# Ryff's Panychological Well-being Scale Test II 13 A-H. E. Psy. Date - 22-2-23

Academic year: 2022-2023.

Student name	lourse	sognature
1) Syham sudha!	H'E By	sytham sudha
2) Akhila / 3) M. Madhan (	HEPA	Akhila
3) M. Modhan [	H. E. Psy	m. madhan
47 Nikhil Rakesh	H. E. Pry	Wikki Rakesh.
5. Pranceth /	Bychologi	poraneeth
6. Has T. Jagan	H.E	T. Tagan
7. Subba Raidu.	B.A	Sibra Raidu.

Postacipated students - 5 Counselling given - 1 sigham sudha.

Date: 22-2-23 AY: 2022-2023.

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

- 1	itorio	The second of th	Strongly					Strongl
			disagree			_		y agree
	1.	I am not afraid to voice my opinions, even when they are in opposition to the opinions of most people.	1	-		4		5
	2.	In general, I feel I am in charge of the situation in which I live.	1	-		4		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	18
	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	8
	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	¥	5	6
	16.	I often feel lonely because I have few close friends with whom to share my concerns.	1	2	3	4	3	- 6
	17.	My daily activities often seem trivial and unimportant to me.	1	2	3	4	5	8
	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	8
	21.	I have the sense that I have developed a lot as a person over time.	1	2	3	4	5	8

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22.	I enjoy personal and mutual conversations with family members or friends.	1	2 3 4 5	6
	I don't have a good sense of what it is I'm trying to accomplish in life.	1	2 3 4 5	ć .
24.	Hike 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.	2348	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	0
29.	I enjoy making plans for the future and working to make them a reality.	1	2345	6
30.	In many ways, I feel disappointed about my achievements in life.	I	2 3 4 3	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,	1	2 3 4 5	6
	changing, and growth.  I have not experienced many warm and trusting relationships	1	2345	6
34.	with others.  Some people wander aimlessly through life, but I am not one of	1	2 3 4 5	~
36.	My attitude about myself is probably not as positive as most	1	2 3 4 5	6
	people feel about themselves.  I judge myself by what I think is important, not by the values of what others think is important.	1	2345	6
38	I have been able to build a home and a lifestyle for myself that is	1	2 3 4 5	8
20	I gave up trying to make big improvements or changes in my	1	2 3 4 5	Y
39	life a long time ago. I know that I can trust my friends, and they know they can trust	1	2 3 4 5	6
4(	me.	1	2345	6
4	1. I sometimes feel as if I've done all there is to do in life.  When I compare myself to friends and acquaintances, it makes	1	2345	6
4	When I compare myself to Hielius and dequantition.  me feel good about who I am.	1	TR A200 A200	

- 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
  - 5, 6, 4, 6, 5, 5, 6 32 c. Personal Growth: items 3,9,15,21,27,33,39
  - d. Positive Relations: items: 4,10,16,22,28,34,40 8,6,5,6,4,4-36
  - 6,6,6,5,4,6,4-37 e. Purpose in life: items: 5,11,17,23,29,35,41
  - 6, 5, 4, 6, 5, 5, 5 26 f. Self-acceptance: items 6,12,18,24,30,36,42

Date: 22-02-2023

Akhila -ITBA

AY: 2022-2023

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

		Strongly disagree					Strongl y 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		3	4		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

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22	I enjoy personal and mutual conversations with family members or friends.	1	2 3 4 5	6
23	l don't have a good sense of what it is I'm trying to accomplish in life.	1	2 3 4 5	6
24	1. I like most aspects of my personality.	1	2 3 4 5	6
25	5. I have confidence in my opinions, even if they are contrary to the general consensus.	1	2 3 4 5	6
2	6. I often feel overwhelmed by my responsibilities	1	2 3 4 5	6
2	7. 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	б
2	8. People would describe me as a giving person, willing to share my time with others.	1	2 3 4 5	6
2	1 enjoy making plans for the future and working to make them a reality.	1	2 3 4 5	6
3	In many ways, I feel disappointed about my achievements in life.	1	2 3 4 5	6
	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
	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	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
	I judge myself by what I think is important, not by the values of 37, 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
	1 gave up trying to make big improvements or changes in my	1	2 3 4 5	б
	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	2345	. 6
	When I compare myself to friends and acquaintances, it makes me feel good about who I am.	- 1	2 3 4 5	5

- 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 7 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 8 8 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

		Strongly disagree					Strongl y 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.	Í	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 mc.	1			4	1000	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	Y	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

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	22.	l 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.	Hike 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.	l 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	ó
	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.	9.1	2 3 4 5	6
	33	For me, life has been a continuous process of learning, changing, and growth.	1	2 3 4 5	5
	34	t have not experienced many warm and trusting relationships	1	2 3 4 5	6
	35	Some people wander aimlessly through life, but I am not one of	1	2 3 4 5	6
	36	My attitude about myself is probably not as positive as most	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	б
,	38	much to my fixing.	1	2 3 4 5	6
	39	I gave up trying to make big improvements or changes in my	1	2 3 4 5	6
	4(	I know that I can trust my friends, and they know they can trust	1	2 3 4 5	6
	4	I sometimes feel as if I've done all there is to do in life.	1	2345	6
		When I compare myself to friends and acquaintances, it makes me feel good about who I am.	1	2 3 4 5	5

- 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
- 2) Add together the final degree of agreement in the 6 dimensions:
  - a. Autonomy: items 1,7,13,19,25, 31, 37 3,56425
  - 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 4,11 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
  - f. Self-acceptance: items 6,12,18,24,30,36,42 6 6 5 4 3 2 4

II B. Pleaneith Ay: 2022-2023.

Date: 22-02-23

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

		Strongly disagree			Strongl y 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		5
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	8
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.	I	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	3	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

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note 22-12-23

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22. I enjoy personal and mutual conversations with family members or friends.  1 2 3 4 5 6 2 3 4 5 6 6 2 3 4 5 6 6 6 2 4. I like most aspects of my personality.	
23. in life.	
24 Tible most aspects of my personality.	
24. The most aspects of the first aspects of the fi	
25. I have confidence in my opinions, even if they are contrary to the general consensus.	
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 1 2 3 4 5 6 my old familiar ways of doing things.	,
People would describe me as a giving person, willing to share  28. People would describe me as a giving person, willing to share my time with others.	5
	5
In many ways, I feel disappointed about my achievements in	6
IIIe.	6
1 have difficulty arranging my me in a way man in a way me.	6
For me, life has been a continuous process of learning, 1 2 3 4 5 changing, and growth.	6
1 have not experienced many warm and trusting relationships 1 2 3 4 5	6
Some people wander aimlessly through life, but I am not one of 1 2 3 4 5	6
My attitude about myself is probably not as positive as most 1 2 3 4 5 and 1 2 3 4 5	6
I judge myself by what I think is important, not by the values of  37. what others think is important.	6
1 have been able to build a home and a lifestyle for myself that is 1 2 3 4 5 much to my liking.	6
I gave up trying to make big improvements or changes in my  1 2 3 4 5	6
I know that I can trust my friends, and they know they can trust  1 2 3 4 5	6
me.  41. I sometimes feel as if I've done all there is to do in life.  1 2 3 4 5	6
When I compare myself to friends and acquaintances, it makes  1 2 3 2 5  me feel good about who I am.	6

- 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, 4,11, 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, \ 22
  - f. Self-acceptance: items 6,12,18,24,30,36,42 5/6/3/2/1,4 21

# 7. Jagan

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

		Strongly disagree	1				Strongl y 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			4		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.	l 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			4		6	
19.	I tend to be influenced by people with strong opinions.	1	2	3	4	5	6	
20.	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	

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T. Jegan

	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.	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.	2345	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	5
	34.	I have not experienced many warm and trusting relationships	1	2 3 4 5	6
	35	Some people wander aimlessly through life, but I am not one of	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	ó
	40	I know that I can trust my friends, and they know they can trust	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	5

- 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

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

Heric	63.			Cause of
		Strongly disagree		Strongl y 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	8
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	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.	l 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.	l 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	ć
24.	Hike 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	L.	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	A,	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	б
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	1	2	3	4	3	6

	people reel about themserves.				
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		
21	I gave up trying to make big improvements or changes in my	1	2 3 4		
4	I know that I can trust my friends, and they know they can trust	1	2 3 4		
	ne.  1. I sometimes feel as if I've done all there is to do in life.	1		5 6	
4	When I compare myself to friends and acquaintances, it makes me feel good about who I am.	1	. 2 3 4	5 6	

My attitude about myself is probably not as positive as most people feel about themselves.

- 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, = -23
  - b. Environmental mastery: items 2,8,14,20,26,32,38 **3**,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