

APPENDIX V

COPING BEHAVIOUR INSTRUMENT USED FOR THE PILOT
STUDY

Given below are various energy crisis situations families face alongwith the possible coping measures. Please tick mark the coping measures you adopt and their frequency of use when faced with such crisis situation.

A = Always S = Sometimes N = Never

NA = Not applicable

Situation I :

Gas/Kerosene/Coal is in short supply and their price has also increased. Your fuel reserve is almost over. In such situations how do you manage the energy demands of the family ?

Sr. No.	Coping Measures	During						NA
		Scarcity			Price Rise			
		A	S	N	A	S	N	
	Do you ...							
1.	Use wood for heating water.	()	()	()	()	()	()	()
2.	Start using electric heaters for specific purposes.	()	()	()	()	()	()	()
3.	Use coal for cooking and heating water.	()	()	()	()	()	()	()
4.	Cut down expenses on other items to pay for the increased cost of fuel.	()	()	()	()	()	()	()
5.	Have at least one meal outside the home.	()	()	()	()	()	()	()
6.	Eat less of non-vegetarian food which require more fuel.	()	()	()	()	()	()	()
7.	Have simple meals.	()	()	()	()	()	()	()
8.	Decrease the number of meals i.e. avoiding breakfast	()	()	()	()	()	()	()
9.	Decrease social gatherings at home.	()	()	()	()	()	()	()

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Sr. No.	Coping Measures	During						NA
		Scarcity			Price Rise			
		A	S	N	A	S	N	
10.	Take up a job/start income generating activity at home to meet the increased expenses on fuel.	()	()	()	()	()	()	()
11.	Have meals together to avoid reheating of food.	()	()	()	()	()	()	()
12.	Use more of ready made foods.	()	()	()	()	()	()	()
13.	Start using kerosene along with $\frac{1}{2}$ gas.	()	()	()	()	()	()	()
14.	Use the savings for meeting the increased expenditure.	()	()	()	()	()	()	()
15.	Make use of solar cookers and solar water heaters.	()	()	()	()	()	()	()
16.	Use wood and coal along with gas/kerosene.	()	()	()	()	()	()	()
17.	Use cowdung cakes along with gas/kerosene.	()	()	()	()	()	()	()
18.	Keep two gas connections.	()	()	()	()	()	()	()
19.	Cook items that require less time and fuel.	()	()	()	()	()	()	()
20.	Cook two meals at a time.	()	()	()	()	()	()	()
21.	Cook in large quantities at a time and store in the refrigerator.	()	()	()	()	()	()	()
22.	Use Anand Cooker to save fuel.	()	()	()	()	()	()	()
23.	Use funnel and pump to pour kerosene in the stove	()	()	()	()	()	()	()

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Sr. No.	Coping Measures	During						NA
		Scarcity			Price Rise			
		A	S	N	A	S	N	
24.	Adopt efficient cooking practices such as :							
(a)	Make maximum use of pressure cooker.	()	()	()	()	()	()	()
(b)	Cook 2-3 items at a time in the pressure cooker.	()	()	()	()	()	()	()
(c)	Organise tools and utensils before starting to cook.	()	()	()	()	()	()	()
(d)	Do pre-preparation of food i.e. cut vegetables, wash dal, rice, etc. before lighting the fire.	()	()	()	()	()	()	()
(e)	Cook food in vessels with tight-fitted lid or covering with a lid.	()	()	()	()	()	()	()
(f)	Use vessels of correct size and shape for the quantity to be cooked.	()	()	()	()	()	()	()
(g)	Dry utensils before keeping on fire.	()	()	()	()	()	()	()
(h)	Make more use of small burner of gas stove.	()	()	()	()	()	()	()
(i)	Reduce the flame once the food reaches the boiling point.	()	()	()	()	()	()	()
(j)	Use correct quantity of water while cooking.	()	()	()	()	()	()	()
(k)	Avoid over-cooking of food.	()	()	()	()	()	()	()
(l)	Allow refrigerated food to reach room temperature.	()	()	()	()	()	()	()
(m)	Soak pulses and legumes before cooking.	()	()	()	()	()	()	()

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Sr. No.	Coping Measures	During						NA
		Scarcity			Price Rise			
		A	S	N	A	S	N	
25.	Use improved design of chulas, angithis and kerosene stoves to save fuel.	()	()	()	()	()	()	()
26.	Avoid smoky yellow flames.	()	()	()	()	()	()	()
27.	Regularly clean the gas burners to maintain efficiency.	()	()	()	()	()	()	()
28.	Trim the wicks and maintain proper length of wicks for efficiency.	()	()	()	()	()	()	()
29.	Maintain proper level of kerosene in stoves.	()	()	()	()	()	()	()

Situation 2 :

The price of petrol increases almost every year. It is also in short supply. In this situation of increased price and scarcity, how do you manage your expenditure on petrol and cope with the shortage of petrol ?

Do you ...

1. Use more of cycle than scooter. () () () () () () ()
2. Use more of scooter than car. () () () () () () ()
3. Cut down expenditure on other items to meet the increased expenditure. () () () () () () ()
4. Go on foot for short distance. () () () () () () ()
5. Decrease social visits. () () () () () () ()
6. Decrease outdoor recreations. () () () () () () ()

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Sr. No.	Coping Measures	During						NA
		Scarcity			Price Rise			
		A	S	N	A	S	N	
7.	Use more ^{of} public transport	()	()	()	()	()	()	()
8.	Earn additional income to meet increased expenditure.	()	()	()	()	()	()	()
9.	Use savings for increased expenditure.	()	()	()	()	()	()	()
10.	Use own vehicle in emergency only.	()	()	()	()	()	()	()
11.	Make large quantity purchases at a time to save trips/petrol.	()	()	()	()	()	()	()
12.	Make a list of things to be done and purchased and plan the route accordingly.	()	()	()	()	()	()	()
13.	Avoid going out during crowded hours.	()	()	()	()	()	()	()
14.	Plan shopping and recreational outings together.	()	()	()	()	()	()	()
15.	Share vehicle with friends to save fuel.	()	()	()	()	()	()	()
16.	Avoid traffic lights.	()	()	()	()	()	()	()
17.	Avoid unnecessary loadings of the vehicle.	()	()	()	()	()	()	()
18.	Develop good driving habits such as :							
(a)	Prevent clutch stops and break binding.	()	()	()	()	()	()	()
(b)	Drive in correct gear always.	()	()	()	()	()	()	()

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Sr. No.	Coping Measures	During						NA
		Scarcity			Price Rise			
		A	S	N	A	S	N	
5.	Use coal angithi to keep warm in winter.	()	()	()	()	()	()	()
6.	Get the clothes ironed from 'Dhobi'.	()	()	()	()	()	()	()
7.	Cooking in candle light or kerosene lamp.	()	()	()	()	()	()	()
8.	Cut down expenditure on other items.	()	()	()	()	()	()	()
9.	Wear unironed clothes.	()	()	()	()	()	()	()
10.	Sleep in open during summer.	()	()	()	()	()	()	()
11.	Work together in one or two rooms to decrease consumption.	()	()	()	()	()	()	()
12.	Reduce light intensities where possible.	()	()	()	()	()	()	()
13.	Switch off lights and fans before leaving the room.	()	()	()	()	()	()	()
14.	Decrease the use of radio, T.V. and tape recorder.	()	()	()	()	()	()	()
15.	Use fans only when necessary.	()	()	()	()	()	()	()
16.	Store the ice set in the fridge in ice box for the day.	()	()	()	()	()	()	()
17.	Use more of tube lights than bulbs.	()	()	()	()	()	()	()
18.	Check your appliance for maintaining efficiency.	()	()	()	()	()	()	()
19.	Check your meter occasionally if it gives proper reading and which appliances consume more energy.	()	()	()	()	()	()	()

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Sr. No.	Coping Measures	During						NA
		Scarcity			Price Rise			
		A	S	N	A	S	N	
20.	Temper with the meter so that it reads low.	()	()	()	()	()	()	()
21.	Do ironing at night when there is electricity.	()	()	()	()	()	()	()
22.	Pump water whenever there is electricity and store it.	()	()	()	()	()	()	()
23.	Water farms at night when there is water.	()	()	()	()	()	()	()
24.	Make the children study before dark.	()	()	()	()	()	()	()
25.	Make dinner before dark.	()	()	()	()	()	()	()

Situation 4 :

Conservation and optimum use of energy is essential to decrease long term consequences. What are some of the present decisions taken by your family to avoid long term consequences in relation to energy use ?

Sr. No.	Coping Measures	Yes	No	NA
1.	Switching over to cycle from scooter.	()	()	()
2.	Switching over to scooter from car.	()	()	()
3.	Thinking of shifting to a small house.	()	()	()
4.	Thinking of constructing a small compact house.	()	()	()
5.	Decreasing consumption of non-vegetarian foods.	()	()	()
6.	Thinking of small family norm.	()	()	()
7.	Making more use of public transport.	()	()	()

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Sr. No.	Coping Measures	Yes	No	NA
8.	Making less use of coolers and air conditioners.	()	()	()
9.	Buying efficient energy saving equipment.	()	()	()
10.	Planning house construction with optimum use of insulation.	()	()	()
11.	Renting/building house with properly planned ventilation.	()	()	()
12.	Planning to use solar energy and gobar gas.	()	()	()
13.	Growing plants/trees around the house to keep the place cool.	()	()	()