

ELABORATING A MEASUREMENT SCALE OF THE SEQUENCE OF LONG-TERM GOALS FOR THE INDIVIDUAL SELF

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Abstract

In the theoretical part of the study we explored the concept of life goal and approaches in the current literature. The study highlights cognitive features of goals, as well as the features of the voluntary process. The aim of this study is to elaborate a scale to assess the concordance of long-term life goals with the individual self. The items have been elaborated based on a rational approach, derived from the literature in the field. The item construction was based on well-defined specialized concepts of the field, concerning psychological well-being, life satisfaction, and health state. These have been translated into long-term life goals, which offer meaning to one's existence. Item analysis, as well as exploratory factorial analysis have been used. The final scale includes 42 items, comprising 12 factors explaining 68,36% of the variance, (KMO:859; df 990; $p < .000$). The added-value of the study consists of creating an evaluation scale of the sequence of long-term goals for the individual self, and thus extend the evaluation methodology of the sequence of goals for the individual self, in relation not only to circumstantial goals, but also with those goals having a higher degree of generality and relevance in human life.

Keywords: life goal; long-term goal; measurement scale; individual self

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