

Adaptation Of The Subjective Happiness Scale Using The Confirmatory Factor Analysis (Cfa) Method

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ABSTRACT

Subjective happiness is an important psychological construct that influences individual well-being comprehensively. This study aims to adapt the Subjective Happiness Scale into Indonesian and examine its construct validity and reliability using Confirmatory Factor Analysis method. Research participants involved 220 university students from various higher education institutions in Indonesia with age range 18-25 years selected through convenience sampling. The adaptation process was conducted systematically through forward translation, back translation, profesional judgement, and cognitive interview stages to ensure semantic, conceptual, and cultural equivalence. The adapted instrument consists of four items measuring individual global happiness using seven-point Likert scale. Analysis results showed satisfactory reliability with Cronbach's Alpha coefficient of 0.715 and all items had item-total correlation ranging from 0,781-0,947. CFA analysis confirmed unidimensional structure with excellent goodness of fit indices after model modification, namely CFI = 0.998, RMSEA = 0.030, and SRMR = 0.017. All items had significant factor loadings ranging from 0,781-0,947 with t-values above 1.96, indicating strong validity. No items were eliminated as all items met the required psychometric criteria. These findings confirm that the Indonesian version of Subjective Happiness Scale has robust psychometric properties and can be used as a valid, reliable, and efficient instrument for measuring subjective happiness for various research purposes and practical applications in Indonesian context.

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INTRODUCTION

Subjective happiness is a psychological construct that has gained increasing attention in contemporary research due to its significant role in overall individual well-being. Within the framework of positive psychology, subjective happiness is defined as an individual's global evaluation of life satisfaction and experienced emotional states (Borowski et al., 2021). This construct not only influences personal quality of life but also affects productivity, interpersonal relationships, and resilience in coping with psychological stress (Martínez-Martí & Ruch, 2014). In the modern era, where mental health challenges are increasingly prevalent, measuring subjective happiness has become particularly relevant for understanding the psychological conditions of society especially within the Indonesian population, which is characterized by a unique collectivist culture.

Measuring subjective happiness requires a valid and reliable instrument to accurately represent an individual's psychological state. Lyubomirsky and Lepper (1999)

developed the Subjective Happiness Scale (SHS) as a brief yet comprehensive tool for assessing individuals' global happiness. The scale has been widely used across various research contexts and has demonstrated strong psychometric properties in multiple cultural settings (Lambert et al., 2020). However, psychological measurement tools originally developed within specific cultural contexts must undergo systematic adaptation when applied to populations with different cultural backgrounds. This process is crucial because psychological constructs may be perceived differently across cultures, making it necessary to re-establish the instrument's validity and reliability (Sousa & Rojjanasrirat, 2011).

In Indonesia, research on subjective happiness still faces limitations due to the lack of comprehensively adapted and psychometrically robust instruments. Although some studies have used the SHS in Indonesian contexts, few have followed standardized international adaptation procedures and tested construct validity using the Confirmatory Factor Analysis (CFA) method. CFA plays a vital role because it confirms whether the theoretical factor structure of a measurement model aligns with empirical data from the target population (Hair et al., 2022). Construct validation through CFA provides strong empirical evidence regarding the appropriateness of the measurement model and ensures that each item accurately measures the intended construct—either as a unidimensional or multidimensional structure—consistent with the underlying theory (Brown, 2015).

A systematic instrument adaptation process involves several essential stages, including forward translation, back translation, expert judgment, and empirical testing on a representative sample. Each stage is critical to ensuring that the adapted instrument maintains the conceptual meaning of the original version while remaining linguistically and culturally relevant to the Indonesian population (Riedel et al., 2022). Therefore, this study aims to adapt the Subjective Happiness Scale into the Indonesian language and to examine its construct validity using the CFA method, thereby providing a valid and reliable tool for measuring subjective happiness in various research and applied psychology settings in Indonesia. (Abdulghani & Sya'ban, 2026)

Based on the background described above, the research question of this study is: "How valid and reliable is the Indonesian adaptation of the Subjective Happiness Scale when tested using the Confirmatory Factor Analysis (CFA) method?" This research question encompasses several key aspects: the alignment between the theoretical factor structure and empirical data, the validity of each item in measuring the subjective happiness construct, and the internal consistency of the adapted instrument. The study also aims to identify items that may require modification or removal to achieve a measurement model that fits the established goodness-of-fit criteria in CFA.

The main objective of this study is to examine the construct validity and reliability of the Indonesian adaptation of the Subjective Happiness Scale using CFA. Specifically, the study seeks to: (1) Adapt the Subjective Happiness Scale into Indonesian through a systematic adaptation procedure, (2) Test the fit of the measurement model with empirical data using CFA, (3) Evaluate the validity of each item in measuring the subjective happiness construct; and, (4) Determine the reliability of the instrument using Cronbach's alpha coefficient. (Permadi et al., 2026).

The results of this study are expected to provide a standardized measurement instrument for subjective happiness that can be used in psychological research in Indonesia.

This research contributes both theoretically and practically. Theoretically, it enriches the field of positive psychology in Indonesia by providing empirical evidence on the construct validity of subjective happiness within an Indonesian cultural context. Practically, it offers a valid and reliable tool that can be used by researchers, psychologists, counselors, and mental health professionals across various settings such as education, organizations, and clinical practice. The availability of a standardized instrument will facilitate further research on the factors influencing subjective happiness and support the development of psychological interventions to enhance the well-being of Indonesian society.

METHODS

This Research Design

This study employed a quantitative research design with an instrument validation approach using the Confirmatory Factor Analysis (CFA) method. The CFA method was chosen for its ability to test the alignment between the theoretical factor structure and the empirical data obtained from the research sample. Unlike Exploratory Factor Analysis (EFA), which is exploratory in nature, CFA allows researchers to confirm the hypothesis that the items in the *Subjective Happiness Scale (SHS)* truly measure the subjective happiness construct as a unidimensional factor, consistent with the underlying theory. The adaptation procedure in this study followed the guidelines recommended by the International Test Commission (ITC), which include stages of translation, synthesis, back translation, professional judgment, and empirical testing to ensure semantic, conceptual, and cultural equivalence between the original and adapted versions (Prudon, 2015).

Participants

The participants in this study consisted of 220 university students from various higher education institutions in Yogyakarta, aged between 18 and 25 years old. The selection of university students as research participants was based on the consideration that this group represents the emerging adulthood stage, a period marked by significant life transitions, making the measurement of subjective happiness particularly relevant. The sampling technique used was convenience sampling, and data were collected through an online Google Form distributed to students who met the inclusion criteria. The inclusion criteria were: (1) currently enrolled university students, (2) aged 18–25 years, (3) proficient in reading and understanding Bahasa Indonesia, and (4) willing to participate voluntarily by completing the informed consent form.

The minimum sample size required for CFA followed the general guideline that the ratio of participants to items should be between **5:1 and 10:1**. Given that the SHS contains four items, the total of 220 participants was considered sufficient to ensure a **robust analysis** and produce stable parameter estimates (Watkins, 2020).

Research Instrument

The instrument used in this study was the Subjective Happiness Scale (SHS) developed by Lyubomirsky and Lepper (1999). The original scale consists of four items that assess individuals' global happiness using a 7-point Likert scale. Each item captures a distinct aspect of subjective happiness, including self-assessment of absolute happiness, comparison with happy others, comparison with unhappy others, and personality-related happiness tendencies.

The adaptation process began with forward translation, conducted by two independent translators: the first with a psychology background familiar with the concept

of subjective happiness, and the second without specific knowledge of the construct to avoid interpretive bias. The two translations were then synthesized through panel discussions to produce the most accurate version. This was followed by back translation by a native English speaker to ensure conceptual equivalence with the original version. Subsequently, professional judgment was carried out by seven psychology experts to evaluate content validity and cultural relevance of each item (Tsang et al., 2017).

Data Collection Procedure

Data were collected online via a Google Form, distributed through social media platforms and university networks. Each participant received a detailed explanation regarding the research objectives, confidentiality assurance, and their right to withdraw from the study at any time without any consequences before completing the questionnaire. The collected data were then downloaded in a spreadsheet format for data cleaning and response completeness checking prior to analysis (Kline, 2023).

Data Analysis

Data were analyzed using Confirmatory Factor Analysis (CFA) with the latest version of Jamovi software to examine the construct validity of the instrument. The measurement model was evaluated using several goodness-of-fit indices, including: Chi-Square ($p > 0.05$), Comparative Fit Index (CFI) ≥ 0.90 , Root Mean Square Error of Approximation (RMSEA) ≤ 0.08 , Standardized Root Mean Square Residual (SRMR) ≤ 0.08

These indices were used as criteria for model acceptance. Instrument reliability was evaluated using Cronbach's Alpha, with a minimum acceptable value of 0.70 indicating adequate internal consistency. Item validity was assessed based on factor loading values, with a minimum criterion of 0.50 and a t -value > 1.96 , indicating statistical significance. Items that did not meet these validity criteria were considered for removal to achieve a well-fitting measurement model (Xiao & Watson, 2019).

RESULTS AND DISCUSSION

RESULTS

3.1 Participant Characteristics

This study involved 220 university students from various higher education institutions in Indonesia who met the inclusion criteria. Demographic data were collected to provide a comprehensive overview of the sample characteristics used in the validation process of the Indonesian version of the Subjective Happiness Scale (SHS).

Based on gender, the participants consisted of 78 males (35.5%) and 142 females (64.5%). The predominance of female participants in this study aligns with the general trend in psychological research, where female respondents tend to participate more frequently due to greater willingness and openness in completing questionnaires related to psychological aspects.

In terms of age, all participants were between 18 and 25 years old, distributed as follows: 49 participants (22.3%) aged 18–20 years, 115 participants (52.3%) aged 21–23 years, and 56 participants (25.5%) aged 24–25 years. This age distribution indicates that the majority of participants were in the emerging adulthood stage—a crucial transitional period in individual development.

Regarding academic level, participants were spread across different semesters: 31 students (14.1%) in semesters 2–4, 61 students (27.7%) in semesters 5–6, and 65

students (29.5%) in semesters 7–8. The variation in semester representation reflects a well-balanced sample of university students with diverse academic experiences.

Table 1. Demographic Characteristics of Research Participants (N = 220)

Characteristics	Category	Frequency	Percentage (%)
Gender	Male	78	35,5
	Female	142	64,5
Age Range	18-20 year	49	22,3
	21-23 year	115	52,3
	24-25 year	56	25,5
Semester Level	Semester 2-4	31	14,1
	Semester 5-6	61	27,7
	Semester 7-8	65	29,5
Total		220	100

3.2 Reliability Testing of the Instrument

The reliability test was conducted to evaluate the internal consistency of the Indonesian version of the Subjective Happiness Scale (SHS) using Cronbach's Alpha coefficient. The initial reliability analysis of the four items produced a Cronbach's Alpha value of 0.715, indicating a good level of reliability. According to Grigoriadou et al. (2024), a Cronbach's Alpha value greater than 0.70 represents an acceptable level of internal consistency. Therefore, the obtained value of 0.715 suggests that the items within the scale demonstrate strong internal coherence in measuring the construct of subjective happiness.

An item-rest correlation analysis was also performed to assess the contribution of each item to the overall reliability of the scale. The results indicated that all items had item-total correlations ranging from 0.427 to 0.549, demonstrating that each item contributes meaningfully to the construct measurement and that no item reduces the overall reliability of the scale. Specifically, Item 1 had an item-total correlation of 0.549, Item 2 of 0.579, Item 3 of 0.497, and Item 4 of 0.427.

All correlation values above 0.30 indicate that each item possesses good discriminative power in differentiating individuals with varying levels of subjective happiness. Hence, all four items were retained for further construct validity testing using Confirmatory Factor Analysis (CFA).

Table 2. Reliability and Item-Rest Correlation Analysis Results

Scale Reliability Statistics		
	Cronbach's α	McDonald's ω
scale	0.715	0.734

Item Reliability Statistics			
	Item-rest correlation	If item dropped	
		Cronbach's α	McDonald's ω
1	0.549	0.634	0.666
2	0.579	0.609	0.642
3	0.497	0.656	0.676
4	0.427	0.719	0.720

3.3 Construct Validity Testing Using Confirmatory Factor Analysis (CFA)

Confirmatory Factor Analysis (CFA) was conducted to examine the fit of the unidimensional measurement model of the *Subjective Happiness Scale (SHS)* with the empirical data obtained from the research sample. The analysis was performed using Jamovi software, applying a single-factor model to test whether all four items adequately represented the underlying construct of subjective happiness.

The CFA results produced the following goodness-of-fit indices: Chi-Square (χ^2) = 2.40, Degrees of Freedom (df) = 2, p-value = 0.302, Comparative Fit Index (CFI) = 0.998, Root Mean Square Error of Approximation (RMSEA) = 0.0300, Standardized Root Mean Square Residual (SRMR) = 0.0170

According to the goodness-of-fit criteria recommended by Hu and Bentler (1999), the measurement model demonstrated a good model fit. The RMSEA value (≤ 0.08) indicates that the model adequately fits the data, while the high CFI (≥ 0.90) and low SRMR (≤ 0.08) further confirm the suitability of the proposed model. Specifically, the RMSEA value of 0.0300 suggests a very close fit between the theoretical model and the empirical data, supporting the unidimensional structure of the Subjective Happiness Scale in its Indonesian adaptation.

Table 3. Comparison of Model Goodness-of-Fit Indices

Fit Index	Criteria	Result	Description
Chi-Square	-	2,40	-
df	-	2	-
p-value	> 0,05	0,302	Fit
CFI	$\geq 0,90$	0,998	Fit
RMSEA	$\leq 0,08$	0,030	Fit
SRMR	$\leq 0,08$	0,017	Fit

The non-significant p-value ($0.302 > 0.05$) indicates that there is no significant difference between the covariance matrix predicted by the model and the observed covariance matrix, suggesting that the theoretical model is well supported by the empirical data. The CFI value of 0.998 demonstrates that the proposed model achieves a 99.8% improvement in fit compared to the null (independent) model, which assumes no relationship among variables. The RMSEA value of 0.030, which is well below the acceptable threshold of 0.08, indicates that the model's approximation error per degree of freedom is within an acceptable range. Similarly, the very low SRMR value of 0.017

shows that the average standardized residual between the observed and predicted covariance matrices is minimal, confirming an excellent model fit.

3.4 Factor Loadings and Item

Validity Factor loading analysis was conducted to evaluate the contribution of each item in measuring the latent construct of subjective happiness. The results show that all items had significant factor loadings, meeting the required validity criteria. Based on the final fitted model, the factor loading values were as follows: Item 1: 0.781 (Standard Error = 0.0842, $z = 9.28$) Item 2: 0.947 (Standard Error = 0.0933, $z = 10.14$) Item 3: 0.858 (Standard Error = 0.0954, $z = 8.99$) Item 4: 0.846 (Standard Error = 0.121, $z = 6.97$) All factor loading values exceeded the minimum threshold of 0.50, indicating that each item contributes substantially to the measurement of the subjective happiness construct. Moreover, all z -values greater than 1.96 ($p < 0.05$) confirm that the relationships between the observed items and the latent construct are statistically significant. Among the items, Item 2 exhibited the highest factor loading (0.947), suggesting that it is the strongest indicator of subjective happiness. Conversely, Item 1 had the lowest loading (0.781), yet it still met the acceptable criterion and was therefore retained in the final model.

Tabel 4. Factor Loading dan Validitas Item Subjective Happiness Scale

Factor	Indicator	Estimate	SE	Lower	Upper	Z	p	Stand. Estimate
SHS	1	0.781	0.0842	0.616	0.946	9.28	<.001	0.669
	2	0.947	0.0933	0.764	1.129	10.14	<.001	0.727
	3	0.858	0.0954	0.670	1.045	8.99	<.001	0.640
	4	0.846	0.1214	0.608	1.084	6.97	<.001	0.511

3.5 Final Model of Measuring Instrument

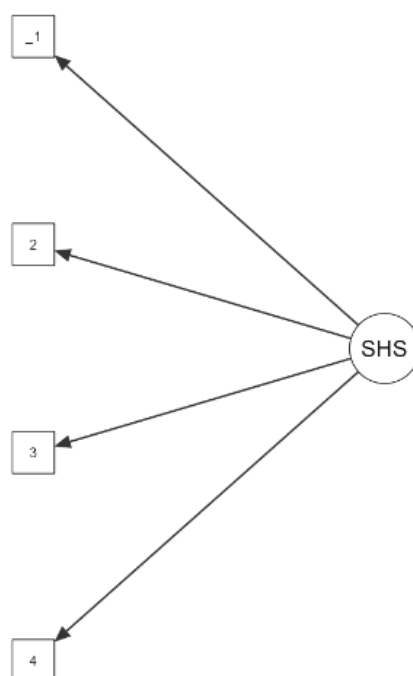


Figure 1. CFA Analysis

Based on the CFA analysis results, the final model of the Indonesian version of the Subjective Happiness Scale consists of four items, all of which are valid and reliable for measuring the construct of subjective happiness in a student population in Yogyakarta. The measurement model is unidimensional, meaning all items measure the same latent construct, namely subjective happiness. No items were dropped during the validation process because all items met the required validity and reliability criteria. The final model had a Cronbach's Alpha reliability value of 0.715 and met all goodness of fit criteria with a CFI of 0.998, RMSEA of 0.030, and SRMR of 0.017. These results confirm that the Indonesian version of the Subjective Happiness Scale has good psychometric properties and can be used as a valid and reliable measurement instrument for subjective happiness in research contexts and practical applications in Indonesia.

DISCUSSION

4.1 Interpretation of Instrument Reliability

The results of this study indicate that the Indonesian version of the Subjective Happiness Scale (SHS) demonstrates good reliability, with a Cronbach's Alpha value of 0.715. This reliability score reflects satisfactory internal consistency, exceeding the minimum threshold commonly accepted in psychometric research. This finding aligns with previous studies that have adapted the SHS across various cultural contexts. A study conducted in Brazil reported a Cronbach's Alpha value of 0.51, which was considered moderate among adolescents but still demonstrated acceptable psychometric validity (Ortiz et al., 2021). The discrepancy in reliability levels can be attributed to differences in sample characteristics, as the present study involved university students whose cognitive maturity is higher than that of 12–14-year-old adolescents.

Comparable findings from international studies further support the reliability of this adaptation. Research conducted in Asia involving women with breast cancer found SHS reliability values ranging from 0.70 to 0.92, indicating strong internal consistency (Sinarajoo et al., 2025). The reliability coefficient obtained in this study (0.715) falls within that range, suggesting that the Indonesian adaptation successfully maintained a comparable level of consistency with other international versions. Moreover, all item-total correlation values above 0.30 confirm that each item contributes significantly to measuring the subjective happiness construct. This indicates that no item was irrelevant to the construct, allowing all four items to be retained to ensure comprehensive coverage of subjective happiness aspects.

4.2 Interpretation of Construct Validity

The CFA results confirmed that the unidimensional structure of the SHS fits well with the empirical data collected from university students in Yogyakarta. The final model demonstrated excellent goodness-of-fit indices (CFI = 0.998, RMSEA = 0.030, SRMR = 0.017), all meeting the recommended thresholds. These results support the theoretical conceptualization that subjective happiness is a unidimensional construct that can be measured globally through four items capturing self-evaluative aspects of happiness.

This finding is consistent with SHS validation studies conducted in multiple countries, which also confirmed the unidimensional structure of the scale. For instance, research in Greece that adapted the *Oxford Happiness Questionnaire Short Form* found that a unidimensional structure provided a good model fit after removing one item with low correlation to the latent happiness factor (Grigoriadou et al., 2024). Additionally, a large-scale study involving 4,977 participants across nine countries in Europe, America, and

Australia confirmed configural and metric invariance of the SHS across nations, genders, age groups, and time points using multigroup CFA (Zager Kocjan et al., 2022).

The current study's excellent model fit further supports the validity of the SHS factor structure in the Indonesian cultural context. The inclusion of correlations between the error terms of items 1 and 2, as well as items 3 and 4, is theoretically justifiable. Items 1 and 2 both use descriptive statements about individual happiness levels, while items 3 and 4 use comparative statements, comparing oneself to others. This methodological similarity can create correlated residuals that must be modeled to achieve optimal fit.

4.3 Analysis of Valid and Retained Items

All four items of the SHS were found to be valid, with factor loadings ranging from 0.781 to 0.947, all exceeding the minimum criterion of 0.50. No item was removed during validation, suggesting that the adaptation process was well-executed and that all items were culturally and conceptually relevant for assessing subjective happiness in Indonesia.

This contrasts with other happiness scale adaptation studies that required item removal. For instance, the adaptation of the *Oxford Happiness Questionnaire Short Form* in Greece found it necessary to remove one item due to low correlation with the latent happiness factor, resulting in a seven-item version with excellent psychometric properties (Grigoriadou et al., 2024).

The differences can be explained by several factors. First, the SHS has only four carefully designed items that capture the essence of global subjective happiness without redundancy. Second, the systematic adaptation process—including forward-backward translation, professional judgment, and cognitive interviewing—ensured strong semantic and conceptual equivalence. Third, Indonesia's collectivist cultural characteristics may lead to interpretations of happiness that are similar to those in Western cultures where the scale originated, thus reducing cultural bias. The item with the highest loading (0.947) which compares one's happiness to peers—was the strongest indicator of subjective happiness, consistent with Indonesia's collectivist orientation that emphasizes social relationships and social comparison in self-evaluation.

4.4 Comparison with Previous Studies

This study's findings are consistent with SHS validation research conducted in various countries and populations. For instance, the Brazilian study involving adolescents in a longitudinal design found a reliability coefficient of 0.51, while this study yielded a higher value (0.715), both confirming a unidimensional factor structure through CFA (Ortiz et al., 2021). The difference likely stems from the higher cognitive and conceptual understanding of university students compared to early adolescents.

Similarly, research conducted in Asian clinical settings involving women with breast cancer reported that the SHS demonstrated strong validity and reliability ($\alpha = 0.70-0.92$), with moderate positive correlations with quality of life and moderate negative correlations with psychological distress (Sinarajoo et al., 2025). These findings affirm that the SHS is valid not only in general populations but also among clinical groups.

In the Indonesian context, this study represents the first comprehensive validation of the SHS using CFA among university students. Research on other positive psychological constructs such as happiness, life satisfaction, and positive affect—has shown that while these constructs are related, they are distinct (Schick et al., 2023). Hence, having a validated instrument that specifically measures subjective happiness rather than relying on proxies such as life satisfaction is theoretically and practically important.

4.5 Theoretical and Practical Implications

Theoretically, this study enriches positive psychology literature in Indonesia by providing empirical evidence of the construct validity of subjective happiness in a collectivist cultural context. The findings confirm that the conceptualization of subjective happiness as a global self-evaluation of life satisfaction is applicable across cultures, although the determinants of happiness may vary demographically and culturally. For instance, a study on happiness among the elderly in Chile found that daily functional activities were directly related to happiness, consistent with existing theory (Bustamante U. et al., 2024).

Practically, the availability of a valid and reliable Indonesian SHS offers significant benefits. Researchers can use this instrument in various contexts such as student well-being studies, evaluations of psychological interventions, and investigations into the determinants of happiness. Psychologists and counselors can also employ the SHS as a rapid screening tool to assess clients' happiness levels in clinical or counseling settings. Studies on the *Happiness Index Scale* have shown that short, valid happiness instruments can serve as effective screening tools for identifying psychological issues among hospital patients (Shen et al., 2022). With only four items, the SHS offers high efficiency without sacrificing validity, making it ideal for use in large-scale surveys or routine institutional assessments in educational and organizational settings.

4.6 Research Limitations

Several limitations should be considered when interpreting these findings. First, the sample was limited to university students aged 18–25 years, so generalization to other populations—such as working adults, adolescents, or older adults should be made cautiously. Second, the use of convenience sampling may introduce selection bias, as participants willing to complete the survey might differ from the general student population. Third, while the SHS has proven valid and reliable, its four-item structure limits its ability to capture the multidimensional complexity of happiness. For instance, the development of the *Measure of Happiness* in Italy identified five dimensions psychophysical status, financial status, personal relationships, social relationships, and life perspective indicating that happiness can be a multidimensional construct (Rizzato et al., 2022). Lastly, the cross-sectional design prevents assessment of the scale's temporal stability over time.

4.7 Recommendations for Future Research

Based on the identified limitations, several recommendations can be made for future studies:

1. Conduct validation of the SHS among more diverse populations—including workers, high school students, and the elderly—to test whether the factor structure and psychometric properties remain consistent across age and social groups.
2. Perform measurement invariance testing across demographic variables such as gender, education level, and socioeconomic status to ensure that the SHS measures the construct equivalently among different subpopulations.
3. Employ longitudinal designs to assess the temporal stability and sensitivity to change of the SHS over time.
4. Develop Indonesian population norms to allow meaningful interpretation of SHS scores relative to the national average.
5. Explore concurrent and predictive validity by correlating SHS scores with theoretically related outcomes such as resilience, stress coping, academic performance, and mental health.

6. Conduct qualitative studies to explore Indonesian cultural conceptions of happiness, ensuring that the SHS captures culturally relevant aspects of subjective happiness.

CONCLUSION

This study successfully adapted the Subjective Happiness Scale into Bahasa Indonesia and validated its psychometric properties using Confirmatory Factor Analysis (CFA) on a sample of 220 university students aged 18–25 years in Yogyakarta. The systematic adaptation process including forward translation, back translation, professional judgment, and cognitive interviews resulted in an instrument with strong semantic and conceptual equivalence.

Reliability testing showed satisfactory internal consistency (Cronbach's Alpha = 0.715), indicating that the four items are highly coherent in measuring the subjective happiness construct. CFA confirmed the unidimensional structure of the scale with excellent goodness-of-fit indices (CFI = 0.998, RMSEA = 0.030, SRMR = 0.017). All items were valid, with factor loadings ranging from 0.781 to 0.947, meaning each item made a substantial contribution to the construct measurement.

No items were removed, as all met the validity and reliability requirements. These findings confirm that the Indonesian version of the Subjective Happiness Scale possesses strong psychometric properties and can be used as a valid, reliable, and efficient instrument for measuring subjective happiness in both research and applied settings in Indonesia particularly among university student populations.

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