

## APPENDIX : VI

### PRE-ADOLESCENT ADJUSTMENT SCALE

Please put a ☐ mark against the items that are true with you.

1. My parents get annoyed with me easily.
2. The school is a burden for me.
3. My neighbours are not good people.
4. My parents give me full freedom to play.
5. My teacher encourages me very much.
6. I don't want to make many friends.
7. My friends don't allow me to do my school work.
8. I don't get frightened in the presence of my teacher.
9. The teacher takes lot of work from us in the school.
10. I hesitate to speak before others in the classroom.
11. My friends in the school tease me.
12. My teacher listens to me.
13. My parents take care of my amusements.
14. I live very happily with my brothers and sisters at my home.
15. My parents interfere with me in every affair.
16. I feel inferior to others.
17. I am very happy in the company of my friends.
18. I am not friendly with my class fellows.
19. I want more holidays.
20. Very few friends help me.
21. I don't like my friends at all.

22. I go to school daily.
23. I don't feel hesitant to ask questions from teachers.
24. We have got sufficient freedom in the class.
25. Everybody in the class pays attention to whatever I say.
26. My teacher does not make me understand anything properly.
27. I shall be happy if my teacher is transferred.
28. The rules of the school seem to be senseless to me.
29. I don't get angry easily.
30. I like my parents very much.
31. My parents don't allow me to go out alone.
32. Nobody at home helps me in my school work.
33. I like to study very much.
34. I don't have the habit of quarrelling with others.
35. I don't like frivolous jokes.
36. Some of my friends are good.
37. I can't express myself properly.
38. I trust my friends.
39. I remember everything at home but forget in the presence of my teacher.
40. My teacher is very strict.

# APPENDIX

## PRE-ADOLESCENT ADJUSTMENT SCALE SCORING KEY

Item No.	Scale Value	Item No.	Scale Value
I. Adjustment towards Home		IV. Adjustment towards Teacher	
1	-4	5	+3
3	-1	8	+1
4	+1	9	0
13	+2	12	+2
14	+3	26	-3
15	-2	27	-4
30	+4	39	-1
31	0	40	-2
32	-3		
II. Adjustment towards School		V. General Adjustment	
2	-4	16	-3
10	-1	19	-2
11	-2	29	+1
22	+3	33	+3
23	+2	34	+2
24	0	35	0
25	+1	37	-1
28	-3		
III. Adjustment towards Peers			
6	-1		
7	-2		
17	+3		
18	-3		
20	0		
21	-4		
36	+1		
38	+2		