PREFACE

Positive Psychology as a field is in its nascent stage although the concepts purported by the theory have long been a part of spiritual and religious writings across cultures. The fields ushers in an era of empirical testing what we have long known but never really focally applied for betterment. That, the strengths and virtues form the backbone of healthy development is being extensively studied in the West and being steadily proven too. However, there is a lack of instruments to measure the signature strengths for the majority of Hindi speaking population of India. This laid the foundation of the current research. Mere translation wouldn’t have sufficed in its purpose and so this research was undertaken to adapt ‘Values in Action Inventory of Strengths for Youth in India’. Youth forms the backbone of our society and ensuring their well being improves the chances of the society as a whole being healthy. Hence, if we are able to identify and nurture the signature strengths of this age group, we would be better equipped at helping them realize their full potential and lead a happy fulfilled life.

The purpose of the current study is to move in the direction of adapting and psychometrically evaluating the ‘Value in Action Inventory of Strengths’ for the Hindi speaking population in the age group of 10 to 17 years.