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**SOCIAL HARMONY QUESTIONNAIRE: INDIVIDUAL (SHQI)
A TOOL TO MEASURE LEVEL OF SOCIAL HARMONY IN INDIVIDUALS**

Kumari PAMB¹, Gunathunga MW², Lakshman IM³

¹ Research Assistant, Research Promotion and Facilitation Center, Faculty of Medicine, University of Colombo, Sri Lanka

² Professor, Department of Community Medicine, Faculty of Medicine, University of Colombo, Sri Lanka

³ Professor, Department of Sociology, Faculty of Arts, University of Colombo, Sri Lanka

Introduction: In Sri Lanka, people of different ethnic and religious identities have co-existed harmoniously for hundreds of years. Internal conflicts and living conditions of the rapidly changing socio-economic environment have contributed towards a weakening of this harmony. Research has shown that meditation has the capacity to improve harmony in and among individuals. However, there is a dearth of modern scientific research to measure social harmony.

Objectives: The study aims to develop and judgmentally validate a tool to measure social harmony, with particular attention placed on the individual's level of social harmony.

Methods: In the initial construction of SHQI, the content was determined after examining the literature. Accordingly the items were developed in Sinhala pooling 58 social harmony related items. Then the first draft of SHQI was distributed among eight reviewers and the amended draft was further reviewed by the research team. Then it was pretested (n=10) and the amended draft was subjected to the preliminary pilot test (n=25) among 18-55 aged people. Again, it was revised by five reviewers who are experts in the field of sociology and questionnaire development. The validity of the questionnaire was ensured judgmentally considering face validity, content validity and consensual validity

Results: The SHQI, consists of 52 self-administered statements under 10 subtopics related to inner harmony, harmony with others and the environment. Five-point Likert scale is used to state the participants' response and both positive and negative scorings have been used. It takes approximately 10-20 minutes to administer the questionnaire.

Conclusions: SHQI possess adequate judgmental validity and it is ready for psychometric validation. As SHQI has been designed in Sinhala, it can only be used to collect data from individuals competent in Sinhala. In future, it is intended to translate it into English and Tamil to enable data collection in a wider sample.

Keywords: Develop, Social Harmony, Questionnaire, Validate

