

## Development of a Scale for Evaluating the Efficacy of Vacationing

**Authors :** Ju Yeon Lee, Seol Ah Oh, Hong il Kim, Hae Yong Do, Sung Won Choi

**Abstract :** The purpose of this study was to develop a Well-being and Moments Scale (WAMS) for evaluating the efficacy of 'vacationing' as a form of mental health recuperation. 'Vacationing' is defined as a going outside one's usual environment to seek refreshment and relief from one's daily life. To develop WAMS, we followed recommended procedures for scale development, including reviewing related studies, conducting focus group interviews to elucidate the need for this assessment area, and modifying items based on expert opinion. Through this process, we developed the WAMS. The psychometric properties of the WAMS were then tested in two separate samples. Exploratory factor analysis (EFA) was conducted using 141 participants (mean age = 30.45 years; range: 20-50 years) to identify the underlying 3-factor structure of 'Positive Emotions', 'Life Satisfaction' and 'Self-Confidence.' The 26 items retained based on the EFA procedures were associated with excellent reliability (i.e.,  $\alpha = 0.93$ ). Confirmatory factor analysis was then conducted using 200 different participants (mean age = 29.51 years; range: 20-50 years) and revealed good model fit for our hypothesized 3-factor model. Convergent validity tests also revealed correlations with other scales in the expected direction and range. Study limitations as well as the importance and utility of WAMS are also discussed.

**Keywords :** vacationing, positive affect, life satisfaction, self-confidence, WAMS

**Conference Title :** ICPP 2016 : International Conference on Psychiatry and Psychology

**Conference Location :** Barcelona, Spain

**Conference Dates :** February 15-16, 2016