

Development and Validation of a General Adjustment to Aging Scale in Pakistan

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In the present study, General Adjustment to Aging Scale was developed and validated. The items were practically created and written in uniformed form. Factorial validity of the scale was determined on 200 participants, male and female participants having age range of 60-90 years belonging from Lahore and Islamabad. Factor analysis resulted in four factors i.e., Cognitive and Emotional Adjustment, Psychological Adjustment, Attitude towards Family, and Attitude towards Friends, alpha of all sub variables revealed an overall satisfactory Cronbach alpha (0.74). Convergent validity was estimated by correlating the scores of The Multidimensional Scale of Perceived Social Support by Zimet, G.D., Dahlem, N.W., Zimet, S.G. & Farley, G.K. (1990) with General Adjustment to Aging Scale (N = 40). The resulting correlation was significant and added to the validity of General Adjustment to Aging Scale ($r=.659, P<0.001$). Discriminant validity was assessed by correlating the scores of Perceived Stress Scale by Cohen et al. (1988) with General Adjustment to Aging Scale (N = 40). Inverse relationship was found between both scales of measures ($r=-.354, p<0.05$). Hence, it is a reliable and valid measure for assessing general adjustment to Aging in indigenous context and in the perspective of Pakistani culture.

Keywords: Adjustment, Aging, Pakistan, validity.

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