

Testing the Reliability of Six Dimensions of Wellness Model

P.D.V.C. Wickramaratne¹

"Wellness is a way of life and living in which one is always exploring, searching, finding new questions and discovering new answers, along the three primary dimensions of living: the physical, the mental and the social; a way of life designed to enable each of us to achieve, in each of the dimensions, our maximum potential that is realistically and rationally feasible for us at any given time in our lives". Bill Hettler (1977) introduced *Six Dimensions of Wellness Model*, which is a questionnaire to measure the different types of physical, mental and social wellness levels of an individual. This paper aims to discuss to what extent this Model is reliable to evaluate wellness of university undergraduates in Sri Lanka. The model was tested through a pilot study (n =39) conducted at the University of Kelaniya, Sri Lanka on November, 2018. Cronbach's Alpha value was considered in testing the reliability of the Model. The Model consisted of six dimensions viz., physical wellness, social wellness, emotional wellness, spiritual wellness, occupational wellness and intellectual wellness. Reliability of all 36 items was reported as $\alpha = .872$ as each dimension consisted with six factors. Each factor received $\alpha = .676$, $\alpha = .663$, $\alpha = .838$, $\alpha = .606$, $\alpha = .667$, $\alpha = .688$, $\alpha = .875$ and $\alpha = .735$ respectively. It was found that Cronbach's alpha levels can be acceptable as the results are $> \alpha = .65$ and the Model can be used as a reliable tool to evaluate wellness aspects of an individual.

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¹ University of Kelaniya
pdvcharika@gmail.com