, it is more of a thoughtful judgment where someone looks at their life and decides how well things are going according to what matters to them personally (Diener, 1984). Over the years, researchers have found that people who are satisfied with their lives tend to be healthier, more resilient, and less likely to suffer from depression or anxiety (Proctor et al., 2009; Suldo & Huebner, 2006; Diener et al., 2018). This is why life satisfaction has become such an important area of study in psychology.

Diener (1984) placed life satisfaction within a

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broader concept called subjective well- being, which also includes how often people feel positive and negative emotions. What makes life satisfaction unique is that it is a cognitive appraisal, people are not just reporting how they feel right now, but rather reflecting on whether their life as a whole is meeting their expectations. The things people consider when making this judgment can be quite different depending on where they come from and what they value. For many people in Pakistan, for instance, family relationships, religious faith, and community ties are central to feeling satisfied with life (Suhail & Chaudhry, 2004).

Contemporary research now considers life satisfaction a diverse concept, unlike the older approach that considered life satisfaction a single, undifferentiated feeling. The new concept realizes that each of the characteristic impacts' overall well-being (Diener, Suh, Lucas, & Smith, 1999). Keeping in mind the diversity of characteristics life satisfaction encompasses including international and cultural contexts, the present scale. A brief review of the most prominent of these dimensions illustrates why each is justified as a component of a Pakistani life satisfaction measure.

Social Connectedness and Interpersonal Trust: This characteristic of life satisfaction is a core dimension which affects one's relationship quality and depth. Research has demonstrated that the number of social bonds and their subjective quality are important predictors as they employ trust and satisfaction one derives from these relationships producing larger health outcomes (Nakamura et al., 2022). In collectivistic societies like Pakistan, people judge their quality of life through the depth of bonds with their family and friends (Suh et al., 1998). Keeping in mind this evidence, items are included in the present scale that assess trust in friends and family, and the quality of interpersonal relationships.

Prosocial Behaviour and Empathy: The inclination of helping others and being concerned about their welfare also bears strong ties to life satisfaction. Research evidence suggests that altruistic behaviour has a positive correlation with subjective well-being, resulting in high life satisfaction and experiencing frequent positive emotions in routine life (Rhoads & Marsh, 2023). Caprara and Steca (2005) has also shown that prosocial behaviour develops high self-esteem, improved psychological and physical health, and better interpersonal relationships, which as a result supports a positive overview of one's life. The present scale included items that captured happiness attained through being helpful to others, like empathically sensing another person's pain..

Religious and Spiritual Fulfilment: religion I an important part of life for Muslim population like Pakistan. Religious faith helps people derive meaning in life. Rituals like offering prayer and fulfilment of other religious obligations correlate with emotional regulation, stress reduction, and increased life satisfaction, as well as with lower depression and anxiety (Koenig et al., 2012). Shabani et al., (2023) concluded that spirituality, including an individual's values, purpose, and connection to a higher power, is a significant contributor to life satisfaction, and that both spirituality and psychological resilience together buffer the negative impact of anxiety on life satisfaction. The present scale included items that assessed the peace attained through religious practice, and the sustaining role of religious beliefs across life's stages that affects life satisfaction.

Sense of Purpose and Goal-Directedness: A clear sense of purpose, the ability to plan systematically toward meaningful goals, and the feeling of living a purposeful life have all been identified as fundamental to life satisfaction. A systematic research synthesis found that perceived meaning in life and satisfaction with life are closely and robustly related constructs across diverse populations (Sameer et al., 2023). This association holds because people who know what they want from life, who plan deliberately toward those goals, and who perceive their daily activities as purposeful experience a more positive overall appraisal of their lives. The present scale accordingly includes items on clarity of life purpose, goal

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planning, the perception of living meaningfully, and the possession of clear livelihood goals.

Self-Confidence and Autonomous Decision-Making: Bandura (1997) termed self-efficacy as the belief in one's ability to traverse challenges and make thorough decisions. Caprara and Steca (2005) claimed that perceived self-efficacy in terms of managing one's emotions and interpersonal relationships impacts prosocial behaviour, which gives rise to life satisfaction. Self-confident individuals trust their own judgment, work accordingly with confidence in social situations, and deal with decisions cautiously without persistent regret hence show higher life satisfaction. In this regard, in the present research items were made measuring self-trust, confidence in social interactions, and the absence of regret about personal decisions.

Positive Affect, Humour, and Enjoyment of Daily Life: Experiencing happiness is a key dimension in assessing life satisfaction. This characteristic includes using humour in everyday life, cherishing one's achievements, and enjoying routine activities. Humour, has received growing empirical attention as a characteristic linked to well-being, e.g., it is associated with life satisfaction through self-esteem and social support (Zhao, Wang, & Kong, 2014). Likewise, humour also serves as a longitudinal mediating coping mechanism in the relationship between psychological distress and life satisfaction, through reducing the adverse impact of stress over time (Erduran Tekin, 2026). Items assessing laughter and playfulness in everyday life are therefore included in the present study.

Resilience: The capacity to face adversity without panic or paralysis is another characteristic embedded in life satisfaction. Shabani et al. (2023) found that psychological resilience directly and positively predicted life satisfaction among individuals facing chronic adversity, and that resilience mediated the relationship between anxiety and life satisfaction. People believing their ability to manage headships without losing hope are more prone to judge their lives in a positive manner over time, making them resilience contended. The present scale includes an item directly capturing this quality, the ability to remain calm and composed when problems arise.

Health Satisfaction and Financial Security: Domain-specific contributors to global life satisfaction also include a person's sense of physical well-being and freedom from economic stress. Longitudinal research using a large nationally representative cohort found that satisfaction with family life and non-work activities carries the strongest associations with subsequent psychological well-being, followed notably by satisfaction with one's financial situation (Nakamura et al., 2022). In the Pakistani context, where many families navigate real economic pressures as part of daily life, items assessing satisfaction with one's health, the practice of daily self-care and rest, the clarity of livelihood goals, and the absence of financial stress are particularly important markers of how well life is going overall.

Taken together, these characteristics, social connectedness and interpersonal trust, prosocial behaviour and empathy, religious and spiritual fulfilment, sense of purpose and goal-directedness, self-confidence, positive affect and humour, resilience, and health and financial security, provide the multidimensional conceptual backbone of the present Life Satisfaction Scale. Each of the above dimension was thoroughly operationalized in Urdu-language with items written carefully keeping in mind the cultural priorities of Pakistani respondents, representing the full scope of living in this particular socio-cultural context.

The widely used scale used for measuring life satisfaction is the Satisfaction with Life Scale (SWLS) developed by Diener et al. (1985). It is a short scale translated into many languages. As SWLS best suits Western audiences for it was originally devised because individualism tends to prevail there as a cultural value (Oishi, 2006; Suh et al., 1998). In the collectivistic societies like Pakistan, where family and community are the dominant determiners of life satisfaction, only a translated version of the SWLS may not justify how life satisfaction is seen by the local

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people (Oishi, 2006; Suh et al., 1998). Mere translation without proper adaptation and validation, may not capture the construct accurately for new cultural context (Khalid & Ahmed, 2019; Khan & Malik, 2019).

For Pakistani population, there has been a clear need for an original, culturally grounded tool to measure life satisfaction in Urdu. Most studies either use short translated scales or do not go through proper psychometric steps to check whether their tools are actually reliable and valid (Bano & Malik, 2014). This study was done to address that gap. The goal was to build a Life Satisfaction Scale in Urdu from scratch, writing the items in a way that reflects the Pakistani cultural context, and then testing the scale systematically to make sure it works well.

Rationale

Although life satisfaction makes a core concept in positive psychology but Urdu-speaking Pakistanis still needs a validated, culturally appropriate tool to measure it. Khalid and Ahmed (2019) pointed out that just translating a scale does not mean it will work the same way in a different culture. To feel satisfied Pakistanis need things like harmony among family members, spiritual well-being, and social adjustment etc., constructs which are not much covered by Western scales (Suhail & Chaudhry, 2004). This study, therefore, aimed to develop an original Urdu scale to reflect the way life satisfaction is understood and experienced in the Pakistani context.

Objectives

The study had five main goals: (1) to write a set of culturally relevant items and have them reviewed by experts; (2) to remove items that do not perform well statistically; (3) to figure out the factor structure of the refined scale; (4) to check the reliability of the final scale; and (5) to gather evidence of convergent and discriminant validity.

Method

Study I

Participants

The research composed of two separate studies for which two separate groups of participants were selected. The first group, which was used for item analysis and factor analysis, had 181 people recruited from the University of Peshawar and nearby residential areas. Their ages ranged from 18 to 35 years (M = 20.71, SD = 2.44). Of these 181 participants, 172 had fully complete responses and were included in the analyses (89.1% valid; 10.9% excluded due to missing data). Convenience sampling was used to recruit participants

Measures

Urdu Life Satisfaction Scale (ULSS)

The ULSS is the scale that was developed in this study. Initial draft included 66 items which were reduced to 38 statements after the expert review. It uses a 5-point Likert format ranging from 1 (strongly disagree) to 5 (strongly agree). The items were written to cover different aspects of life satisfaction relevant to Pakistani adults, including family relationships, sense of purpose, health, and emotional well-being. There were no reverse-scored items.

Procedure

The study was done in two main phases. In the first phase, a large pool of 66 items was written based on the literature on life satisfaction, keeping in mind what matters most to Pakistani adults. These items were then given to a panel of five experts — three psychologists and two Urdu language specialists — who checked each item for clarity, cultural fit, and whether it really measured life satisfaction. Any items that were confusing, culturally out of place, or too similar to other items were removed or rewritten. After this review, 38 items were remained which were applied on the sample. The final draft was handed out in both individual and small group settings. Participants read the Urdu instructions and wrote their answers. There was no time limit, and the filled-out questionnaires were collected right away. All data were analyzed using IBM SPSS Statistics Version 27.

Study II

Participants

For study II a second, separate group of 100

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participants aged between 16 to 35 years (M= 20.31, SD=3.221) was selected through convenience sampling technique. The sample consisted of 72 males and 28 females; 11 participants completed their matric (5.1%), 28 were having intermediate education level (13%), 53 were bachelors (24.5%), 5 had masters degree (2.3%) and 3 had a PhD degree (1.4%).

Measures

Satisfaction with Life Scale (SWLS; Diener et al., 1985)

The SWLS has five items measured on a 7-point scale. It is one of the most widely used measures of global life satisfaction and has shown good reliability across cultures (α = .79–.89; Pavot & Diener, 1993). In this study, the alpha reliability in the validity sample (N = 100) was .86 which also show high reliability in the Pakistani sample.

Positive and Negative Affect Schedule (PANAS; Watson et al., 1988)

PANAS consist of a total of 20 items with two subscales — one measuring positive affect and one measuring negative affect — each with 10 items rated on a 5-point scale. Watson et al (1988) claimed high internal consistency of the scale along with stable test-retest scores and convergent and discriminant validity. It was included to check whether the ULSS showed the expected pattern of relationships with emotional well-being. In the current research PANAS positive affect showed high reliability (r=.82) but negative affect showed moderate reliability (r=.52).

Procedure

For computing the convergent and discriminant validity of the Urdu Life satisfaction Scale (ULS), two scales (SWLS & PANAS) along with ULS scale were applied on the sample of 100 participants to establish correlations among the scales. For this purpose, all the three scales were administered on the participants after getting their consent. The reason of the study was explained to them. They were thanked for their participation in the study.

Results

Table 1

Item-Total Correlations for the 38-Item Life Satisfaction Scale (N = 172)

Item	r	Item	r
1	.62	20	.48
2	.45	21	.53
3	.27*	22	.50
4	.40	23	.49
5	.52	24	.33
6	.49	25	.48
7	.38	26	.49
8	.62	27	.38
9	.50	28	.58
10	.61	29	.52
11	.58	30	.54
12	.48	31	.51
13	.54	32	.50
14	.28*	33	.16*
15	.49	34	.47
16	.63	35	.56

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17	.41	36	.45
18	.54	37	.61
19	.63	38	.32

Note. Item numbers refer to the original 38-item pool. item 33 (r = .166) was removed from subsequent analyses due to a corrected item-total correlation below the r = .30 threshold.
According to table 1 item number 3, 14, and 33 are less than the cut off .30 so they are excluded from the scale.

Table 2
Item-Total Correlations for the 35-Item Life Satisfaction Scale (N = 172)

Item No	*r*	Item No	*R*
1	.62	22	.50
2	.46	23	.33
4	.39	24	.48
5	.51	25	.49
6	.50	26	.38
7	.37	25	.58
8	.62	27	.53
9	.51	28	.55
19	.62	29	.51
11	.59	30	.50
12	.47	31	.46
13	.53	32	.57
12	.49	34	.46
13	.64	35	.62
15	.42	36	.32
17	.54	37	.46
18	.64	38	.45
19	.47		
20	.54		
21	.51		

Table 2 shows that all the remaining 35 items are successfully loaded on the life satisfaction scale.

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Figure 1 ***Scree Plot Showing Dominant Single Factor***

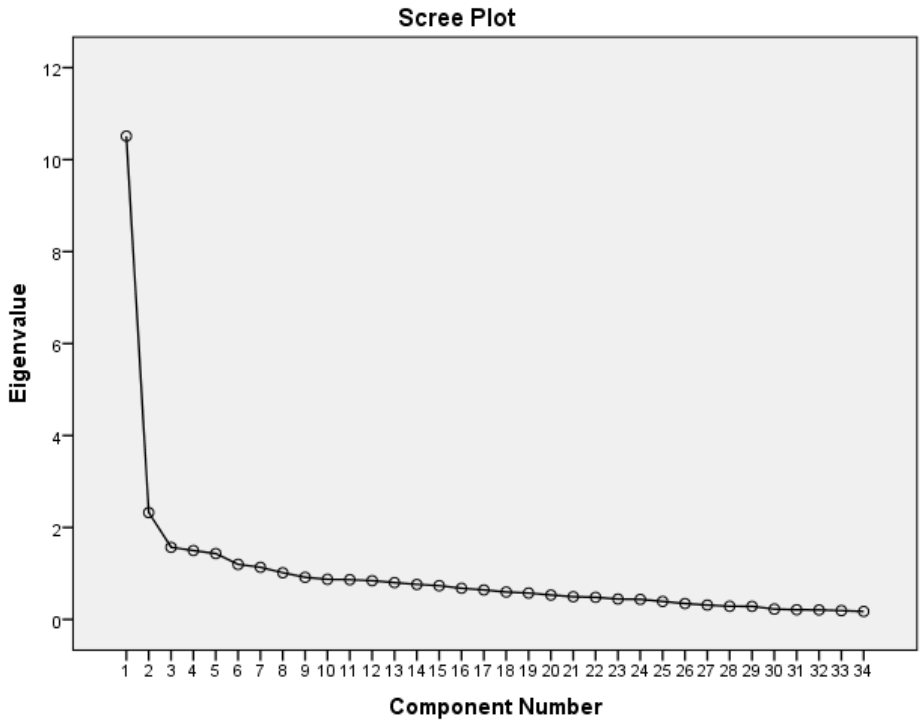

Table 3
KMO and Bartlett's Test of Sphericity of Sampling Adequacy of Urdu Life Satisfaction Scale

Kaiser-Meyer-Olkin Measure of Taqwa	Bartlett's Test of Sphericity	Df	P
	Approx. Chi-Square		
.87	2539.243	561	.000

Table 4 indicates that both Bartlett's test of Sphericity is significant as well as Kaiser-Meyer-Olkin (KMO) reading is 0.87 that is near 1 showing the data is sufficient for running factor analysis.

Table 4
Eigen Values and Percentage of Variance Explained by the single Factor Solution

Factors	Eigen value	Percentage of Variance	Cumulative Percentage
1	10.511	30.915	30.915

Table 4 indicates that the Eigen value is 10.51, the percentage of variance is 30.91 with the same cumulative percentage as the scale is unidimensional. The scale explains 30.15% of variance altogether.

Table 5
Factor Loadings of 35-Item Life Satisfaction Scale – Urdu (N = 181)

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Item	Loading	Item	Loading
1	.65	23	.53
4	.42	24	.36
5	.55	25	.51
6	.55	26	.53
7	.43	27	.41
8	.66	28	.61
9	.53	29	.57
10	.66	30	.59
11	.63	31	.55
12	.50	32	.53
13	.58	34	.50
15	.54	35	.61
16	.68	36	.50
17	.46	37	.65
18	.57	38	.34
19	.69		
20	.52		
21	.56		
22	.54		

Note. Extraction method: Principal Component Analysis. Only one component was extracted, so the solution could not be rotated.

The above table shows all the items are successfully loaded on a single factor, proposing the unidimensionality of the scale.

Table 6
Descriptive Statistics and Internal Consistency of Urdu Life Satisfaction Scale

Scale	No. of items	M	*SD*	Range	*α*
ULSS (35 items)	35	123.02	23.45	41-167	.93

Note. ULSS =Urdu Life Satisfaction Scale; M=Mean; Sd=Standard Deviation; *α=Alpha reliability*

The findings in table 6 indicate that the 35-item Urdu Life Satisfaction scale has an excellent reliability index i.e., .93 suggesting that the newly developed scale can be used for future studies.

Table 7
Descriptive Statistics and Internal Consistency of ULSS, SWLS, and PANAS (N=100)

Scale	No. of items	*M*	*SD*	Range	*α*
ULSS	35	128.88	17.31	77-163	.87
SWLS	5	22.28	6.17	5-35	.74
PANAS – Positive Affect	10	30.93	8.24	10-47	.82
PANAS – Negative Affect	10	22.66	6.91	10-45	.52

Note.*U* LSS = Urdu Life Satisfaction Scale; PPA = Positive Affect (PANAS); PNA = Negative Affect

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(PANAS); SWLS= Satisfaction with Life Scale.

Table 7 shows that in the sample of 100 participants used to establish the convergent and discriminant validity all the scales except PANAS measuring negative affect yielded high internal consistency. The Urdu Life Satisfaction scale showed a reliability of .87 instead of .93 in study I is the typical example of validity shrinkage in cross validation studies.

Table 8

Pearson Correlations among the ULS, SWLS, Positive Affect, and Negative Affect (N = 100)

Scale	1	2	3	4
1. ULS	—			
2. PPA	.44**	—		
3. PNA	-.32**	-.076	—	
4. LS (SWLS)	.38**	.42**	-.038	—

Note. ULS = Urdu Life Satisfaction Urdu Scale; PPA = Positive Affect (PANAS); PNA = Negative Affect (PANAS); SWLS= Satisfaction with Life Scale (SWLS). Numbers in column headers correspond to scale numbers in the first column.
**p < .01 (two-tailed).

The findings in the above table show that Urdu Life satisfaction Scale is significantly positively correlated with SWLS manifesting the convergent validity of the scale, whereas ULS is significantly negatively associated with PANAS measuring negative affect proving the discriminant evidence of the scale.

Discussion

The main goal of this study was to develop and test a Life Satisfaction Scale in Urdu for use with Pakistani adults. The results show that the 35-item ULSS is both reliable and valid, which is an encouraging finding. The scale went through several careful steps; expert review, item analysis, factor analysis, and validity testing, and it held up well at each stage.

To begin building the scale, 66 items were written to cover the different things that might make up life satisfaction for someone living in Pakistan. The items touched on themes like happiness, close relationships, a sense of meaning and purpose, health, and contentment with daily life; these are things that tend to matter a great deal to people in Pakistan and are not always well-represented in Western-developed scales. Five experts then reviewed all of these items one by one. They flagged items that were worded in a confusing way, seemed to be measuring two things at once, did not fit the Pakistani cultural context, or were too similar to other items. After going through this review, 38 items were kept for the next stage of the study.

The expert review phase at the beginning was a crucial step; having psychologists and Urdu language specialists go through all 66 items helped make sure that the final scale would actually make sense to Pakistani participants. As DeVellis (2016) and Kline (2016) have pointed out, getting the item generation and review stage right is foundational for everything else.

The process of quantitative item analysis started with computing item-total correlations for all 38 items using 172 valid cases, and the results are shown in Table 1. The correlations ranged from .166 to .635. Most items had reasonably strong correlations, which is a good sign. However, item 3, 14 and 33 stood out as a problem with correlations below .30. Items 3 (r = .278) and 14 (r = .285) were slightly under the cutoff too, whereas, item 33 had a correlation of .166, which is the lowest among all items apart from below the minimum acceptable value of r = .30. these items were therefore removed from the scale. This kind of judgment call is normal in scale development — no single index should be treated as an absolute rule (DeVellis, 2016). After removing these three items, the scale had 35 items and was ready for factor analysis. The Cronbach's alpha for the 35-item version was

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.93.

For establishing the factor structure of the scale before running the factor analysis, the KMO and Bartlett's values were checked for the 35-item version of the scale. The KMO came out to be .87, which is well above the minimum of .60 and indicates that the items were correlated enough for factor analysis to make sense (Kaiser, 1974). Bartlett's Test of Sphericity was significant ($\chi^2 = 2539.243$, $df = 561$, $p < .001$), meaning the correlation matrix was not just random noise.

A first Principal Component Analysis was run using the eigenvalue-greater-than-one rule to get an initial picture of the factor structure. The eigenvalue-greater-than-one criterion initially suggested multiple factors, but this criterion is known to over extract factors, especially with large item pools (Fabrigar et al., 1999). This approach suggested that several components might be meaningful (see figure 1). However, factor solution did not give meaningful loadings of these factors. When the scree plot was looked at, there was a very clear bend right after the first component, with all the rest of the components forming a flat line. This is a classic sign that there is really only one meaningful factor. For this reason, keeping Scree plot as a criterion for factor solution was preferred over eigen value greater than one criterion. Based on this, a fixed one-factor solution, the factor structure of the scale was clean and easy to interpret, with eigen value of 10.51 explaining 30.91 of variance. The scree plot showed a clear elbow after the first component, so all 35 items loaded on that single component with reasonable loadings, with loadings ranging from .34 (item 38) to .68 (item 16), shown in Table 5. This finding is consistent with how Diener (1984) and Pavot and Diener (1993) have described life satisfaction — as a single, overall cognitive judgment rather than something that breaks down into separate sub-dimensions.

To estimate the reliability reliability Cronbach's alpha was used for the final 35-item scale which yielded high internal consistency (r= .93; M = 123.02, SD = 23.45), which reflects excellent internal consistency (see Table 6), well above what is typically required for research purposes (Nunnally, 1978). In study II the reliability was slightly lower ($\alpha = .87$) than the alpha for the 35-item version in study I, which is evident in cross validation studies i.e., giving rise to validity shrinkage. Both studies show that it is safe to say that all 35 items are consistently measuring the same underlying construct.

Convergent and Discriminant Validity of ULSS was established in study 2. The correlations between the ULS and the other measures are shown in Table 8. All analyses were done on the validity sample of N = 100. The ULSS had a positive and significant correlation with the SWLS ($r = .38$, $p < .01$), which supports convergent validity, both scales are measuring life satisfaction, so they should be related. The ULSS also correlated positively with positive affect ($r = .44$, $p < .01$), meaning that people who score higher on life satisfaction tend to feel more positive emotions. On the other side, the ULSS showed a negative correlation with negative affect ($r = -.32$, $p < .01$), which makes sense, people who are satisfied with their lives tend to experience fewer negative emotions. The SWLS did not show a significant correlation with negative affect ($r = -.038$), and positive and negative affect were not significantly related to each other either ($r = -.076$). This pattern of results supports the discriminant validity of the ULSS, showing that it is measuring a cognitive evaluation of life rather than just capturing emotional states.

The validity findings also made sense. The fact that the ULSS correlated positively with the SWLS ($r = .38$) is good evidence that it is measuring what it is supposed to measure — life satisfaction. The moderate size of the correlation is actually reassuring too, because it shows that the ULSS is not just a copy of the SWLS; it seems to be capturing something a bit broader, which is probably because it covers more culturally relevant content. The positive correlation with positive affect and the negative correlation with negative affect fit neatly with Diener's (1984) tripartite model of subjective well-being, where life satisfaction is conceptually related to — but distinct from — emotional well-being.

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Limitations

Every study holds some limitations that should be endorsed by the researchers. The shortcomings of the present study include the sample homogeneity as all the respondents were from a single university or its nearby premises, limiting the generalizability to people from rural areas, older age groups, or those with lower levels of education. Secondly, data was collected through convenience sampling. Third, reliability was established through coefficient alpha which cannot ensure the temporal stability of the scale.

Suggestions

ULSS should be validated on a heterogeneous sample representing different regions across Pakistan. Future studies should estimate test-retest reliability to see the stability of scores over time. Confirmatory factor analysis can further enhance the unidimensional structure of the scale. ULSS should also be applied on individuals suffering from depression, physical health issues, or academic stresses to broaden the applicability of the scale.

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Appendix

Final Draft of the scale

ہدایات:- یہ سوالنامہ انسانی شخصیت کو جاننے کے لئے بنایا گیا ہے، آپ سے گزارش ہے کہ تمام سوالات کو غور سے پڑھیں اور ہر سوال کے آگے دیئے گئے جوابات میں سے ایسے جواب کا انتخاب کریں جو آپ کے خیالات کی عکاسی کرتا ہو اور صحیح جواب کے آگے(✓) کا نشان لگائیں۔

		مکمل طور پر متفق نہیں ہوں ۔	متفق نہیں ہوں۔	کوئی رائے نہیں رکھتی /رکھتا۔	متفق ہوں۔	مکمل طور پر متفق ہوں۔
1	میں اپنی زندگی سے مطمئن ہوں۔					
2	میں نے اپنی زندگی میں وہ چیزیں حاصل کیں جو میرے لئے اہم تھیں۔					
3	میں اپنے دوستوں اور رشتہ داروں پر مکمل اعتماد کرتی /کرتا ہوں۔					
4	مجھے خوشی محسوس ہوتی ہے، جب مجھے کوئی سراہتا ہے۔					
5	زندگی محبت بانٹنے کا نام ہے۔					
6	مجھے مذہبی فرائض کی ادائیگی سے سکون ملتا ہے۔					
7	میں اپنی زندگی کے ہر لمحے کو مکمل طور پر جینا چاہتی /چاہتا ہوں۔					
8	میں اپنی زندگی کا فیصلہ سوچ سمجھ کر کرتی /کرتا ہوں۔					
9	زندگی آگے بڑھنے کا نام ہے۔					
10	مجھے اپنے آپ پر بھروسہ ہے۔					
11	میرے اپنے دوستوں اور رشتہ داروں کے ساتھ اچھے تعلقات ہیں۔					
12	مجھے خوشی ہوتی ہے جب میں دوسروں کے کام آسکوں۔					
13	میں دوسروں کے درد کو محسوس کر سکتی/سکتا ہوں۔					
14	زندگی ایک حسین تحفہ ہے۔					
15	مجھے ہنسی مذاق کرنا بہت اچھا لگتا ہے۔					
16	لوگ میری شخصیت سے اچھا اثر قبول کرتے ہیں۔					
17	زندگی بہت خوبصورت ہے۔					
18	زندگی کا مزہ غم اور خوشی دونوں جذبات کو محسوس کرنے میں ہے۔					
19	میں ایک پر سکون زندگی گزار رہی /رہا ہوں۔					
20	میں اکثر اوقات خوش رہتی/ رہتا ہوں۔					
21	میں اپنی زندگی کا مقصد جانتا /جانتی ہوں۔					
22	ہنسی مزاح میری زندگی کے اہم پہلو ہیں۔					

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		مکمل طور پر متفق نہیں ہوں	متفق نہیں ہوں۔	کوئی رائے نہیں رکھتی /رکھتا۔	متفق ہوں۔	مکمل طور پر متفق ہوں۔
23	میں زندگی کے مقاصد حاصل کرنے کے لئے منصوبہ بندی کرتی /کرتا ہوں۔					
24	میں بامقصد زندگی گزار رہی /رہا ہوں۔					
25	/ میں مسئلے پیش آنے پر نہیں گھبراتی گھبراتا۔					
26	میں اپنی زندگی کے ہر لمحے سے لطف اندوز ہوتی /ہوتا ہوں۔					
27	میرے مضبوط عقائد مجھے زندگی کے ہر مرحلے میں سہارا دیتے ہیں۔					
28	میں اپنی کامیابیوں پر ضرور خوشی مناتی /مناتا ہوں۔					
29	میں اپنے روز مرہ کے مشاغل سے لطف اندوز ہوتی /ہوتا ہوں۔					
30	مقاصد سے متعلق میرے اہداف واضح ہیں۔ (goals)					
31	میں لوگوں سے زیادہ توقعات نہیں رکھتی رکھتا۔					
32	میں اپنی صحت سے مطمئن ہوں۔					
33	میں روزانہ اپنے آرام کے لئے وقت نکالتی /نکالتا ہوں۔					
34	میں اپنی سماجی زندگی سے خوش ہوں۔					
35	میں اپنی زندگی میں پیسہ سے متعلق کشیدگی محسوس نہیں کرتی/ کرتا۔					

Note. There is no reverse coded item in the scale. Higher scores show more life satisfaction. Permission is not needed to use this scale. The article should be cited properly in the studies where the scale is used.