

Positivity Quotient Scale

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Abstract- Aim: To introduce Positivity Quotient Scale (PQ) as highly reliable and valid assessment scale for assessing eight attributes i.e Kindness, Honesty, Gratitude, Optimism, Lifestyle, Resilience, Eloquent Communication and Cultural Values.

Methodology: A pilot study was done with 216 school and college going adolescents. Random sample were collected to maintain fairness and impartiality in sample selection.

Standardization of the scale was originally done with 80 questions which contain "Validity index items to give Validity Indicator score (Vi Score). The final PQ Scale consist of 24 questions to be filled in 4-5 minutes. Reliability: The reliability of PQ, i.e consistency of the results are computed with split half reliability method by using the "Spearman Brown formula" which was found to be .81

Validity: A valid test measures what it claims to measure. The questions selected should justify the intended concept or construct. To validate it has been correlated with Carol Ryff's Psychological Well being Scale, Wisconsin University with .96 as coefficient of Correlation.

Norms were established to convert raw scores into sten scores.

Conclusion: Positivity Quotient Scale is a reliable and valid diagnostic assessment scale.

Keywords: Positivity Quotient Scale, Attributes, Sample, Reliability and Validity, Norms

I.INTRODUCTION

What does Positivity mean?

Positivity refers to a tendency of thinking, feeling and behaving in optimistic way with positive frame of mind that provides a satisfactory and contented feeling to self. It means making the most out of possible obstacles of life, having hopeful outlook towards self and others.

PQ (Positivity Quotient) is a measure of the level of positivity of a person as against the negativity. It has 8 attributes of positivism to measure as follows:

1. Kindness: A person with this attribute like to forgive others and move ahead with life.They have

an empathizing attitude to understand other's suffering and can be sympathetic showing the human side of them.

2. Honesty: Truthfulness defines this attribute. A person accepts one's mistakes and deals with others with fair deals. They are people of values who can make adjustments yet never compromises with principles of dignity and integrity.

3. Gratitude: The person with this attribute have a strong sense of appreciation towards those who are helpful. They are thankful to God too. They like to give credit to people for both big or small achievements of life.

4. Optimism: An optimistic person is energized with hope to deal with the most difficult situations. They are so faithful towards themselves that they get over the tragedies of life easily. With courage to embrace the change they get over the prejudices to find meaning of life. Thus they are open and willing to avail the opportunities coming their way. The person with this attribute is well aware of one's strength and weaknesses.

5. Lifestyle: It includes one's preferences of living with respect to healthy vs unhealthy ways. Lifestyle predicts how the person responds to other people as well as things, whether the habits and interests on eating, clothing and time management are sync with positivity or stuck into negativity and procrastination.

6. Resilience: This attribute gives an individual coping ability to deal with adversaries and concentrate on one's growth. They are highly focused people who consistently shows patience, persistence and perseverance and recovering ability to deal with obstacles. They view problems with open mind , can re-strategise, can manage people's ego to get their work done and achieve the desired outcome.

7. Eloquent Communication: People with this attribute speaks and listens with sense. Their sense of speech is full of humour, creativity and clear expression which marks their communicative interaction powerful resulting in better performance from an individual while working with team.

8. Cultural Values: An individual's life pattern is shaped by his cultural values. Culture define the limits of discipline and manners. Thus positive values inherited from one's immediate environment sets the boundaries within which person crafts his structured life.

II.PAST WORKS ON POSITIVITY

The term "Positive psychology" was first coined by Abraham Maslow in his book "Motivation and Personality" (1954), in which he proposed that "Psychology's preoccupation with disorder and dysfunction lacked an accurate understanding of human potential". Positive Psychology as a popular movement began in the late 1990's. First founded by Martin Seligman, who is also called the 'father of positive psychology', this branch of psychology focuses on positive emotions and behaviours as against other branches of psychology that lays great stress on only maladaptive or negative emotions, behaviours and thoughts.

From past various works has been done on positive psychology. Amongst one of the most important one is the work on well-being introduced by Seligman in 2011, called the P.E.R.M.A. Model to measure five elements: positive emotions, engagement, relationships, meaning and achievement, aimed at enhancing positivity of an individual.

Prof. Ed. Diener, another key contributor in the field of positivity, along with Seligman had proposed a scale called Subject Well-Being or SWB comprising of three components- Frequent positive affect, Infrequent negative affect and Cognitive evaluations of life satisfaction. These three interrelated components tend to make judgement of satisfaction using person's emotional experiences.

Apart from these another major work on positivity has been done by psychologist Carol D. Ryff. Ryff's Psychological Well-Being Scale is 18 items self-report instrument aimed to assess the psychological concept of well-being on six major dimensions:

autonomy, environmental mastery, self-acceptance, personal growth, positive relations with others and purpose in life.

III.SAMPLE

A pilot study was done with 216 school and college going adolescents. Random sample were collected to maintain fairness and impartiality in sample selection.

IV.STANDARDIZATION

Positivity Quotient (PQ) scale has 24 items. The detailed description with the psychological meaning of the term has already been discussed earlier. The test items of the scale have been selected from the question pool prepared with the help of interns during the internship in Developmental Research that has been tested and refined in programmatic studies. Each question has 3 choices from which the subject selects the answer. The final selected questions were considered after carefully screening them. Since both online and offline mode is used the protocols tested were from all over the world. Various research scholars, psychologists, students participated in the standardization process. The sample included school students, college students and young adults.

V.A WORD ABOUT FAKING

Since PQ was designed for general population, it was assumed that the subjects are motivated towards giving their true self while answering the questions. To ensure the faking error lie index was developed for the scale. However the majority of the questions in the PQ are indirect asking about interests which subjects would not necessarily perceive to be related to positivity quotient. This helps in reducing the biases with questionnaire such as social desirability bias and self enhancement bias.

The Positivity Quotient Scale consists of 24 items; there are two versions of PQ: 24 items for 4-5 minutes and 48 items 7-8 minutes, originally 80 questions were designed, these contains "Validity Index" items to give Validity Indicator Score (Vi score). The validity items are those items which are repeated by rephrasing some items mentioned earlier. The main purpose of such items is to check the response consistency of the subject throughout the test. If the consistency is high i.e. to the same questions the subject is giving different responses, the validity of the responses is doubtful.

Further, due to the indirect nature of the questions, and the validity index (Vi score), together gives a fairly well guarantee of an accurate and reliable measure of the positivity level of the person.

“Vi” Score (Validity Indicator Score) is an index of the individual’s attempt to make himself appear in the most favourable person by falsifying his answers. It also gives the extent of seriousness of the person. The higher the “Vi” score, the more accurate and reliable are the responses of the subject.

VI.RELIABILITY

The reliability of PQ, i.e consistency of the results are computed with split half reliability method by

using the ‘Spearman Brown formula’ which was found to be .81

VII.VALIDITY

Validity of test is important to ensure that the scale measures what it claims to measure. Though high reliable test is essentially the foremost requirement of a valid test. Still it is important to test validity with the concept or construct to be measured which is positivity for the present scale. So, according to the validation criteria the scale was validated against Carol Ryff’s Psychological Wellbeing scale after taking the due permission from the author. The coefficient of correlation was computed and found to be high with .96 showing the present scale highly valid.

TEST	SAMPLE SIZE	COEFFICIENT OF CORRELATION
Ryff’s Psychological Well Being Scale	32	.96

Norms

Norms for PQ (Total Scale)

N= 216 adolescents age 13 years to 20 years.

Descriptive Statistics

PQs	Kindness	Honesty	Gratitude	Optimism	Life style	Resilience	Eloquent Communication	Cultural Values
Frequency Count	557	478	283	467	437	595	552	788
Mean	2.57	2.21	1.33	2.16	2.02	2.75	2.55	3.64
SD	1.14	0.99	0.87	1.17	1.31	1.13	1.09	1.23

VIII.OBSERVATIONS

The descriptive statistics clearly shows the cultural values are an important aspect with adolescents with highest mean score (3.64). Resilience, Kindness and Eloquent communication are average valued traits with mean score of (2.75, 2.57 and 2.55) respectively which can be developed with awareness programs and trainings with challenging tasks. Honesty and Optimism is found to be with moderate mean score of (2.21 and 2.16) respectively depicting need to focus on personal growth and self-improvement. The lower mean score with Lifestyle and Gratitude respectively (2.02 and 1.33) shows need to develop skills to healthy eating, respecting and valuing time and becoming less judgemental and more perceptive and having mindset of appreciation and thankfulness so as to be happy with self and others.

IX.CONCLUSION

Positivity Quotient Scale is a reliable and valid diagnostic assessment scale which gives insights on cultural values, resilience and wellbeing, depict relationships and flaws to fill for personal growth and development.

X.FUTURE DIRECTIONS OF THE STUDY

The pilot study shall become instrumental for examining the correlational interconnections between 8 attributes of positivity and results can be compared to other populations studied like teachers and parents. Also scope of longitudinal study is there to have insight on how intensity of attribute changes with time.

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