

**Meaning Making – Self-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 the practices through which individuals make their lives meaningful by engaging in activities directly improving one’s own mental and physical well-being.

**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, 8 were maintained in this subscale. Internal consistencies (coefficient alphas) for the pilot and main samples are 0.80 and 0.78, respectively. Validity was established in the main sample with moderate correlations with other measures of meaning making strengths, such as Purpose ( $r = .30$ ), Religious Meaning-Making ( $r = .31$ ), in addition to outcome measures such as Subjective Well-Being ( $r = .33$ ) and Post-Traumatic Growth ( $r = .36$ ).

**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 self-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 play an instrument, write, make art or crafts, or do other creative activities.
 

Mostly true about me .....	4
Somewhat true about me .....	3
A little true about me .....	2
Not true about me .....	1
  
2. I keep a journal, diary, or blog.
 

Mostly true about me .....	4
Somewhat true about me .....	3
A little true about me .....	2
Not true about me .....	1
  
3. I spend time each week learning something new.
 

Mostly true about me .....	4
Somewhat true about me .....	3
A little true about me .....	2
Not true about me .....	1
  
4. I take classes in the community.
 

Mostly true about me .....	4
Somewhat true about me .....	3
A little true about me .....	2
Not true about me .....	1
  
5. I read a lot.
 

Mostly true about me .....	4
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- |    |   |   |
|----|---|---|
|    | Somewhat true about me .....                  | 3 |
|    | A little true about me .....                  | 2 |
|    | Not true about me .....                       | 1 |
| 6. | I spend time with people who teach me things. |   |
|    | 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 week exercising.            |   |
|    | Mostly true about me .....                    | 4 |
|    | Somewhat true about me .....                  | 3 |
|    | A little true about me .....                  | 2 |
|    | Not true about me .....                       | 1 |
| 8. | I really try to eat healthy foods.            |   |
|    | Mostly true about me .....                    | 4 |
|    | Somewhat true about me .....                  | 3 |
|    | A little true about me .....                  | 2 |
|    | Not true about me .....                       | 1 |