Appendix III: The Satisfaction with Life-scale
The Satisfaction with Life Scale
Developed and Standardized
by Ed Diener, Ph.D.
Locally adapted by Dr. Sibnath Deb
2008

The Satisfaction with Life Scale was developed to assess satisfaction with people's lives as a whole. The scale does not assess satisfaction with specific life domains, such as health or finances, but allows subjects to integrate and weigh these domains in whatever way they choose. It takes only a few minutes to complete.

Directions: Below are five statements with which you may agree or disagree. Using the 1-7 scale below, indicate your agreement with each item by placing the appropriate number in the line preceding that item. Please be open and honest in your responding.

1 = Strongly Disagree
2 = Disagree
3 = Slightly Disagree
4 = Neither Agree or Disagree
5 = Slightly Agree
6 = Agree
7 = Strongly Agree

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<td>1. In most ways my life is close to my ideal.</td>
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<td>2. The conditions of my life are excellent.</td>
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<td>3. I am satisfied with life.</td>
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<td>4. So far I have gotten the important things I want in life.</td>
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<td>5. If I could live my life over, I would change almost nothing</td>
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Thanks for your kind cooperation
The Satisfaction With Life-Scale
Developed and Standardized
By
Ed Diener, Ph.D
Locally adapted by
Dr. Sibnath Deb and Rajrupa Paul, Department of Applied Psychology,
University of Calcutta, 2008

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