

「個人取向與社會取向幸福觀量表」(Individual- and social-oriented SWB Scales, ISSWB) (長版, 51 題)

問卷題號
長版題號

I1-1-1 個人負責—自然人權—權利 (I- PA-NR-R)			
49	2	追求幸福的權利是與生俱來的	Happiness is a born right
6	3	每個人都有追求幸福的權利	Everyone has the right to pursue happiness
50	5	追求幸福是人人享有的權利	To pursue happiness is everyone's right
I1-1-2 個人負責—自然人權—價值 (I-PA-NR-V)			
10	3	幸福是人生最重要的意義	Happiness is the most important meaning of life
12	4	幸福是人生最崇高的目標	Happiness is the supreme goal in life
8	5	沒有任何事比擁有幸福更重要	There's nothing better in the world than to have happiness
I1-2-1 個人負責—操之在己—成功 (I-PA-IR-S)			
14	1	幸福是個人的成就	Happiness is personal successes
15	2	幸福是個人的勝利	Happiness is personal victories
17	3	幸福是對個人努力的獎賞	Happiness is a reward for hard work
I1-2-2 個人負責—操之在己—失敗 (I-PA-IR-F)			
5	1	每個人必須對自己的幸福或不幸福負責	Everyone has to be responsible for one's own happiness and unhappiness
9	2	幸福不會從天而降，必須自己努力	One has to work to be happy, it doesn't just happen
1	3	不幸福的人只是自己不夠努力	Unhappy people are those who don't work hard enough
7	4	沒有人需為你的不幸福負責	No one should be responsible for your unhappiness
2	5	自己的不幸是自己造成的	One makes one's own unhappiness
32	6	幸與不幸操之在己，與旁人無關	One's happiness or unhappiness depends on oneself rather than others
I2-1 直接追求—勇於追求 (I-EP-AS)			
48	5	追求幸福不必靦腆	One needn't be shy about pursuing happiness
26	6	幸福就是朝向自己的目標努力	Happiness is having goals and working toward them
39	8	個人應勇於追求自己的幸福	One should be brave to pursue happiness
3	9	即使困難重重，仍要堅持追求幸福	One should pursue my happiness even in the face of great difficulties
55	10	儘管追求幸福需要付出代價，仍不應退縮	Even there are costs in pursuing happiness, One should not back off
I2-2 直接追求—環境配合 (I-EP-CE)			
37	1	社會應鼓勵個人追求幸福	The pursuit of happiness should be encouraged by the society
35	2	社會應提供公平的機會，讓個人追求幸福	The society should provide equal opportunities for individuals to pursuit happiness
36	3	社會應提供充分的機會，讓個人追求幸福	The society should provide ample opportunities for individuals to pursuit happiness
56	8	學校應從小培養追求個人幸福的價值觀	The school should teach young children the value of pursuing personal happiness
34	9	社會應包容個人追求幸福	The society should tolerate the pursuit of personal happiness

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S1-1-1 角色責任—他人優先—團體(家庭) (S-R0-OP-F)			
40	1	家人平安才是幸福	Happiness is the well-being of one's family
43	3	家庭幸福是個人幸福的前提條件	Happiness of the family is prerequisite of personal happiness
42	5	家人的幸福就是我的幸福	The happiness of my family is my happiness
S1-1-2 角色責任—他人優先—關係 (S-R0-OP-R)			
27	2	幸福就是與好朋友分享	Happiness is sharing with friends
47	3	能讓朋友快樂就是幸福	Happiness is to make friends happy
44	4	能和親友共享的幸福才是真正的幸福	True happiness is something friends and family share
S1-1-3 角色責任—他人優先—他人(社會) (S-R0-OP-S)			
20	1	幸福就是先天下之憂而憂，後天下之樂而樂	Happiness is putting the welfare of the society as the utmost concern
28	2	幸福就是犧牲小我，完成大我	Happiness is to sacrifice the personal welfare in pursuit of the society welfare
46	4	能帶給別人快樂就是最大的幸福	Knowing that I made someone else happy makes me the happiest person
S1-2 角色責任—自我修養 (S-R0-SC)			
16	1	幸福是個人修養的結果	Happiness is the consequence of self-cultivation
23	3	幸福就是恪盡個人的社會職責	Happiness is fulfilling one's social duties
45	4	能夠克制自己的欲望才會幸福	Happiness is achieved through controlling one's desires
33	6	知足常樂是幸福的準則	Being content is the rule of happiness
38	8	要幸福就要凡事能看得開	To be happy is to see through things in life
S2-1-1 辯證均衡—禍福相倚—彼此相依 (S-DB-DR-I)			
29	1	幸與不幸只是一線之隔	There is only a thin line between happiness and unhappiness
30	4	幸與不幸是一體的兩面	Happiness and unhappiness are two sides of the same coin
4	6	我相信禍福相依	I believe that happiness and unhappiness coexist
S2-1-2 辯證均衡—禍福相倚—互相轉化 (S-DB-DR-T)			
52	1	福過災生，樂極悲至	Disasters often follow good fortune
54	2	樂極生悲，否極泰來	Sadness often follows happiness, and good fortune may overtake ill-fortune
53	3	福與禍為鄰	Disaster is the neighbor of good fortune
S2-2-1 辯證均衡—均衡中和—內在均衡 (S-DB-UE-I)			
13	1	幸福是個人身、心、靈的均衡狀態	Happiness is a state of physical, psychological, and spiritual balance
22	2	幸福就是知足常樂	Happiness is to be content with life
25	6	幸福就是能完全的自在	Being happy is to be at ease with oneself
S2-2-2 辯證均衡—均衡中和—外在均衡 (S-DB-UE-E)			
19	1	幸福就是人際關係的和諧	Happiness is the harmony of interpersonal relationships
24	2	幸福就是個人能在社會中安身立命	Happiness is finding a place in the society
18	3	幸福就是人與大自然的和諧相處	Happiness is the harmony between human and the nature

註：

6 點量尺：1=非常不同意，6=非常同意

4 個分量表：1=個人負責（15 題），2=直接追求（10 題），3=角色責任（14 題），4=辯證均衡（12 題）

2 個總量表：個人取向幸福觀=個人負責+直接追求（25 題） 社會取向幸福觀=角色責任+辯證均衡（26 題）

Reference:

Lu, L. & Gilmour, R. (2006). Individual-oriented and social-oriented cultural conceptions of subjective well being: Conceptual analysis and scale development. *Asian Journal of Social Psychology*, 9, 36-49.

ISSWB 短版題本（27 題）

序號	問卷題號	中文題目	英文題目
個人負責 (PA)			
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2	15	幸福是個人的勝利	Happiness is personal victories
3	17	幸福是對個人努力的獎賞	Happiness is a reward for hard work
4	5	每個人必須對自己的幸福或不幸福負責	Everyone has to be responsible for one's own happiness and unhappiness
5	1	不幸福的人只是自己不夠努力	Unhappy people are those who don't work hard enough
6	2	自己的不幸是自己造成的	One makes one's own unhappiness
7	32	幸與不幸操之在己，與旁人無關	One's happiness or unhappiness depends on oneself rather than others
直接追求 (EP)			
8	39	個人應勇於追求自己的幸福	One should be brave to pursue happiness
9	55	儘管追求幸福需要付出代價，仍不應退縮	Even there are costs in pursuing happiness, One should not back off
10	37	社會應鼓勵個人追求幸福	The pursuit of happiness should be encouraged by the society
11	35	社會應提供公平的機會，讓個人追求幸福	The society should provide equal opportunities for individuals to pursuit happiness
12	36	社會應提供充分的機會，讓個人追求幸福	The society should provide ample opportunities for individuals to pursuit happiness
13	34	社會應包容個人追求幸福	The society should tolerate the pursuit of personal happiness
角色責任 (RO)			
14	27	幸福就是與好朋友分享	Happiness is sharing with friends
15	47	能讓朋友快樂就是幸福	Happiness is to make friends happy
16	20	幸福就是先天下之憂而憂，後天下之樂而樂	Happiness is putting the welfare of the society as the utmost concern
17	28	幸福就是犧牲小我，完成大我	Happiness is to sacrifice the personal welfare in pursuit of the society welfare
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19	23	幸福就是恪盡個人的社會職責	Happiness is fulfilling one's social duties
20	45	能夠克制自己的欲望才會幸福	Happiness is achieved through controlling one's desires
21	33	知足常樂是幸福的準則	Being content is the rule of happiness
辯證均衡 (DB)			
22	29	幸與不幸只是一線之隔	There is only a thin line between happiness and unhappiness
23	30	幸與不幸是一體的兩面	Happiness and unhappiness are two sides of the same coin
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25	52	福過災生，樂極悲至	Disasters often follow good fortune
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