

Lawshe's mthod for content vailidity ratio

$$CVR = \frac{n_e - (N/2)}{N/2}$$

ne=the number of SMEs indicate that the item is **Essential**
N=is the total number of SMEs in the panel (in this study =10)
critical value =0.62
Red font is rejected items
Content Validity Index for returned items =0.87

Code		Items	Expert 1	Expert 2	Expert 3	Expert 4	Expert 5	Expert 6	Expert 7	Expert 8	Expert 9	Expert 10	ne	CVR
Phys_1	Physical Well-being	I engage in physical activity at least 3 times per week suitable for my age and ability.	E	E	E	E	E	E	E	E	E	E	9	0.800
Phys_2		I am satisfied with my level of physical fitness since retiring.	E	E	E	E	E	E	E	E	E	E	10	1.000
Phys_3		I maintain a well-balanced and nutritious diet.	E	E	E	E	E	E	E	E	E	E	10	1.000
Phys_4		I generally get enough sleep to feel rested each day.	E	E	E	E	E	E	E	E	E	E	9	0.800
Phys_5		My physical health has been maintained or improved since retiring.	E	E	E	E	E	E	E	E	E	E	10	1.000
Phys_6		I regularly seek medical check-ups to support my health.	E	E	E	E	E	E	E	E	E	E	9	0.800
Phys_7		I feel physically capable of handling my daily activities without difficulty.	E	E	E	E	E	E	E	E	E	E	10	1.000
Phys_8		I feel physically good most of the time.	E	E	E	E	E	E	E	E	E	E	6	0.200
Phys_9		I feel confident managing any health issues that may arise.	E	E		E	E	E	E	E	E	E	9	0.800
Phys_10		I manage stress in ways that support my physical health.	E	E	E	E	E	E	E	E	E	E	10	1.000
Ment_1	Mental Well-being	I make time for physical activities that I enjoy and find fulfilling.	E	E	E	E	E	E	E	E	E	E	9	0.800
Ment_2		I generally feel positive and content with my life in retirement.	E	E	E	E	E	E	E	E	E	E	9	0.800
Ment_3		My hobbies and interests keep me mentally engaged and stimulated.	E	E	E	E	E	E	E	E	E	E	9	0.800
Ment_4		I feel that my expectations for retirement have been met.	E	E	E	E	E	E	E	E	E	E	10	1.000
Ment_5		I regularly engage in activities that help me relax and reduce stress (e.g., hobbies, socializing, walking, gardening, etc.).	E	E	E	E	E	E	E	E	E	E	9	0.800
Ment_6		I have found new purpose or continued meaning in life since retiring.	E	E	E	E	E	E	E	E	E	E	10	1.000
Ment_7		I am satisfied with my accomplishments and how I spend my time.	E	E	E	E	E	E	E	E	E	E	9	0.800
Ment_8		I participate in activities that help keep my mind active and alert.	E	E	E	E	E	E	E	E	E	E	10	1.000
Ment_9		I usually feel mentally strong and happy in my life.	E	E	E	E	E	E	E	E	E	E	6	0.200
Ment_10		I cope well with the challenges that come with retirement.	E	E	E	E	E	E	E	E	E	E	9	0.800
Social_1	Social Well-being	I enjoy learning new things or exploring new interests in retirement.	E	E	E	E	E	E	E	E	E	E	10	1.000
Social_2		I feel depressed and bored after retirement	E	E		E	E	E	E	E	E	E	6	0.200
Social_3		I feel supported by friends and family in my retirement.	E	E	E	E	E	E	E	E	E	E	9	0.800
Social_4		I experience a strong sense of belonging in my community.	E	E	E	E	E	E	E	E	E	E	9	0.800
Social_5		I maintain meaningful relationships that enrich my life.	E	E	E	E	E	E	E	E	E	E	9	0.800
Social_6		I participate in social activities that bring me joy.	E	E	E	E	E	E	E	E	E	E	9	0.800
Social_7		Compared to others my age, I am socially active and connected.					E	E					2	-0.600
Social_8		I am able to maintain old friendships and build new ones.	E	E	E	E	E	E	E	E	E	E	9	0.800
Social_9		I feel appreciated and valued by those around me.	E	E	E	E	E	E	E	E	E	E	9	0.800
Social_10		I have access to emotional support when I need it.	E	E	E	E	E	E	E	E	E	E	9	0.800
Spirit_1	Spiritual Well-being	I regularly connect with friends and family, which contributes to my well-being.	E	E	E	E	E	E	E	E	E	E	9	0.800
Spirit_2		I am never lonely because my family and friends always support me.			E		E	E			E		3	-0.400
Spirit_3		My social interactions are fulfilling and enhance my happiness.	E	E	E	E	E	E	E	E	E	E	9	0.800
Spirit_4		I participate in spiritual or religious practices that are meaningful to me.	E	E	E	E	E	E		E	E	E	9	0.800
Spirit_5		My spiritual or philosophical beliefs provide me comfort and strength.	E	E	E	E	E	E	E	E	E	E	10	1.000
Spirit_6		My spiritual practices bring me peace and comfort.	E	E	E	E	E	E	E	E	E	E	9	0.800
Spirit_7		My spiritual or reflective life provides meaning and direction in retirement.	E	E	E	E	E	E	E	E	E	E	10	1.000
Spirit_8		I feel a deep connection to a higher power or sense of purpose that guides my life.		E	E	E	E	E	E	E	E	E	9	0.800
Spirit_9		I engage in practices such as prayer or meditation that enhance my spiritual well-being.	E	E	E	E	E	E		E	E	E	9	0.800
Spirit_10		My strong faith always helps me overcome all problems in life.		E	E		E			E			4	-0.200
Finan_1	Financial Well-being	My beliefs help me cope with life's challenges.	E	E	E	E	E	E	E	E	E	E	9	0.800
Finan_2		I seek spiritual or personal growth that enriches my retirement.		E	E	E	E	E	E	E	E	E	9	0.800
Finan_3		My spiritual well-being is an important part of my overall quality of life.	E	E	E	E	E	E	E	E	E	E	9	0.800
Finan_4		Compared to others my age, I have better spiritual health.		E				E	E			E	4	-0.200
Finan_5		I feel part of a spiritual or faith-based community that supports me.	E	E	E	E	E	E	E	E	E	E	10	1.000
Finan_6		I feel financially secure in my retirement.	E	E	E	E	E	E	E	E	E	E	10	1.000
Finan_7		My pension or retirement income meets my regular financial needs.	E	E	E	E	E	E	E	E	E	E	10	1.000
Finan_8		I am able to maintain a standard of living similar to what I had before retirement.	E	E	E	E	E	E	E	E	E	E	9	0.800
Finan_9		I have sufficient savings to handle unexpected expenses or emergencies.	E	E	E	E	E	E	E	E	E	E	10	1.000
Finan_10		I feel confident managing my finances without needing to return to work.	E	E	E	E	E	E	E	E	E	E	10	1.000
		My financial planning before retirement has supported my current stability.	E	E	E	E	E	E	E	E	E	E	10	1.000
		I engage in financial activities that bring me satisfaction (e.g., investments, personal projects).		E	E	E	E	E	E	E	E	E	9	0.800
		I believe the cost-of-living adjustments in my pension keep up with inflation.	E	E	E	E	E	E	E	E	E	E	9	0.800
		I have access to financial advice or services that help me manage my retirement income.	E	E	E	E	E	E	E	E	E	E	9	0.800
		I receive financial support from family members when needed.	E	E	E	E	E	E	E		E	E	9	0.800

S-CVI= 0.871