

MLSA-36

Instructions: Please read each statement carefully and indicate how much you agree or disagree with it by selecting the appropriate number on the scale provided. There are no right or wrong answers—we are interested in your honest opinion.

Item No.	Statement	Strongly disagree	Disagree	Agree	Strongly Agree
1	I enjoy being surrounded by my children, siblings, and relatives.	0	1	2	3
2	I am content with the life I am building for the future.	0	1	2	3
3	I can seek happiness as I desire without causing trouble for others.	0	1	2	3
4	I have participated in joyful activities with others.	0	1	2	3
5	I accept that birth, aging, sickness, and death are natural parts of life.	0	1	2	3
6	Even when I face difficulties, I am satisfied with the outcomes in my life.	0	1	2	3
7	I am pleased that I can manage challenging health behaviors.	0	1	2	3
8	I find joy in helping those around me who are in trouble.	0	1	2	3
9	I am content with my savings, ensuring my life continues without hardship.	0	1	2	3
10	I am always ready to fight, even when facing difficulties or uncertainties.	0	1	2	3
11	I accept the physical decline that comes with age. When I feel uneasy,	0	1	2	3
12	I have something to hold onto for support.	0	1	2	3
13	I receive care and attention from those around me, which helps prevent me from feeling lonely.	0	1	2	3
14	Even if we don't live together, I find contentment in our visits with relatives.	0	1	2	3
15	I am pleased when my children and loved ones succeed in their own ways.	0	1	2	3
16	I am grateful to be respected by my children, even though I may not be able to do much now.	0	1	2	3
17	I can live independently without relying on others.	0	1	2	3
18	I care for my health to ensure I am not a burden				
19	I embrace new experiences and believe that age is not an obstacle.	0	1	2	3
20	I have achieved success in various aspects of my life.	0	1	2	3

Item No.	Statement	Strongly disagree	Disagree	Agree	Strongly Agree
21	I can let go of different roles without worrying.	0	1	2	3
22	When necessary, I am willing to ask for help from others.	0	1	2	3
23	I accept others' behavior, even if it doesn't meet my expectations.	0	1	2	3
24	I can cope if family members or colleagues choose not to consult me about their problems.	0	1	2	3
25	I strive to control inappropriate words when faced with unpleasant situations.	0	1	2	3
26	I manage my emotions across all scenarios	0	1	2	3
27	I have healthy ways to deal with anger.	0	1	2	3
28.	I consistently feel relaxed, regardless of the situation.	0	1	2	3
29.	I find satisfaction in doing good for others.	0	1	2	3
30.	I take pleasure in celebrating the successes of others.	0	1	2	3
31	I always share kindness with others	0	1	2	3
32	I can forgive others even when I feel uneasy.	0	1	2	3
33	I spend reasonably on my needs without hardship,	0	1	2	3
34	I live a modest, sufficient life for my needs.	0	1	2	3
35	I carefully consider my actions.	0	1	2	3
36	I consistently planned my spending and savings.	0	1	2	3