

Contents

1	Positive Psychology in India: A Review	1
	Introduction	1
	Indian Research on Universal Positive Psychology Constructs	2
	Indian Constructs Contribute to Positive Psychology	3
	Scales on Positive Psychological Constructs	6
	Scales Confirmed Their Factor Structure	7
	Scales Developed on Indian Constructs	8
	Positive Interventions	9
	Future Recommendations	11
	References	11
2	Norms for Test Construction	17
	Introduction	17
	What Is a Psychological Test?	17
	Test Construction	18
	Principles of Item Writing	19
	Format of Items	20
	Sample Size for Validation	21
	Preliminary Data Analysis	22
	Exploratory Factor Analysis	23
	Confirmatory Factor Analysis	26
	Fit Indices	27
	Parameters for Accepting a Model	29
	References	31
3	The Assessment of Resilience	35
	Introduction	35
	Resilience in the Realm of Developmental Perspective	36
	Risk Factors and Protective Factors	37
	Empirical Studies on Resilience	39

Correlates and Predictors of Resilience	39
Demographic Variables	39
Gender	40
Age	40
Education, Income, and Locality	40
Individual Characteristics	41
External Factors	41
Resilience Programs	42
Indian Studies on Resilience	43
Existing Scales of Resilience	44
Revalidation of Resilience Measures	46
Relevance of the Study	47
Test Construction and Validation Methodology	48
Study 1	48
Concurrent Validity	54
Study 2	57
Concurrent Validity	58
Norms for the New Resilience Scale	58
Discussion	61
Conclusion	62
References	62
4 Flow Scale-Construction and Validation	71
Introduction	71
Nature of Flow	72
Flow Models	74
Causes and Predictors of Flow	75
Flow in Web Interactions	76
Performance-Enhancing Role of Flow	76
Correlates of Flow and Its Dimensions	77
Correlation Between Flow and Mindfulness	78
Methods of Measuring Flow	78
Experience Sampling Method (ESM)	79
Need for the Study	79
Test Construction and Validation Methodology	81
Study 1	81
Alternative One-Factor Solution	87
Concurrent Validity	89
Study 2	89
Concurrent Validity	92
Norms for the New Flow Scale	93
Discussion	94
Conclusion	95
References	95

5 Mindfulness and Its Assessment	99
Introduction	99
Correlates and Predictors of Mindfulness	101
Mindfulness-Based Interventions	102
Existing Scales of Mindfulness	104
Need for the Study	106
Test Construction and Validation Methodology	106
Study 1	107
Concurrent Validity	114
Study 2	114
Concurrent Validity	117
Norms for the New Mindfulness Scale	117
Discussion	118
Conclusion	119
References	119
6 Spirituality and Its Assessment	127
Introduction	127
Nature of Spirituality	128
Correlates and Predictors of Spirituality	130
Spirituality and Demographic Variables	131
Spirituality and Religion	132
Spirituality Based Interventions	133
Existing Scales of Spirituality	134
Need and Objectives for the Present Study	135
Test Construction and Validation Methodology	136
Study 1	136
Statistical Analysis	139
Results	139
Study 2	143
Norms for the New Spirituality Scale	146
Discussion	149
References	150
7 Well-Being and Its Assessment	155
Introduction	155
Well-Being in Indian Psychology	157
Correlates and Predictors of Well-Being	158
Demographic Variables and Well-Being	159
Existing Scales of Well-Being	161
Relevance of Well-Being Scale in Indian Context	161
Test Construction and Validation Methodology	165
Study 1	166
Concurrent Validity	172
Study 2	173

Concurrent Validity	175
Norms for the New Well-Being Scale	177
Discussion	178
Conclusion	179
References	179
8 Development and Validation of New Interpersonal and Intrapersonal Strength Measures	185
Introduction	185
Interpersonal and Intrapersonal Character Strengths	186
Correlation of Interpersonal and Intrapersonal Character Strengths with Well-Being	187
Indian Studies	188
Existing Measures of Interpersonal and Intrapersonal Character Strengths	189
Present Study	190
Test Construction and Validation	190
Study 1	191
Measures Used	200
Study 2	204
Norms for the New Inter-intrapersonal Scale	208
Results and Discussion	211
Conclusion	212
References	212

Measures of Positive Psychology

Development and Validation

Singh, K.; Junnarkar, M.; Kaur, J.

2016, X, 215 p. 19 illus., Hardcover

ISBN: 978-81-322-3629-0