

Meaning Making – Other-Oriented
Banyard, Hamby, & Grych, 2013;
Hamby, Thomas, Banyard, de St. Aubin, & Grych, 2015

Surprisingly few measures exist regarding the sources of psychological meaning in people’s lives. Schnell (2009, 2011) has conducted some of the only research in this area, developing an attitudinal/perceptual measure of the importance of more than two dozen possible domains of meaning making. For example, “Success is what matters to me” or “I am an achievement-oriented person.” Her measure contains 141 items. We used her ideas as a foundation for developing behavioral markers of creating meaning in one’s life. This Meaning Making subscale assesses how individuals engage in activities helping others as a way to make their own lives meaningful.

Development and validation of measure in pilot study and main sample: To establish reliability and validity for new and adapted items, we conducted a pilot study with 104 participants from the same community as the main sample, recruited through a local email classifieds list and word-of-mouth. In the main sample of over 2500 participants, we conducted domain-level factor analyses for all meaning making strengths. Of the 31 items from the original Meaning Making Practices scale used in the main study, ten were maintained in this subscale. Internal consistencies (coefficient alphas) for the pilot and main samples were both 0.87. Validity was established in the main sample with moderate to strong correlations with other measures of meaning making strengths, such as Purpose ($r = .51$), Religious Meaning-Making ($r = .43$), in addition to outcome measures such as Subjective Well-Being ($r = .55$) and Post-Traumatic Growth ($r = .55$).

Scoring: Each answer category was assigned a value from 4 to 1. The total score can be a sum or mean of all the items. We used z-scores of the scale score in our analyses. Higher scores indicate higher levels of other-oriented meaning making.

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Hamby, S., Thomas, L.A., Banyard, V., de St. Aubin, E., & Grych, J. (2015). Generative roles: Assessing sustained involvement in generativity. *American Journal of Psychology and Behavioral Sciences*, 2(2), 24-32.

Sources: Schnell, T. (2009). The Sources of Meaning and Meaning in Life Questionnaire (SoMe): Relations to demographics and well-being. *The Journal Of Positive Psychology*, 4(6), 483-499.

Schnell, T. (2011). Individual differences in meaning-making: Considering the variety of sources of meaning, their density and diversity. *Personality and Individual Differences*, 51, 667-673.

1. I have a set of skills that are valuable to my community (including school, work, or family).
 - Mostly true about me 4
 - Somewhat true about me 3
 - A little true about me 2
 - Not true about me 1
2. I try to act and make choices like people who are successful.
 - Mostly true about me 4
 - Somewhat true about me 3
 - A little true about me 2
 - Not true about me 1
3. I set regular goals for myself and work hard to achieve them.
 - Mostly true about me 4
 - Somewhat true about me 3
 - A little true about me 2
 - Not true about me 1
4. I regularly celebrate transitions like graduations, births, and weddings.
 - Mostly true about me 4
 - Somewhat true about me 3
 - A little true about me 2
 - Not true about me 1
5. I follow rituals or traditions to mark certain moments in life.
 - Mostly true about me 4

	Somewhat true about me	3
	A little true about me	2
	Not true about me	1
6. I keep family traditions to honor my parents and grandparents.		
	Mostly true about me	4
	Somewhat true about me	3
	A little true about me	2
	Not true about me	1
7. I spend time each day to really work on my relationships.		
	Mostly true about me	4
	Somewhat true about me	3
	A little true about me	2
	Not true about me	1
8. I choose to spend time with other people each day.		
	Mostly true about me	4
	Somewhat true about me	3
	A little true about me	2
	Not true about me	1
9. I spend as much time as possible with friends and/or family.		
	Mostly true about me	4
	Somewhat true about me	3
	A little true about me	2
	Not true about me	1
10. I work hard to be an active member of my community.		
	Mostly true about me	4
	Somewhat true about me	3
	A little true about me	2
	Not true about me	1