Appendix A: English

THE MEANING IN LIFE QUESTIONNAIRE, ITEMS AND SCORING

MLQ: Please take a moment to think about what makes your life and existence feel important and significant to you. Please respond to the following statements as truthfully and accurately as you can, and also please remember that these are very subjective questions and that there are no right or wrong answers. Please answer according to the scale below:

<table>
<thead>
<tr>
<th>Absolutely Untrue</th>
<th>Mostly Untrue</th>
<th>Somewhat Untrue</th>
<th>Can't say True or False</th>
<th>Somewhat True</th>
<th>Mostly True</th>
<th>Absolutely True</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
</tbody>
</table>

1. I understand my life’s meaning.
2. I am looking for something that makes my life feel meaningful.
3. I am always looking to find my life’s purpose.
4. My life has a clear sense of purpose.
5. I have a good sense of what makes my life meaningful.
6. I have discovered a satisfying life purpose.
7. I am always searching for something that makes my life feel significant.
8. I am seeking a purpose or mission for my life.
9. My life has no clear purpose.
10. I am searching for meaning in my life.

To Score:
Presence subscale score = subtract the rating for item #9 from 8, then add to the ratings for items 1, 4, 5, and 6. Scores range between 5 and 35.
Search subscale score = add together the ratings for items 2, 3, 7, 8, and 10. Scores range between 5 and 35.
More information can be obtained from: http://michaelfsteger.com
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Appendix B:

Mizo Form of Meaning in Life Questionnaire.

Mizo Nun awmzia chungchang zawhna: *An illustrative sample of items.*

Khawngaihin hun rei lo te chhung chu i nunna thil pawimawh thlentir thin thilte kha han ngaihtuah vang vang teh le. Chuti chuan a hnuaiar tarlante hi a dik thei ang berin i chhang dawn nia. Nimahsela, heng a hnuaiar zawhna i chhannate chu zawhna dang anga a dik leh dik lo awm hran chuang lo a ni tih i lo hre bawk dawn nia. A hnuaiar scale/number tarlan ang hian zawhnate chu i chhang dawn nia.

<table>
<thead>
<tr>
<th>1. Ka nunna awmzia hi ka hrethiam.</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
</tr>
</thead>
<tbody>
<tr>
<td>2. Tangkai leh awmze nei zawka nun dan tur ka dap mek a ni.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
</tbody>
</table>
Hello,

Thank you for your email. I am happy to provide the MLQ in the hopes that it helps you with your pursuits. There is no manual, but I have attached a document I believe will be useful. Further documents may be found on my website.

Best regards,

Michael F. Steger, Ph.D.
Director, Laboratory for the Study of Meaning and Quality of Life
Colorado State University
michaelfsteger.com

View my TEDx talk, What Makes Life Meaningful?
Check out our new book: Purpose and Meaning in the Workplace!
twitter.com/MichaelFSteger
June 13, 2014

Ms. Debbie T. Thanthuanga
Research Scholar
Department of Counselling Psychology
Martin Luther Christian University
Shillong, Meghalaya

Subject: Ethical approval of research project

Dear Ms. Thanthuanga,

We are pleased to inform you that your research project entitled ‘A Study of Mizo Women’s experience of Meaning in Midlife’ has been approved by the University Research Ethics Committee (UREC).

Please include a copy of this letter in your thesis in the annexures.

We wish you all the best.

Sincerely,

Dr. Evarista M. Syiem
Secretary
University Research Ethics Committee
MLCU
Appendix E: English

Consent to Participate in a Research Study (English)

TITLE OF STUDY: A Study of Mizo Women’s Experience of Meaning in Midlife

PRINCIPAL INVESTIGATOR: Debbie Zothanpari, MPhil, Department of Counselling Psychology, MLCU, Shillong.

You are being invited to take part in this research because you are a woman in her middle age 40 – 55.

WHAT IS THE PURPOSE OF THIS STUDY? The purpose of this study is to better understand what makes Mizo women lives feel meaningful. The possible benefits of this study include enriched understanding of what makes Mizo women’s lives feel meaningful.

You will be asked to complete 10 questions, and the total amount of time will be 5-15 minutes. The survey will ask you questions about meaning in life.

If you are uncomfortable answering any question, you may skip it or stop participation at any time. There may also be unforeseen risks. It is not possible to identify all potential risks in research procedures, but the researcher have taken reasonable safeguards to minimize any known and potential, but unknown, risks.

Your participation in this research is voluntary. You may withdraw your consent and stop participating at any time.

WHO WILL SEE THE INFORMATION THAT I GIVE?

We will delete all research records that identify you. Your information will be combined with information from other people taking part in the study. If we write about the study to share it with other researchers, we will write about the combined information we have gathered. You will not be identified in these written materials. We may publish the results of this study; however, we will keep any possible identifying information private.

Before you decide whether to accept this invitation to take part in the study, please ask any questions that might come to mind now.

WHAT ELSE DO I NEED TO KNOW?

Checking the “Yes” box below acknowledges that you have read the information stated and willingly sign this consent form.
Do you want to continue with this study?

☐ Yes, take me to the next page
☐ No, take me away from this survey

_________________
Signature

____________
Date
Appendix F:

Mizo Form of appendix E

Research - a Tel RemtiHna (Mizo) *An illustrative sample of items.*

Thupui: Mizo Nuvalai te tawnhriat awmzia zirna.

Zirna buaipuitu ber: Debbie Zothanpari, MPhil, Department of Counselling Psychology, Martin Luther Christian University, Shillong

He zirchiannaah hian eng vangin nge tel tura sawm ka nih?: He zirchiannaah tel tura sawm i nih chhan chu Nuvalai kum 40-55 inkar i nih vang a ni.

Eng nge tih a nih chhan?: A chhan ber chu Mizo Nuvalai te an nuna an tawn hriat awmzia zuk hriat chian lehzual nan a ni. Mizo Nuvalai te nun phung awmzia hriat thiam lehzualna a ni ang a.

Appendix G

DEMOGRAPHIC QUESTIONNAIRE (English)

1. Gender ( ) Female ( ) Male

2. Age: _________

3. Current Relationship

( ) Single, never married
( ) Married
( ) Divorced
( ) Separated
( ) Widowed

4. Child(s)  age(s) ____________________

5. Highest Level of Education

( ) Primary School
( ) Middle School
( ) High School
( ) Higher Secondary School
( ) Graduate
( ) University degree

6. Annual household income over the past year

( ) 60,000 – 100,000
( ) 100,000 – 300,000
( ) 300,000 and above

7. Employment Status
Are you currently:

( ) Self-Employed
( ) Government Employed
( ) Non government organisation
( ) Out of work for more than one year
( ) A Homemaker
( ) A Student
( ) Unable to work
8. Employment Status of Spouse

( ) Self-Employed
( ) Government Employed
( ) Non-government organisation
( ) Out of work for more than one year
( ) A Homemaker
( ) A Student
( ) Unable to work

9. Occupation __________________________________

10. Religion _____________________________________

11. Menopausal status

___ Pre-menopausal (normal menstruation over the past 12 months prior to this study)
___ Peri-menopausal/Menopausal (irregular/erratic menstruation for the past 12 months)
___ Post-menopausal (no menstruation for over 12 consecutive months)
___ Hysterectomy (uterus removed/at least one ovary intact)

12. If you are presently in the post-menopausal stage (no menstruation for the past 12 consecutive months or longer), indicate your experience of peri-menopause/ menopause compared to how you currently feel?

I feel much better now
No Change
I feel some change and discomfort
I feel much worse now

13. Do you engage in leisure activities? Can you list them?
Appendix H

DEMOGRAPHIC QUESTIONAIRRE (Mizo) *An illustrative sample of items.*

1. Mipa/Hmeichhia: ______ Veng:_________________

2. Kum zat: ______

3. Nihna:
   Nula/tlangval ☐
   Nupui/pasal nei ☐
   Inthen ☐
   Awm hrang ☐
   Hmeithai/Parawl ☐

4. Fa i nei em? I neih chuan eng zat nge an nih a?
   ______________________________________________________

5. Zir san lam:
   Primary School ☐  Middle School ☐  High School ☐
   ☐
   Higher Secondary School ☐
   Graduate ☐
   Post graduate ☐

6. Kum kal taa chhungkaw sum lakluh:
   60,000 – 100,000 ☐
   100,000 – 300,000 ☐
   300,000 chunglam ☐
Appendix I: English

INFORMED CONSENT FORM

I agree to participate in a research study conducted by Debbie Zothanpari, a doctoral scholar at Martin Luther Christian University, Shillong. This study is interested in my experience of meaning in life as a Mizo women in my midlife.

I understand that I will be asked to participate in intensive interview, and that the approximate total time of my involvement will be ones sessions of in depth interview and a last one to confirm the gathered information. Each session will consist of 60-70 minutes. Prior to the interview I will complete a short background question. I will also be asked to fill out a questionnaire on Meaning in life. I understand that my interview will be audio-taped and transcribed. I will receive a copy of the transcript for review and I may suggest edits or changes after the review.

I am aware that I may choose not to answer any question that I find embarrassing or offensive.

I understand that the information that I provide for this study will be kept confidential. My name and other information that identifies me will not be revealed. The recorded interview will receive a name (pseudonym), and therefore my real name will be known only to the researcher. Only the researcher will listen to the recorded interview. The researcher will read the transcribed interviews. Data from this research will be kept in a secure location, and the results of the interviews will be described in the researcher’s doctoral dissertation. Any documents connecting participants with their data will be destroyed as soon as the dissertation receives final committee approval; interview audio-tapes and all other related research materials will be destroyed one year from the dissertation publication date.
I understand that my pseudonym may be used with any quotations that might be included in the final research report. I also understand that by signing this consent form, I am also granting permission to use my disguised interview information in the dissertation report and in the future, should parts of the study be published in a professional journal, book, or at a professional conference.

I understand that my participation in this study is entirely voluntary and that I may withdraw from this study at any time (during or after the interview) without negative consequences. Should I choose to withdraw, I understand I may request that my data be eliminated from this study. I understand that I will be given a chance to talk about the interview experience at the end of the interview or I can contact the researcher if I feel the need to debrief the experience further.

My signature on this informed consent statement indicates that I have read, understand, and voluntarily agree to participate in this study according to the conditions described above.

____________________________
Signature of Participant

____________________________
Date
Appendix J:

Mizo Form of Appendix I

Zirchianna tel rem tiHna

Debbie Zothanpari, doctoral scholar in Counselling Psychology at Martin Luther Christian University, Shillong.

Research a buaipui ah hian tel ve ka remti. Hei hian Mizo Nuvalai te nuna an tawnhriat a luhchilh dawn tih ka hria.

He zirchiannaa ka tel chuan amah nena hmai chhana inbiak a ngai ang a. Keima chanchin min sawitir ang a, ka nun awmzia lam zawhna te a ni ang.. Kan inkawm hun hi darkar 1 emaw a ni ang.

Zawhna ka tan harsa leh chhan hrehawm a awm chuan ka chhang lo thei ang a; ka chhanna reng reng chu aruka vawn vek a ni ang (confidential). Ka hming leh ka nihna tilang thei thil ziak chhuah a ni lo vang. He thil record leh ziak reng reng chu hmun hima dah a ni ang a. Ka hming lem thesis-ah te a tul anga hman ka remti e.

Zirchiangtuin tha a tih angin a hmang thei ang. Chutianga a zirchiangtuin a hman hnu chuan, tih riral a ni ang a.

__________________________
Signature of participant

__________________________
Date
Appendix K

Introductory letter to Sample

Dear Friends,

This letter is to invite you to participate in a study about what gives you meaning in life. There is a shortage of literature and documentation of experiences of Mizo women. One of the main reasons could be due to little interest and lack of participation in research. The present study is attempting to address and fill this gap by getting Mizo women involved in research that will help us to know ourselves better and the way forward.

The study is designed to request information from 700 Women in their midlife. You are asked in the questionnaire to respond to questions about you. You were randomly chosen by the researcher. I am the only person who has met you, and it is impossible for me to identify you from your return questionnaire. The research question has potential important implications. I know that the demands on your time are great, but I hope you will choose to respond to this questionnaire in hopes that it can provide information about a much needed area of study.

There is a statement of confidentiality for you to read, on the back of this letter. Your participation in the study will be greatly appreciated.

Sincerely,

Debbie Zothanpari
Doctoral Scholar
Martin Luther Christian University
Shillong, Meghalaya
Appendix L

**Interview Question Guide**

As you know the purpose of this interview is to gather personal information, reflections about your midlife and what gives your life meaning. This will enhance our understanding of meaning in The interview will be audio-recorded to aid in its transcription (with your permission). This will take approximately 60 – 70 minutes.

Do you have any questions before we begin?

**Opening - after introductions and informed consent process:**

♦ Tell me about yourself where you were born and grew up and about your family.

♦ What do you think you learned from your family about life or things important?

♦ Follow up questions were asked to illuminate changes in their sense of meaning:

♦ What helped you get through difficult times in your life?

♦ More specific questions were asked based on information offered by the participant.

1- Did you marry? At what age? If not, why not?
2- Tell me about your marriage…
3- Describe your health.. education… work/professional journey.
4- What makes you happy now?
5- What do you feel have been the important successes in your life?
6- What do you feel have been the disappointments?
7- Share about some turning points or significant event in your life?
8- How has it shaped you
9- What made it meaningful?
10-What sorts of things give you the most pleasure now? When you were in your 40's,?
11-How do you feel about midlife?
12-What do you think is meaningful now?
13-How do you think your sense of meaning has changed as you reach midlife?
14-What would you still like to accomplish in your life?
15-Do you think about the future? make plans? What are your concerns for the future?