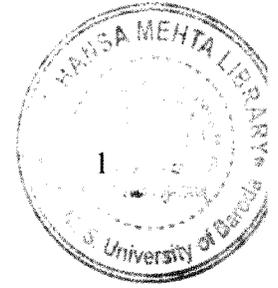




# APPENDICES



## APPENDICES

### Appendix-A

#### SECTION 'A'

#### Problem questionnaire

##### Demographic details:

Name:

Age:

Gender:

Class:

School:

Where do you stay-hostel\ P.G\ home?

How long you have been staying in India?

Where do you go for vacation?

When was the last time you met your parents (other family members)?

##### Instruction:

On the following pages you will find a list of worries and difficulties that adolescents of your age have identified as their problems. Probably, some are more; others are less stressful for you. Please indicate honestly and spontaneously how stressful these problems are for you.

	I found this problem to be.....	Highly stressful	Very stressful	Moderately stressful	Minimally stressful	Not stressful at all
1.	There is great pressure to get the best marks in school					
2.	There is no comradeship in my courses, only competitions.					
3.	Interactions with other students and teachers are mostly impersonal.					
4.	I can't do anything with school's prescribed learning material.					

	<b>I found this problem to be.....</b>					
5.	The teacher's aren't interested in my problems.					
6.	Graduation seems so far away.					
7.	Differences in opinions with my teacher could result in bad marks-					
8.	Learning material is too difficult for me.					
9.	I might not get into the training program or college/ university of my choice.					
10.	The increasing destruction of the environment aggrieves me.					
11.	It may be difficult to combine my studies and job with marriage and family.					
12.	I don't know what I am going to do after finishing school.					
13.	I am unsure which profession I am best suited for.					
14.	I might become unemployed.					
15.	My parents show little understanding for my problems in school.					
16.	My parents are only interested that I get good marks in school.					

	<b>I found this problem to be.....</b>	<b>Highly stressful</b>	<b>Very stressful</b>	<b>Moderately stressful</b>	<b>Minimally stressful</b>	<b>Not stressful at all</b>
17.	I fight with my parents because my opinions about many things differ from theirs.					
18.	I wish my parents let me make my own decisions.					
19.	I can't talk with my parents.					
20.	My parents don't approve of my friends.					
21.	My parents don't have much time for me.					
22.	It's difficult for me to pursue my own interests because I don't want to disappoint my parents.					
23.	I wish I wasn't so dependent on my parents.					
24.	I hardly have any friends.					
25.	It's difficult for me to approach others.					
26.	I am having difficulties combining my interest with those of my friends.					
27.	I don't have a real friend with whom I can talk about personal worries and problems.					
28.	Some of my peers are only willing to have superficial contact with me.					
29.	I am unsure if others will accept me.					
30.	I don't like the fact that outsiders can't join existing cliques.					
31.	My peers are often very stubborn and intolerant towards each other.					

	<b>I found this problem to be.....</b>	<b>Highly stressful</b>	<b>Very stressful</b>	<b>Moderately stressful</b>	<b>Minimally stressful</b>	<b>Not stressful at all</b>
32.	I have too little time for my friends.					
33.	I am often unable to get started on something.					
34.	I don't have enough money for my leisure time activities.					
35.	School and home obligations don't leave me enough free time.					
36.	In my free time I spend too much time watching TV, surfing the internet or playing PC games.					
37.	I often hang around in the streets because there are not enough leisure facilities for adolescents of my age.					
38.	My parents try to influence how I spend my free time.					
39.	Don't have anyone with whom I can spend my free time.					
40.	I don't like the pressure of so many leisure facilities I can hardly ever use.					
41.	I don't have a boyfriend\girlfriend.					
42.	I feel insecure in dealing with the opposite sex.					
43.	I am afraid of losing contact with my other friends if I pair up with a boyfriend\girlfriend.					
44.	I sometimes have to make pretences just to please my boyfriend\girlfriend.					

	<b>I found this problem to be.....</b>	<b>Highly stressful</b>	<b>Very stressful</b>	<b>Moderately stressful</b>	<b>Minimally stressful</b>	<b>Not stressful at all</b>
45.	I am afraid of hurting my boyfriend/girlfriend because I am unsure of his/her feelings.					
46.	Its difficult for me to develop a truly equal and balanced romantic relationship.					
47.	My sexual wishes and expectations do not match with those of my boyfriend/girlfriend.					
48.	I am afraid that my jealousy could ruin my romantic relationships.					
49.	I feel myself misunderstood by almost everyone.					
50.	Even little things enrage me.					
51.	I am dissatisfied with my appearance.					
52.	I am often sad and dejected.					
53.	I find it difficult to talk about my feelings with others.					
54.	I am different than my friends.					
55.	I am dissatisfied with my behavior, my own traits and abilities.					
56.	I don't trust myself to say anything in the presence of others.					
57.	I have guilty feelings about a few things I have done.					
58.	I would like to discover what I really want.					
59.	I find it difficult to live up to my own decisions.					

	I found this problem to be.....	Highly stressful	Very stressful	Moderately stressful	Minimally stressful	Not stressful at all
60.	All new things make me afraid.					

## SECTION 'B'

### Coping across situation questionnaire.

#### Instruction:

We want to find out what do you do when there are problems in the following eight problems domains: 1.School, 2.Parents, 3.peers, 4.Leisure time, 5.Partner, 6.Self, 7.Job and 8.Future.

Please start with the first problem area school and mark all the strategies you usually employ when you have "school" related problem. Then continue with "parents" and so on.

	When a problem in this area comes about	School	Parents	Peers	Leisure time	Romantic partner	Self	Future
	I do the following:							
1.	I discuss the problem with my parents\other adults.							
2.	I talk straight away about the problem when it appears and don't worry much.							
3.	I try to get help from institutions (job center, youth counseling).							
4.	I expect the worst.							
5.	I accept my limits.							
6.	I try to talk about the problem with the person concerned.							

	<b>When a problem in this area comes about</b>	<b>School</b>	<b>Parents</b>	<b>Peers</b>	<b>Leisure time</b>	<b>Romantic partner</b>	<b>Self</b>	<b>Future</b>
	<b>I do the following:</b>							
7.	Differences in opinions with my teacher could result in bad marks							
8.	I try to let my aggression out (with music, riding my motorbike, with dancing, sport etc)							
9.	I do not worry because usually everything turns out alright.							
10.	I think about the problem and try to find different solutions.							
11.	I make compromises.							
12.	I let out my anger or desperation by shouting, crying, slamming doors.							
13.	I tell myself that there always will be problems.							
14.	I only think about the problem when it appears.							
15.	I look for information in the internet, in magazines, encyclopedias or books.							
16.	I try not to think about the problems.							
17.	I try to forget the problem with alcohol or drugs.							
18.	I try to get help and comfort from people who are in a similar situation.							
19.	I try to solve the problem with the help from my friends.							
20.	I withdraw because I cannot change anything anyway.							

## SECTION 'C'

## State trait Anxiety Trait form 1

## (a) How I feel Questionnaire

## Direction:

A number of statements which boys and girls use to describe themselves are given below. Read each statement carefully and decide how you feel right now. Then put an X in the box in front of a word or phrase which best describe how you feel. There are no right or wrong answers. Do not spend too much time on any one statement. Remember, find the word or phrase which best describe how you feel right now, at this very moment.

1. I feel.....	<input type="checkbox"/> Very calm	<input type="checkbox"/> Calm	<input type="checkbox"/> Not calm
2. I feel.....	<input type="checkbox"/> Very upset	<input type="checkbox"/> Upset	<input type="checkbox"/> Not upset
3. I feel.....	<input type="checkbox"/> Very pleasant	<input type="checkbox"/> Pleasant	<input type="checkbox"/> Not pleasant
4. I feel.....	<input type="checkbox"/> Very nervous	<input type="checkbox"/> Nervous	<input type="checkbox"/> Not nervous
5. I feel.....	<input type="checkbox"/> Very jittery	<input type="checkbox"/> Jittery	<input type="checkbox"/> Not jittery
6. I feel.....	<input type="checkbox"/> Very rested	<input type="checkbox"/> Rested	<input type="checkbox"/> Not rested
7. I feel.....	<input type="checkbox"/> Very scared	<input type="checkbox"/> Scared	<input type="checkbox"/> Not scared
8. I feel.....	<input type="checkbox"/> Very relaxed	<input type="checkbox"/> Relaxed	<input type="checkbox"/> Not relaxed
9. I feel.....	<input type="checkbox"/> Very worried	<input type="checkbox"/> Worried	<input type="checkbox"/> Not worried
10. I feel.....	<input type="checkbox"/> Very satisfied	<input type="checkbox"/> Satisfied	<input type="checkbox"/> Not satisfied
11. I feel.....	<input type="checkbox"/> Very frightened	<input type="checkbox"/> Frightened	<input type="checkbox"/> Not frightened
12. I feel.....	<input type="checkbox"/> Very happy	<input type="checkbox"/> Happy	<input type="checkbox"/> Not happy
13. I feel.....	<input type="checkbox"/> Very sure	<input type="checkbox"/> Sure	<input type="checkbox"/> Not sure
14. I feel.....	<input type="checkbox"/> Very good	<input type="checkbox"/> Good	<input type="checkbox"/> Not good
15. I feel.....	<input type="checkbox"/> Very troubled	<input type="checkbox"/> Troubled	<input type="checkbox"/> Not troubled
16. I feel.....	<input type="checkbox"/> Very bothered	<input type="checkbox"/> Bothered	<input type="checkbox"/> Not bothered
17. I feel.....	<input type="checkbox"/> Very nice	<input type="checkbox"/> Nice	<input type="checkbox"/> Not nice
18. I feel.....	<input type="checkbox"/> Very terrified	<input type="checkbox"/> Terrified	<input type="checkbox"/> Not terrified
19. I feel.....	<input type="checkbox"/> Very mixed up	<input type="checkbox"/> Mixed up	<input type="checkbox"/> Not mixed up
20. I feel.....	<input type="checkbox"/> Very cheerful	<input type="checkbox"/> Cheerful	<input type="checkbox"/> Not cheerful

## (a) How I feel questionnaire:

## STAIC form 2

## Direction:

A number of statements which boys and girls use to describe themselves are given below. Read each statement and decide if it is hardly-ever, or sometimes or often true for you. Then for each statement put an X in the box in front of the word that seems to describe you the best. There are no right or wrong answers. Do not spend too much time on any one statement. Remember; choose the word which seems to describe how you usually feel.

1. I worry about making mistakes.....	<input type="checkbox"/> Hardly ever	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often
2. I feel like crying.....	<input type="checkbox"/> Hardly ever	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often
3. I feel unhappy.....	<input type="checkbox"/> Hardly ever	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often
4. I have trouble making up my mind.....	<input type="checkbox"/> Hardly ever	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often
5. It is difficult for me to face my Problems	<input type="checkbox"/> Hardly ever	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often
6. I worry too much.	<input type="checkbox"/> Hardly ever	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often
7. I get upset at home.	<input type="checkbox"/> Hardly ever	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often
8. I am shy.	<input type="checkbox"/> Hardly ever	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often
9. I feel troubled.	<input type="checkbox"/> Hardly ever	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often
10. Unimportant thoughts run through my mind and bothers.	<input type="checkbox"/> Hardly ever	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often
11. I worry about school.	<input type="checkbox"/> Hardly ever	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often
12. I have trouble deciding what to do....	<input type="checkbox"/> Hardly ever	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often
13. I notice my heart beats fast.....	<input type="checkbox"/> Hardly ever	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often
14. I am secretly afraid.....	<input type="checkbox"/> Hardly ever	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often
15. I worry about my parents.....	<input type="checkbox"/> Hardly ever	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often
16. My hands get sweaty.....	<input type="checkbox"/> Hardly ever	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often
17. I worry about things that may happen.....	<input type="checkbox"/> Hardly ever	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often
18. It is hard for me to fall asleep at night.....	<input type="checkbox"/> Hardly ever	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often
19. I get a funny feeling in my stomach....	<input type="checkbox"/> Hardly ever	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often
20. I worry about what others think of me.....	<input type="checkbox"/> Hardly ever	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often

## SECTION 'C'

### Self-confidence inventory.

#### Direction:

Every person has some ideas about how they feel or think about himself or herself. The present test aims at studying how you feel or think about yourself.

The following pages contain a series of numbered statements. The statements are true for some people and not true for some others. Read each statement and decide how you feel or think about it and then mark your answer on the separate sheet.

If the statement is **TRUE** or **USUALLY TRUE** as applied to you encircle around the appropriate word on the answer sheet. If the statement is **FALSE** or **USUALLY FALSE** as applied to you, encircle around the appropriate word on the answer sheet.

Try to answer every statement even if you have to guess at some. Change any answer you wish to change, and erase completely the unwanted answer by cutting it twice. **Please remember to give your opinion about yourself.** Answer as quickly as possible and do not spend too much time on any one item. Your answer will be kept strictly confidential. Therefore please answer them as honestly and thoughtfully as possible.

Sl. No.	Statements	t	f
1.	It is rather difficult for me to make new friends.		
2.	I can be natural while at a party.		
3.	I am never at conflict with myself.		
4.	I enjoy mixing with people.		
5.	In social conversation I am usually a listener than a talker.		
6.	I can usually find a ready answer for remarks made to me.		
7.	When things go wrong I pity or blame myself.		
8.	I have a horror of failing in anything I want to accomplish.		
9.	I often cross the street to avoid meeting some people known to me.		
10.	I find it difficult to speak in public.		
11.	I feel insecure within myself.		
12.	I find it hard to do my best when people are watching.		
13.	I can recover easily and quickly from social blunders.		
14.	I do not care much for what others think of me.		
15.	I have difficulty in talking to most people.		
16.	I stay in the background in social gathering.		
17.	I feel embarrassed to enter into assembly when all are already seated.		
18.	I have difficulty in saying the right thing at the right time.		
19.	I tend to worry over possible troubles.		
20.	I frequently feel thwarted because I am unable to do as I desire.		

21.	I think of myself as a successful person.		
22.	I am much affected by the praise or blame of many people.		
23.	My feelings are rather easily hurt.		
24.	I can face a difficult situation without worry.		
25.	I am hesitant about forming decisions.		
26.	I feel bored much of the time.		
27.	I can tackle new situations with reasonable degree of assurance.		
28.	I am often unable to decide until it is too late for actions.		
29.	I tend to be quick and certain in my actions.		
30.	I always feel that I can achieve the things I wish.		
31.	I feel no obstacles can stop me from achieving my final goal.		
32.	I am generally confident of my own ability.		
33.	I often feel that in life's competition I am generally the loser.		
34.	I frequently feel unworthy.		
35.	I worry over humiliating situations more than most people.		
36.	I feel physically inferior of my friends.		
37.	I find it hard to continue work when I do not get enough encouragement.		
38.	I am bothered by inferiority feelings.		
39.	My people believe that I am as much a success as I could be.		
40.	I can play my best in a game or contest against an opponent who is much superior to me.		
41.	I am always ready to decide what my next step should be.		
42.	I can adjust readily to new situations,		
43.	I often feel rather awkward.		
44.	I am afraid that other people will dislike me.		
45.	My friends have made better life adjustment than myself.		
46.	I am happy- go -lucky person.		
47.	I can relax myself easily.		
48.	I blush very often.		
49.	When emotionally upset, I take much time to recover.		
50.	I day dream very often.		
51.	I am readily moved to tears.		
52.	When a critical situation is past, I often think what should I have done but didn't.		
53.	I often feel that my movements are clumsy.		
54.	I don't take initiatives.		
55.	I usually work things out for myself rather than get someone to show me.		
56.	I am a dominant person.		
57.	I am usually discouraged when the opinions of others differ from my own.		

Sl. No.	Statements	t	f
58.	I am often confused.		
59.			
60.	I feel that my parents are disappointed in me.		
61.	I envy the happiness that others seem to enjoy.		
62.	Criticism disturbs me greatly.		
63.	I get discouraged easily.		
64.	I can get a job any day.		
65.	I seem to make friends about as quickly as others do.		
66.	I shrink from facing crisis or difficulty.		
67.	If given a chance I could do something that would be of great benefits to the world.		
68.	If given a chance I would make a good leader of people.		
69.	I have several times given up doing a thing because I thought too little of my ability.		
70.	No one seems to understand me.		
71.	I need someone to push me through the things.		
72.	Life is a strain for me much of the time.		
73.	I have had blank spells in which my activities were interrupted and did not know what was going around me.		
74.	I am worried about sex matters.		
75.	I have periods of such great restlessness that cannot sit long in a chair.		
76.	I refuse to play some games because I am not good at them.		
77.	I find it hard to keep my mind on a task or job.		
78.	I seem to be about as smart as most others around me.		
79.	I usually feel well and strong.		
80.	I think too much over everything.		
81.	My daily life is full of things that keep me interested.		
82.	I am certainly lacking in self confidence.		
83.	Almost always I find myself worrying about something or the other.		
84.	I have often lost good chances because I would not make up my mind soon enough.		
85.	I spend too much time worrying over the future.		
86.	I do not tire easily.		
87.	I think I have an attractive personality.		
88.	I don't think too long over my problems.		
89.	I have feeling of hopelessness.		
90.	I cannot express my emotions freely.		
91.	When my friends criticize me I take it well.		
92.	I am a responsible person.		
93.	Generally I am quite sure of myself.		
94.	Usually I am dissatisfied with myself.		

Sl. No.	Statements	t	f
95.	I have the feeling that I am just not facing things.		
96.	I have enough faith in myself.		
97.	I am often in low spirits.		
98.	I often feel helpless		
99.	I am often disorganized.		
100.	I can usually make up my mind and stick to it.		

### SECTION 'D'

#### Emotional intelligence profile

##### Direction:

Below are given some general statements related to your personal life. Please indicate your response the same by encircling one of the four given alternatives (VW- very well, MW-moderately well, LW- little well and NW- not well). No statement is true or false. Do not skip.

#### E.I PROFILE

Sl.no	Items	VW	MW	LW	NW
1.	I can name my feelings.				
2.	I have learnt a lot about myself by listening to my feelings.				
3.	I am almost aware of my feelings.				
4.	I can tell when I am getting upset.				
5.	I know the reason(s) when I am sad.				
6.	I tend to judge myself by how I think others see me.				
7.	I enjoy my emotional life.				
8.	People who show a lot of strong emotions scare me.				
9.	I often wish I were someone else.				
10.	I pay attention to my physical state to understand my feelings.				
11.	I accept my feelings as my own.				
12.	I let other people know when they are doing a good job.				
13.	I express my emotions even when they are negative.				
14.	I let others know what I want and what I need.				
15.	My closest friends say that I express my appreciation of them.				
16.	I keep my feeling to myself.				

Sl.no					
17.	I let other people know when uncomfortable feelings get in the way of my work.				
18.	I have trouble reaching out to others when I need help.				
19.	While interacting with others I can sense how they are feeling.				
20.	I would do anything to avoid looking foolish to my peers.				
21.	I can recognize emotions in others by watching their emotions.				
22.	I find it difficult to talk to people who do not share my views.				
23.	I focus on people's positive qualities.				
24.	I rarely have the urge to put someone off.				
25.	I think about how others might feel before I give my opinion.				
26.	No matter with whom I am speaking, I am always a good listener.				
27.	I can sense the mood of a group when I walk into the room.				
28.	I find new people to talk about them.				
29.	I am good at reading between the lines when someone is talking.				
30.	I can usually tell how others feel about me.				
31.	I can sense someone's feelings even if it is unspoken.				
32.	I can change my emotional expression depending upon the person I am with.				
33.	I can tell when someone close to me is upset				
34.	I can bounce back after feeling disappointed.				
35.	I can accomplish what I want to if I put my mind to it.				
36.	Obstacles or problems in my life have resulted in unexpected changes for the better.				
37.	I find it easy to wait patiently when I need to.				
38.	There is always more than one right answer to situations in general.				
39.	I know how to satisfy all aspects of my life.				

Sl.no	Items	VW	MW	LW	NW
40.	I am not the one who would waver or hesitate in situations				
41..	I am afraid to try something again when I have failed at it before.				
42.	I think certain problems are not worth worrying about.				
43.	I can relax myself when tension builds up.				
44.	I can see the humorous side of situations.				
45.	I often put things aside for a while to get a better perspective of them.				
46.	When I encounter a problem I focus on what I can do to solve it.				
47.	I am unable to grieve when I lose something important to me.				
48.	I feel uncomfortable when someone gets too close to me emotionally.				
49.	I have several friends I can count on in times of trouble.				
50.	I show a lot of love and affection to my friends in trouble.				
51.	When I have problem I know who to go to and what to do to help solve it.				
52.	My beliefs and values guide my daily actions				
53.	My family is always there for me when I need them				
54.	I doubt if my colleagues really care about me as person.				
55.	I have a difficult time making friends.				
56.	I hardly cry..				
57.	Sometimes, I have the right answer without having the reasons.				
58.	My hunches are usually right.				
59.	I visualize my future goals.				
60.	I can see the finished product in picture before it is completed.				
61.	I believe my dreams, even when others can't see or understand them.				
62.	. When faced with a tough choice, I follow my heart.				
63.	I pay attention when things don't feel quite right to me.				
64.	Once I have made up my mind I seldom change.				
65.	People say I am a visionary.				

Sl.no	Items	VW	MW	LW	NW
66.	When someone presents an opinion different from my own I have hard time in accepting it.				
67.	I use my gut reactions when making decisions				
68.	I am willing to admit it when I make mistakes.				
69.	I feel like a fool				
70.	If I loose passion for my work, I could change the same.				
71.	My job (housework, studies, service) is an extension of my personal value system.				
72.	I never tell lies				
73.	I find myself going along with situation even if I know I don't believe in it.				
74.	I exaggerate my abilities in order to get ahead.				
75.	I tell truth even when it is difficult.				
76.	I have done things on my job that are against my beliefs.				

## 1. DECISION MAKING ASSESSMENT SCALE

### Direction:

The following are the statements, which relate to taking decisions in life. Different People take different decisions in life differently. The present measure helps in understanding how you take decisions in your life. Kindly answer the following by way of ticking in the available three columns as 'Always' 'Sometimes' and 'Never'. Read each of the statements and tick any one of the three alternatives, as it is applicable in your case. This will help us in understanding how you think and act. There is no right or wrong answers. Respond to all the statements. Do not leave any statements unanswered. Your response will be kept confidential.

Sl.No	Statements	Always	Sometimes	Never
1.	I do not take decisions when I am emotional.			
2.	I try my best to understand the situations before I take any decisions.			
3.	Decisions made by me have created difficulties for me.			
4.	My decisions put me to lot of embarrassments.			
5.	I am very impulsive in taking decisions.			
6.	I understand what I can do and I take decisions accordingly.			
7.	I try my best to arrive at a decision with logical reasoning.			
8.	I take vows when I am upset.			
9.	I do not believe it to be necessary to analyze the pros and cons of a decision.			
10.	I do not care for the consequences of my decisions.			
11.	I am concerned about achieving my objective my objective and nothing else.			
12.	I try my best to identify different options available to me before I take any decisions.			
13.	I act according to the advice of my best friends.			

Sl.No	Statements	Always	Sometimes	Never
14.	I choose do only those things, which are acceptable to my family.			
15.	I try to learn from every experience.			
16.	I make a comparison of different alternatives available to me before I take any decision.			
17.	I believe in being non-emotional in decision making situations.			
18.	I do the same mistakes which I had done in the past.			
19.	My decisions are appreciated by others			
20.	Once I make a decision I do not change it irrespective of consequences.			
21.	I take into consideration all issues before I take decision.			
22.	I take decisions keeping in view my strength and weaknesses.			
23.	I feel confused when it comes to situations, where a number of alternatives are available.			
24.	I am clear about the possible consequences of my decisions.			
25.	I never regret for the lapses of my decisions in life.			

## 2. PROBLEM SOLVING ASSESSEMENT SCALE:

### Direction:

People respond to personal problems in different ways. The statements on this inventory deal with how people react to personal difficulties and problems in their day-to-day life. The term "Problem" refers to personal problems that everyone experiences at times, such as depression, inability to get along with friends, etc. Please respond to the items as honestly as possible so as to most accurately portray how you should handle such personal problems. Your response should reflect what you actually do to solve problems, not how you think you should solve them. When you read an item, ask yourself: Do I ever behave this way? Please answer every item.

Read each statement and indicate the extent to which you agree or disagree with that statement, using the scale provided. Mark your responses by circling the number to the right of each statement.

Sl. No	Statements	Strongly Agree	Moderately Agree	Slightly Agree	Slightly Disagree	Moderately Disagree	Strongly Disagree
1.	When a solution to a problem has failed, I do not examine why it didn't work						
2.	When I am confronted with a complex problem, I do not take the time to develop a strategy for collecting information that will help define the nature of the problem.						
3.	When my first efforts to solve a problem fail, I become uneasy about my ability to handle the situation.						
4.	After I solve a problem, I do not analyze what went right and what went wrong.						
5.	I am usually unable to think of creative and effective alternatives to my problems.						
6.	After following a course of action to solve a problem, I compare the actual outcome with the one I had anticipated.						
7.	When I have a problem, I think of as many possible ways to handle it as I can until I can't come up with any more ideas.						

Sl. No	Statements	Strongly Agree	Moderately Agree	Slightly Agree	Slightly Disagree	Moderately Disagree	Strongly Disagree
8.	When confronted with a problem, I consistently examine my feelings to find out what is going on in a problem situation.						
9.	When confused about a problem, I don't clarify vague ideas or feelings by thinking of them in concrete terms.						
10.	I have the ability to solve most problems even though initially no solution is immediately apparent.						
11.	Many of the problems I face are too complex for me solve.						
12.	When solving a problem, I make decisions that I am happy with later.						
13.	When confronted with a problem, I tend to do the first thing that I can think of to solve it.						
14.	Sometimes I do not stop and take time to deal with my problems, but just kind of muddle ahead.						
15.	When considering solution to a problem, I do not take time to assess the potential success of each alternative.						
16.	When confronted with a problem, I stop and think about it before deciding on a next step.						
17.	I generally act on the first ideas that come to mind in solving a problem.						
19.	When making a decision, I compare alternatives and weigh the consequences of one against the other.						
20.	When I make a plan to solve a problem, I am almost certain that I am almost certain that I can make them work.						
21.	When I try to think of possible solutions to a problem, I do not come up with very many alternatives.						
22.	When trying to solve a problem, one strategy I often use is to think of past problems that I have been similar.						

Sl. No	Statements	Strongly Agree	Moderately Agree	Slightly Agree	Slightly Disagree	Moderately Disagree	Strongly Disagree
23.	Given enough time and effort, I believe I can solve most problems that confront me.						
22.	When faced with a novel situation, I have confidence that I can handle problems that may arise.						
23.	Even though I work on a problem, sometimes I feel like I am wandering and not getting down to the real issue.						
24.	I make snap judgments and later regret them.						
25.	I trust my ability to solve new and difficult problems.						
26.	I use a systematic method to compare alternatives and make decisions.						
27.	When thinking of ways to handle problems, I seldom combine ideas from various alternatives to arrive at a workable solution.						
28.	I use a systematic method to compare alternatives and make decisions.						
29.	When thinking of ways to handle problems, I seldom combine ideas from various alternatives to arrive at a workable solution.						
30.	When faced with a problem, I seldom assess the external forces that may be contributing to the problem.						
31.	When confronted with a problem, I usually first survey the situation to determine the relevant information.						
32.	There are times when I become so emotionally charged that I can no longer see the alternatives for solving a particular.						
33.	After making a decision, the actual outcome is usually similar to what I had anticipated.						
34.	When confronted with a problem, I am unsure of whether I can handle the situation.						
35.	When I become aware of a problem, one of the first things I do is try to find out exactly what the problem is.						

### 3. CREATIVE THINKING ASSESSMENT SCALE

#### General Directions:

This is a test to assess your ability to see how creative you are in your thinking. There are 3 sections. In every section specific directions are given. Read them carefully and answer them. Attempt all the 3 sections.

#### Section 1

Directions: Answer the following one by one as quickly and differently as you can. Follow the example given below to understand how you have to answer.

Example: Question: Write as many uses as possible of the word "water".

Answer. Drinking, washing, bathing, cleaning vehicles, cleaning vessels, generation of electricity, gardening, cooking etc.

On similar lines answer the following 4 questions.

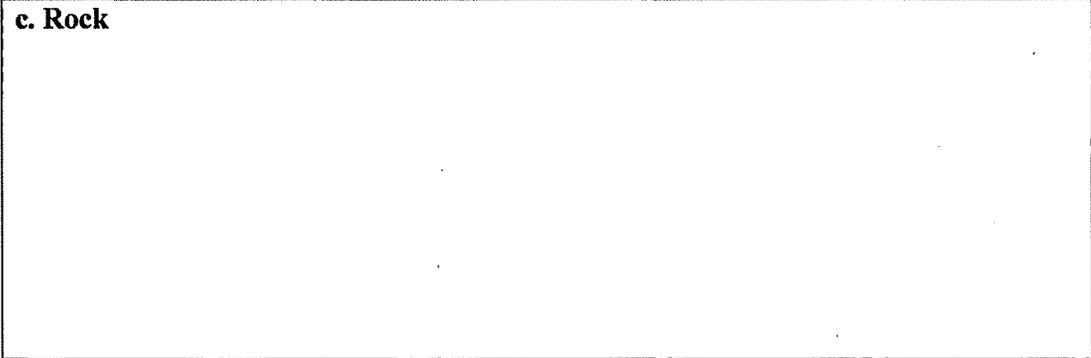
**a. Colors**

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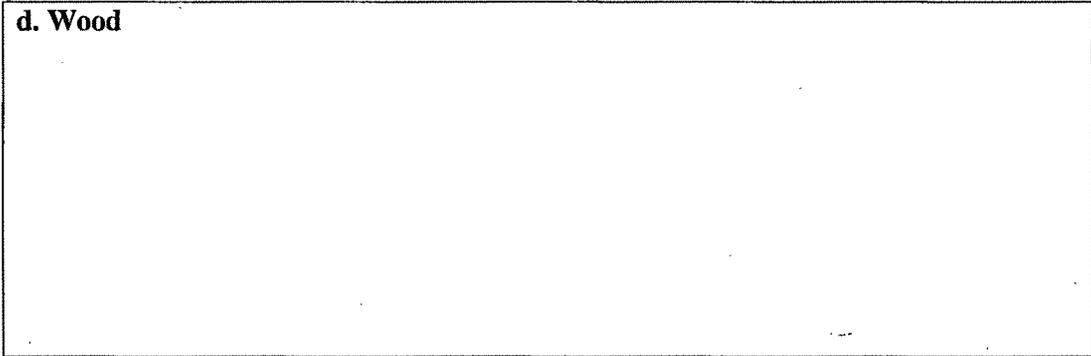
**b. Sand**

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**c. Rock**



**d. Wood**



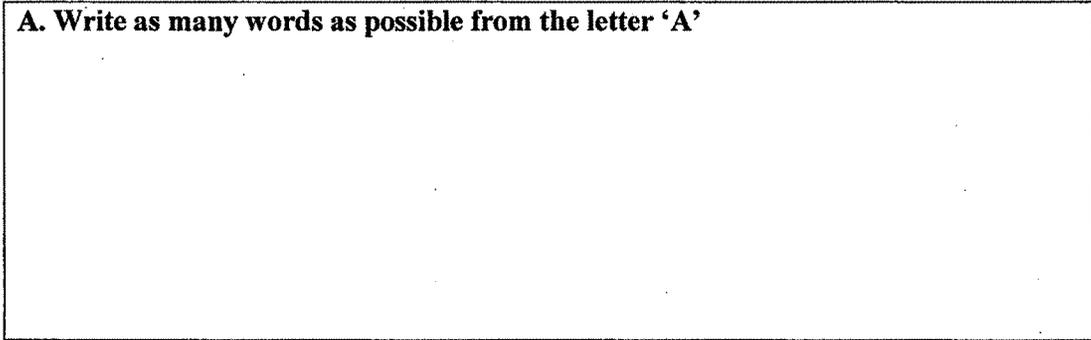
**Section 2**

Directions: Answer the following on by one as quickly as you can.

Example: Write as many words as possible from the letter 'c'

Answers: Cat, cult, corrupt, coat, cover, cupboard, cute, clean, cup, cut. clay,  
Cup,etc.

**A. Write as many words as possible from the letter 'A'**



**B. Write as many words as possible starting with 'A' and ending with 'G'**

**C. Write as many words as possible using 'A' and 'D' at any point of the word.**

**D. Write as many words as possible word ending with letter 'T'**

**Section 3**

**Directions:** There are 4 situations. Read them carefully. You have to give as many solutions as you can. More number of solutions of different perspectives suggests your creative abilities.

**Situation 1:** There is a fire in your neighbor's house. What should you do?

**Solutions:**

**Situation 2:** A child has fallen into an open well. What should you do?

**Solutions:**

**Situation 3:** In a road accident, your school mate is hurt. What should you do?

**Solutions:**

**Situation 4:** One of the poor students of your school has been diagnosed as a heart patient, who requires immediate hospitalization and he needs to be operated upon. What should you do?

**Solutions:**

#### **4: CRITICAL THINKING ASSESSMENT SCALE:**

**Direction:**

Read the following situations given below. Imagine that you are in that situation. For each situation. Write different advantages and disadvantages as you see. Also write how you would conclude your opinion on every issue. Give reasons.

**Situation 1:** Imagine that you have a situation where you are a class x student. You have been given an important assignment at school which should be covered tonight spending 4 hours after 8 o'clock and submit the same next morning. The same night, you also have Tibetan music festival which will go on till 12 in the mid night. You are a passionate about music. You cannot watch music festival and work for your project as one will interfere in the other.

Now discuss the merits the demerits of completing assignment and watching music festivals

**Merits of watching music festival:**

**Merit of completing project work:**

**Demerits of watching music festival:**

**Demerits of completing project work:**

**Conclusion and reasons.**

#### **4. EFFECTIVE COMMUNICATION ASSESSMENT SCALE:**

**Instructions:**

1. Give one of the following situations to be enacted by each person.
2. Observe the ability to communicate and assess it using the scale given below.
3. If a given trait exhibited leads to successful communication give 5 marks. On the other hand if the required skill is not exhibited gives 1. Depending on the force with which a skill is observed in use give marks ranging from 1 to 5.
4. Please note item number 9 should get 1 and all other skills should be rated 5 to say that a person is excellent in communication.

The context \activities is give below.

- pick and speak activity
- a group discussion on gender discrimination
- a role play-
- the class picnic
- friends talking about their school.





## **6. SELF AWARENESS ASSESSMENT SCALE:**

### **Directions:**

As human beings each one of us is different from the other. All of us are good in something and are not so good in something else. We call them strengths and weaknesses of your personality. Now I want you to identify your strengths and weaknesses on different situations as indicated below.

The response you give will be kept confidential. It will not be discussed with anyone. Generally students of your age take about 10 minutes to respond to it. You may take time and write as many strengths and weaknesses as you have. There is nothing like right or wrong answer here.

<b>Sl. No</b>	<b>Situations</b>	<b>Strengths</b>	<b>Weaknesses</b>
1.	Family situations		
2.	School situations		
3.	With friends		
4.	With relatives		
5.	With elder		
6.	When confronted with problems		

## 7. EMAPTHY ASSESSMENT SCALE

### Directions:

The following statements relate to how we feel for others in life. Different people have different ways of responding to other situations. Kindly answer the following items and help us understand how you respond to others' problems. All that you have to do is to read every statement.

See if you agree or disagree in different levels and indicate your answer by way of putting a tick mark. There is no right or wrong answer here. It only helps us in understanding your ways of responding to others in life. Your responses will be kept confidential.

Sl.No	Statements	Agree	Uncertain	Disagree
1.	When I am upset, at times I usually try to put myself in his or her situation for a while.			
2.	I am often quite touched by things that I see happen.			
3.	I sometimes find it difficult to see things from other's point of view.			
4.	Other person's misfortunes do not usually disturb me a great deal.			
5.	Sometimes, I do not feel very sorry for other people when they are having problems.			
6.	Before criticizing anybody, I try to imagine how I could feel if I were in their place.			
7.	I feel like crying when watching a sad movie.			
8.	Certain pieces of music can really move me.			
9.	Seeing a wounded animal by the roadside is disturbing\upsetting.			
10.	I do not give much thought to others' feelings.			
11.	It makes me feel nice when I see people being nice to each other.			
12.	The suffering of others deeply disturb me.			
13.	I always try to tune into the feelings of those around me.			
14.	I get very upset when I see young child who is being treated badly.			
15.	I get easily moved by others' emotions.			
16.	I can easily join a group which is happy and joyful.			
17.	It makes me mad to see someone treated unjustly.			
18.	I rarely take notice when people treat each other warmly.			

Sl.No	Statements	Agree	Uncertain	Disagree
19.	I feel happy when I see people laughing and enjoying themselves.			
20.	It is easy for me to get carried away by other people's emotions.			
21.	If a crowd gets excited, I too can get into excited stage.			
22.	I feel nice when I do something nice for someone.			
23.	I feel deeply for others.			
24.	I do not cry easily.			
25.	I can feel the pain of others.			
26.	Seeing other people smile can make me smile.			
27.	Being surrounded by happy people makes me feel happy too.			
28.	TV News, stories about injured or sick children greatly upset me.			
29.	I cry at sad parts of the books I read.			
30.	Being around those people who are depressed brings my mood down too.			
31.	I find it annoying when people cry in public.			
32.	It hurts me too see another person in pain.			
33.	I get a warm feeling for someone if I see them helping another person.			
34.	I can be a part of others' joy easily.			
35.	I try to be aware of the feelings of people around me.			

## 8. COPING WITH EMOTIONS ASSESSMENT SCALE:

### (A) Differential Emotional Scale

#### Directions:

The following scale helps us in identifying/measuring your current emotional status. Read each item carefully and mark as 'Almost never' 'Occasionally' 'Sometimes' 'Frequently' and 'Very often'. There is no right or wrong answers. The scale sums your current emotional state.

No.	Items	Almost never	Occasionally	Sometimes	Frequently	Very often
<b>A.</b>	<b>Interest items:</b>					
1.	Attention problems					
2.	Concentration difficulties					
3.	Loosing alertness					
<b>B.</b>	<b>Enjoy items:</b>					
1.	Feel unhappy					
2.	Feel discontent					
3.	Feel unpleasant					
<b>C.</b>	<b>Surprise items:</b>					
1.	Feel surprised					
2.	Feel amazed					
3.	Feel astonished					
<b>D.</b>	<b>Distress items:</b>					
1.	Feel downhearted					
2.	Feel sad					
3.	Feel discouraged					
<b>E.</b>	<b>Anger items:</b>					
1.	Feel enraged					
2.	Feel angry					
3.	Feel mad					
<b>F.</b>	<b>Disgust items:</b>					
1.	Feel distaste					
2.	Feel disgusted					
3.	Feel revulsion					
<b>G.</b>	<b>Contempt items:</b>					
1.	Feel contemptuous					
2.	Feel scornful					
3.	Feel disdainful					

No.	Items	Almost never	Occasionally	Sometimes	Frequently	Very often
<b>H.</b>	<b>Fear Items:</b>					
1.	Feel scared					
2.	Feel fearful					
3.	Feel afraid					
<b>I.</b>	<b>Shame item:</b>					
1.	Feel sheepish					
2.	Feel bashful					
3.	Feel shy					
<b>J.</b>	<b>Guilt items:</b>					
1.	Feel repentant					
2.	Feel guilty					
3.	Feel shame					
<b>K.</b>	<b>Anxiety items:</b>					
1.	Feel apprehension					
2.	Feel worry					
3.	Feel nervous					
	<b>Total.</b>					

**(B) Shyness assessment scale.****Directions:**

Given below is yet another 'Shyness scale for knowing the extent of your shyness within yourself or in various social situations. Read each item carefully and mark them as 'Almost never' 'Occasionally' 'Sometimes' 'Frequently' and 'Very often'. There is no right or wrong answers.

No.	Items	Almost never	Occasionally	Sometimes	Frequently	Very often
1.	I feel insecure in social situations.					
2.	I feel others have more fun in social situations than I do.					
3.	If someone rejects me I assume that I have done something wrong.					
4.	It is hard for me to approach people when they are in conversation.					
5.	I feel lonely a great deal of time.					
6.	I tend to be more critical of other people than I appear to be.					
7.	It is hard for me to say 'no' even to unreasonable requests.					
8.	I do more than my share of work for others as I can't say 'no'					
9.	I find it difficult to ask favors or request to others.					
10.	I try my best not to let others know when I am frustrated or angry.					
11.	I feel let down by most of my friends or acquaintances.					
12.	The suffering of others deeply disturb me.					

No.	Items	Almost never	Occasionally	Sometimes	Frequently	Very often
13.	I find it difficult to express my real feelings in front of others.					
14.	I feel suspicious of other people's intentions towards me					
15.	I feel bothered when other people make demands on me.					
16.	It is easy for me to sit back and observe others in a discussion.					
17.	I find myself unable to enter a new situation without fearing rejection or being noticed.					
18.	I worry about being burden on others.					
19.	Personal questions from others make me feel anxious.					
20.	I think I let others take advantage of me.					
21.	I judge myself negatively when I think others have negative reactions towards me.					
22.	I try to figure out what is expected in a given situation and try to act accordingly.					
23.	I feel embarrassed when I look different from other people.					
24.	I feel disappointed in myself.					
25.	I blame myself when things do not go in the way I want them to.					
26.	I feel ashamed in many social situations.					
27.	I am usually aware of my feelings even if I do not know what prompted them.					
28.	I am frequently concerned about others approval.					
29.	I cry at sad parts of the books I read.					
30.	Being around those people who are depressed brings my mood down too.					

No.	Items	Almost never	Occasionally	Sometimes	Frequently	Very often
31.	I find it annoying when people cry in public.					
32.	It hurts me too see another person in pain.					
33.	I get a warm feeling for someone if I see them helping another person.					
34.	I can be a part of others' joy easily.					
35.	I try to be aware of the feelings of people around me.					

### 9. STRESS ASSESSMENT SCALE

Direction:

In this section, a scale has listed some common life events seen in young people around us. Read them carefully and mark them 'YES' against items that have been stressful event in the past 12 months of life. If 'YES' also score out of 10 how much marks you could give to that particular event in influencing the course of your life. 10 marks means 'Maximum influence' zero means 'No influence at all and 5 marks means 'Average influence' on your life so far. This is not an intelligent test. There is no right or wrong answers. Please answer all the questions without brooding too much on them. There is no time limit.

Sl.No	Items	Yes/No	Event value
1.	Death of parents.		100
2.	Divorce of parents.		75
3.	Teenage pregnancy.		55
4.	Separation of parents.		50
5.	Suspension or dismissal from school.		50
6.	Detention in jail of self.		50

Sl.No	Items	Yes\No	Event value
7.	Death of friends.		50
8.	Quarrels or marital conflict of parents.		45
9.	Property or crop damage.		45
10.	Death of close family members.		45
11.	Major personal illness or injury.		40
12.	Excessive alcohol or drug abuse by family members.		35
13.	Trouble at classmates		35
14.	Break up with friends.		35
15.	Working while attending school.		35
16.	Large unpaid loans.		30
17.	Conflicts with grandparents or older generation		30
18.	Broken engagement or love affair.		30
19..	Sibling leaving home.		30
20.	Unemployed parents or family members.		30
21.	Puberty		30
22.	Jail term for close family members.		30
23.	Marriage or wedding cerebrations at home.		25
24.	Lack of friends.		25
25.	Robbery or theft at home.		25
26.	Financial loss		25
27.	Marriage of siblings.		25
28.	Illness of family members.		25
29.	Lack of male member at home.		25
30.	Troublesome siblings		25
31.	Likelihood of marriage or engagement.		25
32.	Retirement of parents.		25
33.	End of school.		25
34.	Beginning next level school\college.		25
35.	Drug use in self.		25
36.	Alcohol use in self.		25
37.	Chronic allergies in self.		25
38.	Going in debt for self.		25
39.	Over expectant, complaining or caring parents.		25
40.	Death of pets.		25
41.	Failure in examination.		25
42.	Difficult teachers.		25
43.	Negative prophecy of astrologer or palmist.		20
44.	Sexual problems.		20
45.	Conflict with extended family members.		20
46.	Disability in family members.		20
47.	Fired by teacher or head master.		20
48.	Major purchase or construction of house.		20

Sl.No	Items	Yes\No	Event value
49.	Change or expansion of business		20
50.	Poor personal health or illness.		20
51.	Frequent families Get -together.		20
52.	Smoking in self.		20
53.	Change of school.		20
54.	School overload.		20
55.	Long distance travel to school.		20
56.	Minor violation of school.		15
57.	Appearing for an examination or interview.		15
58.	Trouble with neighbor.		15
59.	Outstanding personal achievement.		15
60.	Change of neighborhood.		15
61.	Change in working condition or transfer,		15
62.	Change in eating or sleeping habits.		15
63.	Birth of siblings.		15
64.	Gain of new family members.		15
65.	Reduction in number of family functions.		15
66.	Change in social activities.		15
67.	Going for pleasure trip or pilgrimage.		15
68.	Arguments with friends.		15
69.	Examination dates announced.		15
70.	Waiting for result.		15
71.	Teasing peers.		15
72.	Roadside eve-teasers\ Disturbing fellow passengers.		15
73.	Unfulfilled commitments.		10
74.	Change of residence		10
75.	Vacations.		10
	Total		2000