

APPENDIX B

APPENDIX BTHE ADJUSTMENT INVENTORYInstructions

The purpose of this checklist is to gain an understanding of various problems in the life of student teacher. Read each statement carefully and decide whether it applies to you or not. Each statement has a line drawn against it. In case the statement applies to you, then put a (✓) mark against it as shown in the sample given below. If it does not apply to you, make no mark against the statement. By checking these problems sincerely you will be helping to solve them in the future.

Check these items without hesitation as your name will not be disclosed to anybody.

Example : I often suffer from headaches.

✓

ADJUSTMENT INVENTORY

1. I always feel inferior due to my personal appearance. _____
2. I feel my progress is held up due to a physical defect. _____
3. I cannot speak some words correctly. _____
4. I am always worried about my weak health. _____
5. I have got weak eye-sight. _____
6. My voice is unattractive. _____
7. I feel I have got excess perspiration. _____
8. My height is not normal. _____
9. I cannot get sound sleep. _____
10. I cannot take part in sports due to physical handicap. _____
11. I cannot take part in sports due to weak health. _____
12. I am over-sensitive. _____
13. I feel inferior to others. _____
14. I feel I am much superior to others. _____
15. I am very self-conscious. _____
16. I feel extremely bad when I am not able to do the work which I have decided. _____
17. I feel guilty too long after doing something that I think is wrong. _____
18. I have no self-confidence. _____
19. I feel very bad to lose in games. _____
20. If I make a poor show before others, I feel it for long time. _____

21. I loss self-confidence when I compete with others. _____
22. I find it difficult to express myself effectively. _____
23. I need information regarding all sorts of necessities. _____
24. I have to suffer due to lack of hostel accommodation. _____
25. I have to suffer a lot due to irregularity of buses. _____
26. I do not get healthy food. _____
27. I cannot participate in sports and games. _____
28. I do not know different sources of enjoyment. _____
29. I have to suffer due to poor study conditions at home. _____
30. I have no books for reading at home. _____
31. The financial condition of my family is not good. _____
32. The financial difficulties in my family make me unhappy. _____
33. I do not get enough pocket money. _____
34. It is very difficult to attend morning lectures as I am coming from a village. _____
35. I cannot afford medicine for my family. _____
36. I cannot afford education for my family. _____
37. I am not able to solve my own difficulties. _____
38. I find it impossible to live away from my family. _____
39. I cannot concentrate. _____
40. I always misplace my things. _____
41. I cannot take decision on any matter. _____
42. I am very careless. _____
43. I do not know how to divide my time for different activities. _____

- 44. I have to suffer due to lack of independence. _____
- 45. I feel helpless when in trouble. _____
- 46. Irrelevant ideas keep on disturbing my thinking. _____
- 47. I am over-anxious to make a success of my life. _____
- 48. I am very anxious to become famous. _____
- 49. I am scared of accidents. _____
- 50. I work under a great deal of tension. _____
- 51. I have fits of laughing and crying that I cannot control. _____
- 52. I am over-anxious about my ability to achieve success. _____
- 53. I cannot stop worrying. _____
- 54. I have nightmares every few nights. _____
- 55. I become very nervous when my abilities are being tested. _____
- 56. I have a fear that some body is going to attack me. _____
- 57. I get frightened when I am alone at home at night. _____
- 58. I have a very strong fear of failure. _____
- 59. I feel I am not intelligent. _____
- 60. I am unhappy. _____
- 61. Most of the time I am not in a good mood. _____
- 62. I feel that I have not got good memory. _____
- 63. I often think of committing suicide. _____
- 64. I wish I was not born. _____
- 65. I need to be a bit more aggressive. _____
- 66. No one seems to understand me. _____
- 67. I feel that I am a failure in my work. _____
- 68. I feel that I am useless. _____

69. I think that I am miserable. _____
70. I feel that nobody loves me. _____
71. I am too much afraid of love, romance and marriage. _____
72. I cannot adjust with the students of the opposite sex. _____
73. I am anxious to know about secret diseases. _____
74. I feel very much that I am dominated by girls. _____
75. I feel very much that I am dominated by boys. _____
76. I fear to have members of the opposite sex as friends. _____
77. I hate members of the opposite sex. _____
78. I think of things too bad to talk about. _____
79. I do not like restriction on friendship with opposite sex. _____
80. I fail to make friends with members of opposite sex. _____
81. I feel shy while talking to girls. _____
82. I feel shy while talking to boys. _____
83. I feel that marriage is an unnecessary burden. _____
84. I dislike members of the same sex as friends. _____
85. I cannot talk freely with others. _____
86. I dislike fat people. _____
87. I get easily misled by smart people. _____
88. I always quarrel on small matters. _____
89. I do not like to talk with others. _____
90. I have got no sympathy for others. _____
91. I like to live alone. _____
92. I cannot stand criticism. _____

93. I am afraid of talking with a man of position. _____
94. I am afraid of new atmosphere. _____
95. I do not know how to behave in certain situations. _____
96. I always like to rebel against authority. _____
97. I cannot tolerate other's beliefs and opinions. _____
98. I feel very embarrassed when I have to speak
before a group of people. _____
99. I cannot mix with people. _____
100. I cannot make friends easily. _____
101. I feel I do not know much of etiquette. _____
102. I have too many social responsibilities. _____
103. I do not like social restrictions. _____
104. I am disturbed in studies because of too many
friends. _____
105. I find it hard to get along with friends. _____
106. My friends do not co-operate with me. _____
107. My friends do not help me. _____
108. My friends cheat me. _____
109. I feel that I am getting spoiled by bad company. _____
110. I am very much worried about my friends. _____
111. I fail to win friends. _____
112. I cannot maintain friends for a long time. _____
113. I cannot face a group. _____
114. I cannot take part in social activities. _____
115. I feel that my friends have no moral standards. _____
116. I feel that my friends have no manners. _____
117. I do not like to accept responsibility as a leader. _____

118. I cannot participate freely in the conversations among the people around me. _____
119. I find it difficult to ask permission to leave the group. _____
120. I am afraid of criticism of others. _____
121. My parents do not agree with my views. _____
122. I have differences of opinion with my parents because they are conservative. _____
123. My parents do not allow me to go to cinemas. _____
124. My parents criticise my behaviour very often by giving examples of my brothers, sisters and friends. _____
125. Often it so happens that my father does not agree to a decision of mine, while my mother agree to it. _____
126. I very often feel that my parents do not understand me. _____
127. I constantly feel that my parents dominate me too much. _____
128. I become nervous by peculiar behaviour of my parents. _____
129. My parents often find faults with my appearance. _____
130. I find my parents always confused as nervous. _____
131. Sometimes I feel that my brothers and sisters are getting what they need while I do not. _____
132. I feel that I am not getting enough liberty at home. _____
133. I feel for the loss of my mother very much. _____
134. I feel for the loss of my father very much. _____
135. I do not get freedom as I am the youngest child in the family. _____

136. The atmosphere of my home is very tense. _____
137. My parents have no feelings for me. _____
138. There are many conflicts in my family. _____
139. There are no modern things in my house. _____
140. My parents are always sick. _____
141. My parents are very orthodox. _____
142. My parents are suspicious. _____
143. My parents worry too much when I fail. _____
144. I am worried about the health of my parents. _____
145. I am afraid of my father. _____
146. I am not allowed to argue with my parents. _____
147. My parents cannot understand me. _____
148. My parents neglect me. _____
149. My parents do not agree with my social activities. _____
150. I quarrel with my brothers and sisters. _____
151. At home nobody trusts me. _____
152. My grand parents do not agree when my parents
have given me permission to visit a picture
or a drama. _____
153. I feel that my home life is not happy and
satisfactory like that of my friends. _____
154. I feel like running away from my home. _____
155. My brothers and sisters are jealous of me. _____
156. I feel that my parents are disappointed in me. _____
157. There are frequent quarrels in my family. _____
158. I feel there is too much interference from
my family in my personal affairs. _____
159. I feel ashamed of my parents. _____

160. I cannot talk of my experiences to my parents. _____
161. I feel that I am the unfortunate one in my family. _____
162. I miss my home so much that it affects my studies. _____
163. My parents do not exercise enough discipline on me. _____
164. I have too many responsibilities at home. _____
165. My parents insist on my choosing a vocation which I dislike. _____
166. While studying I get disturbed very easily. _____
167. I dislike certain teachers. _____
168. My teacher hates me. _____
169. I have no interest in studies. _____
170. I have ineffective study habits. _____
171. I want information regarding monetary help, freeships and books. _____
172. I have no interest in certain subjects. _____
173. I cannot understand certain subjects. _____
174. I feel my teachers are not teaching properly. _____
175. I think my teacher is a problem to the students. _____
176. I feel that examination papers are not valued properly. _____
177. I need to know about different post-graduate studies. _____
178. I cannot cope up with studies. _____
179. I need very much to know a better method of studying. _____
180. I cannot concentrate on studies. _____
181. I could not join the course in which I was interested. _____

182. I want to improve my memory. _____
183. I am not able to follow the lectures. _____
184. I need information regarding library. _____
185. I want to take aptitude test. _____
186. I do not know about extra-curricular activities. _____
187. I do not know the method of answering the questions. _____
188. I need proper help in selecting subjects. _____
189. I think I am a dull student. _____
190. I do not find suitable atmosphere for studying
in the college. _____
191. I am over burdened with academic work. _____
192. I cannot progress in learning. _____
193. I cannot devote enough time to study. _____
194. I am too much worried about examination. _____
195. I need to know whether I should study or not. _____
196. I do not know in which subject I am interested. _____
197. I have a strong dislike for certain subjects. _____
198. I feel my choice of a college course is not
proper. _____
199. I need guidance for the choice of a college. _____
200. I am not satisfied with the marks I am getting
in college. _____
201. The toilets in the college are not properly
cleaned. _____
202. I get disturb^{ed}/by noises while studying in the
classroom. _____
203. I have to suffer due to over-crowdedness in the
library. _____

204. There is not sufficient books in the library. _____
205. I have to suffer due to over-crowdednesst~~in~~ the dining hall. _____
206. I get disturbed while studying due to overcrowdedness in the classroom. _____
207. The college staff are not polite while talking with students. _____
208. I always get disturbed by dogs while studying in the classroom. _____
209. I have to suffer due to so many assignments and homework which I cannot cope with. _____
210. There is not sufficient drinking water provided in the college. _____
211. I always get disturbed by mosquitoes and flies while studying and having foods. _____
