Chilean Spanish version of the State Trait Cheerfulness Inventory (STCI-T-60, trait form): Individual and couple forms

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Abstract

The adaptation and validation of a Chilean Spanish version of the State Trait Cheerfulness Inventory (STCI-T-60) including a couple evaluation, is presented. The inventory was developed by Ruch (1990) to measure three traits (cheerfulness, seriousness, and bad mood), considered to enable exhilaration, which is the main indicator of the sense of humor experience. Ruch suggested studying basic temperamental traits and stable dispositions involved in the possibility of experiencing humor. The inventory was applied to three Chilean samples: a validation sample of 500 adults individuals, evaluated in a stratified manner considering gender, age and socio-economic level; a replication sample of 298 middle-class adults; and a couple sample of 53 middle-class couples. The results showed adequate internal consistency and solid validity of the constructs in all groups. The study contributes to research in the field of the sense of humor from local and transcultural perspectives. The validation of a couple form will contribute specifically contribute to the study of the sense of humor as a couple relational dynamic and its relations with other relational variables.

Keywords: humor; cheerfulness; seriousness; bad mood; couples