APPENDIX I

ADJUSTMENT QUESTIONAIRES

DYADIC ADJUSTMENT SCALE (in scores)

Most persons have disagreements in their relationships. Please indicate below the approximate extent of agreement or disagreement between you and your partner for each item on the following list.

Almost Occasionally Frequently Almost Always Always Agree Agree Disagree Disagree Disagree Disagree

Handling family finances O O O O O O O
Matters of recreation O O O O O O O
Religious matters O O O O O O O
Demonstrations of affection O O O O O O O
Friends O O O O O O O
Sex relations O O O O O O O
Conventionality (correct or proper behavior) O O O O O O O
Philosophy of life O O O O O O O
Ways of dealing with parents or in-laws O O O O O O O
Aims, goals, and things believed important O O O O O O O
Amount of time spent together O O O O O O O
Making major decisions O O O O O O O
Household tasks O O O O O O O
Leisure time interests and activities O O O O O O O
Career decisions O O O O O O More All Most of often occasionally the time thetime than not Rarely Never
How often do you discuss or have you considered divorce, separation, or terminating your relationship?

How often do you or your mate leave the house after a fight?

In general, how often do you think that things between you and your partner are going well?

Do you confide in your mate?

Do you ever regret that you married? (or lived together)

How often do you and your partner quarrel?

How often do you and your mate “get on each other’s nerves?”

Do you kiss your mate?

Do you and your mate engage in outside interests together?

How often would you say the following events occur between you and your mate?

Have a stimulating exchange of ideas

Laugh together

Calmly discuss something

Work together on a project

These are some things about which couples sometimes agree and sometime disagree. Indicate if either item below caused differences of opinions or were problems in your relationship during the past few weeks. (Check yes or no)

Yes No

O O Being too tired for sex.

O O Not showing love.

The circles on the following line represent different degrees of happiness in your relationship. The middle point, “happy,” represents the degree of
happiness of most relationships. Please fill in the circle which best describes
the degree of happiness, all things considered, of your relationship. O O O O
O O O____ Extremely Fairly A Little Happy Very Extremely Perfect

Unhappy Unhappy Unhappy Happy Happy

Which of the following statements best describes how you feel about the
future of your relationship?

I want desperately for my relationship to succeed, and would go to
almost any length to see that it do.

I want very much for my relationship to succeed, and will do all I can
to see that it does.

I want very much for my relationship to succeed, and will do my fair
share to see that it does.

It would be nice if my relationship succeeded, but I can’t do much
more than I am doing now to help it succeed.

It would be nice if it succeeded, but I refuse to do any more than I am
doing now to keep the relationship going.

My relationship can never succeed, and there is no more that I can do
to keep the relationship going.

O O O O O O O O

Extremely Fairly A Little Happy Very Extremely Perfect Unhappy
APPENDIX J

LIFE SATISFACTION

LIFE SATISFACTION WITH SCALE (in scores)


Description of Measure: A 5-item scale designed to measure global cognitive judgments of one’s life satisfaction (not a measure of either positive or negative affect). Participants indicate how much they agree or disagree with each of the 5 items using 7-point scales that ranges from 7 strongly agree to 1 strongly disagree.

Abstracts of Selected Related Articles:


The structure of subjective well-being has been conceptualized as consisting of two major components: the emotional or affective component and the judgmental or cognitive component (Diener, 1984: Veenhoven, 1984). The judgmental component has also been conceptualized as life satisfaction (Andrews and Withey, 1976). Although the affective component of subjective well-being has received considerable attention from researchers, the judgmental component has been relatively neglected. The Satisfaction with Life Scale (SWLS: Diener, Emmons, Larsen, and Griffin, 1985) was developed as a measure of the judgmental component of subjective well-being (SWB). Two studies designed to validate further the SWLS are reported. Peer reports, a memory measure, and clinical ratings are used as external criteria for validation. Evidence for the reliability and predictive validity of the SWLS is presented, and its performance is compared to other related scales. The SWLS is shown to be a valid and reliable measure of life satisfaction, suited for use with a wide range of age groups and applications, which makes possible the savings of interview time and resources compared to many measures of life satisfaction. In addition, the
high convergence of self- and peer-reported measures of subjective well-being and life satisfaction provide strong evidence that subjective well-being is a relatively global and stable phenomenon, not simply a momentary judgment based on fleeting influences.


The Satisfaction with Life Scale (SWLS) was developed to assess satisfaction with the respondent's life as a whole. The scale does not assess satisfaction with life domains such as health or finances but allows subjects to integrate and weight these domains in whatever way they choose. Normative data are presented for the scale, Self Report Measures for Love and Compassion Research: Satisfaction which shows good convergent validity with other scales and with other types of assessments of subjective well-being. Life satisfaction as assessed by the SWLS shows a degree of temporal stability (e.g., .54 for 4 years), yet the SWLS has shown sufficient sensitivity to be potentially valuable to detect change in life satisfaction during the course of clinical intervention. Further, the scale shows discriminate validity from emotional well-being measures. The SWLS is recommended as a complement to scales that focus on psychopathology or emotional well-being because it assesses an individuals' conscious evaluative judgment of his or her life by using the person's own criteria.


Although it appears that income and subjective well-being correlate in within country studies (Diener 1984). A debate has focused on whether this relationship is relative (Easterlin, 1974) or absolute (Veenhoven, 1988, 1991). The absolute argument advanced by Veenhoven states that income helps individuals meet certain universal needs and therefore that income, at least at lower levels, is a cause of subjective well-being. The relativity argument is based on the idea that the impact of income or other resources depends on changeable standards such as those derived
from expectancies, habituation levels, and social comparisons. Two studies which empirically examine these positions are presented: one based on 18,032 college studies in 39 countries, and one based on 10-year longitudinal data in a probability sample of 4,942 American adults. Modest but significant correlations were found in the U.S. between income and well-being, but the cross-country correlations were larger. No evidence for the influence of relative standards on income was found: (1) Income change did not produce effects beyond the effect of income level per se, (2) African-Americans and the poorly educated did not derive greater happiness from specific levels of income, (3) Income produced the same levels of happiness in poorer and richer areas of the U.S., and (4) Affluence correlated with subjective well-being both across countries and within the U.S. Income appeared to produce lesser increases in subjective well-being at higher income levels in the U.S., but this pattern was not evident across countries. Conceptual and empirical questions about the universal needs position are noted. Suggestions for further explorations of the relativistic position are offered.

Self Report Measures for Love and Compassion Research: Satisfaction Scale:

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

7 - Strongly agree
6 - Agree
5 - Slightly agree
4 - Neither agree nor disagree
3 - Slightly disagree
2 - Disagree
1 - Strongly disagree
____ In most ways my life is close to my ideal.
____ The conditions of my life are excellent.
____ I am satisfied with my life.
____ So far I have gotten the important things I want in life.
____ If I could live my life over, I would change almost nothing.

Scoring:

Though scoring should be kept continuous (sum up scores on each item), here are some cut-offs to be used as benchmarks.

31 - 35 extremely satisfied
26 - 30 Satisfied
21 - 25 slightly satisfied
20 Neutral
15 - 19 slightly dissatisfied
10 - 14 Dissatisfied
5 - 9 extremely dissatisfied