TRANSLATION AND CROSS LANGUAGE VALIDATION OF SUBJECTIVE HAPPINESS SCALE IN URDU LANGUAGE

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ABSTRACT

This paper explores the concept of subjective happiness within the framework of positive psychology. It discusses how subjective happiness, comprising joy, contentment, and overall well-being, influences various aspects of human experience. Drawing on seminal works by Lyubomirsky and Diener, it highlights subjective happiness as a multifaceted construct with affective and cognitive components. The significance of subjective well-being, encompassing positive affect, negative affect, and life satisfaction, is also examined. The paper reviews the psychometric properties and cross-cultural validity of the Subjective Happiness Scale (SHS), emphasizing its relevance across diverse populations, including Urdu-speaking Pakistanis. Additionally, it explores the practical implications of subjective happiness on work performance, social interactions, and overall well-being. Lastly, it discusses the growing emphasis on subjective happiness in global well-being initiatives. Overall, this paper aims to deepen our understanding of human well-being and inform future research and interventions aimed at promoting happiness and flourishing worldwide.
Keywords: Translation, Cross Language, Validation, Subjective, Happiness, Scale, Urdu

INTRODUCTION

The positive psychology movement has elaborated the term subjective happiness. Subjective happiness is the mental state of joy, contentment, and well-being. It is often questionable how some people are happier and some people can be happy at the time of stress (Lyubomirskey, 2001). In Psychology, subjective happiness is a very popular concept and an important part of human life. The goal of human beings is to achieve the pursuit of happiness. The subjective happiness is considered to be stable over the period of time and situations. Subjective happiness impacts whether positively or negatively on perception, interpretation, recall, and experiencing life events of human beings (Lyubomirskey, Sheldon, & Schkade, 2005).

Happiness can be regarded as an inherent trait measure of subjective well-being. Happiness helps to explain why individuals have more self-perceived wellness for life changes and others reported the same level of wellness without any life event (Lyubomirsky & Lepper, 1999). Happiness is replaced with the word "subjective well-being" as it has been defined in the literature of scientific studies (Diener, Heintzelman, Kushlev, Tay, Wirtz, Lutes, et al., 2017). Subjective well-being is defined as the concept of dispositional factors to describe people differ in terms of code, interpret, and respond to life events. Perceived subjective happiness may impact people adjustment to circumstances, events, and life situations (Lucas, 2007; Luhmann, Hofmann, Eid, & Lucas, 2012).

For most societies, happiness can be the base of a valuable and meaningful goal-oriented life. In a study, it is more acceptable to use the term subjective well-being in replace of defining happiness. Subjective well-being is more closely associated with happiness comprising of three categories that include the recurrent occurrence of negative affect, the recurrent occurrence of positive affect, and high satisfaction with life (Diener et al., 2003). The three components show high inter-correlation and lead to be a single factor toward subjective happiness. Diener (2003), conceptualized happiness as a subjective state measure through self-reporting questionnaires. Many people can rate their degree of happiness through self-reporting measures.

Subjective wellness explains people's management and the experience of their work life. People can broaden thinking abilities and behavior changes by adopting a positive attitude. This positive attitude can increase personal capital including self-efficacy, resilience, and optimism (Fredrickson, 2001). Few studies depicted that people having high subjective happiness are more likely to have positive work goals, performances, life successes, and social interactions (Staw & Barasade, 1993; Burger & Caldwell, 2000).

Initially, subjective happiness or well-being is a combination of two factors i.e. affective and cognitive. The first component is directed by emotions and feelings and the other component is directed through the evaluation of own life of achievement, successes, and resemblance to ideals (Diener, Suh, Lucas, & Smith, 1999). So, Diener (2000) based subjective happiness on two factors evaluation of experiences in life.

In the current century, happiness is labeled to be a more stable and recurring state than the daily ongoing moods, therefore leading to meaningful pursuits in life (Lyubomirsky et al., 2005). The studies emphasized that people with a level of chronic happiness are different from those having a level of hedonic happiness. The Subjective Happiness Scale is a self-report questionnaire to measure the level of happiness in a broader sense (Lyubomirsky & Lepper, 1999). The scale has a good internal consistency using a sample of the US and Russia of different age groups and cultures (r = .79 to r = .93), test-retest reliability from a few weeks (r = .61) to a year (r = .55), and also good convergent validity (r = .52 to r = .72) with the others instruments seems to be theoretically related.

Recent studies look forward to the adaptation and validation of the scale. In the English version, SHS confirmed good psychometric properties (Mattei & Schaefer, 2004). There are some other versions including the Russian version (Lyubomirsky & Lepper, 2004), the German version (Swami et al., 2009), the translated Japanese version (Shimai et al., 2004), the adaptation in Arabic version (Moghnie & Kazarian, 2012), the Portuguese version (Spangnoli et al., 2012), and another adapted Malaysian version (Swami, 2008). The translated and adapted version of SHS proved to be an acceptable way of measuring happiness in one's life. In all cultural groups, the scale has provided good constructive validity and internal consistency. In all versions of the scale, it is confirmed to have a unitary structure.

In the past years, there has been a large concern in the research studies of happiness or subjective well-being (Luhmann, Hofmann, Eid, & Lucas, 2012). It is common for a human being to get happiness in their aspects of life (Buss, 2000). The trend of research moves from management areas to mental health. According to the World Happiness Record, subjective happiness needs to be studied in societies, and only economic demographics are not adequate to discuss the progression of humans (Helliwell, Layard, & Sachs, 2015).

Subjective enjoyment and content are the components of happiness and lead to mental well-being. Past studies also highlighted the role of happiness in mental well-being along with other health benefits that ranked happiness as an important goal to be fulfilled (Diener & Seligman, 2004). It is also seen that certain chronic diseases and mortality risks have been reduced due to the subjective happiness of one's life (Jenkins et al., 2021).

> The purpose of this study was to translate, cross-validate and to confirm the factor structure of the Subjective Happiness Scale (Lyubomirsky & Lepper, 1999) in Urdu language on the Pakistani population.

Objectives of the study

1- To translate and cross-validate SHS in Urdu language.
2- To establish the psychometric properties of the translated scale
2a- To confirm the factor structure of SHS
2b- To find the reliability and discriminant validity of the above-mentioned translated scale.

Phase I: Translation Procedure

Subjective Happiness Scale (Lyubomirsky & Lepper, 1999)
was translated into Urdu language by two psychologists and one bilingual. A standardized procedure of forward and backward translation given by Brsilin(1976) was used to translate the scale with the consent of authors of the scale. The translation was done to retain the similar meanings of measure in original and translated version, so that the translation should remain closer to the original meaning and concept.

The procedure was divided into three steps which are stated below:
1. Forward Translation
2. Reconciliation of items
3. Back Translation

Step I: Forward Translation. In the first step, the scales were translated from English to Urdu language by following parallel back translation procedure (Brislin, 1976) in which, three bilingual people translated the scales from English language to Urdu language in order to obtain the Urdu version of English instrument. This procedure was adopted to make translation conceptually equivalent to the target language culture. For this purpose, the two psychologists (Assistant Professors of Psychology Department GCU) and one bilingual (Assistant Professor of English Department GCU) were approached having proficiency in both languages, familiarity with both cultures. They were asked to take care of technical equivalence of the language such as grammar, tense, question length, acceptable level of abstraction and their relationship to the socio-cultural context. By following this process at the end, there were three independent Urdu translated version of Social Comparison Scale and Submissive Behavior Scale.

Step II: Reconciliation of items. To get the best fitting translation items, three independent forward versions were reconciled by comparing them in order to assess the theoretical uniformity of items by using committee approach. The committee comprised two assistant professor of psychology department and one assistant professor of linguistics from GC University Lahore. Each item was critically analyzed by the experts. The translation that fulfills the best meaning of each item was selected. The translated items were also evaluated by the committee members for their context, grammar and wordings. These members documented their assessment item by item and selected best translation unanimously. Finally, the forward translation was reconciled and consisted of best fitting translation of the items and each item was selected by the consensus of all experts after expert's discussion and few modifications in the scale items, final Urdu version of each scale was prepared.

Step III: Back Translation. The basic purpose of back translation was to assess the conceptual equivalence of the reconciled forward translation and original version. The finalized Urdu versions of all the three scales were translated back into English by a bilingual expert, who was unfamiliar with the original scale. This bilingual expert was lecturer in English Department. The expert was provided with Urdu translated version of the scales. She translated back the instruments into English language independently. This was done to ensure that Urdu translated versions were correct, reliable and valid translations without linguistic biases. Like the initial translation, emphasis in this step was on obtaining conceptual and cultural equivalence and not linguistic equivalence.

Phase II: Cross Language Validity

In phase II of the current study, cross language validation of the Urdu translated version of Subjective Happiness Scale was undertaken. The process involved correlating of Urdu translated version with original English version and back translated version in English. This procedure helped in the assessment of quality of Urdu translated version in order to determine its empirical equivalence with the original version.

Method
Sample

Sample consisted of 30 adults (15 women and 15 men) with age range 1845years (M_{age}=24.3 years and SD= 5.79) recruited through convenient sampling technique from Lahore. Only those individuals were recruited who had minimum of matriculation level of education. Sample was categorized into three conditions by forming three groups. Three groups consisting of ten participants each were formed for the administration of three different versions of questionnaires in different sequence.
Participants belonging to different socio-economic class were recruited.

Instruments
Subjective Happiness Scale (Lyubomirsky& Lepper, 1999).Subjective happiness is the extent to which an individual experiences positive emotional states, measured by Subjective Happiness Scale (Lyubomirsky and Lepper, 1999). A 4-item scale made specifically to assess subjective happiness (See Appendix B 15) . Each of items is completed by choosing one of 7 options that finish a given sentence fragment. The options are different for each of the four questions. The

scale items had alphas ranging between 0.79 and 0.94, thus showing excellent internal consistency.

Procedure

The questionnaires were administered individually after informing participants about the purpose of the study and taking their informed consent. Most of the participants took 10 min to 15 min to fill the questionnaires. Queries regarding any difficulty in filling questionnaires were answered and addressed on the spot. Three participants left the questionnaires incomplete and their data were not included in the study. In order to examine the validation of translated versions of the scales, control the carry-over effect and learning effect, the scales were administered in three groups in English Original - Forward translation (Urdu) - Back translation (English), Forward translation (Urdu) -
Back translation (English) - English Original, Back translation (English) - English Original-
Forward translation (Urdu) in sequence. Thus empirical equivalence of the three translated scales were assessed by finding the correlations between the three versions English Original - Forward translation (Urdu) - Back translation (English).

Results
Table 1
Sequence of Scale Administration on Three Groups (N=30)

Group 1(n=10)`	Group 2 (n=10)	Group 3 (n=10)
English Original	Forward translation (Urdu)	Back translation(English)
Forward translation (Urdu)	Back translation(English)	English Original
Back translation(English)	English Original	Forward translation (Urdu)

Table 2
Inter Correlations among Three Versions of Subjective Happiness Scale (N=30)

Versions of Scale	1	2	3
1- English Original	.80**		
2- Forward translation (Urdu)	.	82**	
3- Back translation(English)			.84**

**p< .01   ***p< .001*

Table 2 showed that the scales significantly correlate with each other and their correlations range between .80** to .84**. Overall results in Table 2 showed that Urdu translated version of Subjective

Happiness Scale is empirically equivalent to its English version.

Phase III: Validation of translated Scale
Method
Sample
 The sample of this study comprised of 200 adult population, 82 men and 118 women with age range of 18 years to 45 years and mean age of 24.14 years *(SD=6.76)* recruited through convenient sampling belonging to different socioeconomic status from different cities of four provinces of Pakistan. Respose rate of the sample was 93.4% with 20 dropouts from a total sample of 220 adults.

Instruments
Subjective Happiness Scale (Lyubomirsky& Lepper, 1999).

Subjective happiness is the extent to which an individual experiences positive emotional states, measured by Subjective Happiness Scale (Lyubomirsky & Lepper, 1999). A 4-item scale designed to measure subjective happiness (See Appendix B 15). Each of items is completed by choosing one of 7 options that finish a given sentence fragment. The options are different for each of the four questions. The first item asks participants to evaluate their general level of happiness, whereas the second item asks them to compare themselves to peers. The other two items provide short descriptions of happy and unhappy individuals and ask participants to which extent these characteristics describe them. In Lyubomirsky's original study (1999) the items showed excellent internal consistency with alphas ranging between 0.79 and 0.94.

Procedure

In order to collect the data, 220 adults (men and women) were recruited through convenient sampling. They were briefed about the purpose of the study and instructions were provided to them relevant to response format and completion of questionnaires. All queries regarding scale completion were addressed and then participants were requested to answer honestly all questions asked in questionnaire leaving no question unanswered. The participants were assured of the confidentiality and privacy of their information which was used for research purposes only. There was no time limit for completion of questionnaires. Out of 220 questionnaires 200 were found complete in all aspects and analyzed for the purpose of the current study.

Results

Confirmatory Factor Analysis was run to establish the construct validity by confirming the factor structure of the translated scales.

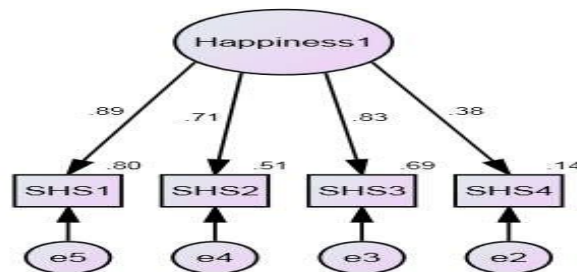### Figure 1. Final Model of Subjective Happiness Scale (Urdu Translation)

Figure 1. Complete standardized solution of Subjective Happiness Scale (Urdu Translation, *n* = 200).

Confirmatory factor analysis of Subjective Happiness Scale shows that the CFI (comparative fit index) value is .98, TLI (Tucker Lewis Index) = .95, IFI (Incremental fit index) = .98 together with χ^2 =7.62(3), RMSEA = .04. In terms of the overall indices, it is evident that this model is acceptable. Lastly, final translated Subjective Happiness Scale consisted of 4 items with total mean score (*M=19.39, SD= 3.65*) with good model fit indices. The highest score on SHS was 28 and lowest score was 10 on a sample of 200 adult Pakistani population, retaining all four items after CFA with good model fit indices.

Test-Retest Reliability

For finding out the test re-test reliability, 30 participants from Lahore city filled the questionnaires in hospital/clinic settings twice with the permission of hospital administration and informed consent of the participants and they were recruited with the gap of 15 days interval. They were then requested to complete Urdu Translated SHS. The test re-test reliability coefficient was calculated based on the Pearson Product Moment Coefficient of Correlation between the two different scores of same participants and was found to be good.

Table 3
Internal Consistencies, Test-Retest Reliabilities of Urdu Translated Scales (N=30)

Scales	Cronbach Alpha	Test-retest
SCS	.87	.85
SBS	.78	.82
SHS	.81	.86

Subjective Happiness Scale Note. ** Correlation is significant at the 0.01 level (2-tailed).

Table 3 shows that Urdu translated scale have high internal consistency (α=.78 to .87) and test re test reliability (r= .82 to .86).

Discussion

The current study was carried out to translate, cross validate and confirm the factor structure of existing scale. Due to the significance of the phenomenon of subjective happiness, there was a need to translate the scale in Urdu language for administration on Pakistani population, so that sample of the study could easily comprehend and understand the items of the scales according to their culture and norms which was required for accurate assessment of the phenomenon of subjective happiness.

The study was carried out in three phases. In phase I, after taking the formal permissions from the authors of the scales, these scales were translated by following the standard translation procedure given by Brislin (1976).Several steps were taken to look into the equivalence in translation of measure. The experts translated the measure into the Urdu language. Then the experts checked the Urdu versions for its clarity, adequacy and appropriateness. In phase II cross language validation of the scale was done, which indicated high correlation between the original, Urdu translation and back translation in English language. In phase III, the scale were validated. The quality and appropriateness of the scale was determined through psychometric properties of the scales which is considered as mandatory step that allows the evaluation of the scales. The scale in general got positive response from participants. Furthermore, no participant reported difficulty in comprehending the items of the scales. Higher scores indicated greater feelings of happiness. Confirmatory factor analysis of Subjective Happiness Scale showed good model fit indices. Thus, in terms of the overall indices, it is evident that this model was acceptable. The scale showed good reliability (See Table 10).

On the whole, the results revealed that the translated Urdu Version of the scales has good reliability and construct validity and could be recommended for the measurement and general happiness on Pakistani population. The results of the present research provide evidence for the confident use of translated scale in educational setting and for the future research in the area of positive psychology. The results of the present study provided a good base for future research on the variables of subjective happiness.

In conclusion, this study shows that the Urdu versions of the scales are reliable and valid measures to assess the phenomenon of subjective happiness in Pakistani adult population. The most significant contribution of present study is to provide such measures to social scientists who are actively involved in such studies. So that they could use and measure a valid measure to determine the adults. As we have retain the actual structure of scale after CFA. It supports the fact that this scale is culturally valid and reliable in their original form in Pakistan.

Limitations and Suggestions

The data were collected from major cities of Pakistan and did not include individuals from rural areas and towns, which is the major limitation of the current study. The use of sample from cities limited the possibilities to generalize the findings to the population and in particular to samples that are more heterogeneous in terms of living area (rural versus urban). Future studies need to focus on nationwide data, so that the generalizability of the findings may be improved. The scales used in present study should be validated on broader and larger sample.

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