

Life Satisfaction Scale Dr. Pramod Kumar
& Mrs. (Dr.) Jayshree Dhyani

Life Satisfaction Scale

Lovely Professional University
B.A. (HONS) Psychology
Batch:2020
Reg. No.: 12002037

Life Satisfaction Scale Questionnaire

Notice

Statements regarding married life, personal life, work life etc. have been given below. Read each statement carefully and based on whether or not you agree or disagree with them put a tick mark on one of the 3 given options. In this case, you have to give an answer for every statement. Your responses shall be kept confidential.

Personal Data

Name.....

Age.....Sex.....Education.....

Profession Income.....Marital Duration.....

Scoring

AREAS	MENTAL	JOB	SOCIAL	MARITAL	FAMILY	TOTAL
SCORE						

OVER – ALL ADJUSTMENT CATEGORY	
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A- MENTAL

Sr. No.	Statements	True	Partially True	False
1.	I often complain of headaches			
2.	I often sleep very deeply			
3.	I often have an upset stomach			
4.	I have often felt lonely			
5.	I have enjoyed life to the fullest.			
6.	I often feel anxious when I think about the future.			
7.	I often feel suicidal.			
8.	I understand that I can achieve my life goals to quite an extent.			
9.	life has given me everything I have wanted.			
10.	I feel like a very fortunate person.			
11.	I often feel very self-confident.			
12.	I am confident that I have a likeable and overall good personality.			
13.	I have often felt that I am smarter than others.			
14.	I often fear that I will be affected with a serious disease or medical illness.			
Total				

B-JOB

Sr. No.	Statements	True	Partially True	False
15.	I feel happy and gain joy from my job.			
16.	I feel that I have picked the right job for myself.			
17.	I feel that I have been quite successful at my job.			

18.	I am completely satisfied with my job.			
19.	I have always enjoyed working very hard.			
20.	I have always found good company and co-workers within my line of work.			
21.	I have always found very understanding Bosses in my line of work.			
22.	My job has given me the opportunity to fulfil my life goals.			
23.	My suggestions/solutions have always been taken into consideration by my organisation.			
24.	My occupation has earned me a great deal of acknowledgement and respect from the society.			
25.	My organisation has always considered me a valuable employee.			
Total				

C-SOCIAL

Sr. No.	Statements	True	Partially True	False
26.	Experience difficulty in establishing an emotional connection with others.			
27.	Most people feel selfish to me.			
28.	I feel that I am popular amongst my friends.			
29.	I have always found good friends.			
30.	Most of my friends have been permanent.			
31.	I have always been well-respected amongst my friends.			
32.	My friends have always been confident with entrusting their secrets to me.			
33.	My advice/solutions have always been given importance to by my friends.			
34.	I feel like I have always been betrayed.			
35.	I have lived an honest life.			

36.	I have always found joy and entertainment in socialising with others.			
37.	I feel that humanity is inherently good in nature.			
Total				

D-MARITAL

Sr. No.	Statements	True	Partially True	False
38.	I feel like I did the right thing by getting married.			
39.	I enjoy intimacy and sex with my partner.			
40.	I have always believed that intimacy and sex bring stability in one's married life.			
41.	I believe that I married the right person.			
42.	My partner has always been caring and considerate about my hobbies and habits.			
43.	I have always felt immensely proud of my partner.			
44.	I always enjoy spending time with my partner.			
45.	I believe that marriage has brought stability into my life.			
46.	My partner feels comfortable enough to be emotionally dependant on me.			
47.	My partner has always entrusted me with their secrets.			
48.	I have found a very understanding and intelligent partner.			
Total				

E-FAMILY

Sr. No.	Statements	True	Partially True	False
49.	I always enjoy going out and spending time with my family.			
50.	I feel blessed to have intelligent and understanding children.			

51.	I am immensely proud of my children.			
52.	I enjoy playing with my children.			
53.	I am immensely proud of my parents.			
54.	I feel blessed that I have understanding and caring in-laws			
Total				