

A P P E N D I X - D

FAMILY ADJUSTMENT INVENTORY

APPENDIX- DFAMILY ADJUSTMENT INVENTORY

Dear Students,

This questionnaire is intended to measure your relations with your parents, sisters and brothers at home. Besides this, we would like to know what you feel about your home. Please be as frank as possible and answer as per the directions given below.

Please do not forget to write your name on the top of the answer sheet, where some space is provided to put your name. Your answers will be kept confidential, hence answer them as honestly as you can.

D I R E C T I O N S

This Questionnaire consists of a series of statements. Some of them will be true for you, some will not be true, and some will be only partly true.

1. If the statement is true for you, encircle the letter A for that number on the answer sheet like this:
(A) B C D E.
2. If the statement is nearly true or unusually true for you, encircle the letter B.
3. If the statement is half-true or if you can't decide encircle the letter C.
4. If the statement is only slightly true, or hardly ever true, encircle the letter D.
5. If the statement is never true or not true for you, encircle the letter E.

Read the statement carefully, and ask yourself, "Is this true for me?" Then encircle the letter for your answer, on the sheet. Your answers, then always mean:

A	B	C	D	E
True	Nearly true	Half true	Slightly true	Not true

For each statement, encircle only one letter. Erase completely, if you change your mind.

Work quietly, without slopping long over any one statement. When you finish one section, go right on to the next.

You may look again at these directions at any ~~in~~ time.

- - -

NAME.....

Ask yourself: Is this statement true for me?

True	Nearly true	Half true	Slightly true	Not true
A	B	C	D	E

Part - 1 - RELATIONS WITH PARENTS

	<u>True</u>	<u>Nearly True</u>	<u>Half true</u>	<u>Slightly true</u>	<u>Not true</u>
1. I enjoy discussing with my parents.
2. When I am blamed for something, my parents will also listen to my side of the story.
3. My father does not listen to me.
4. My mother does not listen to me.
5. My parents don't believe me; they say I lie to them.
6. My father understands my moods and feelings.
7. My mother understands my moods and feelings.
8. I can't talk to my father about my personal things.
9. I can't talk to my mother about my personal things.
10. I feel that there is good communication between me and my parents; we understand each other.
11. I very often agree with my parents even on trivial questions.
12. My parents get annoyed with me easily.

	<u>True</u>	<u>Nearly true</u>	<u>Half true</u>	<u>Slightly true</u>	<u>Not true</u>
13. My parents give me full freedom to play.
14. My parents interfere with me in every affair.
15. I like my parents very much.
16. My parents don't allow me to get out alone.
17. I have differences of opinion with my parents because they are conservative.
18. My parents do not agree with my views.
19. I constantly feel that my parents dominate me.
20. I become nervous by ^{the} peculiar behaviour of my parents.
21. I very often feel that my parents do not understand me.
22. My parents neglect me.
23. My parents do not agree with my social activities.
24. I feel that my parents are disappointed in me.
25. My parents still treat me a skid and do ^{as} not show respect for my individuality.
26. I feel that my parents are responsible for most of my difficulties.
27. My parents oppose me mixing with some of my friends. This irritates me very much.

	<u>True</u>	<u>Nearly true</u>	<u>Half true</u>	<u>Slightly true</u>	<u>Not true</u>
28. My parents put too many restrictions on me.
29. I feel that my parents should allow me more freedom.
30. My parents oppose me deciding my own affairs....	
31. My parents criticise my behaviour very often by giving examples of my brothers, sisters and friends.
32. My parents find fault with my appearance.
33. My parents have no feelings for me.
34. My parents are suspicious.
35. I am not allowed to disagree with my parents
36. My parents are open minded enough to discuss any topic with me.
37. I have no hesitation in discussing with my parents, about the problems that I face.
38. My parents don't allow me to read any other books other than the school books.
39. I wish my parents were like my friends parents
40. I feel that my parents sacrifice too much for me.

	<u>True</u>	<u>Nearly true</u>	<u>Half true</u>	<u>Slightly true</u>	<u>Not true</u>
41. My parents give me enough privacy.
42. My parents try to influence my choice of friends too much.
43. My father asks too much about what I do when I am away from home.
44. My mother asks too much about what I do when I am away from home.
45. The rules my parents have for me are reasonable and fair.
46. I get irritated, when my parents make me come home too early.
47. My parents put too much pressure on me about school work.
48. My parents treat me like a mature responsible person.
49. In my relations with my parents, I have the right amount of independence and responsibility.
50. My father shows his affection for me; he makes me feel wanted.
51. My mother shows her affection for me; she makes me feel wanted.

II RELATIONS WITH BROTHERS AND SISTERS

A. Relations with older brothers (If you have no older brothers, leave 52-55 blank)

	<u>True</u>	<u>Nearly true</u>	<u>Half true</u>	<u>Slightly true</u>	<u>Not true</u>
52. My older brothers and I trust each other.
53. My older brother and I fight all the time
54. When I have something hard to do, my older brothers will never help me.
55. I get along very well with my older brothers.

B. Relations with older sisters (If you have no older sister, leave 56-59 blank)

56. My older sisters and I trust each others
57. My older sister and I fight all the time
58. When I have something hard to do, my older sisters will never help me.
59. I get along very well with my older sisters

C. Relations with younger brothers (If you have no younger brother, leave 60-63 blank)

60. My younger brothers and I trust each other
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	<u>True</u>	<u>Nearly true</u>	<u>Half true</u>	<u>Slightly true</u>	<u>Not true</u>
61. My younger brother and I fight all the time
62. When I have something to do, my younger brothers will never help me.
63. I get along with my younger brothers.
D. Relations with my younger sisters (If you have no younger sisters leave 64-67 blank)					
64. My younger sisters and I trust each other.
65. My younger sister and I fight all the time.
66. When I have something hard to do, my younger sisters will never help me.
67. I get along very well with my younger sisters.

P A R T -III G E N E R A L

68. I like my brothers and sisters.
69. My brothers and sisters are jealous of me.
70. Sometimes I feel my brothers and sisters are getting what they need while I do not.
71. I consider myself equal to my brothers and sisters in all aspects.

	<u>True</u>	<u>Nearly true</u>	<u>Half true</u>	<u>Slightly true</u>	<u>Not true</u>
72. I suffer from a complex because my sisters and brothers are better than me in many ways
73. My sisters and brothers quarrel with me unnecessarily.
74. I feel that my sisters and brothers are given more privileges than I am.
75. My sisters and brothers treat me as if I am an idiot.
76. I have peaceful relationship with my sisters and brothers
77. My sisters and brothers help me a lot in my work.
78. I enjoy discussing with my sisters and brothers.
79. I live very happily with my brothers and sisters at my house.

P A R T - IV

80. There is nothing interesting for me to do at home.
81. When I feel miserable, I would rather be at home rather than anywhere else.
82. I feel safe when I am at home.

	<u>True</u>	<u>Nearly true</u>	<u>Half true</u>	<u>Slightly true</u>	<u>Not true</u>
83. My home is in such a run-down condition that I am embarassed by it.....
84. There are so many fights in my home that I don't want to bring my friends in.
85. I stay away from home as much as I can.
86. I am so unhappy at home that I have thought anxiously of leaving.
87. I feel very good about my home; I like it just the way it is.
88. I find it very difficult to adjust to my home environment.
89. The atmosphere at my home is very tense.
90. I have to suffer much due to unfavourable conditions at home.
91. I have to suffer due to poor study conditions at my home.
92. I feel that I am not getting enough liberty at home.
93. I feel that my home life is not happy and satisfactory like that of my friends.
94. I feel like running away from my home.
95. There are frequent quarrels in my family
96. I miss my home, whenever I go out of station.