

## Validation of Hindi Translated Scales on Grit, Resilience and Well-being

**Kamlesh Singh**  
IIT, Delhi

**Mohita Junnarkar**  
JIBS, O. P. Jindal Global University,  
Sonapat

**Shambhovi Mitra**  
IIT, Delhi

The primary focus of the study is to present the psychometric properties of the Hindi translated version of the Grit-Scale, Connor Davidson Resilience Scale (CD-RISC) and PERMA scale. The study was conducted in North India, where more than one-third of the population speaks Hindi. A total of 474 Hindi speaking participants (females = 202) in the age range of 17 to 60 years ( $M = 25.69$ ;  $SD = 8.10$ ) volunteered for the study. A booklet containing demographic sheet and selected scales in Hindi language was used for data collection. The Confirmatory Factor Analysis results indicated that all three scales possessed acceptable model fit indices. The correlational analysis indicated good convergent validity between all the three constructs. It was found that females possessed higher scores on well-being, grit (interest) and resilience. The results of the current study align with the earlier research studies.

**Keywords:** Grit, Resilience, Well-being, Hindi, Translation, Validation.

Globally many studies in recent decades have been documented on well-being. It has been studied with respect to Hedonia (presence of positive affect, absence of negative affect and life satisfaction) and Eudemonia (psychological well-being). Huppert & So (2013) stated that well-being would prevail when pathology was absent. However, other studies asserted that mental illness and mental health are two separate concepts although related to each other in continua (Keyes, 2002, 2005). Different researchers have conceptualized well-being as different models, for instance, Keyes (2002) conceptualized it as having different components such as emotional well-being (positive affect and life satisfaction), psychological well-being (Ryff's PWB - purpose in life, self-acceptance, environmental mastery, personal growth, autonomy and positive relations with others) and social well-being (social, social integration, social actualization, social acceptance and social coherence). Whereas Huppert and So (2013) stated that positive characteristics (emotional stability, vitality, optimism, resilience and self-esteem), positive functioning (engagement, competence,

meaning and positive relationships) and positive appraisal (comprising life satisfaction and positive emotion) comprised of well-being.

Diener, Wirtz, Tov, Kim-Prieto, Choi, et al., (2010) stated that flourishing comprised of purpose and meaning, positive relationships, engagement, social contribution, competence, self-respect, optimism and social relationships. Seligman (2011) also proposed PERMA model of well-being to be comprised of engagement, meaning and purpose, positive emotion, accomplishment and positive relationships.

Personality and well-being are closely correlated. Peterson and Seligman (2004) stated that positive psychology renewed the interest in empirically measuring perseverance and its association with well-being. Duckworth, Peterson, Matthews and Kelly (2007) introduced the construct of grit, defining it as trait-level perseverance and passion for long-term goals and it entails the capacity to sustain effort and interest in projects that take months or even longer to complete. Grit is distinct from need for achievement and individuals who are high on grit do not swerve from goals even in the absence of positive feedback.