International Situations Project Translation

**Subjective Happiness Scale**

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| Original English | Translation (Marathi) |
| 1. For each of the following questions, please indicate the point on the 7-point scale that best describes you:
 | 1. पुढील दिलेल्या शब्द्समुहान्च्या आधारे स्वतःचे वर्णन करायचे झाल्यास ते कसे होईल हे कृपया दिलेल्या सात बिंदुंच्या मोजपट्टीवर दर्शवा:
 |
| 1. In general, I consider myself
 | 1. साधारणपणे माझे स्वतःबद्दलचे मत असे आहे की ..
 |
| 1. Not a very happy person
 | 1. फारशी आनंदी न राहणारी व्यक्ती .
 |
| 1. A very happy person
 | 1. खूप आनंदी राहणारी व्यक्ती
 |
| 1. Compared to most of the people around me, I consider myself
 | 1. माझ्या अवतीभवतीच्या लोकांशी तुलना केली तर मी स्वतःला ........ समजेन
 |
| 1. Less happy
 | 1. कमी आनंदी
 |
| 1. More happy
 | 1. जास्त आनंदी
 |
| 1. Some people are generally very happy. They enjoy life regardless of what is going on, getting the most out of everything.  To what extent does this characterization describe you?
 | 1. काही लोक साधारणपणे नेहेमीच आनंदी असतात. परिस्थितीच्या निरपेक्ष ते जीवनाचा आनंद लुटतात. तुम्हाला हे व्यक्तिचित्रण किती लागू पडते ?.
 |
| 1. Not at all
 | 1. अजिबात नाही
 |
| 1. A great deal
 | 1. पुष्कळ प्रमाणात
 |
| 1. Some people are generally not very happy. Although they are not depressed, they never seem as happy as they might be.  To what extent does this characterization describe you?
 | 1. काही लोक हे साधारणपणे कधीच आनंदी नसतात. म्हणजे ते निराश असतात असे नाही पण ते दिसायला हवेत तसे आनंदी पण दिसत नाहीत . हे तुम्हाला किती प्रमाणात लागू पडते ?.
 |
| 1. Not at all
 | 1. अजिबात नाही
 |
| 1. A great deal
 | 1. पुष्कळ प्रमाणात
 |

Translation provided by:

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Reference for the Subjective Happiness Scale:

Lyubomirsky, S., & Lepper, H. S. (1999). A measure of subjective happiness: Preliminary reliability and construct validation. *Social Indicators Research*, *46*, 137-155.

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