

Ryff's Psychological Well-being Scales Test

II B A - H.E.Psy. Date - 22-2-23

Academic year: 2022-2023.

<u>Student name</u>	<u>Course</u>	<u>Signature</u>
1) Syham sudha /	H.E.Psy	Syham sudha
2) Akhila /	H.E.Psy	Akhila
3) M. madhan /	H.E.Psy	m. madhan
4) Nikhil Rakesh	H.E.Psy	Nikhil Rakesh.
5. Praneeeth /	Psychology	Praneeeth
6. Has T. Jagan /	H.E	T.J. agan
7. Subba Raidu. /	B.A	Subba Raidu.

Participated students - 5

Counselling given - 1

syham sudha.

date: 22-2-23

AY: 2022-2023.

3. Ryff's Psychological Well-Being Scales (PWB), 42 Item version

Please indicate your degree of agreement (using a score ranging from 1-6) to the following sentences.

		Strongly disagree				Strongly agree	
1.	I am not afraid to voice my opinions, even when they are in opposition to the opinions of most people.	1	2	3 ✓	4	5	6
2.	In general, I feel I am in charge of the situation in which I live.	1	2	3	4 ✓	5	6
3.	I am not interested in activities that will expand my horizons.	1	2	3	4	5 ✓	6
4.	Most people see me as loving and affectionate.	1	2	3	4	5 ✓	6
5.	I live life one day at a time and don't really think about the future.	1	2	3	4 ✓	5	6 ✓
6.	When I look at the story of my life, I am pleased with how things have turned out.	1	2	3	4	5	6 ✓
7.	My decisions are not usually influenced by what everyone else is doing.	1	2	3	4	5 ✓	6
8.	The demands of everyday life often get me down.	1	2	3	4	5	6 ✓
9.	I think it is important to have new experiences that challenge how you think about yourself and the world.	1	2	3	4	5	6 ✓
10.	Maintaining close relationships has been difficult and frustrating for me.	1	2	3	4	5	6 ✓
11.	I have a sense of direction and purpose in life.	1	2	3	4	5	6 ✓
12.	In general, I feel confident and positive about myself.	1	2	3	4	5 ✓	6
13.	I tend to worry about what other people think of me.	1	2	3	4	5	6 ✓
14.	I do not fit very well with the people and the community around me.	1	2	3	4	5 ✓	6
15.	When I think about it, I haven't really improved much as a person over the years.	1	2	3	4 ✓	5	6
16.	I often feel lonely because I have few close friends with whom to share my concerns.	1	2	3	4	5 ✓	6
17.	My daily activities often seem trivial and unimportant to me.	1	2	3	4	5	6 ✓
18.	I feel like many of the people I know have gotten more out of life than I have.	1	2	3	4 ✓	5	6
19.	I tend to be influenced by people with strong opinions.	1	2	3	4	5	6 ✓
20.	I am quite good at managing the many responsibilities of my daily life.	1	2	3	4	5	6 ✓
21.	I have the sense that I have developed a lot as a person over time.	1	2	3	4	5	6 ✓

22. I enjoy personal and mutual conversations with family members or friends. 1 2 3 4 5 6 ✓
23. I don't have a good sense of what it is I'm trying to accomplish in life. 1 2 3 4 5 6 ✓
24. I like most aspects of my personality. 1 2 3 4 5 6 ✓
25. I have confidence in my opinions, even if they are contrary to the general consensus. 1 2 3 4 5 6 ✓
26. I often feel overwhelmed by my responsibilities. 1 2 3 4 5 6 ✓
27. I do not enjoy being in new situations that require me to change my old familiar ways of doing things. 1 2 3 4 5 6 ✓
28. People would describe me as a giving person, willing to share my time with others. 1 2 3 4 5 6 ✓
29. I enjoy making plans for the future and working to make them a reality. 1 2 3 4 5 6 ✓
30. In many ways, I feel disappointed about my achievements in life. 1 2 3 4 5 6 ✓
31. It's difficult for me to voice my own opinions on controversial matters. 1 2 3 4 5 6 ✓
32. I have difficulty arranging my life in a way that is satisfying to me. 1 2 3 4 5 6 ✓
33. For me, life has been a continuous process of learning, changing, and growth. 1 2 3 4 5 6 ✓
34. I have not experienced many warm and trusting relationships with others. 1 2 3 4 5 6 ✓
35. Some people wander aimlessly through life, but I am not one of them. 1 2 3 4 5 6 ✓
36. My attitude about myself is probably not as positive as most people feel about themselves. 1 2 3 4 5 6 ✓
37. I judge myself by what I think is important, not by the values of what others think is important. 1 2 3 4 5 6 ✓
38. I have been able to build a home and a lifestyle for myself that is much to my liking. 1 2 3 4 5 6 ✓
39. I gave up trying to make big improvements or changes in my life a long time ago. 1 2 3 4 5 6 ✓
40. I know that I can trust my friends, and they know they can trust me. 1 2 3 4 5 6 ✓
41. I sometimes feel as if I've done all there is to do in life. 1 2 3 4 5 6 ✓
42. When I compare myself to friends and acquaintances, it makes me feel good about who I am. 1 2 3 4 5 6 ✓

Scoring Instruction:

- 1) Recode negative phrased items: # 3, 5, 10, 13, 14, 15, 16, 17, 18, 19, 23, 26, 27, 30, 31, 32, 34, 36, 39, 41. (i.e., if the scored is 6 in one of these items, the adjusted score is 1; if 5, the adjusted score is 2 and so on...)

- 2) Add together the final degree of agreement in the 6 dimensions:

- a. **Autonomy:** items 1, 7, 13, 19, 25, 31, 37 3, 5, 6, 6, 5, 5, 5 - 35
- b. **Environmental mastery:** items 2, 8, 14, 20, 26, 32, 38 4, 6, 5, 6, 5, 6, 6 - 34
- c. **Personal Growth:** items 3, 9, 15, 21, 27, 33, 39 5, 6, 4, 6, 5, 5, 6 - 32
- d. **Positive Relations:** items: 4, 10, 16, 22, 28, 34, 40 5, 6, 5, 6, 6, 4, 4 - 36
- e. **Purpose in life:** items: 5, 11, 17, 23, 29, 35, 41 6, 6, 6, 5, 4, 6, 4 - 37
- f. **Self-acceptance:** items 6, 12, 18, 24, 30, 36, 42 6, 5, 4, 6, 5, 5, 5 - 26

Akhila - IT BA

Date: 22-02-2023

A.Y: 2022-2023

3. Ryff's Psychological Well-Being Scales (PWB), 42 Item version

Please indicate your degree of agreement (using a score ranging from 1-6) to the following sentences.

		Strongly disagree				Strongly agree	
1.	I am not afraid to voice my opinions, even when they are in opposition to the opinions of most people.	1	2	3	4	5	6
2.	In general, I feel I am in charge of the situation in which I live.	1	2	3	4	5	6
3.	I am not interested in activities that will expand my horizons.	1	2	3	4	5	6
4.	Most people see me as loving and affectionate.	1	2	3	4	5	6
5.	I live life one day at a time and don't really think about the future.	1	2	3	4	5	6
6.	When I look at the story of my life, I am pleased with how things have turned out.	1	2	3	4	5	6
7.	My decisions are not usually influenced by what everyone else is doing.	1	2	3	4	5	6
8.	The demands of everyday life often get me down.	1	2	3	4	5	6
9.	I think it is important to have new experiences that challenge how you think about yourself and the world.	1	2	3	4	5	6
10.	Maintaining close relationships has been difficult and frustrating for me.	1	2	3	4	5	6
11.	I have a sense of direction and purpose in life.	1	2	3	4	5	6
12.	In general, I feel confident and positive about myself.	1	2	3	4	5	6
13.	I tend to worry about what other people think of me.	1	2	3	4	5	6
14.	I do not fit very well with the people and the community around me.	1	2	3	4	5	6
15.	When I think about it, I haven't really improved much as a person over the years.	1	2	3	4	5	6
16.	I often feel lonely because I have few close friends with whom to share my concerns.	1	2	3	4	5	6
17.	My daily activities often seem trivial and unimportant to me.	1	2	3	4	5	6
18.	I feel like many of the people I know have gotten more out of life than I have.	1	2	3	4	5	6
19.	I tend to be influenced by people with strong opinions.	1	2	3	4	5	6
20.	I am quite good at managing the many responsibilities of my daily life.	1	2	3	4	5	6
21.	I have the sense that I have developed a lot as a person over time.	1	2	3	4	5	6

22. I enjoy personal and mutual conversations with family members or friends. 1 2 3 4 5 6 ✓
23. I don't have a good sense of what it is I'm trying to accomplish in life. 1 2 3 4 5 6 ✓
24. I like most aspects of my personality. 1 2 3 4 5 6 ✓
25. I have confidence in my opinions, even if they are contrary to the general consensus. 1 2 3 4 5 6 ✓
26. I often feel overwhelmed by my responsibilities. 1 2 3 4 5 6 ✓
27. I do not enjoy being in new situations that require me to change my old familiar ways of doing things. 1 2 3 4 5 6 ✓
28. People would describe me as a giving person, willing to share my time with others. 1 2 3 4 5 6 ✓
29. I enjoy making plans for the future and working to make them a reality. 1 2 3 4 5 6 ✓
30. In many ways, I feel disappointed about my achievements in life. 1 2 3 4 5 6 ✓
31. It's difficult for me to voice my own opinions on controversial matters. 1 2 3 4 5 6 ✓
32. I have difficulty arranging my life in a way that is satisfying to me. 1 2 3 4 5 6 ✓
33. For me, life has been a continuous process of learning, changing, and growth. 1 2 3 4 5 6 ✓
34. I have not experienced many warm and trusting relationships with others. 1 2 3 4 5 6 ✓
35. Some people wander aimlessly through life, but I am not one of them. 1 2 3 4 5 6 ✓
36. My attitude about myself is probably not as positive as most people feel about themselves. 1 2 3 4 5 6 ✓
37. I judge myself by what I think is important, not by the values of what others think is important. 1 2 3 4 5 6 ✓
38. I have been able to build a home and a lifestyle for myself that is much to my liking. 1 2 3 4 5 6 ✓
39. I gave up trying to make big improvements or changes in my life a long time ago. 1 2 3 4 5 6 ✓
40. I know that I can trust my friends, and they know they can trust me. 1 2 3 4 5 6 ✓
41. I sometimes feel as if I've done all there is to do in life. 1 2 3 4 5 6 ✓
42. When I compare myself to friends and acquaintances, it makes me feel good about who I am. 1 2 3 4 5 6 ✓

Scoring Instruction:

- 1) Recode negative phrased items: # 3, 5, 10, 13, 14, 15, 16, 17, 18, 19, 23, 26, 27, 30, 31, 32, 34, 36, 39, 41. (i.e., if the scored is 6 in one of these items, the adjusted score is 1; if 5, the adjusted score is 2 and so on...)

- 2) Add together the final degree of agreement in the 6 dimensions:

- a. **Autonomy:** items 1, 7, 13, 19, 25, 31, 37 2, 5, 2, 6, 6, 4, 4 - 29
- b. **Environmental mastery:** items 2, 8, 14, 20, 26, 32, 38 4, 5, 3, 4, 3, 6, 5 - 26
- c. **Personal Growth:** items 3, 9, 15, 21, 27, 33, 39 4, 3, 5, 3, 5, 3, - 23
- d. **Positive Relations:** items: 4, 10, 16, 22, 28, 34, 40 5, 6, 4, 5, 5, 5, 4 - 34
- e. **Purpose in life:** items: 5, 11, 17, 23, 29, 35, 41 4, 4, 3, 2, 4, 3, 4 - 26
- f. **Self-acceptance:** items 6, 12, 18, 24, 30, 36, 42 6, 5, 5, 6, 2, 2, 2 - 28

M. Madhan

II B.A

Date: 22-02-23

A4: 2022-2023

3. Ryff's Psychological Well-Being Scales (PWB), 42 Item version

Please indicate your degree of agreement (using a score ranging from 1-6) to the following sentences.

	Strongly disagree					Strongly agree
1. I am not afraid to voice my opinions, even when they are in opposition to the opinions of most people.	1	2	3	4	5	6
2. In general, I feel I am in charge of the situation in which I live.	1	2	3	4	5	6
3. I am not interested in activities that will expand my horizons.	1	2	3	4	5	6
4. Most people see me as loving and affectionate.	1	2	3	4	5	6
5. I live life one day at a time and don't really think about the future.	1	2	3	4	5	6
6. When I look at the story of my life, I am pleased with how things have turned out.	1	2	3	4	5	6
7. My decisions are not usually influenced by what everyone else is doing.	1	2	3	4	5	6
8. The demands of everyday life often get me down.	1	2	3	4	5	6
9. I think it is important to have new experiences that challenge how you think about yourself and the world.	1	2	3	4	5	6
10. Maintaining close relationships has been difficult and frustrating for me.	1	2	3	4	5	6
11. I have a sense of direction and purpose in life.	1	2	3	4	5	6
12. In general, I feel confident and positive about myself.	1	2	3	4	5	6
13. I tend to worry about what other people think of me.	1	2	3	4	5	6
14. I do not fit very well with the people and the community around me.	1	2	3	4	5	6
15. When I think about it, I haven't really improved much as a person over the years.	1	2	3	4	5	6
16. I often feel lonely because I have few close friends with whom to share my concerns.	1	2	3	4	5	6
17. My daily activities often seem trivial and unimportant to me.	1	2	3	4	5	6
18. I feel like many of the people I know have gotten more out of life than I have.	1	2	3	4	5	6
19. I tend to be influenced by people with strong opinions.	1	2	3	4	5	6
20. I am quite good at managing the many responsibilities of my daily life.	1	2	3	4	5	6
21. I have the sense that I have developed a lot as a person over time.	1	2	3	4	5	6

22. I enjoy personal and mutual conversations with family members or friends. 1 2 3 4 5 6 ✓
23. I don't have a good sense of what it is I'm trying to accomplish in life. 1 2 3 4 5 6 ✓
24. I like most aspects of my personality. 1 2 3 4 5 6 ✓
25. I have confidence in my opinions, even if they are contrary to the general consensus. 1 2 3 4 5 6 ✓
26. I often feel overwhelmed by my responsibilities. 1 2 3 4 5 6 ✓
27. I do not enjoy being in new situations that require me to change my old familiar ways of doing things. 1 2 3 4 5 6 ✓
28. People would describe me as a giving person, willing to share my time with others. 1 2 3 4 5 6 ✓
29. I enjoy making plans for the future and working to make them a reality. 1 2 3 4 5 6 ✓
30. In many ways, I feel disappointed about my achievements in life. 1 2 3 4 5 6 ✓
31. It's difficult for me to voice my own opinions on controversial matters. 1 2 3 4 5 6 ✓
32. I have difficulty arranging my life in a way that is satisfying to me. 1 2 3 4 5 6 ✓
33. For me, life has been a continuous process of learning, changing, and growth. ✓ 1 2 3 4 5 6
34. I have not experienced many warm and trusting relationships with others. 1 2 3 4 5 6 ✓
35. Some people wander aimlessly through life, but I am not one of them. 1 2 3 4 5 6 ✓
36. My attitude about myself is probably not as positive as most people feel about themselves. 1 2 3 4 5 6 ✓
37. I judge myself by what I think is important, not by the values of what others think is important. 1 2 3 4 5 6 ✓
38. I have been able to build a home and a lifestyle for myself that is much to my liking. 1 2 3 4 5 6 ✓
39. I gave up trying to make big improvements or changes in my life a long time ago. 1 2 3 4 5 6 ✓
40. I know that I can trust my friends, and they know they can trust me. 1 2 3 4 5 6 ✓
41. I sometimes feel as if I've done all there is to do in life. 1 2 3 4 5 6 ✓
42. When I compare myself to friends and acquaintances, it makes me feel good about who I am. ✓ 1 2 3 4 5 6

Scoring Instruction:

1) Recode negative phrased items: # 3, 5, 10, 13, 14, 15, 16, 17, 18, 19, 23, 26, 27, 30, 31, 32, 34, 36, 39, 41. (i.e., if the scored is 6 in one of these items, the adjusted score is 1; if 5, the adjusted score is 2 and so on...)

2) Add together the final degree of agreement in the 6 dimensions:

- a. **Autonomy:** items 1, 7, 13, 19, 25, 31, 37 3, 5, 6, 4, 2, 5 - 25
- b. **Environmental mastery:** items 2, 8, 14, 20, 26, 32, 38 5, 4, 6, 2, 3, 5, 4 - 29
- c. **Personal Growth:** items 3, 9, 15, 21, 27, 33, 39 6, 4, 3, 5, 2, 4, 1 - 25
- d. **Positive Relations:** items 4, 10, 16, 22, 28, 34, 40 6, 6, 5, 6, 4, 3, 2 - 32
- e. **Purpose in life:** items 5, 11, 17, 23, 29, 35, 41 5, 4, 6, 3, 2, 4, 1 - 25
- f. **Self-acceptance:** items 6, 12, 18, 24, 30, 36, 42 6, 6, 5, 4, 3, 2, 4 - 30

B. Peraneeth

Date: 22-02-23
AY: 2022-2023.

3. Ryff's Psychological Well-Being Scales (PWB), 42 Item version

Please indicate your degree of agreement (using a score ranging from 1-6) to the following sentences.

	Strongly disagree				Strongly agree
1. I am not afraid to voice my opinions, even when they are in opposition to the opinions of most people.	1	2	3	4 ✓	5
2. In general, I feel I am in charge of the situation in which I live.	1	2 ✓	3	4	5
3. I am not interested in activities that will expand my horizons.	1	2	3	4 ✓	5
4. Most people see me as loving and affectionate.	1	2	3	4	5 ✓
5. I live life one day at a time and don't really think about the future.	1	2 ✓	3	4	5
6. When I look at the story of my life, I am pleased with how things have turned out.	1	2	3	4	5 ✓
7. My decisions are not usually influenced by what everyone else is doing.	1	2	3	4	5 ✓
8. The demands of everyday life often get me down.	1	2 ✓	3	4	5
9. I think it is important to have new experiences that challenge how you think about yourself and the world.	1 ✓	2	3	4	5
10. Maintaining close relationships has been difficult and frustrating for me.	1	2	3	4 ✓	5
11. I have a sense of direction and purpose in life.	1 ✓	2	3	4	5
12. In general, I feel confident and positive about myself.	1	2	3	4	5 ✓
13. I tend to worry about what other people think of me.	1	2	3	4	5 ✓
14. I do not fit very well with the people and the community around me.	1	2	3	4 ✓	5
15. When I think about it, I haven't really improved much as a person over the years.	1	2	3 ✓	4	5
16. I often feel lonely because I have few close friends with whom to share my concerns.	1	2 ✓	3	4	5
17. My daily activities often seem trivial and unimportant to me.	1 ✓	2	3	4	5
18. I feel like many of the people I know have gotten more out of life than I have.	1	2	3	4	5 ✓
19. I tend to be influenced by people with strong opinions.	1	2 ✓	3	4	5
20. I am quite good at managing the many responsibilities of my daily life.	1 ✓	2	3	4	5
21. I have the sense that I have developed a lot as a person over time.	1	2 ✓	3	4	5

22. I enjoy personal and mutual conversations with family members or friends. 1 2 3 4 5 6 ✓
23. I don't have a good sense of what it is I'm trying to accomplish in life. 1 2 3 4 5 ✓ 6
24. I like most aspects of my personality. 1 2 3 ✓ 4 5 6
25. I have confidence in my opinions, even if they are contrary to the general consensus. ✓ 1 2 3 4 5 6
26. I often feel overwhelmed by my responsibilities. 1 2 3 ✓ 4 5 6
27. I do not enjoy being in new situations that require me to change my old familiar ways of doing things. 1 2 3 4 5 ✓ 6
28. People would describe me as a giving person, willing to share my time with others. 1 2 3 ✓ 4 5 6
29. I enjoy making plans for the future and working to make them a reality. 1 2 3 4 ✓ 5 6
30. In many ways, I feel disappointed about my achievements in life. 1 2 3 4 5 ✓ 6
31. It's difficult for me to voice my own opinions on controversial matters. 1 2 3 4 5 6 ✓
32. I have difficulty arranging my life in a way that is satisfying to me. 1 2 3 4 5 ✓ 6
33. For me, life has been a continuous process of learning, changing, and growth. 1 2 ✓ 3 4 5 6
34. I have not experienced many warm and trusting relationships with others. ✓ 1 2 3 4 5 6
35. Some people wander aimlessly through life, but I am not one of them. 1 2 ✓ 3 4 5 6
36. My attitude about myself is probably not as positive as most people feel about themselves. 1 2 3 4 5 ✓ 6
37. I judge myself by what I think is important, not by the values of what others think is important. 1 2 3 ✓ 4 5 6
38. I have been able to build a home and a lifestyle for myself that is much to my liking. 1 2 3 4 5 ✓ 6
39. I gave up trying to make big improvements or changes in my life a long time ago. 1 2 3 ✓ 4 5 6
40. I know that I can trust my friends, and they know they can trust me. 1 2 3 4 5 ✓ 6
41. I sometimes feel as if I've done all there is to do in life. 1 2 3 4 5 ✓ 6
42. When I compare myself to friends and acquaintances, it makes me feel good about who I am. 1 2 3 4 ✓ 5 6

Scoring Instruction:

1) Recode negative phrased items: # 3, 5, 10, 13, 14, 15, 16, 17, 18, 19, 23, 26, 27, 30, 31, 32, 34, 36, 39, 41. (i.e., if the scored is 6 in one of these items, the adjusted score is 1; if 5, the adjusted score is 2 and so on...)

2) Add together the final degree of agreement in the 6 dimensions:

- a. **Autonomy:** items 1, 7, 13, 19, 25, 31, 37 4, 5, 6, 2, 1, 6, 3 — 22
- b. **Environmental mastery:** items 2, 8, 14, 20, 26, 32, 38 2, 2, 4, 1, 3, 5, 5 — 22
- c. **Personal Growth:** items 3, 9, 15, 21, 27, 33, 39 4, 1, 3, 2, 5, 2, 3 — 20
- d. **Positive Relations:** items: 4, 10, 16, 22, 28, 34, 40 1, 3, 4, 6, 5, 2, 1 — 22
- e. **Purpose in life:** items: 5, 11, 17, 23, 29, 35, 41 6, 4, 3, 2, 6, 1 — 22
- f. **Self-acceptance:** items 6, 12, 18, 24, 30, 36, 42 5, 6, 3, 2, 1, 4 — 21

Date: 22-02-23

A.Y: 2022-2023

T. Jagan

IB.A

3. Ryff's Psychological Well-Being Scales (PWB), 42 Item version

Please indicate your degree of agreement (using a score ranging from 1-6) to the following sentences.

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1.	I am not afraid to voice my opinions, even when they are in opposition to the opinions of most people.	1	2	3	4	5	6
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5.	I live life one day at a time and don't really think about the future.	1	2	3	4	5	6
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22. I enjoy personal and mutual conversations with family members or friends. 1 2 3 4 5 6 ✓
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39. I gave up trying to make big improvements or changes in my life a long time ago. 1 2 3 4 5 6 ✓
40. I know that I can trust my friends, and they know they can trust me. 1 2 3 4 5 6 ✓
41. I sometimes feel as if I've done all there is to do in life. 1 2 3 4 5 6 ✓
42. When I compare myself to friends and acquaintances, it makes me feel good about who I am. 1 2 3 4 5 6 ✓

Scoring Instruction:

- 1) Recode negative phrased items: # 3, 5, 10, 13, 14, 15, 16, 17, 18, 19, 23, 26, 27, 30, 31, 32, 34, 36, 39, 41. (i.e., if the scored is 6 in one of these items, the adjusted score is 1; if 5, the adjusted score is 2 and so on...)

- 2) Add together the final degree of agreement in the 6 dimensions:

- a. **Autonomy:** items 1, 7, 13, 19, 25, 31, 37 3, 5, 6, 4, 2, 5 — 25
- b. **Environmental mastery:** items 2, 8, 14, 20, 26, 32, 38 5, 4, 6, 2, 3, 5, 1 — 26
- c. **Personal Growth:** items 3, 9, 15, 21, 27, 33, 39 6, 4, 3, 5, 2, 4, 2 — 26
- d. **Positive Relations:** items 4, 10, 16, 22, 28, 34, 40 6, 6, 5, 6, 4, 3, 4 — 38
- e. **Purpose in life:** items 5, 11, 17, 23, 29, 35, 41 5, 4, 6, 3, 2, 4, 3 — 27
- f. **Self-acceptance:** items 6, 12, 18, 24, 30, 36, 42 6, 6, 5, 4, 3, 2, 1 — 27

Date: 22-02-23

Subba Ravi. II B.A AY: 2022-2023

3. Ryff's Psychological Well-Being Scales (PWB), 42 Item version

Please indicate your degree of agreement (using a score ranging from 1-6) to the following sentences.

	Strongly disagree					Strongly agree
1. I am not afraid to voice my opinions, even when they are in opposition to the opinions of most people.	1	2	3	4	5	6
2. In general, I feel I am in charge of the situation in which I live.	1	2	3	4	5	6
3. I am not interested in activities that will expand my horizons.	1	2	3	4	5	6
4. Most people see me as loving and affectionate.	1	2	3	4	5	6
5. I live life one day at a time and don't really think about the future.	1	2	3	4	5	6
6. When I look at the story of my life, I am pleased with how things have turned out.	1	2	3	4	5	6
7. My decisions are not usually influenced by what everyone else is doing.	1	2	3	4	5	6
8. The demands of everyday life often get me down.	1	2	3	4	5	6
9. I think it is important to have new experiences that challenge how you think about yourself and the world.	1	2	3	4	5	6
10. Maintaining close relationships has been difficult and frustrating for me.	1	2	3	4	5	6
11. I have a sense of direction and purpose in life.	1	2	3	4	5	6
12. In general, I feel confident and positive about myself.	1	2	3	4	5	6
13. I tend to worry about what other people think of me.	1	2	3	4	5	6
14. I do not fit very well with the people and the community around me.	1	2	3	4	5	6
15. When I think about it, I haven't really improved much as a person over the years.	1	2	3	4	5	6
16. I often feel lonely because I have few close friends with whom to share my concerns.	1	2	3	4	5	6
17. My daily activities often seem trivial and unimportant to me.	1	2	3	4	5	6
18. I feel like many of the people I know have gotten more out of life than I have.	1	2	3	4	5	6
19. I tend to be influenced by people with strong opinions.	1	2	3	4	5	6
20. I am quite good at managing the many responsibilities of my daily life.	1	2	3	4	5	6
21. I have the sense that I have developed a lot as a person over time.	1	2	3	4	5	6

22. I enjoy personal and mutual conversations with family members or friends. 1 2 3 4 5 ✓ 6
23. I don't have a good sense of what it is I'm trying to accomplish in life. 1 2 3 4 ✓ 5 6
24. I like most aspects of my personality. 1 2 3 4 ✓ 5 6
25. I have confidence in my opinions, even if they are contrary to the general consensus. 1 2 3 ✓ 4 5 6
26. I often feel overwhelmed by my responsibilities. 1 2 ✓ 3 4 5 6
27. I do not enjoy being in new situations that require me to change my old familiar ways of doing things. 1 ✓ 2 3 4 5 6
28. People would describe me as a giving person, willing to share my time with others. 1 2 3 4 5 ✓ 6
29. I enjoy making plans for the future and working to make them a reality. 1 2 3 4 ✓ 5 6
30. In many ways, I feel disappointed about my achievements in life. 1 2 3 4 ✓ 5 6
31. It's difficult for me to voice my own opinions on controversial matters. 1 2 ✓ 3 4 5 6
32. I have difficulty arranging my life in a way that is satisfying to me. 1 2 ✓ 3 4 5 6
33. For me, life has been a continuous process of learning, changing, and growth. 1 2 3 4 ✓ 5 6
34. I have not experienced many warm and trusting relationships with others. 1 2 3 4 5 ✓ 6
35. Some people wander aimlessly through life, but I am not one of them. 1 2 3 4 ✓ 5 6
36. My attitude about myself is probably not as positive as most people feel about themselves. 1 2 3 4 ✓ 5 6
37. I judge myself by what I think is important, not by the values of what others think is important. 1 2 ✓ 3 4 5 6
38. I have been able to build a home and a lifestyle for myself that is much to my liking. 1 ✓ 2 3 4 5 6
39. I gave up trying to make big improvements or changes in my life a long time ago. 1 2 3 4 5 ✓ 6
40. I know that I can trust my friends, and they know they can trust me. 1 2 3 4 ✓ 5 6
41. I sometimes feel as if I've done all there is to do in life. 1 2 3 ✓ 4 5 6
42. When I compare myself to friends and acquaintances, it makes me feel good about who I am. 1 2 ✓ 3 4 5 6

Scoring Instruction:

1) Recode negative phrased items: # 3, 5, 10, 13, 14, 15, 16, 17, 18, 19, 23, 26, 27, 30, 31, 32, 34, 36, 39, 41. (i.e., if the scored is 6 in one of these items, the adjusted score is 1; if 5, the adjusted score is 2 and so on...)

2) Add together the final degree of agreement in the 6 dimensions:

- a. **Autonomy:** items 1, 7, 13, 19, 25, 31, 37 6, 4, 3, 2, 5, 1, 2 - 23
- b. **Environmental mastery:** items 2, 8, 14, 20, 26, 32, 38 6, 5, 4, 3, 2, 1 - 21
- c. **Personal Growth:** items 3, 9, 15, 21, 27, 33, 39 5, 3, 2, 4, 1, 6, 5 - 26
- d. **Positive Relations:** items: 4, 10, 16, 22, 28, 34, 40 4, 3, 2, 6, 5, 4, 3 - 27
- e. **Purpose in life:** items: 5, 11, 17, 23, 29, 35, 41 3, 4, 6, 5, 2, 1, 2 - 24
- f. **Self-acceptance:** items 6, 12, 18, 24, 30, 36, 42 2, 4, 6, 3, 2, 4, 1 - 22