Psychometric Properties of the Turkish Version of the Aspiration Index and the Relationship Between Aspirations and Subjective Well-being

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Abstract

The 35-item Aspiration Index (Kasser & Ryan, 1996) comprises seven life goals and is a widely used tool for measuring how much individuals care about each life goal and for deriving a relative intrinsic or extrinsic goal orientation score. This research aimed to test the psychometric properties of the Turkish version of the Aspiration Index and investigate the relationships between life goals and three important indicators of subjective well-being. In Study 1, exploratory factor analysis was conducted to remove the extra items and finalize the Turkish version of the index. Study 1 showed that the items were grouped under sevenfactors, as expected, and the factors exhibited good reliability. Study 2 tested the seven-factor structure of the index through confirmatory factor analysis and found that the data fitted the model well and that the index demonstrated good structural validity. Study 2 also investigatedthe Pearson correlations of life goals with life satisfaction, subjective vitality, and emotional well-being. The results showed that the only life goal with significant correlations to subjective well-being was the community contributions goal. Study 2 also found that age was positively correlated with subjective well-being, and women were more intrinsically oriented and more satisfied with their lives than men.

Keywords: Aspiration index, cross-cultural validation, goal orientation, life goals, life satisfaction, happiness, personal values, subjective well-being

Introduction

Self-determination theory (Deci & Ryan, 1985; Ryan & Deci, 2000) distinguishes between two categories of motivation: intrinsic and extrinsic motivation. Intrinsic motivation refers to motivation that arises from within the individual for doing an activity, only for the sake of the activity itself. Intrinsically motivated behavior is not contingent on external rewards (or punishments); the activity itself is the reward. Extrinsic motivation, in contrast, refers to motivation that is driven by external factors such as rewards or punishments. Extrinsically motivated behavior is performed to approach reward and avoid punishment. For example, if a student is studying just because they enjoy learning, without worrying about grades, this is an intrinsically motivated behavior. However, suppose the student is studying to score high grades to impress their peers or avoid scoring low grades because they are afraid of their parents' reaction. In that case, they perform an extrinsically motivated behavior as the motivation is driven by separable consequences.

Self-determination theory identifies three basic intrinsic needs (i.e., autonomy, competence, and relatedness) and proposes that the healthy development and well-being of the individual depend on the satisfaction of these needs (Deci & Ryan, 1985; Ryan & Deci, 2000, 2017). Goal contents theory, one of the mini theories within Self-determination theory, divides life goals into two groups based on their relations to intrinsic and extrinsic needs and suggests thatthe life goals adopted by individuals also are effective on their well-being. According to GCT,pursuing and attaining life goals such as personal growth, meaningful relationships, community contributions, etc., contributes to the healthy development and well-being of the individual by meeting their basic psychological needs. On the other hand, adoption of life goals such as attaining wealth, prestige, image, and fame, which are motivated by external rewards (money, praise, etc.), does not contribute to the satisfaction of basic psychological needs and may even undermine well-being by distracting the individual from satisfying their

basic psychological needs (Deci & Ryan, 2000; Kasser & Ryan, 1993, 1996, 2001; Ryan et al., 1996). Numerous empirical studies conducted in different cultures support GCT by showing that various indicators of subjective well-being are correlated positively with relative intrinsic goal orientation and negatively with relative extrinsic goal orientation (Grouzet et al., 2005; Kasser & Ryan 1993, 1996; Ryan et al., 1999; Schmuck et al., 2000; Unanue et al., 2014; for meta-analyses, see Bradshaw, 2019 and Dittmar et al., 2014). In addition, evidence from longitudinal studies is also in line with these findings (Kasser et al., 2014; Niemiec et al., 2009; Sheldon et al. 2004).

One of the most common tools to measure the mere or relative importance individuals attach to intrinsic and extrinsic life goals is the 35-item Aspiration Index (AI) developed by Kasser and Ryan (1996). Although the AI is frequently used in studies conducted in various cultures, especially with the attention that positive psychology has gained in recent years, it has not yet been adapted to Turkish. This study aims to examine the psychometric properties of the Turkish version of the AI and test the relationship between life goals and subjective well- being.

Aspiration Index

Aspiration Index (Kasser & Ryan, 1996) measures the importance given to seven life goals, each of which consists of five items, and allows determining the relative importance attached to intrinsic or extrinsic life goals. In addition to the importance given to each life goal, researchers can also measure individuals' beliefs about the likelihood of attaining these goals in the future and their current level of attainment.

Three of the seven life goals measured in the AI are intrinsic, and three are extrinsic goals. Intrinsic goals involve personal growth, meaningful relationships, and community contributions, while extrinsic goals consist of attaining wealth, fame, and image. Lastly, the seventh life goal measured in the AI is physical health, but this goal is usually not taken into

account when determining the relative goal orientation since it does not distinctively relate to either intrinsic or extrinsic goal categories.

Since intrinsic and extrinsic life goals are represented with an equal number of items in the AI, the difference between the intrinsic and extrinsic goal scores can be used to determine the relative goal orientation. For example, relative intrinsic goal orientation can be calculated by subtracting the extrinsic goal scores from the intrinsic goal scores. The score obtained shows the importance that the participant attaches to intrinsic goals compared to the extrinsic ones. Theoretically, a positive score indicates that intrinsic goals are more important than extrinsic goals, and thus the participant is intrinsically oriented. However, since individuals generally score higher on intrinsic goals, the difference is usually positive for most participants. Therefore, categorizing participants into two groups based on the valence of their scores is non-practical. Instead, researchers generally rely on the distribution of the difference scores and treat the goal orientation as a continuous variable.

Present Research

The present research aims to examine the psychometric properties of the Turkish version of the AI and investigate the relationships between goal orientation and subjective well-being. In two studies, the factor structure of the AI was tested using both exploratory factor analysis (Study 1) and confirmatory factor analysis (Study 2), and the relationships between value orientation and three main indicators of subjective well-being (i.e., life satisfaction, subjective vitality, and emotional well-being) were investigated through correlation analysis (Study 2).

Before conducting the cross-cultural adaptation of the AI into the Turkish language, we contacted one of the developers of the index, Tim Kasser, to obtain permission. In addition to giving permission, Kasser also provided supervision in the translation process. Since the index consists of short and straightforward statements, it was first translated into Turkish by the researcher himself, then back-translated into English by two social scientists with good

command of English. These two back-translated forms were sent to Tim Kasser to receive his feedback. Upon Kasser's recommendation to revise five of the 35 statements, each of these five items was revised, and, additionally, one rephrased alternative for each of the five items was added to the questionnaire. Then a pilot study (n = 64) was conducted on the 40-item questionnaire, in which participants were asked to indicate how much they care about each life goal on a scale ranging from 1 (not at all important) to 7 (very important) and to mark the item numbers of the statements that they think to have clarity issues. Results showed that the participants found all statements clear; therefore, it was decided to remove the five extra statements based on a follow-up exploratory factor analysis.

Study 1

This study was carried out to determine which of the items in the five item pairs will be included in the final form and to provide data for the confirmatory factor analysis to be followed.

Participants

The data of the study was collected from [institution name removed for double-blind review] Business Faculty students between November-December 2019, as part of an unrelated study. The AI was at the beginning of the questionnaire packet, following the age and gender questions. The data of the pilot study was also included in the dataset, as no changes were made in the form after the pilot study. Forms containing less than three observations in any of the goal categories represented in the AI were not included in the dataset, and as a result, 265 usable forms were obtained. The sample consisted of %56.6 female and %43.4 male students, and the participants' ages ranged from 18 to 34 (M_{age} = 21.51 SD = 1.94). Missing values on any construct in the AI were replaced by the mean of the participant's responses to the other items measuring the given construct.

Results and Discussion

To determine which of the items in the five item pairs would be included in the final form of the Turkish AI, exploratory factor analysis was conducted. The maximum likelihood method was used as the factor extraction method, and an eigenvalue of greater than 1 was used as the criterion for factor extraction. As the intrinsic and extrinsic goals were expected to correlate both within themselves and with each other, an oblique rotation method (i.e., Promax) was preferred for factor rotation.

[Insert Table 1 about here]

Kaiser-Meyer-Olkin (KMO) test for sampling adequacy (0.856) and Bartlett's test of sphericity ($\chi^2(595) = 5220.40$, $p = 0.000$) showed that the data was suitable for factor analysis (Bartlett, 1950; Field, 2013; Kaiser & Rice, 1974; Tabachnick & Fidell 2014). As a result of the analysis, eight factors with eigenvalues greater than 1 were extracted. Item pairs were evaluated in terms of factor loading and cross-loading scores and were excluded from the analysis one by one until one statement from each pair remained. This procedure resulted in seven factors with eigenvalues greater than 1 and an explained variance of 56.4%. The Cronbach α scores of the factors ranged from 0.77 to 0.91. As a result, a seven-factor solution emerged in the Turkish version of AI, as in the original index, and all variables were loaded on the intended factors (see Table 1).

Study 2

This study aimed to test the seven-factor structure of the AI via confirmatory factor analysis and examine the relationships between goal orientation and three main indicators of subjective well-being, namely, life satisfaction, subjective vitality, and emotional well-being.

Participants

The data of the study were collected from [institution name removed for double-blind review] Business Faculty students in December 2019. Forms containing less than three observations in any of the goal categories represented in the AI were not included in the data set, and as a result, 208 usable forms were obtained. The sample consisted of 47.5% female and 52.5% male students, and the participants' ages ranged from 18 to 49 (M_{age} = 22.87 SD = 4.80). Missing values on any construct were replaced by the mean of the participant's responses to the other items measuring the given construct.

Materials

Subjective Vitality

Subjective vitality was measured via the Subjective Vitality Scale, developed by Ryan and Frederick (1997) and translated into Turkish by Uysal et al. (2014). Some example statements from the scale are as follows: "I feel alive and vital", "I look forward to each new day", "I feel energized". Participants evaluated each statement on a scale ranging from 1 (strongly disagree) to 7 (strongly agree).

Life Satisfaction

Life satisfaction was measured using two different materials. One of them was the Cantril ladder, developed by Cantril (1965), in which participants evaluate their lives on a scale ranging from 0 to 10. The participants were asked to indicate on which step of the ladder their current life was, considering that the worst possible life they can have corresponds to the lowest step on the ladder (0) and the best possible life to the top step (10). Another material used to measure life satisfaction was the five-item Life Satisfaction Scale, developed by Diener et al. (1985) and translated into Turkish by Durak et al. (2010). Some example statements from the scale are as follows: "In most ways my life is close to my ideal", "The

conditions of my life are excellent", "I am satisfied with my life". Participants evaluated each statement on a scale ranging from 1 (strongly disagree) to 7 (strongly agree).

Emotional Well-being

Emotional well-being was measured via the materials used in the Gallup World Survey. To measure emotional well-being, Gallup asks participants to indicate whether they had experienced certain emotions the previous day. However, since limiting the measurement to only the previous day will cause measurement errors due to daily fluctuations (Helliwell & Wang, 2014), the participants in the current study were asked to evaluate the previous week instead of the previous day. Also, in the Gallup survey, participants only indicate whetherthey have experienced each emotion, so the answers are in two categories (i.e., yes or no). In the current study, a five-point Likert-type scale with frequency labels was used instead of a two-category nominal scale (yes/no) to increase the variability in the data and determine how often the given emotions are experienced, as suggested by Diener et al. (2009). Participants indicated how often they experienced two positive (i.e., smile/laughter and enjoyment) and four negative emotions (i.e., anger, sadness, worry, and depression) in the past week by choosing the most appropriate label among "never", "seldom", "sometimes", "often" and "almost always" for each. In order to calculate an emotional well-being score, participants' scores on negative emotions were subtracted from their scores on positive emotions.

Procedure

After providing the informed consent, participants indicated their age and gender and then responded to the Cantril life satisfaction measure. Then, they engaged with a short vignette and three Likert-type questions for an unrelated study. Finally, they responded to the AI, Subjective Vitality Scale, SWLS, and emotional well-being measures and were debriefed and thanked.

Results

Confirmatory Factor Analysis

Although the results of the first study showed that the Turkish version of the AI resulted in a seven-factor structure, as in the original scale, confirmatory factor analysis was conducted to test the model fit of this structure. To this end, the data collected in the current study were combined with the data collected in Study 1, and DFA was conducted via AMOS 24.

The model fit was evaluated based on six different fit indices: minimum discrepancy divided by its degrees of freedom (CMIN/df), root mean square error of approximation (RMSEA), standardized root mean square residual (SRMR), comparative fit index (CFI), incremental fit index (IFI), and Tucker-Lewis index (TLI). Taken together, results showed that the model fits the data well (CMIN/df = 2,314; RMSEA = 0.053; SRMR = 0.065; CFI = 0.914; IFI = 0.915; TLI = 0.905) as per the widely accepted cutoff criteria for fit indices (Hair at al., 2010; Marsh & Grayson, 1995; Schumacker & Lomax, 2004)

[Insert Figure 1 about here]

The reliability and validity indicators also provided satisfactory results. It was observed that the composite reliability scores of all factors were above 0.7, suggesting that the indexexhibits good internal reliability. Furthermore, the moderate-to-high correlations among intrinsic goals and their low or statistically non-significant correlations with extrinsic goals indicate that structural validity (convergent and discriminant validity) is supported for intrinsic goals (see Figure 1). Similarly, the high correlations among extrinsic goals and their low or non-significant correlations with intrinsic goals indicate that structural validity is also supported for extrinsic goals. Additionally, the heterotrait-monotrait ratio of correlations(HTMT) scores was below 0.85 (ranging between 0.05 and 0.73), which provided further support for discriminant validity (Henseler et al., 2015; Kline, 2011).

The analysis of the relationships between the health goal and the intrinsic and extrinsic goals showed that the health goal had moderate-to-high correlations with the three intrinsic goals (ranging between 0.47 and 0.54). The correlations between the health goal and the three extrinsic goals, by contrast, were weak. More specifically, the health goal had a low correlation with the money and image goals ($r = 0.22$ and 0.17, respectively) but did not significantly correlate with the fame goal. Therefore, the health goal can be more of an intrinsic goal in the current sample, just as the other intrinsic goals in the AI.

Finally, the importance attached to each life goal was examined. The life goal with the highest mean was the relationship goal ($M = 6.53$, $SD = 0.67$), followed by health ($M = 6.41$, $SD = 0.75$), growth ($M = 6.25$, $SD = 0.73$), community ($M = 5.95$, $SD = 0.96$), money ($M = 5.02$, $SD = 1.26$), image ($M = 3.92$, $SD = 1.32$), and fame ($M = 3.51$, $SD = 1.49$) goals.

Correlations

Pearson correlations were examined to investigate the relationships between aspirations and the three indicators of subjective well-being. In the analysis conducted on the raw data, it was observed that the importance of intrinsic goals had statistically significant relationships with both indicators of life satisfaction, a weak relationship with subjective vitality close to statistical significance, and a non-significant relationship with emotional well-being. The importance of extrinsic goals, on the other hand, did not show a significant relationship with any indicator of well-being. Two items (#2 and #7) on the subjective vitality scale were then used as attention-check questions to identify the inattentive participants. After recoding the reverse coded item (#2), the difference between the scores of the two items was calculated. Participants with a difference score of 3 or higher were excluded from the analysis, and the correlation analyses were repeated. As a result, it was observed that the pattern of the results did not change; only the relationship between the importance of intrinsic goals and subjective vitality turned into a statistically significant correlation. As a result, it was found that the

importance given to intrinsic goals showed statistically significant, weak relationships with life satisfaction ($r_{cantril} = 0.157$, $p = 0.033$; $r_{swls} = 0.175$, $p = 0.018$) and subjective vitality ($r = 0.148$, $p = 0.045$) but a non-significant relationship with emotional well-being. However, the relative importance given to the intrinsic goals did not show a significant relationship with any indicator of well-being. Lastly, the importance given to extrinsic goals was also not statistically significantly correlated with well-being indicators.

Further investigation of the significant correlations of importance attached to intrinsic goals with subjective vitality and life satisfaction revealed that these significant relationships were largely accounted for by the community contributions goal. Neither the personal growth nor the meaningful relationships goals had significant correlations with the indicators of subjective well-being, and the correlations of the community contributions goal with the SWLS and subjective vitality were statistically significant even after controlling for these two intrinsic goals. Examination of the relationships between each extrinsic goal and the indicators of subjective well-being, on the other hand, revealed no significant associations. The health goal did not also have significant relationships with subjective well-being indicators. Thus, only the community contributions goal was statistically significantly correlated with subjective well-being among all seven life goals in the AI.

[Insert Table 2 about here]

Finally, the relationships between demographic factors and study variables were examined (see Table 2). It was observed that age was positively correlated with life satisfaction ($r_{cantril} = 0.233$, $p < 0.01$; $r_{swls} = 0.225$, $p < 0.01$), subjective vitality ($r = 0.184$, $p = 0.014$), and emotional well-being ($r = 0.192$, $p = 0.01$). Furthermore, the relationship between age and emotional well-being was largely accounted for by the lower levels of negative emotions rather than the higher levels of positive emotions. Examination of the relationship between gender and study variables showed that women ($M = 4.33$, $SD = 1.01$) had a statistically

significantly higher life satisfaction in SWLS than men ($M = 3.95$, $SD = 1.20$), $t(177) = 2.31$, $p = 0.022$, $d = 0.35$. In addition, it was also found that women place more importance on intrinsic life goals ($p = 0.003$) and less on extrinsic goals ($p = 0.056$) compared to men, and therefore had statistically significantly higher scores in relative intrinsic value orientation thanmen, $t(177) = 3.356$, $p = 0.001$, $d = 0.50$.

General Discussion

This research tested the reliability and validity of the Turkish version of the Aspiration Index, examined its psychometric properties, and investigated the relationships between aspirations and subjective well-being. In Study 1, exploratory factor analysis was conducted to finalize the Turkish version of the 35-item AI. Results of Study 1 showed that, just as in the original index, a seven-factor solution with factor eigenvalues above 1 emerged, all variables were grouped under the intended factors, and each factor showed good levels of reliability. Study 2 aimed to collect additional data to test the seven-factor structure of the 35-item AI via confirmatory factor analysis. The confirmatory factor analysis conducted by combining the data obtained in Study 1 and Study 2 showed that the seven-factor model fits the data well as per the generally accepted fit indices and supported the convergent and discriminant validityof the Turkish version of AI. As a result, it was concluded that the Turkish version of the 35- item AI exhibits a good factor structure, and therefore, can be used with confidence by researchers.

In Study 2, the correlations of aspirations with three indicators of subjective well-being (i.e., life satisfaction, subjective vitality, and emotional well-being) were also examined. The results showed that, among seven life goals represented in the AI, only the communitycontributions goal had a significant relationship with well-being indicators, except for emotional well-being. The evidence from a recent large-scale latent profile analysis corroborates the findings of the present research. More specifically, the profile analysis

revealed that those prioritizing community contributions had the highest levels of well-being (Bradshaw et al., 2021). The findings of the present research are also in line with those of Frost and Frost (2000) in which they compared the USA and Romania and found that, on the importance dimension of aspirations, the only factor predicting well-being was the relative importance given to community contributions. They also observed that the negative relationship between extrinsic goals and well-being was significant only in the USA sample. Therefore, the reason for the non-significant findings in the current research may be due to cultural variations. For example, a recent meta-analysis showed that the associations between aspirations and well-being/ill-being were not observed in all cultures, while these associations were contrary to the predictions of the GCT in some cultures. Moreover, the relationship between simple scores of extrinsic goals and well-being was significant only in Eastern European countries, and the relationship was positive, contrary to the prediction of the GCT. Similarly, the relationship between the simple scores of extrinsic goals and ill-being was significant only in North and South American countries (Bradshaw, 2019). Therefore, the current study's failure to detect a relationship between extrinsic goals and well-being may be due to the absence of such a relationship in the current culture.

The non-significant findings in the current study may also result from sample characteristics or methodological limitations. For example, the sample may have fallen short of representing the population and failed to uncover the existing relationships. Similarly, factors such as measurement error and statistical power may have contributed to the failure to detect an already existing effect. In addition, factors such as the current attainment of aspirations or the likelihood of achieving them in the future are closely related to well-being (Emmons, 1986; Niemiec et al., 2009). For example, a recent meta-analysis found that the current attainment and the perceived likelihood of future attainment of life goals predicted indicators of well- being and ill-being better than the importance of life goals in some instances. However, in the

current study, the current attainment of aspirations or the likelihood of achieving them in the future were not measured; only the importance attached to life goals was measured. These factors may have contributed to the failure to detect a potential effect.

The present research also found that age was positively correlated with life satisfaction, subjective vitality, and emotional well-being. This finding is consistent with the findings in the literature showing that older individuals tend to be happier (Charles et al., 2001; Diener & Suh, 1997; Sheldon & Kasser, 2001). In addition, the relationship between age and emotional well-being was driven by the decreasing levels of negative emotions by age, which could be due to the age differences in resilience (Gooding et al., 2012) and emotion regulation (Orgeta, 2009; You et al., 2019). Finally, it was found that life satisfaction and some life goals differ by gender. Specifically, women were found to have higher levels of life satisfaction than men; however, the literature on the relationship between gender and life satisfaction generally presented inconsistent findings (see Batz & Tay, 2018 for a detailed review and potential reasons behind the contradictory findings). When compared in terms of aspirations, women have been found to be more intrinsically oriented than men, which is a consistent finding in the literature (Kasser & Ryan, 1993, 1996; Rijavec et al., 2011; see Bradshaw et al., 2021). Overall, the results of gender and age differences in aspirations and well-being are mostly in line with the findings of the extant research.

Acknowledgments

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Figures and Tables

Figure 1. CFA: Standardized Regression Weights and Correlations Among Factors
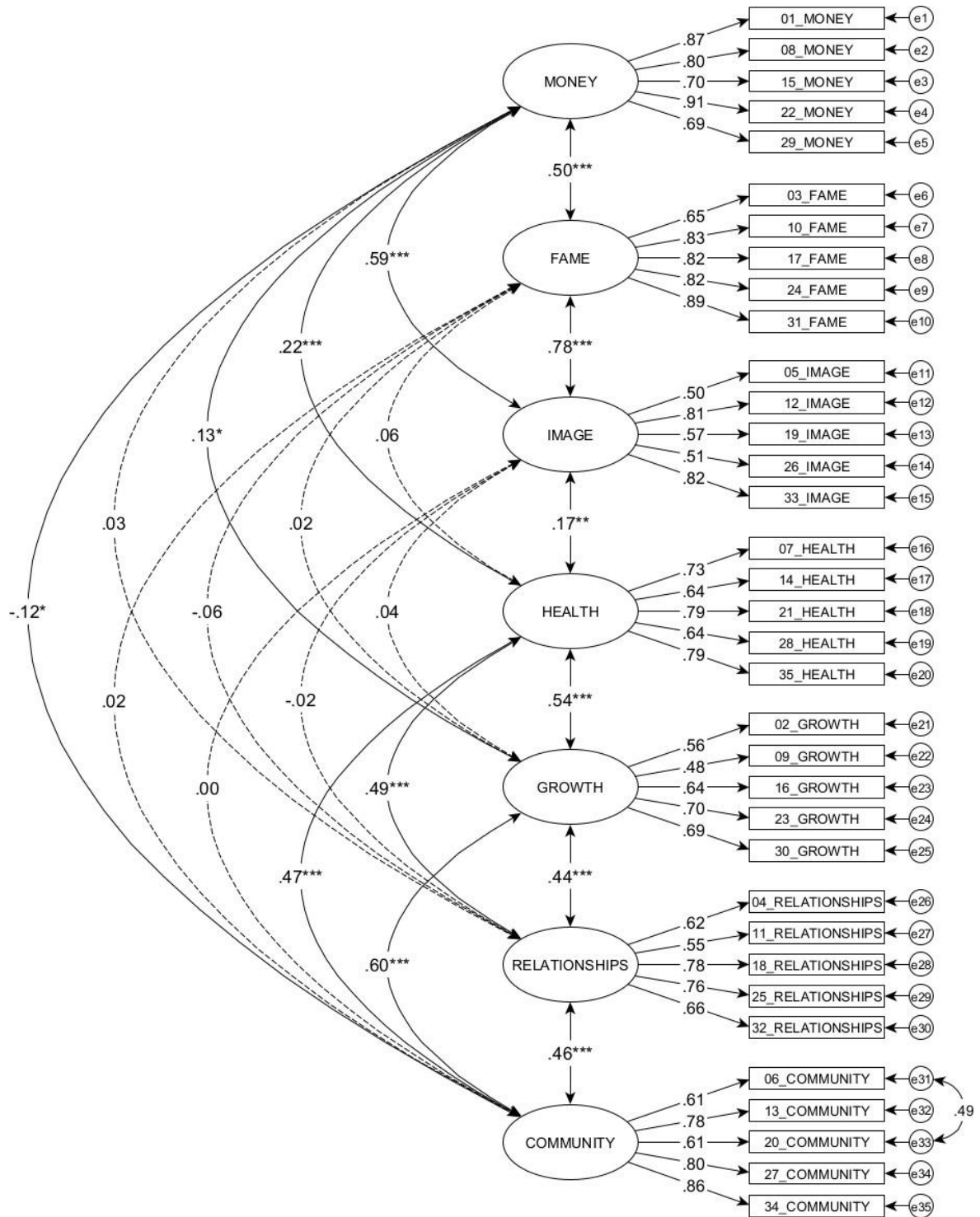
Note. * $p < 0.05$, ** $p < 0.01$, *** $p < 0.001$, dashed lines denote non-significant correlations; all factor loadings are significant at the $p < 0.001$ level.

Table 1. Exploratory Factor Analysis: Pattern Matrix

	Factor Loadings						
	Fame	**Money**	**Relationships**	**Community**	**Health**	**Growth**	**Image**
Asp31_F	.933						
Asp10_F	.850						
Asp17_F	.796						
Asp24_F	.751						
Asp03_F	.746						
Asp01_M		.936					
Asp22_M		.895					
Asp15_M		.719					
Asp08_M		.676					
Asp29_M		.649					
Asp18_R			.844				
Asp25_R			.760				
Asp04_R			.664				
Asp32_R			.641				
Asp11_R			.524				
Asp34_C				.927			
Asp13_C				.831			
Asp27_C				.659			
Asp20_C				.551			
Asp06_C				.527		.341	
Asp07_H					.789		
Asp21_H					.783		
Asp35_H					.742		
Asp28_H					.583		
Asp14_H					.539		
Asp30_G						.747	
Asp23_G						.635	
Asp16_G						.608	
Asp02_G						.583	
Asp09_G						.519	
Asp12_I							.636
Asp33_I							.557
Asp19_I							.551
Asp26_I							.538
Asp05_I							.493
Cronbach's α	.914	.896	.818	.865	.817	.770	.794

Note. $N = 265$; coefficients lower than 0.3 are suppressed.

Table 2. Correlations Among Variables in Study 2

	1	2	3	4	5	6	7	8	9	10
1. Gender (*F = 1, M = 2*)										
2. Age	0,07									
3. Intrinsic	**-,220****	0,05								
4. Extrinsic	0,15	-0,08	0,13							
5. RIGO	**-,245****	0,09	**,372****	**-,870****						
6. Cantril ladder	-0,14	**,233****	**,157***	0,03	0,05					
7. Satisfaction with life	**-,171***	**,225****	**,175***	-0,01	0,10	**,585****				
8. Subjective vitality	0,02	**,184***	**,148***	0,01	0,07	**,434****	**,476****			
9. Positive emotions	-0,05	0,12	0,04	-0,08	0,09	**,334****	**,455****	**,549****		
10. Negative emotions	-0,11	**-,193****	0,02	0,11	-0,10	**-,327****	**-,372****	**-,424****	**-,365****	
11. Emotional well-being	0,04	**,192****	0,01	-0,12	0,11	**,400****	**,501****	**,590****	**,831****	**-,821****

Note. N = 184; RIGO: Relative Intrinsic Goal Orientation. * *p* < .05; ** *p* < .01.

Yaşam Hedefleri İndeksi

Her insanın uzun vadeli hedefleri veya arzuları vardır. Bunlar, insanların yaşamları süresince ulaşmayı umdukları şeylerdir. Bu bölümde birbiri ardına sunulan çeşitli yaşam hedefleri yer almaktadır ve sizden her bir hedefle ilgili üç soruya yanıt vermenizi istiyoruz: (a) Bu hedef sizin için ne kadar önemli? (b) Gelecekte bu hedefe ulaşmanız ne kadar mümkün? (c) Şimdiye kadar bu hedefin ne kadarını gerçekleştirdiniz? Her soruyu aşağıdaki 7 noktalı ölçeğe göre cevaplayınız.

Hiç			Kısmen			Çok
1	2	3	4	5	6	7

1. Çok varlıklı biri olmak [2] [3]

   a) Bu hedef sizin için ne kadar önemli?
   b) Gelecekte bu hedefe ulaşmanız ne kadar mümkün?
   c) Şimdiye kadar bu hedefin ne kadarını gerçekleştirdiniz?

2. Gelişmek ve yeni şeyler öğrenmek

3. İsmimin birçok insan tarafından bilinmesini sağlamak [3]

4. İhtiyacım olduğunda yanımda olacağını bildiğim dostlara sahip olmak [3]

5. Yaşlılık belirtilerini başarılı bir şekilde gizlemek

6. Toplumun gelişmesi/iyileştirilmesi için çalışmak [2] [3]

7. Fiziksel açıdan sağlıklı olmak [3]

8. Çok sayıda pahalı mal/mülk sahibi olmak [3]

9. Hayatımın sonunda geriye dönüp baktığımda anlamlı ve eksiksiz bir yaşantı görmek

10. Birçok insan tarafından hayran olunmak [2] [3]

11. Hayatımı, sevdiğim birisiyle paylaşmak

12. İnsanların sık sık ne kadar çekici olduğum konusunda yorumlar yapmalarını sağlamak [2] [3]

13. Karşılığında hiçbir şey beklemeden, ihtiyaç duyan insanlara yardım etmek

14. Fiziksel açıdan formda olma düzeyim hakkında kendimi iyi hissetmek

15. Finansal açıdan başarılı olmak

16. Hayat tarafından sürüklenmektense, ne yapacağıma kendim karar vermek [3]

17. Ünlü biri olmak [2] [3]

18. İçten, sadakatli ve adanmış ilişkilere sahip olmak [2] [3]

19. Saç ve giyim konusunda modaya ayak uydurmak

20. Dünyayı daha iyi bir yer yapmak için çalışmak [2] [3]

21. Kendimi sağlıklı ve sıhhatli tutmak [2] [3]

22. Zengin olmak [2] [3]

23. Gerçekte kim olduğumu bilmek ve bunu kabul etmek [2] [3]

24. İsmimin medyada sıkça görünmesini sağlamak

25. Beni gerçekten seven ve benim de sevdiğim insanların var olduğunu hissetmek [2] [3]

26. Arzuladığım imaja ulaşmak [3]

27. İnsanlara hayatlarını iyileştirmelerinde yardımcı olmak

28. Hastalıklardan uzak olmak

29. İstediğim her şeyi satın almak için yeteri kadar paraya sahip olmak

30. Yaptığım şeyleri aslında niçin yaptığımı daha iyi anlayabilmek [2] [3]

31. Birçok farklı insan tarafından hayran olunmak

32. Kalıcı ve güçlü ilişkilere sahip olmak

33. İnsanların çekici bulduğu bir görünüşe ve özelliklere sahip olmak [2] [3]

34. İhtiyaç sahibi insanlara yardım etmek [3]

35. Fiziksel açıdan sağlıklı bir yaşam tarzına sahip olmak [2] [3]

İçsel (Intrinsic) Hedefler	Dışsal (Extrinsic) Hedefler
Kişisel Gelişim: 2, 9, 16, 23, 30	Servet: 1, 8, 15, 22, 29
Anlamlı İlişkiler: 4, 11, 18, 25, 32	Şöhret: 3, 10, 17, 24, 31
Topluma Katkı: 6, 13, 20, 27, 34	İmaj/İmge: 5, 12, 19, 26, 33

Not: 7, 14, 21, 28, 35 numaralı ifadeler sağlık hedeflerini ölçmektedir. Sağlık hedefleri içsel-dışsal hedef kategorilerinden herhangi birine tam olarak uymadığından, göreli içsel/dışsal hedef yönelimi hesaplanırken genellikle dikkate alınmamaktadır. Yaşam Hedefleri İndeksi'nde içsel ve dışsal yaşam hedefleri eşit sayıda madde ile ölçüldüğünden, göreli hedef yöneliminin belirlenmesi için basitçe içsel ve dışsal hedeflerin skor toplamlarının veya ortalamalarının farkı hesaplanabilir. Örneğin, katılımcının içsel hedeflerdeki ortalama skorundan dışsal hedeflerdeki ortalama skoru çıkarılarak ***göreli içsel hedef yönelimi*** hesaplanabilir.

Yaşam hedeflerinin güvenilir şekilde ölçülebilmesi için indeksteki ifadelerin tümünün kullanılması önerilir fakat çeşitli kısıtlar nedeniyle daha kısa bir ölçüm aracına ihtiyaç duyan araştırmacılar, her bir yaşam hedefini iki madde ile ölçmek için (2) ile belirtilmiş olan ifadeleri, üç madde ile ölçmek için ise (3) ile belirtilmiş maddeleri kullanabilirler.

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