Summary

of

BCUD Research Project (2014-16)

On

PsyPositive, a Positive Psychology Questionnaire: Construction and Psychometric Assessment

by

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PsyPositive, a Positive Psychology Questionnaire: Construction and Psychometric Assessment[1]

There is a paucity of research in the area of positive psychology in India; one of the reasons being unavailability of a suitable tool for measuring positive traits. Absence of a direct measure of positive traits limits the ability to identify individuals who are low on positive approach to life or who need to develop positive traits. Also the insufficient evidence for the relationship between positive traits, and psychological well-being and health has limited the application of positive psychology in enhancing well-being and in helping one lead a healthy and meaningful life, and attain lasting fulfillment. In order to address these concerns and gap in knowledge, the investigator developed a locally suitable test for measuring positivity of an individual. The new psychometric tool is named as PsyPositive. The procedure involved the following steps of test construction followed by test validation:

- o Based on the exhaustive research review, 45 items were written covering five positive dispositions, namely Resilience, Happiness, Optimism, Gratitude and Forgiveness.
- o The original version contained 24 negatively worded items
- o Likert format offering five response alternatives ranging from 1 ('strongly disagree') to 6 ('strongly agree') was used
- o Two subject experts assessed the content
- o The items were assessed for comprehensibility in a pilot study

A series of item analyses was run. For item analysis, item-remainder correlations were computed; it was decided to re-run item analysis until all items fall above the cut-off, i.e. .20. Eight items were below the cut-off and hence were deleted. Item analysis was freshly run for the remaining 37 items; all items fell above the cut-off point, providing support for item validity.

A composite score on the 37 items retained in item analyses was used for reliability assessment, validity assessment, descriptive statistics, and norms.

Results of the Reliability assessment are as follows

- o Cronbach's Alpha of PsyPositive is .862 (No. of items = 37)
- o Retest reliability (n = 75, Interval of 2 to 3 weeks) is .95 (p < .001)
- o Both confirm satisfactory reliability of PsyPositive

Validity assessment supported the hypotheses that were formulated in the light of the available literature.

- o The correlation coefficients showing positive relationship of PsyPositive with psychological well-being and its domains measured by Ryff's Psychological Wellbeing Scale, range from .46 to .75 (p < .01); the correlation with overall positivity is .79 (p < .001). This supports the first hypothesis stating that there is a positive relationship between PsyPositive and psychological wellbeing.
- o PsyPositive is negatively correlated with health problems assessed by Abhyankar's Health Screening Index (r = -.56; p < .001). This supports the second hypothesis stating that there is a negative relationship between PsyPositive and health problems.
- o The results thus provide support for criterion-related validity of the newly developed test.

Descriptive statistics for the PsyPositive were calculated. The Mean is 167.69 and the standard deviation (SD) is 20.35.

For interpretation of score, there are no specific scores or cut-points for defining high or low positivity. One way would be to define high positivity as scores that are 1.5 standard deviations above the mean, whereas low positivity is scores that are 1.5 standard deviations below the mean. Those distinctions can also be derived from distributional information from the data collected. For example, high positivity could be defined as scores that are in the top 25% (3rd quartile) of the distribution, whereas low positivity could be defined as scores that are in the bottom 25% (1st quartile) of the distribution.

LIMITATIONS AND SUGGESTIONS

A larger sample should be taken to ensure wide applicability of the PsyPositive Scale.

IMPLICATIONS

1. People are the most important resource for any nation. Positive people do not only build healthy nation but also contribute to nation's development. Research shows that positive traits are negatively related to stress, depression, and health problems; and positively related to life satisfaction and psychological wellbeing. The study has made a significant contribution to the field of Psychology by developing a locally suitable scientific tool - PsyPositive - for assessing positivity of people.
2. The newly developed tool would open new avenues of research.
3. The PsyPositive would help to exactly identify training needs of target group for positive personality development.
4. The PsyPositive has important implications in the field of counseling and psychotherapy; and for training in academic, corporate and other settings.
5. The tool could also be used to validate other newly developed and related psychometric tools.

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