Psychometric Properties of the Life Goals Scale in Saudi Arabia

by

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Abstract:

Background: Setting and pursuing life goals provides individuals with direction, purpose, and motivation, ultimately contributing to personal growth, fulfilment, and a sense of accomplishment in their journey through life. Objectives: the aim of this study was to perform a psychometric analysis to assess the validity and reliability of the Life Goals Scale in the general Saudi adult population. Methods: A total of 544 individuals (aged 18 years and over) were recruited from the general Saudi population to complete the Arabic version of the Life Goals Scale. Descriptive statistics measurement and reliability analysis were performed to examine the validity of the scale among Saudis. Results: Reliability analysis showed high internal consistency ($\alpha = .914$), and the translated scale showed excellent reliability and validity parameters among Saudis. Conclusion: The Arabic version showed excellent reliability and validity parameters among Saudi individuals and may be applied among Saudis and other Arabic-speaking populations.

Keywords*: Life Goals Scale, Saudi Population, Psychometric Properties, Reliability*

عنوان البحث: الخصائص السيكومترية لمقياس أهداف الحياة في المملكة العربية السعودية

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ملخص البحث:

الخلفية: إن تحديد الأهداف الحياتية والسعي لتحقيقها يمنح الأفراد التوجيه والغرض والدافع، مما يساهم في نهاية المطاف في النمو الشخصي والوفاء والشعور بالإنجاز في رحلتهم عبر الحياة. الأهداف: كان الهدف من هذه الدراسة إجراء تحليل نفسي قياسي لتقييم مدى صحة وموثوقية مقياس أهداف الحياة بين عامة السكان البالغين في السعودية. الطرق: تم جمع 544 فردًا (تبلغ أعمارهم 18 عامًا فأكثر) من عامة السكان السعوديين لاستكمال النسخة العربية من مقياس أهداف الحياة. تم إجراء قياس الإحصاء الوصفي وتحليل الموثوقية لفحص مدى صحة المقياس بين السعوديين. النتائج: أظهر تحليل الموثوقية اتساقًا داخليًا مرتفعًا (914. = α)، وأظهر المقياس المترجم معايير ممتازة من الصدق والثبات بين السعوديين. الاستنتاج: أظهرت النسخة العربية معايير موثوقية وصلاحية ممتازة بين الأفراد السعوديين ويمكن تطبيقها بين السعوديين وغيرهم من السكان الناطقين بالعربية.

الكلمات الدالة: مقياس أهداف الحياة، سكان المملكة العربية السعودية، الخصائص السيكومترية، الموثوقية.

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1. Introduction

It is not just individuals who change; even societies shift and evolve. What we find is that, in recent decades, the trend in all societies, albeit to varying degrees, has been towards more individualism (Poortman & Liefbroer, 2010). This trend has reflected in the values held by individuals and the nature of human relationships in terms of their perceptions of relationships or how they interact with others. From here, it is important to identify the goals that individuals hold and which goals rank highest in their priorities. These goals are influenced by the changes occurring in the culture of the society to which the individual belongs (Hietalahti et al., 2016).

Positive psychology has helped direct researchers' attention to modern concepts in the field of psychological studies (Collins & Laursen, 2004), one of which is the concept of life goals. Such goals are among the most important factors in organizing individuals and adapting them to their lives better. Individuals act based on the goals that they set for their lives, as having one or several goals in life is one of the most important traits that distinguish humans from other living beings (Wheeler et al., 1990). Individuals often talk about their future life goals when they feel happy or in control of their lives; however, despite this, not everyone becomes happy when they achieve their life goals (Emmons, 2003).

Çalışkan et al. (2015) explain this paradox by stating that life goals are what individuals desire to achieve, maintain, or avoid. These desires stem from the individual's values and what they consider the meaning of life, as well as from the individual's life circumstances. Over time, though, all of these can change, including the meaning of life. However, Sheldon (2001) considers life goals as motivational tools that guide individuals' lives, as they are among the most important fundamental factors that give meaning to individuals' lives.

The concept of life goals was shaped by Frankl's theory (2014) when he pointed out that the primary human drive is the pursuit of "the will to meaning," without which neurosis may occur. Carl Rogers (1956) also touched on the importance of meaning in achieving human happiness, pointing out that the ability to be aware of goals and work towards achieving them satisfies a human need for accomplishment, ensuring the individual's psychological well-being (Gabrielsen et al., 2012). The presence of a goal confers meaning to an individual's life and drives them to engage in positive experiences, thus leading to a more positive and happier life (Emmons, 2003). This has been confirmed by several studies (e.g. García-Alandete, 2015; Martinez et al., 2020; Ruggeri et al., 2020) which revealed a correlation between the presence of meaning in an individual's life, represented by life goals, and achieving a higher level of well-being, happiness, self-affirmation, and the ability to resist psychological diseases.

Conversely, the absence of meaning may lead to despair, depression, and a decreased ability to manage difficult situations (Gabrielsen et al., 2012). This is what Battista and Almond (1973) expressed by stating that goals are essential components of a person's will to make their life meaningful.

The empirical study of the concept of life goals began through the use of the psychometric method to measure the concept, which concluded that there are two dimensions to measuring life goals; the first is the framework, which is the individual's ability to see their life within a certain perspective or context. The second dimension involves commitment, which refers to the extent to which an individual achieves these life goals (Gabrielsen et al., 2012). Studies have revealed that life goals are structured hierarchically, with the primary ones at the base of the pyramid. These goals represent an individual's aspirations to shape their life context and organize their public life, such as obtaining a profession, starting a family, and creating a certain lifestyle. These are more stable and have a relatively longer duration. Following this, there is a progression in the hierarchy of goals, with mid-level goals such as current interests, personal projects, or life tasks like finishing a book, for example. These are more variable and shorter-lived, changing with personal mood and life circumstances (Bleidorn et al., 2010). There are those who categorize goals according to a multi-faceted model of personality traits, where the first level consists of temperamental traits, the second level

contains adaptive characteristics and encompasses life goals, while the third level is formed by integrated life perceptions and includes the concept of self (Hietalahti et al., 2016).

Moreover, Ismail and Ismail (2013) discussed the idea that life goals determine an individual's lifestyle and behaviour, whether the goal is realistic, providing stability for the individual, or imaginary, which may lead to psychological disorders. In a more precise definition, life goals are the individual's personal aspirations to shape a lifestyle and a general framework for their life, which includes planning for a career and starting a family (Roberts et al., 2004). Meanwhile, Locke & Latham (1991) defines goals as determinants of behaviour, and, in the process of achieving these goals, the individual feels a sense of accomplishment, which in turn is influenced by the individual's perceptions of their goals and the emotions associated with them. From here, goals fulfil two essential functions for the individual: creating motivation and directing behaviour. Next, studies emerged that focused on the impact of life goals on motivation and behaviour direction, finding a link between success and the presence of clear life goals. In a study conducted on Harvard University students, it was found that those with specific and pre-written goals were more successful in terms of income and job level compared to those who did not have clear goals or those who had goals but did not write them down (Wilding & Andrews, 2006).

On the other hand, the concept of awareness and possessing knowledge – which can be summarized as the concept of wisdom – intertwines with having a clear meaning in life and, thus, the ability to formulate life goals, a matter that becomes clearer during the adolescent stage (Fry, 1998). From here, the existence of life goals and awareness of them is linked to an increase in subjective well–being and happiness (Proctor et al., 2009), and although happiness as a concept is an abstract idea whose conditions cannot be precisely defined, recent studies (e.g. Bakracheva, 2020; Tandler et al., 2020; Kringelbach et al., 2024) support the existence of three potential life paths to happiness: pleasure, engagement, and meaning.

Brdar et al. (2009) explain the life of *pleasure* as a life in which an individual is able to obtain the greatest number of pleasures and the skills necessary to enhance these pleasures. The life of engagement lies represents a life filled with successful human relationships that satisfy the individual, while the life of *meaning* in living a life according to clear goals that become a roadmap for the individual (Brdar et al., 2009). In contrast, these life goals can be classified into four categories that form the fundamental meanings in a person's life: intimate relationships (i.e., reciprocal emotional relationships with family and friends); production and creation (i.e., giving to others and caring for future generations); spirituality (i.e., the relationship with God and what transcends the self); and life

achievements such as work and education (Gabrielsen et al., 2012).

The presence of goals in an individual's life makes them live an "engaged life"—that is, a meaningful life (Hietalahti et al., 2016). It makes the individual feel that they belong to something much larger than their limited self (Schmuck et al., 2000). This provides the individual with an opportunity for personal growth and psychological strength, making it a crucial element in reshaping the individual's personality and enabling them to live a life filled with focus on core goals, practicing reflection and mindfulness, which can produce a sense of meaning and a greater sense of purpose in life (Hietalahti et al., 2016). In addition to this, having goals not only determines whether the individual attains what they aspire to or not, but also contributes to influencing the individual's personality traits. Several studies (e.g. Hietalahti et al., 2016; Stoll et al., 2020; Atherton et al., 2021) have confirmed a strong correlation between personality traits and life goals, and some attribute this to common underlying causes (Bleidorn et al., 2010). This approach is linked to the flow theory, which suggests integrating motivation, personality traits, and subjective experience, and how all these are influenced by individuals' subjective experiences. There are those who view the flow theory as a theory that offers an effective and strong concept of intrinsic motivation, where flow involves a high level of challenge through which the

individual's experience is shaped, closely related to the idea of happiness (Hietalahti et al., 2016).

Goals can also be viewed as direct or indirect expressions of personality traits, which studies have confirmed by linking personality traits such as extraversion to goals and values. While many studies have found no connection between neuroticism and life goals, this can be explained by the fact that goals require a proactive behaviour, whereas neuroticism is usually associated with a withdrawal behaviour (Romero et al., 2012), other studies, particularly those based on the concept of self-affirmation, suggest a relationship between personality type and life goals by classifying goals into intrinsic and extrinsic goals. The core life goals include areas such as community service and assistance, physical health, personal development, self-acceptance, intimacy, and commitment; that is, they reflect basic psychological needs and growth aspirations, thereby linking them to a high level of psychological well-being. As for external goals, they refer to external forces that may drive an individual towards certain actions, including physical appearance, wealth, status, success, popularity, or fame, which are linked to the need for acceptance from others. These are further removed from the individual's personal needs, which may reduce the individual's well-being (Çalışkan et al., 2015).

Studies conducted on different cultures have found that an individual's orientation towards external goals such as reputation,

physical attractiveness, and economic success is associated with a decline in their mental health, while an orientation towards intrinsic goals, such as friendships, self-acceptance, and personal growth, is associated with an increase in their mental health, particularly in terms of psychological well-being (Çalışkan et al., 2015). Thus, life goals play an intermediary role in influencing an individual's relationship with self well-being and the satisfaction of their needs (Eryilmaz, 2011). For this reason, we find that the topic of life goals has begun to attract the attention of several researchers, some of whom have attempted to create a scale to quantify them (Twenge et al., 2012), while others have sought to track its impact. For example, Wilding and Andrews (2006) assessed the effect of the presence of goals on academic achievement, while Hietalahti et al. (2016) found that recreational goals are positively associated with emotional, psychological, and social well-being in women, while performance-related goals are positively associated with psychological and social well-being in men.

In a study by Brdar et al. (2009), the results showed a correlation between the presence of life goals and subjective and psychological well-being. Life goals also played a mediating role in the relationship between lifestyle and subjective and psychological well-being. This result was confirmed by the study that Eryilmaz (2011) conducted on adolescents. Meanwhile, a study by Çıkrıkçı and Gençdoğan (2022) revealed a correlation between secure attachment style, positive life orientations, and the

presence of clear life goals. Bleidorn et al. (2010) attempted to identify the relationship between personality traits and life goals, concluding that there is a mutual interaction between them, where each one affects the other. Ilhan and Özbay's (2010) study sought to identify the predictive role of life goals and the satisfaction of psychological needs on psychological well-being and found that women placed greater importance on core life goals compared to men. Additionally, core goals and satisfaction of needs were significantly more predictive of psychological well-being than secondary goals for both genders. Finally, the study by Ismail and Ismail (2013) – the only one to date conducted in Arabic to standardize a life goals scale on an Iraqi sample – revealed that demographic factors such as age, gender, education, and culture influence the presence of clear goals among individuals and their awareness of them, as well as the nature of the content of these goals.

The translation of the Life Goals Scale is a vital step to ensure the accurate and appropriate understanding and use of the scale in different cultural contexts, as psychometric properties, such as validity and reliability, contribute to verifying the quality of the scale and its suitability for the local environment. Psychologists can also measure life goals in a way that aligns with the cultural and social values of the target group, which enhances the accuracy of the results and contributes to developing therapeutic or developmental plans that meet the needs of individuals.

The Life Goals Scale is also an important tool for understanding how motivations and aspirations differ between cultures. The translation of the scale and the adjustment of its psychometric properties allow its use in diverse cultural contexts, helping researchers to discover cultural differences in goal setting and achievement. This process ensures that the results are accurate and meaningful, enhancing the comparability between global studies and allowing the application of the results to improve quality of life on a global scale.

Translating and adapting the Life Goals Scale is a crucial step to ensure its accurate understanding and appropriate use across diverse cultural contexts. Psychometric properties, such as validity and reliability, are essential in verifying the scale's quality and suitability for the local environment, allowing psychologists to measure life goals in alignment with the cultural and social values of the target group. By translating the scale into Arabic, and refining its psychometric properties, researchers can uncover cultural differences in motivations and aspirations, ensuring results are both meaningful and comparable across global studies. This process not only enhances the accuracy and relevance of findings but also facilitates the application of results to improve quality of life on a global scale.

Therefore, the present study aimed to explore several key questions related to the Life Goals Scale within a sample of Saudi society. It examined the implications of the scale's validity and

reliability, seeking to understand how well it measured attitudes in this context. Additionally, it investigated whether statistically significant individual differences existed in average scores on the scale based on various demographic variables, including gender, age, marital status, and the number of children.

Study objective:

1. Evaluation of the psychometric characteristics of the Life Goals Scale in the Saudi environment.

2. Analysis of individual differences among the sample based on demographic variables.

2. Methods

2.1 Study Design and Participants

A descriptive and cross-sectional study was carried out to evaluate the psychometric properties of the Life Goals Scale in the Saudi general population living in Saudi Arabia. The measure was prepared for online administration using Google forum (from March to May 2024). The link for the online survey was distributed through social media (e.g., WhatsApp), text messages, and emails to ensure that the sample included a wide variety of people of different ages (18 and above), educational levels, jobs, and interests. It was made clear that participation was voluntary, and all participants gave their consent prior to completing the survey.

2.2 Study Measurement

2.2.1 The translated Life Goals Scale (Kasser and Ryan, 1996)

In this study, the English version of the scale was translated into Arabic by two independent bilingual translators following the standard forward–backward translation method (Kristjansson et al., 2003). The Arabic version was then translated back into English, and a panel of experts specializing in mental health and psychometrics compared the two versions. After conducting a thorough cultural assessment, the committee concluded that no modifications were necessary for the translated items.

The scale measures the relative importance that individuals place on various life aspirations, categorizing them into intrinsic goals (e.g., personal growth, meaningful relationships, and community contributions) and extrinsic goals (e.g., wealth, fame, and social recognition). The version used in this study comprises 20 items divided into two main subscales: intrinsic and extrinsic goals. Participants respond to items using a four-point Likert-type scale, with possible responses being *not important*, *somewhat important*, *very important*, or *essential*, where 1 = not important and 4 = essential. The scale has demonstrated acceptable reliability, with reported Cronbach's alpha values typically exceeding 0.70. Scores are calculated based on participants' responses to each item, with the maximum score reflecting the highest possible ratings across all items (e.g., 80 for 20 items on a four-point scale) and the minimum score representing the lowest ratings (e.g., 20 for 20 items). This scale has been validated across diverse populations and cultural contexts, and it is widely applied

in research to explore generational differences, cultural influences, and personal goal prioritization, highlighting shifts such as the increasing emphasis on extrinsic over intrinsic goals in recent cohorts.

2.3 Ethical Approval

All participants gave their written consent prior to their participation, after thoroughly explaining the purpose and procedures of the study. Importantly, the researchers assured the participants that their participation was completely anonymous. Additionally, the participants were informed that their participation was voluntary, and they had the right to withdraw from the study at any point. The study protocol was approved by the Ethics Committee of the Faculty of Arts and Humanities at King Abdulaziz University (**Reference No. 4637898**).

3. Statistical Analysis

A number of statistical analyses for the sample's demographics and the scale items, including validity assessment and liner regression analysis, were employed using IBM SPSS Statistics (version 25).

4. Results

4.1 Descriptive statistics

A total of 544 participants (female n= 327, male n= 217) were included in this study. The majority of participants were aged 18–29 years (69.7%), followed by those older than 40 (18.8%) and those aged 30–40 years (10.5%). A small proportion were

المجلد (4) العدد (2) ابريل 2025م

younger than 18 years (1.1%). Regarding education, most participants had completed college education (73.2%), while others (20.2%) reported a high school education or postgraduate degree (6.6%). In terms of marital status, the largest group identified as never married, engaged, or in a relationship (63.2%), while others were engaged or married (31.8%). A small number were divorced or widowed (2.4%), in or previously in a relationship (1.1%), separated (0.4%), or unmarried (0.2%). Additionally, most participants reported not having children (73.9%), while 26.1% reported having children. The majority of the sample were Saudi nationals (97.2%), with a minority being non-Saudi (2.8%).

4.2 Validity Analysis

The validity of the Life Goals Scale was assessed in a sample from the Saudi community using Pearson correlation coefficients. This method was employed to determine the strength and direction of the relationship between individual life goal statements and the overall scale.

Table 1 Validity Assessment for the Sample Responses Regarding Life Goals (*n= 544*)

Statements		Life Goals
To be proficient in one of the performing arts (acting or dancing, etc.).	Pearson Correlation	.377[**]
	Sig. (2-tailed)	.000
	N	544
To become an important reference in my field of work.	Pearson Correlation	.676[**]
	Sig. (2-tailed)	.000
	N	544

المجلد (4) العدد (2) ابريل 2025م

To receive appreciation from colleagues as a result of my distinguished contribution in my professional field.	Pearson Correlation	.625**
	Sig. (2-tailed)	.000
	N	544
To be influential in the field of political work.	Pearson Correlation	.536**
	Sig. (2-tailed)	.000
	N	544
To be able to influence the social field and social values.	Pearson Correlation	.716**
	Sig. (2-tailed)	.000
	N	544
To make a family.	Pearson Correlation	.500**
	Sig. (2-tailed)	.000
	N	544
To work in an administrative field, which gives me the authority to manage responsibilities related to the performance of employees at work.	Pearson Correlation	.616**
	Sig. (2-tailed)	.000
	N	544
To be in an excellent financial position.	Pearson Correlation	.520**
	Sig. (2-tailed)	.000
	N	544
To help others who face difficulties.	Pearson Correlation	.662**
	Sig. (2-tailed)	.000
	N	544
To make research contributions in the scientific field.	Pearson Correlation	.718**
	Sig. (2-tailed)	.000
	N	544
To write original literary works (such as poems, novels, short stories, etc.).	Pearson Correlation	.474**
	Sig. (2-tailed)	.000
	N	544

المجلد (4) العدد (2) ابريل 2025م

To be creative in the artistic field (such as drawing, sculpture, decoration, etc.).	Pearson Correlation	.446**
	Sig. (2-tailed)	.000
	N	544
To become successful in my own business.	Pearson Correlation	.610**
	Sig. (2-tailed)	.000
	N	544
To contribute effectively to environmental conservation programs.	Pearson Correlation	.706**
	Sig. (2-tailed)	.000
	N	544
To be able to develop a philosophical meaning of myself and my life.	Pearson Correlation	.637**
	Sig. (2-tailed)	.000
	N	544
To contribute effectively to community work programs.	Pearson Correlation	.757**
	Sig. (2-tailed)	.000
	N	544
To help raise awareness of discrimination in all its forms (racism – gender – class).	Pearson Correlation	.676**
	Sig. (2-tailed)	.000
	N	544
Awareness and knowledge of current political events in the world.	Pearson Correlation	.590**
	Sig. (2-tailed)	.000
	N	544
To become, one day, a distinguished leader in society.	Pearson Correlation	.724**
	Sig. (2-tailed)	.000
	N	544
To be a member of one of the voluntary associations.	Pearson Correlation	.725**
	Sig. (2-tailed)	.000
	N	544

**. Correlation is significant at the 0.01 level (2-tailed).

Table 1 presents the Pearson correlation coefficients for each life goal statement. The results indicate that all correlation coefficients are statistically significant at the 0.01 level (2-tailed), with p-values consistently reported as < .001. This strong statistical significance suggests that the Life Goals Scale effectively captures respondents' attitudes toward various life goals, supporting the scale's construct validity.

The correlation coefficients range from **r = 0.377** *"To be proficient in one of the performing arts"* to **r = 0.757** *"To contribute effectively to community work programs"*, indicating moderate to strong positive relationships. Higher correlation values, such as those for *"To contribute effectively to community work programs"* (r = 0.757), *"To be a member of one of the voluntary associations"* (r = 0.725), and *"To become, one day, a distinguished leader in society"* (r = 0.724), reflect strong associations with the overall life goals construct. Conversely, lower but still significant correlations, like *"To be proficient in one of the performing arts"* (r = 0.377), suggest a more moderate relationship.

4.3 Reliability Analysis

The reliability of the Life Goals Scale in a sample from the Saudi community was evaluated using Cronbach's Alpha. The analysis yielded a Cronbach's Alpha coefficient of 0.914 for the 20-item scale, indicating excellent internal consistency. This value exceeds the commonly accepted threshold of 0.70 (Nunnally & Bernstein, 1994), suggesting that the scale items exhibit a high degree of

interrelatedness and collectively measure a unified construct pertaining to life goals. Moreover, the large number of items (n = 20) further enhances the reliability of the scale, as scales with more items generally produce higher internal consistency (Taber, 2018). The strong Cronbach's Alpha coefficient underscores the robustness of the scale in capturing attitudes toward life goals within the Saudi community.

4.4 Linear Regression Analysis:

4.4.1 Gender Differences

The presence of statistically significant individual differences in the average scores on the Life Goals Scale attributed to gender was examined using linear regression analysis. Gender was treated as the independent variable, and the Life Goals Scale score was treated as the dependent variable.

Table 2 Linear Regression Analysis for the Sample Responses between Life Goals and Gender

Model Summary				
Model	**R**	**R Square**	**Adjusted R Square**	**Std. Error of the Estimate**
1	.036[a]	.001	−.001−	.58749
a. Predictors: (Constant), Gender				

ANOVA[a]						
Model		**Sum of Squares**	**df**	**Mean Square**	**F**	**Sig.**
1	Regression	.245	1	.245	.709	.400[b]
	Residual	187.068	542	.345		
	Total	187.313	543			

a. Dependent Variable: Life Goals					
b. Predictors: (Constant), Gender					
Coefficients[a]					
Model		**Unstandardized Coefficients**		**Standardized Coefficients**	**t**	**Sig.**
		B	Std. Error	Beta		
1	(Constant)	2.645	.040		66.314	.000
	Gender	−.043−	.051	−.036−	−.842−	.400
a. Dependent Variable: Life Goals					

The Model Summary (Table 2) yielded an R Square value of 0.001, indicating that gender accounts for only 0.1% of the variance in life goal attitudes. The Adjusted R Square value was −0.001, suggesting that the inclusion of gender as a predictor does not enhance the explanatory power of the model. The ANOVA test produced an F−statistic = 0.709 with a corresponding p−value = 0.400, which is well above the conventional significance level of 0.05. This result indicates that the regression model is not statistically significant.

The Coefficients table further supports this conclusion. The unstandardized coefficient for gender was B = −0.043 (SE = 0.051), with a t−value = −0.842 and p−value = 0.400, indicating that the effect of gender on life goal attitudes is not statistically significant. The standardized coefficient (Beta) was −0.036, reflecting a negligible relationship between gender and life goals.

4.4.2 Age Differences

The presence of statistically significant individual differences in the average scores on the Life Goals Scale attributed to age was examined using linear regression analysis. Age groups were treated as the independent variable, and the Life Goals Scale score was treated as the dependent variable.

Table 3Linear Regression Analysis for the Sample Responses between Life Goals and Age

Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.075[a]	.006	.004	.58621

a. Predictors: (Constant), Age Groups

ANOVA[a]

Model		Sum of Squares	Df	Mean Square	F	Sig.
1	Regression	1.061	1	1.061	3.087	.080[b]
	Residual	186.252	542	.344		
	Total	187.313	543			

a. Dependent Variable: Life Goals

b. Predictors: (Constant), Age Groups

Coefficients[a]

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	2.754	.081		33.927	.000
	Age Groups	−.055−	.031	−.075−	−1.757−	.080

a. Dependent Variable: Life Goals

The Model Summary (Table 3) yielded an R Square value of 0.006, indicating that age groups account for only 0.6% of the variance in life goal attitudes. The Adjusted R Square value was 0.004, further suggesting that the inclusion of age groups as a predictor does not notably enhance the explanatory power of the model. The ANOVA test produced an F−statistic = 3.087 with a corresponding p−value = 0.080, which is above the conventional significance level of 0.05. Although the p−value is close to the threshold, it does not meet the standard for statistical significance. The Coefficients table offers additional detail. The unstandardized coefficient for age groups was B = −0.055 (SE = 0.031), with a t−value = −1.757 and p−value = 0.080, indicating that the effect of age groups on life goal attitudes is not statistically significant. The standardized coefficient (Beta) was −0.075, suggesting a small and non−significant relationship between age and life goals.

4.4.3 Marital Status Differences

The presence of statistically significant individual differences in the average scores on the Life Goals Scale attributed to marital status was examined using linear regression analysis. Marital status was treated as the independent variable, and the Life Goals Scale score was treated as the dependent variable.

المجلد (4) العدد (2) ابريل 2025م

Table 4 Linear Regression Analysis for the Sample Responses
between Life Goals and Marital Status

Model Summary				
Model	**R**	**R Square**	**Adjusted R Square**	**Std. Error of the Estimate**
1	.000[a]	.000	−.002−	.58787
a. Predictors: (Constant), Marital Status				

ANOVA[a]						
Model		**Sum of Squares**	**Df**	**Mean Square**	**F**	**Sig.**
1	Regression	.000	1	.000	.000	.997[b]
	Residual	187.313	542	.346		
	Total	187.313	543			
a. Dependent Variable: Life Goals						
b. Predictors: (Constant), Marital Status						

Coefficients[a]						
Model		**Unstandardized Coefficients**		**Standardized Coefficients**	**t**	**Sig.**
		B	Std. Error	Beta		
1	(Constant)	2.618	.088		29.806	.000
	Marital Status	.000	.035	.000	.004	.997
a. Dependent Variable: Life Goals						

The Model Summary (Table 4) yielded an R Square value of 0.000, indicating that marital status accounts for 0% of the variance in life goal attitudes. The Adjusted R Square value was -0.002, suggesting that the inclusion of marital status as a predictor does not enhance the explanatory power of the model. The ANOVA test produced an F-statistic = 0.000 with a corresponding p-value = 0.997, which is far above the conventional significance level of 0.05. This result indicates that the regression model is not statistically significant. The Coefficients table further confirms this conclusion. The unstandardized coefficient for marital status was B = 0.000 (SE = 0.035), with a t-value = 0.004 and p-value = 0.997, indicating that the effect of marital status on life goal attitudes is not statistically significant. The standardized coefficient (Beta) was 0.000, reflecting no relationship between marital status and life goals.

4.4.4 Number of Children Differences

The presence of statistically significant individual differences in the average scores on the Life Goals Scale attributed to having children was examined using linear regression analysis. The variable representing whether participants had children was treated as the independent variable, and the Life Goals Scale score was treated as the dependent variable.

Table 5 Linear Regression Analysis for the Sample Responses

between Life Goals and Number of Children

Model Summary				
Model	**R**	**R Square**	**Adjusted R Square**	**Std. Error of the Estimate**
1	.067[a]	.004	.003	.58657
a. Predictors: (Constant), Do you have children?				

ANOVA[a]						
Model		**Sum of Squares**	**Df**	**Mean Square**	**F**	**Sig.**
1	Regression	.833	1	.833	2.421	.120[b]
	Residual	186.480	542	.344		
	Total	187.313	543			
a. Dependent Variable: Life Goals						
b. Predictors: (Constant), Do you have children?						

Coefficients[a]						
Model		**Unstandardized Coefficients**		**Standardized Coefficients**	**t**	**Sig.**
		B	Std. Error	Beta		
1	(Constant)	2.642	.029		90.306	.000
	Do you have children?	−.089−	.057	−.067−	−1.556−	.120
a. Dependent Variable: Life Goals						

The Model Summary (Table 5) yielded an R Square value of 0.004, indicating that having children accounts for only 0.4% of the variance in life goal attitudes. The Adjusted R Square value was 0.003, suggesting that the inclusion of this predictor does not notably enhance the explanatory power of the model. The ANOVA test produced an F−statistic = 2.421 with a corresponding p−value = 0.120, which is above the conventional significance level of 0.05. This result suggests that the regression model is not statistically significant. The Coefficients table further confirms this interpretation. The unstandardized coefficient for having children was B = −0.089 (SE = 0.057), with a t−value = −1.556 and p−value = 0.120, indicating that the effect of having children on life goal attitudes is not statistically significant. The standardized coefficient (Beta) was −0.067, reflecting a small and non−significant relationship between having children and life goals.

5. Discussion

The results of the present study provide strong evidence supporting the validity, reliability, and cultural suitability of the Arabic−translated Life Goals Scale (Kasser & Ryan, 1996) within a Saudi Arabian context. The high internal consistency (Cronbach's Alpha = 0.914) confirms that the scale demonstrates excellent reliability, aligning with previous studies across different cultural settings. For instance, Sonmez (2023) found that the Turkish version of the Aspiration Index, which incorporates the Life Goals Scale, exhibited good reliability and structural validity, mirroring the

original scale by Kasser and Ryan (1996). This confirms the cross-cultural applicability of the scale as a psychometric instrument for assessing life goals.

The construct validity of the Life Goals Scale in our study is evidenced by statistically significant positive correlations across all items, reflecting the scale's ability to measure attitudes toward both intrinsic and extrinsic life goals. These results are consistent with prior studies employing the scale in diverse populations, such as Rijavec et al. (2011), which applied cluster analysis in a Croatian sample and found distinct groups based on intrinsic and extrinsic goal orientations, further supporting the scale's validity in capturing variations in life goal prioritization across cultures.

Our findings concerning demographic variables also consistent with original study by Kasser and Ryan's (1996) which reported no notable gender-based variations in goal orientations. Similarly, our results indicate no significant effect of age, marital status, or the presence of children on life goal attitudes, suggesting that demographic variables may not play a central role in shaping goal prioritization in the Saudi context. Furthermore, personality traits, values, and socio-economic factors have been shown to be stronger determinants of goal orientations than basic demographic characteristics (Roberts & Robins, 2000; Kasser et al., 2007). However, some studies have found age-related differences, with younger individuals placing greater emphasis on extrinsic goals, while older adults prioritize intrinsic aspirations (Roberts & Robins,

2000). This was not the case in our Saudi sample and may reflect the stability of goal priorities across different age groups in Saudi culture.

6. Study Limitation

While the present study provides strong evidence for the validity and reliability of the Arabic version of the Life Goals Scale in a Saudi Arabian context, some limitations should be considered. The study applied a cross-sectional design which may limits the ability to infer causal relationships between demographic variables and life goals. Longitudinal studies would offer deeper insights into how life goals evolve over time and in response to life events. Second, the online data collection method (via Google Forms) may have introduced sampling bias, as the survey was primarily distributed through social media, text messages, and emails. Third, the use of self-report measures may have led some participants to give answers they felt were more socially acceptable, rather than their true opinions. Fourth, although the sample size of 544 is generally considered good for psychometric studies, it may still not fully represent the entire Saudi population.

Future studies could benefit from using different methods of data collection, increasing the sample size, and including a more representative sample.

7. Conclusion and Future Directions

In conclusion, the Arabic-translated Life Goals Scale demonstrates excellent psychometric properties, confirming its applicability within

the Saudi cultural context. However, future research could explore how evolving societal dynamics (e.g. gender roles, family structures, and economic changes) impact life goals. This can enhance understanding and support individuals in achieving their personal and professional goals.

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عنوان البحث: الخصائص السيكومترية لمقياس أهداف الحياة في المملكة العربية السعودية

ملخص البحث :

الخلفية: إن تحديد الأهداف الحياتية والسعي لتحقيقها يمنح الأفراد التوجيه والغرض والدافع، مما يساهم في نهاية المطاف في النمو الشخصي والوفاء والشعور بالإنجاز في رحلتهم عبر الحياة. **الأهداف:** كان الهدف من هذه الدراسة إجراء تحليل نفسي قياسي لتقييم مدى صحة وموثوقية مقياس أهداف الحياة بين عامة السكان البالغين في السعودية. **الطرق:** تم جمع 544 فردًا (تبلغ أعمارهم 18 عامًا فأكثر) من عامة السكان السعوديين لاستكمال النسخة العربية من مقياس أهداف الحياة. تم إجراء قياس الإحصاء الوصفي وتحليل الموثوقية لفحص مدى صحة المقياس بين السعوديين. **النتائج:** أظهر تحليل الموثوقية اتساقًا داخليًا مرتفعًا (914. = α)، وأظهر المقياس المترجم معايير ممتازة من الصدق والثبات بين السعوديين. **الاستنتاج:** أظهرت النسخة العربية معايير موثوقية وصلاحية ممتازة بين الأفراد السعوديين ويمكن تطبيقها بين السعوديين وغيرهم من السكان الناطقين بالعربية.

الكلمات الدالة: مقياس أهداف الحياة، سكان المملكة العربية السعودية، الخصائص السيكومترية، الموثوقية.