

Life Satisfaction Rating Scales
Version Attached: Full Test

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Instrument Type:

Rating Scale

Test Format:

Items are rate on a 5-point scale (with 5 being high).

Source:

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Life Satisfaction Rating Scales

LSR

Items

A. Zest vs. apathy. To be rated here are enthusiasm of response and degree of ego-involvement—in any of various activities, persons, or ideas, whether or not these are activities which involve *R* with other people, are "good" or "socially approved" or "status-giving." Thus, *R* who "just loves to sit home and knit" rates as high as *R* who "loves to get out and meet people." Although a low rating is given for listlessness and apathy, physical energy *per se* is not to be involved in this rating. Low ratings are given for being "bored with most things"; for "I have to force myself to do things"; and also for meaningless (and unenjoyed) hyper-activity.

5. Speaks of several activities and relationships with enthusiasm. Feels that "now" is the best time of life. Loves to do things, even sitting at home. Takes up new activities; makes new friends readily, seeks self-improvement. Shows zest in several areas of life.
4. Shows zest, but it is limited to one or two special interests, or limited to certain periods of time. May show disappointment or anger when things go wrong, if they keep him from active enjoyment of life. Plans ahead, even though in small time units.
3. Has a bland approach to life. Does not seem to get much pleasure out of the things he does. Seeks relaxation and a limited degree of involvement. May be quite detached (aloof) from many activities, things, or people.
2. Thinks life is monotonous for the most part. May complain of fatigue. Feels bored with many things. If active, finds little meaning or enjoyment in the activity.
1. Lives on the basis of routine. Doesn't think anything worth doing.

B. Resolution and fortitude. The extent to which *R* accepts personal responsibility for his life; the opposite of feeling resigned, or of merely condoning or passively accepting that which life has brought him. The extent to which *R* accepts his life as meaningful and inevitable, and is relatively unafraid of death. Erikson's "integrity." Not to be confused with "autonomy" or the extent to which *R*'s life has been self-propelled or characterized by initiative. *R* may not have been a person of high initiative, but yet he may accept resolutely and relatively positively that which life has been for him. *R* may feel life was a series of hard knocks, but that he has stood up under them (this would be a high rating).

There are two types of low ratings: the highly intropunitive, where *R* blames himself overly much; and the extrapunitive, where *R* blames others or the world in general for whatever failures or disappointments he has experienced.

5. Try and try again attitude. Bloody but unbowed. Fights back; withstanding, not giving up. Active personal responsibility—take the bad and the good and make the most of it. Wouldn't change the past.

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4. Can take life as it comes. "I have no complaint on the way life has treated me." Assumes responsibility readily. "If you look for the good side of life, you'll find it." Does not mind talking about difficulties in life, but does not dwell on them either. "You have to give up some things."

3. Says, "I've had my ups and downs; sometimes on top, sometimes on the bottom." Shows a trace of extrapunitiveness or intropunitiveness concerning his difficulties in life.

2. Feels he hasn't done better because he hasn't gotten the breaks. Feels great difference in life now as compared to age 45; the change has been for the worse. "I've worked hard but never got anywhere."

1. Talks of hard knocks which he has not mastered (extrapunitive). Feels helpless. Blames self a great deal (intropunitive). Overwhelmed by life.

C. *Congruence between desired and achieved goals.* The extent to which *R* feels he has achieved his goals in life, whatever those goals might be; feels he has succeeded in accomplishing what *he* regards as important. High ratings go, for instance, to *R* who says, "I've managed to keep out of jail" just as to *R* who says, "I managed to send all my kids through college." Low ratings go to *R* who feels he's missed most of his opportunities, or who says, "I've never been suited to my work," or "I always wanted to be a doctor, but never could get there." Also to *R* who wants most to be "loved," but instead feels merely "approved." (Expressions of regret for lack of education are not counted because they are stereotyped responses among all but the group of highest social

5. Feels he has accomplished what he wanted to do. He has achieved or is achieving his own personal goals.

4. Regrets somewhat the chances missed during life. "Maybe I could have made more of certain opportunities." Nevertheless, feels that he has been fairly successful in accomplishing what he wanted to do in life.

3. Has a fifty-fifty record of opportunities taken and opportunities missed. Would have done some things differently, if he had his life to live over. Might have gotten more education.

2. Has regrets about major opportunities missed but feels good about accomplishment in one area (may be his avocation).

1. Feels he has missed most opportunities in life.

D. *Self-concept.* *R*'s concept of self—physical as well as psychological and social attributes. High ratings go to *R* who is concerned with grooming and appearance; who thinks of himself as wise, mellow (and thus comfortable in giving advice to others); who feels proud of his accomplishments; who feels he deserves whatever good breaks he has had; who feels he is important to someone else. Low ratings are given to *R* who feels "old," weak, sick, incompetent; who feels himself a burden to others; who speaks disparagingly of self or of old people.

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5. Feels at his best. "I do better work now than ever before." "There was never any better time." Thinks of self as wise, mellow; physically able or attractive; feels important to others. Feels he has the right to indulge himself.
4. Feels more fortunate than the average. Is sure that he can meet the exigencies of life. "When I retire, I'll just substitute other activities." Compensates well for any difficulty of health. Feels worthy of being indulged. "Things I want to do, I can do, but I'll not overexert myself." Feels in control of self in relation to the situation.
3. Sees self as competent in at least one area, e.g., work; but has doubts about self in other areas. Acknowledges loss of youthful vigor, but accepts it in a realistic way. Feels relatively unimportant, but doesn't mind. Feels he takes, but also gives. Senses a general, but not extreme, loss of status as he grows older. Reports health better than average.
2. Feels that other people look down on him. Tends to speak disparagingly of older people. Is defensive about what the years are doing to him.
1. Feels old. Feels in the way, or worthless. Makes self-disparaging remarks. "I'm endured by others."

E. Mood tone. High ratings for *R* who expresses happy, optimistic attitudes and mood; who uses spontaneous, positively-toned affective terms for people and things; who takes pleasure from life and expresses it. Low ratings for depression, "feel blue and lonely"; for feelings of bitterness; for frequent irritability and anger. (Here we consider not only *R*'s verbalized attitudes in the interview, but make inference from all we know of his interpersonal relationships, how others react toward him.)

5. "This is the best time of my life." Is nearly always cheerful, optimistic. Cheerfulness may seem unrealistic to an observer, but *R* shows no sign of "putting up a bold front."
4. Gets pleasure out of life, knows it and shows it. There is enough restraint to seem appropriate to a younger person. Usually feels positive affect. Optimistic.
3. Seems to move along on an even temperamental keel. Any depressions are neutralized by positive mood swings. Generally neutral-to-positive affect. May show some irritability.
2. Wants things quiet and peaceful. General neutral-to-negative affect. Some depression.
1. Pessimistic, complaining, bitter. Complains of being lonely. Feels "blue" a good deal of the time. May get angry when in contact with people.