

APPENDICES

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APPENDIX A

First Form of the Inventory

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I N V E N T O R Y

DIRECTIONS (Please read very carefully)

This inventory consists of a number of statements about peoples' day-to-day lives. It is quite likely that some of them might apply to your life as well. There is nothing like right or wrong if you accept a statement as applicable to you or as not applicable to you. What is important is that your answer should be true; what is true of you. So please be honest and do not hesitate to accept what applies to you. For every statement there are two columns in the separate answer sheet: Yes and No. If your answer is 'yes', put a circle around 'Y' and, if your answer is 'No', put a circle around 'N' against the number of the respective item.

This is not a test or examination. There are no right or wrong answers. You have to state what is true of you, your life, your behaviour. Your identity will remain secret. Nobody will know that they are your answers. They are to be used simply for the purpose of research. All the data will be treated as strictly confidential. So you can feel completely free to accept honestly whatever is true of you.

EXAMPLES

- | | | |
|-------------------------------------|---------------------------------------|------------------------------------|
| I. I enjoy doing favours to others. | I. <input checked="" type="radio"/> Y | <input type="radio"/> N |
| II. I plan my journey in advance. | II. <input type="radio"/> Y | <input checked="" type="radio"/> N |

In the above examples, a man who really enjoyed doing favours to others marked by putting a circle around 'Y'. But in the next item he marked around N, because he did not plan his journey in advance and the statement did not apply to him.

You have to mark your answers in the same way. There is no time-limit. But work as fast as you can.

If you come across any difficult word, please refer to the glossary printed on the back of your answer-sheet.

Fill up your name and other particulars carefully in the separate answer-sheet before you start answering the Inventory.

DO NOT TURN THE PAGE UNTIL YOU HAVE FOLLOWED THE ABOVE DIRECTIONS.

1. My friends think I do not have good manners.
2. I am a failure in many of the things I do.
3. My friends think that my ideas are usually poor.
4. I worry about my lack of true friendship.
5. I am not liked well enough at home.
6. I find it difficult to associate with the members of the opposite sex.
7. I feel that other persons have more enjoyable life than I have.
8. People do not appreciate my work.
9. People are so unreasonable that I hate them.
10. Sometimes I talk during sleep.
11. Usually I forget my appointments or names of the people introduced to me once.
12. I feel like running away from home.
13. My parents are not congenial.
14. I feel it very much that my parents and others at home do not pay attention to my complaints or troubles.
15. I do not take enough exercise.
16. I tend to be emotional.
17. I am not interested in being with other people.
18. I am not quite free from tension.
19. I am an unreliable person.
20. I am not a steady and persistent ^{tent}~~isnt~~ worker.
21. I cannot stick to the same task for long.
22. I am not able to make important decisions without somebody's help.
23. I am not very responsible and dependable.
24. I worry about what my parents will say to me.
25. I am afraid of the dark.

26. Often I feel sick in the stomach.
27. I get tired easily.
28. It is hard for me to admit when I am wrong.
29. I am discouraged when others disagree with me.
30. I worry about what others will say to me.
31. I very much like to get involved in some project that calls for rapid action.
32. Usually I take initiative in making new friends.
33. I am always quick and sure in my actions.
34. My acquaintances consider me a lively person.
35. I shall be unhappy if I am not allowed to make numerous social contacts.
36. I prefer action to planning for action.
37. I am inclined to keep ~~myself~~ ^{myself} in the background on social occasions.
38. I generally enjoy a lively party.
39. I am not overconscientious sort of person.
40. I like to mix socially with people.
41. I like to limit my acquaintances to a select few.
42. I do not like to have many social engagements.
43. I generally take lead in the group activities.
44. I am generally shy in presence of the members of opposite sex.
45. I consider myself as a happy-go-lucky individual.
46. I usually keep quiet when I am in a social group.
47. I like work that requires much concentration of attention.
48. My friends consider me a talkative person.
49. I like to play pranks upon others.
50. I do not mind being made fun of.
51. I like to attend parties and other affairs where there is lot of loud fun.

52. I like dance, debates and dramatics.
53. I find it difficult to make talk when I meet new people.
54. I wish I were not so shy.
55. I do not like to join several clubs or associations.
56. I like to talk about sex.
57. I do lot of thinking.
58. I like to be with a group who play jokes on one another.
59. I do not speak to people unless they first speak to me.
60. In school I found it very difficult to talk before a class.
61. I can make friends as quickly as others can do.
62. I have no fear of going into a room by myself when other people have already gathered and are talking.
63. I am not much self conscious.
64. At parties I am more likely to sit by myself or with just one other person than to join with the whole gathering.
65. I am embarrassed by dirty stories.
66. I try to remember good stories to pass them on to other people.
67. I enjoy social gatherings just to be with people.
68. I enjoy the excitement of a crowd.
69. My worries seem to disappear when I get into a crowd of lively friends.
70. I am quite often absent from the gossip and talk of the group to which I belong.
71. Whenever possible I avoid being in a crowd.
72. I do not mind meeting strangers.
73. While in trains, buses etc. I often talk to strangers.
74. In a group of people I would not be embarrassed to be called upon to start a discussion or give an opinion about something.
75. While travelling, I am more likely to watch the landscape outside than to talk to fellow passengers.

76. If I do not understand some point in the class, I try to understand from books rather than asking the lecturer right away.
77. When anyone suggests an idea I realize that I too had the same and I could have suggested it earlier.
78. I generally like to work or to talk with others than to read for passing time.
79. I have often contested elections in school, college or elsewhere.
80. I enjoy outdoor sports and games.
81. I join the crowds to see or hear some famous leaders.
82. If I can get information by reading newspapers, books, etc. I do not bother to ask anyone about it.
83. I have dizzy turns.
84. I get palpitation or thumping in my heart.
85. I had a nervous breakdown.
86. I have been sick for long periods.
87. I often used to get "stage-fright".
88. I worry too long over humiliating experiences.
89. I consider myself a nervous person.
90. My feelings are easily hurt.
91. I am subject to attacks of shaking or trembling.
92. Ideas run through my head so that I cannot get sleep.
93. I worry over possible misfortune.
94. I sometimes feel happy, sometimes depressed without any apparent reason.
95. I daydream a lot.
96. I have nightmares.
97. I worry too much about my health.
98. I sometimes have walked in my sleep.
99. I often feel disappointed (or dissatisfied).
100. I often feel self-conscious in the presence of supervisors.

101. I suffer from sleeplessness.
102. I lack self-confidence.
103. I am troubled with feelings of inferiority.
104. I sometimes had a sudden sense of dread and vague danger without knowing why.
105. I sometimes awaken in the night and through worrying, have difficulty in going to sleep again.
106. I worry, tremble or perspire when I have a difficult task ahead.
107. I tend to get overexcited easily in exciting situations.
108. I find it easy to relax and take it easy when I have time to do so.
109. My mind often wanders while I am trying to concentrate.
110. My daydreams are frequently about things that can never come true.
111. I often feel "just miserable" for no good reason at all.
112. I am often troubled with feelings of guilt.
113. I have sometimes been bothered by having a useless thought come into my mind repeatedly.
114. I have periods of such great restlessness that I cannot sit long in a chair.
115. I wake up fresh and rested most mornings.
116. My daily life is full of things that keep me interested.
117. My sleep is fitful and disturbed.
118. I am in just as good physical health as most of my friends.
119. I believe that my home life is as pleasant as that of most people I know.
120. I do not get tired quickly.
121. I am worried about sex matters.
122. I frequently notice that my hand shakes when I try to do something.

123. I can read for long time without tiring my eyes.
124. I feel weak all over much of the time.
125. Once in a while I think of things, too bad to talk about.
126. Much of the time I feel as if I have done something wrong or evil.
127. Most nights I go to sleep without thoughts or ideas bothering me.
128. My memory seems to be all right.
129. I am easily embarrassed.
130. I forget right away what people say to me.
131. Bad words, often terrible words, come into my mind and I cannot get rid of them.
132. Even when I am with people I feel lonely much of the time.
133. I am troubled by attacks of nausea and vomiting.
134. During the past few years I have been well most of the time.
135. I have very few headaches.
136. It bothers to have people watch me at work even when I do it well.
137. I often find that I cannot make up my mind until the time for action has passed.
138. I am over-anxious about my ability to get success.
139. I sometimes feel that I am totally useless.
140. I am afraid of things like lightening, high places, water, fire.
141. I get nervous at the time of examinations or when my abilities are being tested.
142. I feel that my acquaintances believe I am inferior to others.
143. I want someone to be with me when I receive bad news.
144. I get frequent headaches.
145. I suffer from indigestion quite often.
146. At times I feel like smashing things.

147. I have had periods of days, weeks or months when I could not take care of things because I used to be in depressed mood.
148. My judgment is not as good as it was before.
149. I usually feel that life is not worth while.
150. I do not seem to care what happens to me.
151. I had a fit or convulsion.
152. I am afraid of losing my mind.
153. When I leave home I do not worry about whether the door is locked or windows are closed.
154. I work under a great deal of tension.
155. My father is/was a good man.
156. Most of the time I would rather sit alone and daydream than do anything else.
157. I loved my father.
158. I believe I am being plotted against.
159. I have had periods in which I carried on activities without knowing later what I had been doing.
160. I feel that I have often been punished without cause.
161. I cannot understand what I read as well as I used to do.
162. My mother is/was a good woman.
163. I am worried about sex matters.
164. I believe I am a condemned person.
165. My people treat me more like a child than like a grown-up.
166. I have had blank spells in which my activities were interrupted and I did not know what was going on around me.
167. Once a week or often I become very excited.
168. Once in a while I feel hatred toward members of my family whom I usually love.
169. At one or more times in my life I felt that someone was making me do things by hypnotizing me.
170. At times I have very much wanted to leave home.

171. I have had very peculiar and strange experiences.
 172. I have never been in love with any one.
 173. The things that some of my family have done have frightened me.
 174. No one seems to understand me.
 175. Peculiar odours come to me at times.
 176. Most of the time I wish I were dead.
 177. I have strange things when I am alone.
 178. I hear strange things when I am alone.
 179. Sometimes I enjoy hurting people I love.
 180. At times I have enjoyed being hurt by someone I loved.
 181. People say insulting and vulgar things about me.
 182. Evil spirits possess me at times.
 183. I believe I am being followed.
 184. I know who is responsible for most of my troubles.
 185. Someone has been trying to poison me.
 186. I am sure I am being talked about.
 187. At times I have fits of laughing and crying that I cannot control.
 188. I have no enemies who really wish to harm me.
 189. A person should try to understand his dreams and be guided by or take warning from them.
 190. I have often had to take orders from someone who did not know as much as I did.
 191. I am an important person.
 192. At times I have a strong urge to do something harmful or shocking.
 193. It would not make me nervous if any members of my family got into trouble with law.
 194. Some of my family have habits that bother and annoy me very much.
 195. I have been inspired to a programme of life based on duty which I have since carefully followed.
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APPENDIX B

Answer-sheet for the First Form

I N V E N T O R Y

ANSWER-SHEET

Strictly Confidential

For Research Purposes only

Name (Surname first)

Age _____ Sex : Male / Female

Education _____
(Mention class and Faculty/College)

Date _____

1	Y	N	21	Y	N	41	Y	N	61	Y	N
2	Y	N	22	Y	N	42	Y	N	62	Y	N
3	Y	N	23	Y	N	43	Y	N	63	Y	N
4	Y	N	24	Y	N	44	Y	N	64	Y	N
5	Y	N	25	Y	N	45	Y	N	65	Y	N
6	Y	N	26	Y	N	46	Y	N	66	Y	N
7	Y	N	27	Y	N	47	Y	N	67	Y	N
8	Y	N	28	Y	N	48	Y	N	68	Y	N
9	Y	N	29	Y	N	49	Y	N	69	Y	N
10	Y	N	30	Y	N	50	Y	N	70	Y	N
11	Y	N	31	Y	N	51	Y	N	71	Y	N
12	Y	N	32	Y	N	52	Y	N	72	Y	N
13	Y	N	33	Y	N	53	Y	N	73	Y	N
14	Y	N	34	Y	N	54	Y	N	74	Y	N
15	Y	N	35	Y	N	55	Y	N	75	Y	N
16	Y	N	36	Y	N	56	Y	N	76	Y	N
17	Y	N	37	Y	N	57	Y	N	77	Y	N
18	Y	N	38	Y	N	58	Y	N	78	Y	N
19	Y	N	39	Y	N	59	Y	N	79	Y	N
20	Y	N	40	Y	N	60	Y	N	80	Y	N

....contd. p. 2

81	Y	N	110	Y	N	139	Y	N	168	Y	N
82	Y	N	111	Y	N	140	Y	N	169	Y	N
83	Y	N	112	Y	N	141	Y	N	170	Y	N
84	Y	N	113	Y	N	142	Y	N	171	Y	N
85	Y	N	114	Y	N	143	Y	N	172	Y	N
86	Y	N	115	Y	N	144	Y	N	173	Y	N
87	Y	N	116	Y	N	145	Y	N	174	Y	N
88	Y	N	117	Y	N	146	Y	N	175	Y	N
89	Y	N	118	Y	N	147	Y	N	176	Y	N
90	Y	N	119	Y	N	148	Y	N	177	Y	N
91	Y	N	120	Y	N	149	Y	N	178	Y	N
92	Y	N	121	Y	N	150	Y	N	179	Y	N
93	Y	N	122	Y	N	151	Y	N	180	Y	N
94	Y	N	123	Y	N	152	Y	N	181	Y	N
95	Y	N	124	Y	N	153	Y	N	182	Y	N
96	Y	N	125	Y	N	154	Y	N	183	Y	N
97	Y	N	126	Y	N	155	Y	N	184	Y	N
98	Y	N	127	Y	N	156	Y	N	185	Y	N
99	Y	N	128	Y	N	157	Y	N	186	Y	N
100	Y	N	129	Y	N	158	Y	N	187	Y	N
101	Y	N	130	Y	N	159	Y	N	188	Y	N
102	Y	N	131	Y	N	160	Y	N	189	Y	N
103	Y	N	132	Y	N	161	Y	N	190	Y	N
104	Y	N	133	Y	N	162	Y	N	191	Y	N
105	Y	N	134	Y	N	163	Y	N	192	Y	N
106	Y	N	135	Y	N	164	Y	N	193	Y	N
107	Y	N	136	Y	N	165	Y	N	194	Y	N
108	Y	N	137	Y	N	166	Y	N	195	Y	N
109	Y	N	138	Y	N	167	Y	N	Thank You		

APPENDIX C

Glossary for the First Form

G L O S S A R Y

acquaintance	-	ओणपाण	inferiority	-	लघुता, उतरतापण
annual	-	वार्षिक	initiative	-	आपणुद्धि
condemn	-	तिरस्कारवुं	interrupt	-	अटकाववुं
congenial	-	स्वभावने माकक आवे तेवुं	involve	-	संडोववुं
convulsion	-	आंयकी, ताव	nausea	-	सूग
daydream	-	दिव्वा स्वप्न	nightmare	-	भयानक स्वप्न
depressed	-	दबायेलो	occupation	-	धंधो
dizzy	-	यककर आवे अेवुं	odour	-	गंध
embarrass	-	गूयववुं	over- conscientious-	-	वधारे पडतो प्रमा शिक
frequently	-	वारंवार	palpitation	-	धणकारा
gossip	-	गप	perspire	-	पसीनो थवो
hatred	-	तिरस्कार	pranks	-	टीपण
humiliating	-	अपमानजनक	tremble	-	थरथरवुं, धुजवुं
hypnotise	-	वशीकरण	vague	-	अस्पष्ट
incline	-	मन थवुं	vulgar	-	नीच

APPENDIX D

Keyed Answers for Introversion-
extraversion Scale (1st Form)

<u>Item No.</u>	<u>Keyed Answer</u>	<u>Item No.</u>	<u>Keyed Answer</u>
6	Y	55	Y
11	Y	56	N
17	Y	57	Y
21	N	58	N
31	N	59	Y
32	N	60	Y
33	N	61	N
34	N	62	N
35	N	63	N
36	N	64	Y
37	Y	65	Y
38	N	66	N
39	N	67	N
40	N	68	N
41	Y	69	N
42	Y	70	Y
43	N	71	Y
44	Y	72	N
45	N	73	N
46	Y	74	N
47	Y	75	Y
48	N	76	Y
49	N	77	Y
50	N	78	N
51	N	79	N
52	N	80	N
53	Y	81	N
54	Y	82	Y

APPENDIX E

Keyed Answers for Normal-
neuroticism Scale (1st Form)

<u>Item No.</u>	<u>Keyed Answer</u>						
1	N	84	Y	105	Y	126	Y
2	Y	85	Y	106	Y	127	N
3	Y	86	Y	107	Y	128	N
4	Y	87	Y	108	N	129	Y
5	Y	88	Y	109	Y	130	Y
7	Y	89	Y	110	Y	131	Y
8	Y	90	Y	111	Y	132	Y
9	Y	91	Y	112	Y	133	Y
10	Y	92	Y	113	Y	134	N
12	Y	93	Y	114	Y	135	N
13	Y	94	Y	115	N	136	Y
14	Y	95	Y	116	N	137	Y
16	Y	96	Y	117	Y	138	Y
18	Y	97	Y	118	N	139	Y
22	Y	98	Y	119	N	140	Y
24	Y	99	Y	120	N	141	Y
25	Y	100	Y	121	Y	142	Y
26	Y	101	Y	122	Y	143	Y
29	Y	102	Y	123	N	144	Y
30	Y	103	Y	124	Y	145	Y
83	Y	104	Y	125	Y		

APPENDIX F

Keyed Answers for Normal-
psychoticism Scale (1st Form)

<u>Item No.</u>	<u>Keyed Answer</u>	<u>Item No.</u>	<u>Keyed Answer</u>
146	Y	171	Y
147	Y	172	Y
148	Y	173	Y
149	Y	174	Y
150	Y	175	Y
151	Y	176	Y
152	Y	178	Y
153	Y	179	Y
154	Y	180	Y
155	N	181	Y
156	Y	182	Y
157	N	183	Y
158	Y	184	Y
159	Y	185	Y
160	Y	186	Y
161	Y	187	Y
162	N	188	N
164	Y	189	Y
165	Y	190	Y
166	Y	191	Y
167	Y	192	Y
168	Y	193	Y
169	Y	194	Y
170	Y		

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APPENDIX G

Second Form of the Inventory

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I N V E N T O R Y

DIRECTIONS (Please read very carefully)

The Inventory consists of pairs of statements about peoples' day-to-day lives. For example:

- a. I like to meet strangers.
- b. I like to visit strange places.

Do you like to meet strangers or do you like to visit strange places? Which is more characteristic of you? You have to choose the one which describes you better.

If you think that both the statements are characteristic of you, choose the one which is more characteristic of you than the other.

If you think, on the other hand, that none of the two statements describes you correctly, choose the one which is less incorrect of the two.

In any case you have to make the choice. Please do not leave any item unanswered.

You are provided with a separate answer-sheet. Please do not make any mark on the test proper. If you choose 'a' over 'b', put a cross on 'a' in the answer-sheet. If you choose 'b' over 'a', put a cross on 'b'. Make your marks against appropriate and corresponding numbers in the answer sheet.

This is not an examination. There are no right or wrong answers. You have to state honestly and frankly what is true of you, your behaviour, your life. Your identity will remain secret.

Please fill in your name and other particulars carefully in the separate answer-sheet before you start answering the Inventory.

If you come across any difficult word, refer to the glossary on the back of your answer-sheet.

DO NOT TURN THE PAGE UNTIL YOU HAVE FOLLOWED THE ABOVE DIRECTIONS.

1. a. I shall be unhappy if I am not allowed to make numerous social contacts.
b. I tend to be emotional.
2. a. I find it difficult to begin talk when I meet new people.
b. I get discouraged when others disagree with me.
3. a. I am generally shy in the presence of the members of the opposite sex.
b. It is hard for me to admit when I am wrong.
4. a. My friends consider me a talkative person.
b. In school I found it very difficult to talk before a class.
5. a. I like to play pranks upon others.
b. I am not able to make important decisions without somebody's help.
6. a. I am not much self conscious.
b. I enjoy the excitement of a crowd.
7. a. I have often contested elections in school, college or elsewhere.
b. I worry about what others will say to me.
8. a. I do not like to have many social engagements.
b. I do not speak to people unless they first speak to me.
9. a. I do not like to join several clubs or associations.
b. I am embarrassed by dirty stories.
10. a. In a group of people I would not be embarrassed to be called upon to start a discussion or give an opinion about something.
b. I am over-anxious about my ability to get success.
11. a. I am not over-conscientious sort of person.
b. I generally take lead in the group activities.
12. a. I like to attend parties and other affairs where there is lot of loud fun.
b. I like to talk about sex.

13. a. While in trains, buses, etc. I often talk to strangers.
b. If I can get information by reading newspapers, books, etc. I do not bother to ask anyone about it.
14. a. I am inclined to keep myself in the background on social occasions.
b. I worry about what my parents will say to me.
15. a. I like to limit my acquaintances to a select few.
b. I do not take enough exercise.
16. a. I usually keep quiet when I am in a social group.
b. I do not mind being made fun of.
17. a. I can make friends as quickly as others can do.
b. I have no fear of going into a room by myself when other people have already gathered and are talking.
18. a. I am quite often absent from the gossip and talk of the group to which I belong.
b. I generally like to work or to talk with others than to read for passing time.
19. a. I very much like to get involved in some project that calls for rapid action.
b. At parties I am more likely to sit by myself or with just one other person than to join with the whole gathering.
20. a. Whenever possible I avoid being in a crowd.
b. I do not mind meeting strangers.
21. a. I wish I were not so shy.
b. When anyone suggests an idea I realize that I too had the same and I could have suggested it earlier.
22. a. I am always quick and sure in my actions.
b. I consider myself as a happy-go-lucky individual.
23. a. I like to be with a group who play jokes on one another.
b. My worries seem to disappear when I get into a crowd of lively friends.
24. a. If I do not understand some point in the class, I try to understand from books rather than asking the lecturer right away.
b. I enjoy outdoor sports and games.

25. a. Usually I take initiative in making new friends.
b. I prefer action to planning for action.
26. a. I like dance, debates and dramatics.
b. While travelling, I am more likely to watch the landscape outside than to talk to fellow passengers.
27. a. My acquaintances consider me a lively person.
b. I like work that requires much concentration of attention.
28. a. I do lot of thinking.
b. I join the crowds to see or hear some famous leaders.
29. a. I generally enjoy a lively party.
b. I try to remember good stories to pass them on to other people.
30. a. I like to mix socially with people.
b. I enjoy social gatherings just to be with people.
31. a. I sometimes have walked in my sleep.
b. My friends think that my ideas are usually poor.
32. a. I have dizzy turns.
b. I am an unreliable person.
33. a. I am troubled by attacks of nausea and vomiting.
b. I believe I am being plotted against.
34. a. I have been sick for long periods.
b. I am a failure in many of the things I do.
35. a. I suffer from sleeplessness.
b. I am not liked well enough at home.
36. a. I frequently notice that my hand shakes when I try to do something.
b. People do not appreciate my work.
37. a. I sometimes feel that I am totally useless.
b. I feel like running away from home.

38. a. I feel that my acquaintances believe I am inferior to others.
b. My parents are not congenial.
39. a. I suffer from indigestion quite often.
b. I feel it very much that my parents and others at home do not pay attention to my complaints or troubles.
40. a. I consider myself a nervous person.
b. Usually I forget my appointments or names of the people introduced to me once.
41. a. I daydream a lot.
b. I am afraid of the dark.
42. a. I am subject to attacks of shaking or trembling.
b. My daydreams are frequently about things that can never come true.
43. a. My sleep is fitful and disturbed.
b. I feel weak all over much of the time.
44. a. I get frequent headaches.
b. Most of the time I would rather sit alone and daydream than to do anything else.
45. a. I have nightmares.
b. I feel that other persons have more enjoyable life than I have.
46. a. I lack self-confidence.
b. I am not interested in being with other people.
47. a. I am troubled with feelings of inferiority.
b. I am not very responsible and dependable.
48. a. I sometimes had a sudden sense of dread and vague danger without knowing why.
b. Often I feel sick in the stomach.
49. a. I sometimes awaken in the night and through worrying, have difficulty in going to sleep again.
b. I often feel "just miserable" for no good reason at all.

50. a. I forget right away what people say to me.
b. Even when I am with people I feel lonely much of the time.
51. a. I often used to get "stage-fright".
b. I am not a steady and persistent worker.
52. a. I often feel disappointed (or dissatisfied).
b. I am often troubled with feelings of guilt.
53. a. I am afraid of things like lightening, high places, water, fire.
b. I get nervous at the time of examinations or when my abilities are being tested.
54. a. I get palpitation or thumping in my heart.
b. I worry about my lack of true friendship.
55. a. I worry, tremble or perspire when I have a difficult task ahead.
b. People are so unreasonable that I hate them.
56. a. I have periods of such great restlessness that I cannot sit long in a chair.
b. I get tired easily.
57. a. Much of the time I feel as if I have done something wrong or evil.
b. Bad words, often terrible words, come into my mind and I cannot get rid of them.
58. a. Ideas run through my head so that I cannot get sleep.
b. I find it difficult to associate with the members of the opposite sex.
59. a. I worry too much about my health.
b. I want someone to be with me when I receive bad news.
60. a. I sometimes feel happy, sometimes depressed without any apparent reason.
b. I tend to get over-excited easily in exciting situations.

61. a. I have sometimes been bothered by having a useless thought come into my mind repeatedly.
b. I often find that I cannot make up my mind until the time for action has passed.
 62. a. I worry over possible misfortunes.
b. My mind often wanders while I am trying to concentrate.
 63. a. Once in a while I think of things too bad to talk about.
b. It bothers to have people watch me at work even when I do it well.
 64. a. I worry too long over humiliating experiences.
b. My feelings are easily hurt.
 65. a. I often feel self-conscious in the presence of superiors.
b. I am in just as good physical health as most of my friends.
 66. a. I do **not** get tired quickly.
b. I can read a long while without tiring my eyes.
 67. a. Most nights I go to sleep without thoughts or ideas bothering me.
b. I have very few headaches.
 68. a. I find it easy to relax and take it easy when I have time to do so.
b. My daily life is full of things that keep me interested.
 69. a. I believe that my home life is as pleasant as that of most people I know.
b. My memory seems to be all right.
 70. a. I wake up fresh and rested most mornings.
b. During the past few years I have been well most of the time.
 71. a. I am worried about sex matters.
b. I am easily embarrassed.
 72. a. I had a nervous breakdown.
b. Sometimes I talk during sleep.
-

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APPENDIX H
Answer-sheet for the Second Form

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I N V E N T O R Y

Answer
sheet

Name: _____ Sex: Male/Female

Age: _____ Date: _____

Education: _____

1	a	b	19	a	b	37	a	b	55	a	b
2	a	b	20	a	b	38	a	b	56	a	b
3	a	b	21	a	b	39	a	b	57	a	b
4	a	b	22	a	b	40	a	b	58	a	b
5	a	b	23	a	b	41	a	b	59	a	b
6	a	b	24	a	b	42	a	b	60	a	b
7	a	b	25	a	b	43	a	b	61	a	b
8	a	b	26	a	b	44	a	b	62	a	b
9	a	b	27	a	b	45	a	b	63	a	b
10	a	b	28	a	b	46	a	b	64	a	b
11	a	b	29	a	b	47	a	b	65	a	b
12	a	b	30	a	b	48	a	b	66	a	b
13	a	b	31	a	b	49	a	b	67	a	b
14	a	b	32	a	b	50	a	b	68	a	b
15	a	b	33	a	b	51	a	b	69	a	b
16	a	b	34	a	b	52	a	b	70	a	b
17	a	b	35	a	b	53	a	b	71	a	b
18	a	b	36	a	b	54	a	b	72	a	b

Thank You.

APPENDIX I

Glossary for the Second Form

G L O S S A R Y

abilities	-	શક્તિઓ	dizzy	-	ચક્રર આવે એવું
acquaintance	-	ઓળખણ	earlier	-	વધારે વહેલો
admit	-	માન્ય રાખવું	embarrass	-	શૂંચવવું
appreciate	-	કદર કરવી	emotional	-	લાગણીવશ
appropriate	-	યોગ્ય	engagement	-	મિલન, મેળાપ
associate	-	ભેગા થવું	excitement	-	ઉશ્કેરાટ
blank spell	-	શૂન્યતાની અસર	frequently	-	વારંવાર
concentrate	-	એકાગ્ર કરવું	glossary	-	શબ્દસંગ્રહ
condemn	-	તિરસ્કારવું	gossip	-	ગપાટા
congenial	-	સ્વભાવને માફક આવેએવું	hatred	-	તિરસ્કાર
conscious	-	સાવધ	headache	-	માથાનો દુખાવો
consist	-	બનેલું છે	humiliating	-	અપમાનજનક
contest	-	હરિકાઈ કરવી	hurt	-	દુખાવવું
daydream	-	દિવા સ્વપ્ન	hypnotise	-	વશીકરણ
decision	-	નિર્ણય	incline	-	મન થવું
depressed	-	દબાયેલો	indigestion	-	અપચો
disagree	-	સહમત ન થવું	individual	-	વ્યક્તિ
discourage	-	ના ઉત્થાવવું	inferior	-	ગુણમાં ઉતરતો
			inferiority	-	લઘુતા, ઉતરતાપણ

contd...

initiative	-	आपुष्पिध	peculiar	-	विशिष्ट, प्रास
inspire	-	प्रेरुं	persistent	-	आग्रही
insulting	-	अपमान करुं	perspire	-	परसेवो थवो
interrupt	-	अटकावुं	prank	-	टीपण
inventory	-	प्रश्नोतरी	rapid	-	ऊडपी
involve	-	संडोवुं	relax	-	आराम लेवो
landscape	-	कुदरती दृश्य	restlessness-		अस्वस्थता
loudfun	-	पुण्य मज	secret	-	पानगी
miserable	-	दुःखी	smashing	-	कयरी नापुं ते
nausea	-	सूअ	stage-fright-		सलाक्षोप
nightmare	-	भयानक स्वप्न	strangers	-	अज्ञेयी व्यक्तियो
numerous	-	पुडकण	talkative	-	वातो डिथो
odour	-	गंध	thumping	-	धपकारो
opinion	-	मा-यता	tire	-	थाडुं
overanxious	-	वधारे चिंतातुर	tremble	-	धुजुं
over- conscientious-		वधारे पडतो प्रमा शिक	unreasonable-		पीन व्याजणी
palpitation	-	धपकारा	unreliable	-	अविश्वसनीय

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 APPENDIX J
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Keyed Answers for Introversion
 -extraversion Scale (2nd Form)
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<u>Item No.</u>	<u>Keyed Answer</u>	<u>Item No.</u>	<u>Keyed Answer</u>
1	b	16	a
2	a	17	b
3	a	18	a
4	b	19	b
5	b	20	a
6	b	21	b
7	b	22	a
8	a	23	b
9	a	24	a
10	b	25	b
11	b	26	b
12	b	27	b
13	b	28	a
14	a	29	a
15	a	30	a

APPENDIX K

Keyed Answers for Normal-
neuroticism Scale (2nd Form)

<u>Item No.</u>	<u>Keyed Answer</u>	<u>Item No.</u>	<u>Keyed Answer</u>
31	a	52	b
32	a	53	b
33	a	54	a
34	a	55	a
35	a	56	a
36	a	57	a
37	a	58	a
38	a	59	a
39	a	60	a
40	a	61	b
41	a	62	a
42	a	63	b
43	a	64	b
44	a	65	a
45	a	66	b
46	a	67	a
47	a	68	a
48	b	69	b
49	a	70	a
50	b	71	b
51	a	72	b

=====
APPENDIX L

Third Form of the Inventory
=====

I N V E N T O R Y

DIRECTIONS: (Please read very carefully)

The Inventory consists of pairs of statements about peoples' day-to-day lives. For example:

- a. I like to meet strangers.
- b. I like to visit strange places.

Do you like to meet strangers or do you like to visit strange places? Which is more characteristic of you? You have to choose the one which describes you better.

If you think that both the statements are characteristic of you, choose the one which is more characteristic of you than the other.

If you think, on the other hand, that none of the two statements describes you correctly, choose the one which is less incorrect of the two.

In any case you have to make the choice. Please do not leave any item unanswered.

You are provided with a separate answer-sheet. Please do not make any mark on the test proper. If you choose 'a' over 'b', put a cross (X) on 'a' in the answer-sheet. If you choose 'b' over 'a', put a cross on 'b'. Make your marks against appropriate and corresponding numbers in the answer-sheet.

This is not an examination. There are no right or wrong answers. You have to state honestly and frankly what is true of you, your behaviour, your life. Your identity will remain secret.

Please fill in your name and other particulars carefully in the separate answer-sheet before you start answering the Inventory.

If you come across any difficult word, refer to the glossary on the back of your answer-sheet.

DO NOT TURN THE PAGE UNTIL YOU HAVE FOLLOWED THE ABOVE DIRECTIONS.

1. a. I find it difficult to begin talk when I meet new people.
b. I get discouraged when others disagree with me.
2. a. I consider myself a nervous person.
b. Usually I forget my appointments or names of the people introduced to me once.
3. a. I am generally shy in the presence of the members of the opposite sex.
b. It is hard for me to admit when I am wrong.
4. a. I daydream a lot.
b. I am afraid of the dark.
5. a. My friends consider me a talkative person.
b. In school I found it very difficult to talk before a class.
6. a. I am subject to attacks of shaking or trembling.
b. My daydreams are frequently about things that can never come true.
7. a. I have often contested elections in school, college or elsewhere.
b. I worry about what others will say to me.
8. a. My sleep is fitful and disturbed.
b. I feel weak all over much of the time.
9. a. I do not like to have many social engagements.
b. I do not speak to people unless they first speak to me.
10. a. I have nightmares.
b. I feel that other persons have more enjoyable life than I have.
11. a. In a group of people I would not be embarrassed to be called upon to start a discussion or give an opinion about something.
b. I am over-anxious about my ability to get success.
12. a. I lack self-confidence.
b. I am not interested in being with other people.

13. a. I am not over-conscientious sort of a person.
b. I generally take lead in the group activities.
14. a. I am troubled with feelings of inferiority.
b. I am not very responsible and dependable.
15. a. I like to attend parties and other affairs where there is lot of loud fun.
b. I like to talk about sex.
16. a. I sometimes had a sudden sense of dread and vague danger without knowing why.
b. Often I feel sick in the stomach.
17. a. While in trains, buses, etc. I often talk to strangers.
b. If I can get information by reading newspapers, books, etc. I do not bother to ask anyone about it.
18. a. I sometimes awaken in the night and through worrying, have difficulty in going to sleep again.
b. I often feel "just miserable" for no good reason at all.
19. a. I am inclined to keep myself in the background on social occasions.
b. I worry about what my parents would say to me.
20. a. I forget right away what people say to me.
b. Even when I am with people I feel lonely much of the time.
21. a. I like to limit my acquaintances to a select few.
b. I do not take enough exercise.
22. a. I often used to get "stage-fright".
b. I am not a steady and persistent worker.
23. a. I usually keep quiet when I am in a social group.
b. I do not mind being made fun of.
24. a. I often feel disappointed (or dissatisfied).
b. I am often troubled with feelings of guilt.
25. a. I can make friends as quickly as others can do.
b. I have no fear of going into a room by myself when other people have already gathered and are talking.

26. a. I am afraid of things like lightening, high places, water, fire.
b. I get nervous at the time of examinations or when my abilities are being tested.
27. a. I am quite often absent from the gossip and talk of the group to which I belong.
b. I generally like to work or to talk with others than to read for passing time.
28. a. I get palpitation or thumping in my heart.
b. I worry about my lack of true friendship.
29. a. I very much like to get involved in some project that calls for rapid action.
b. At parties I am more likely to sit by myself or with just one other person than to join with the whole gathering.
30. a. I am worried about sex matters.
b. I am easily embarrassed.
31. a. Whenever possible I avoid being in a crowd.
b. I do not mind meeting strangers.
32. a. I worry, tremble or perspire when I have a difficult task ahead.
b. People are so unreasonable that I hate them.
33. a. I wish I were not so shy.
b. When anyone suggests an idea I realize that I, too, had the same and I could have suggested it earlier.
34. a. I have periods of such great restlessness that I cannot sit long in a chair.
b. I get tired easily.
35. a. I am always quick and sure in my actions.
b. I consider myself a happy-go-lucky individual.
36. a. I worry too long over humiliating experiences.
b. My feelings are easily hurt.

37. a. Much of the time I feel as if I have done something wrong or evil.
b. Bad words, often terrible words, come into my mind and I cannot get rid of them.
38. a. I like to be with a group who play jokes on one another.
b. My worries seem to disappear when I get into a crowd of lively friends.
39. a. Once in a while I think of things too bad to talk about.
b. It bothers to have people watch me at work even when I do it well.
40. a. I worry over possible misfortunes.
b. My mind often wanders while I am trying to concentrate.
41. a. If I do not understand some point in the class, I try to understand from books rather than asking the lecturer right away.
b. I enjoy outdoor sports and games.
42. a. I worry too much about my health.
b. I want someone to be with me when I receive bad news.
-

APPENDIX M

Answer-sheet for the Third Form

I N V E N T O R Y

Answer
sheet

Name _____

Address _____

Age _____ Sex: Male/Female
(at nearest birth date)

Education _____
(if studying, mention class and college)

Date _____

1	a	b	12	a	b	23	a	b	34	a	b
2	a	b	13	a	b	24	a	b	35	a	b
3	a	b	14	a	b	25	a	b	36	a	b
4	a	b	15	a	b	26	a	b	37	a	b
5	a	b	16	a	b	27	a	b	38	a	b
6	a	b	17	a	b	28	a	b	39	a	b
7	a	b	18	a	b	29	a	b	40	a	b
8	a	b	19	a	b	30	a	b	41	a	b
9	a	b	20	a	b	31	a	b	42	a	b
10	a	b	21	a	b	32	a	b			
11	a	b	22	a	b	33	a	b			

Thank You.

APPENDIX N

Glossary for the Third Form

G L O S S A R Y

abilities	-	શક્તિઓ	inventory	-	ખેડનો તરી
acquaintance	-	ઓળખણ	involve	-	સંડોવવું
admit	-	માન્ય રાખવું	miserable	-	દુઃખી
appropriate	-	યોગ્ય	misfortune	-	દુર્ભાગ્ય
bother	-	ચિંતા કરવી	nightmare	-	ભયાનક સ્વપ્ન
concentrate	-	એકાગ્ર કરવું	overanxious	-	વધારે ચિંતાતુર
contest	-	હરિકાઈ	over- conscientious-	-	વધારે પડતો પ્રમાણિક
corresponding	-	અનુસંગીત	palpitation	-	ધબકારા
daydream	-	દિવા સ્વપ્ન	persistent	-	આગ્રહી
discourage	-	ના હિંમત બનવું	perspire	-	પરસેવો થવો
embarrass	-	ગુંચવવું	restlessness	-	અસ્વસ્થતા
engagement	-	મિલન	stage-fright	-	સભાક્ષોભ
fitful	-	યોગ્ય	stranger	-	અજણો
frequently	-	વારંવાર	talkative	-	વાચાળ
glossary	-	શબ્દ સંગ્રહ	thumping	-	ધબકારો
gossip	-	ગપાટા	tire	-	થાકવું
humiliating	-	અપમાનજનક	tremble	-	ધ્રુજવું
hurt	-	દુભાવવું	vague	-	અસ્પષ્ટ
individual	-	વ્યક્તિ			
inferiority	-	લઘુતા			

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APPENDIX O

Keyed Answers for Introversion
-extraversion scale (3rd Form)

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<u>Item No.</u>	<u>Keyed Answer</u>	<u>Item No.</u>	<u>Keyed Answer</u>
1	a	21	a
3	a	23	a
5	b	25	b
7	b	27	a
9	a	29	b
11	b	31	a
13	b	33	b
15	b	35	a
17	b	38	b
19	a	41	a

APPENDIX P

Keyed Answers for the Normal
-neuroticism Scale (3rd Form)

<u>Item No.</u>	<u>Keyed Answer</u>	<u>Item No.</u>	<u>Keyed Answer</u>
2	a	24	b
4	a	26	b
6	a	28	a
8	a	30	b
10	a	32	a
12	a	34	a
14	a	36	b
16	b	37	a
18	a	39	b
20	b	40	a
22	a	42	a

=====

APPENDIX R

Instructions for Selecting
Five Introverts and Five
Extraverts from the Class

=====

Dear Friend:

You are very well aware of the fact that individuals differ from one another. In your class itself, you must have come across different types of persons. The differences are of different kinds. Some persons are interested in studies, some are not. Many are honest, a few are not. Some mix with others freely, some are reserved in their social relations.

In the same manner, the individuals can be said to be either introverts or extraverts. These terms might be new to you, and therefore, they are defined and described in detail here. On the basis of the definitions and descriptions given, you have to select those five whom you would consider extreme introverts and those five whom you would consider extreme extraverts. If you look at the whole class, you would perhaps find a few persons who are extremely introvert, a few who are extremely extravert, and a large proportion occupying the middle range. The definitions given below will give a basis for comparing individuals and making final selection.

Please give five names of those whom you consider introverts and five names of the extraverts.

Definition and characteristics of introvert people:

There are people who at the moment of reaction to a given situation at first draw back, and only afterwards are able to react. This is a characteristic negative relationship of the introverts with the objects. They lack confidence in dealing with things, people or situations. Therefore, they are of the withdrawing type.

They are motivated by inner and subjective factors.

They are shy and hesitant. Their feelings are easily hurt. They are self-conscious. They also tend to be over-conscienc^teous, pessimistic and critical.

They are thoughtful and reflective and have rich imaginative life. They prefer their own thoughts to conversation, and books and quiet pursuits to noisy activity. They are relatively independent in their judgments.

They prefer loneliness and have few friends. They dislike gatherings and crowds and feel lost in them.

They dislike any new situations.

Definition and characteristics of extravert people:

They are quick in their reactions to situations. They show confidence about the absolute righteousness of their behaviour. They display positive relationship to the objects surrounding them. They are interested in events, things, people and relationships with them. They are motivated by such outside factors, and their behaviour is greatly influenced by their surrounding environment.

They are optimistic and enthusiastic. They tend to be active.

They dislike being alone. They like organizations, groups, gatherings, parties, and are active in them. They enjoy the audiences and being in crowds.

They welcome new places and persons. They are quick in adapting to new situations.

They make and break relationships quickly.

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APPENDIX S

Instructions for Rating on
Introversion-Extraversion
Scale

=====

Dear Friends:

You are very well aware of the fact that individuals differ from one another. In your class itself, you must have come across different types of persons. The differences are of different kinds. Some persons are intelligent, while others are average or dull. Some are interested in studies, some are not. Many are honest, a few are not. Some mix with others freely, some are reserved in their social relations. Moreover, when we look at a group or a class as a whole, we may see that only a few cases possess some characteristic to an extreme degree. Majority are in the average or middle range.

Suppose that we have a scale of introversion-extraversion, and it extends from extreme introversion denoted by A, to extreme extraversion denoted by E. B denotes moderate degree of introversion and D denotes moderate degree of extraversion. C is the category between the two, where those who cannot be classified as either introverts or extraverts are placed. Such persons are known as ambiverts.

The scale can be represented diagrammatically as below:

A	B	C	D	E
Extreme intro- version	Moderate intro- version	Ambiverts	Moderate extra- version	Extreme extra- version

The scale can be used for measuring the degree of the characteristic present in any given individual. The only thing required is the definition of the characteristic being measured. If one possesses the trait to a maximum degree according to the given definition, he can be placed on the extreme position on the scale. If he possesses it to a moderate degree he can be placed accordingly.

Below are given the definitions of introversion and extraversion and their detailed description. On the basis of these you are requested to rate the person whose name is given to you, on the five point scale given above. You are free to place him anywhere on A, B, C, D, E scale on the basis of your own personal judgment. You are requested not to consult anyone else in this matter.

Definition and characteristics of introvert people:

There are people who at the moment of reaction to a given situation at first draw back, and only afterwards are able to react. This is a characteristic negative relationship of the introverts with the objects. They lack confidence in dealing with things, people or situations. Therefore, they are of the withdrawing type.

They are motivated by inner and subjective factors.

They are shy and hesitant. Their feelings are easily hurt. They are self-conscious. They also tend to be over-conscienceous, pessimistic and critical.

They are thoughtful and reflective and have rich imaginative life. They prefer their own thoughts to conversation, and books and quiet pursuits to noisy activity. They are relatively independent in their judgments.

They prefer loneliness and have few friends. They dislike gatherings and crowds and feel lost in them.

They dislike any new situations.

Definition and characteristics of extravert people:

They are quick in their reactions to situations. They show confidence about the absolute righteousness of their behaviour. They display positive relationship to the objects surrounding them. They are interested in events, things, people and relationships with them. They are motivated by such outside factors, and their behaviour is greatly influenced by their surrounding environment.

They are optimistic and enthusiastic. They tend to be active.

They dislike being alone. They like organizations, groups, gatherings, parties, and are active in them. They enjoy the audiences and being in crowds.

They welcome new places and persons. They are quick in adapting to new situations.

They make and break relationships quickly.

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APPENDIX T

Instructions for Selecting
Normal Individuals from the
Class

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Dear Friend:

You are very well aware of the fact that individuals differ from one another. In your class itself, you must have come across different types of persons. The differences are of different kinds. Some persons are intelligent, others are average or dull. Some are interested in studies, some are not. Many are honest, a few are not. Some mix with others freely, some are reserved in their social relations.

In the same manner, the individuals can be said to be either normal and well-adjusted or abnormal and mal-adjusted. The term normal is defined below and the characteristics of normal individuals are mentioned. These should help you to locate those who are normal in your class. You may find in your class the whole range of persons, from completely normal to extremely mal-adjusted. You have to find out five who are most normal in the whole class. Please give their names.

Definition and characteristics of a normal person:

"According to Dr. Edward Glover of London, normal people are those who are free of symptoms, unhampered by mental conflicts, have a satisfactory work-capacity, and are able to love someone other than themselves."

Personality qualities of the normal person:

1. He is emotionally mature; one not fixated (overly attached) to his parents; he thinks and behaves as a grown-up person and has a definite aim in life.
2. He accepts the hard knocks of life philosophically.
3. He keeps himself too busy to be unhappy.
4. He is able to earn his own livelihood and works without too much complaining.
5. He enjoys living; he's glad to be alive.
6. He is able to get along with almost everyone, has a flexible personality, and is humanly understanding.
7. He does not act impulsively, has learned to control his emotions, exercises wise judgment, and is able to make intelligent decisions.
8. He is not a cynic, nor does he harbour neurotic prejudices.
9. He tries to keep his nose out of other people's affairs.
10. He is tactful and not argumentative, tolerant and unselfish, not oversensitive, and able to accept criticism.

11. He has a sense of humour and radiates self-confidence.
 12. He is capable of giving love, or sharing love with someone else, has faith in mankind, and possesses a healthy attitude toward people and the world around him.
 13. He acquires wisdom through the experiences of past mistakes.
 14. He has achieved a desirable way of life- one that makes living pleasant instead of painful. He has acquired an ability to relax - a capacity to enjoy life.
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APPENDIX U

Instructions for Rating on
the Trait of Normality

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Dear Friend:

You are very well aware of the fact that individuals differ from one another. In your class itself, you must have come across different types of persons. The differences are of different kinds. Some persons are intelligent, others are average or dull. Some are interested in studies, some are not. Many are honest, a few are not. Some mix with others freely, some are reserved in their social relations. Moreover, when we look at a group or a class as a whole, we may see that only a few cases possess some characteristic to an extreme degree. Majority are in the average or middle range.

Suppose that we have a five point scale A B C D E, where A denotes complete normality as described below, B denotes a moderate degree of the same, E denotes complete abnormality, D, abnormality to a certain moderate extent, and C, the borderline cases who cannot be called either completely normal or completely abnormal.

The scale can be represented diagrammatically as below:

A	B	C	D	E
Complete normality	Moderate normality	Borderline	Moderate abnormality	Complete abnormality

The scale can be used for measuring the degree of the characteristic present in any given individual. The only thing required is the definition of the characteristic being measured. If one possesses the trait to a maximum degree according to the given definition, he can be placed on the extreme position on the scale. If he possesses it to a moderate degree he can be placed accordingly.

Below is given the definition of normal person. On the basis of this you are requested to rate the person whose name is given to you on the five-point scale given above. You are free to place him anywhere on A, B, C, D, E scale on the basis on your own personal judgment. You are requested not to consult anyone else in this matter.

Definition and characteristics of a normal person:

"According to Dr. Edward Glover of London, normal people are those who are free of symptoms, unhampered by mental conflicts, have a satisfactory work-capacity, and are able to love someone other than themselves."

Personality qualities of the normal person:

1. He is emotionally mature; one not fixated (overly attached) to his parents; he thinks and behaves as a grown-up person and has a definite aim in life.
2. He accepts the hard knocks of life philosophically.
3. He keeps himself too busy to be unhappy.
4. He is able to earn his own livelihood and works without too much complaining.
5. He enjoys living; he's glad to be alive.
6. He is able to get along with almost everyone, has a flexible personality, and is humanly understanding.
7. He does not act impulsively, has learned to control his emotions, exercises wise judgment, and is able to make intelligent decisions.
8. He is not a cynic, nor does he harbour neurotic prejudices.
9. He tries to keep his nose out of other people's affairs.
10. He is tactful and not argumentative, tolerant and unselfish, not oversensitive, and able to accept criticism.



11. He has a sense of humour and radiates self-confidence.
12. He is capable of giving love, or sharing love with someone else, has faith in mankind, and possesses a healthy attitude toward people and the world around him.
13. He acquires wisdom through the experiences of past mistakes.
14. He has achieved a desirable way of life- one that makes living pleasant instead of painful. He has acquired an ability to relax - a capacity to enjoy life.

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APPENDIX V

Instructions for Selecting
Neurotic Individuals

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Dear Friend:

You are very well aware of the fact that individuals differ from one another. In your class itself, you must have come across different types of persons. The differences are of different kinds. Some persons are intelligent, others are average or dull. Some are interested in studies, some are not. Many are honest, a few are not. Some mix with others freely, some are reserved in their social relations.

In the same manner, the individuals can be said to be either normal and well-adjusted or neurotic and mal-adjusted. The characteristics of the normal and the neurotic persons are mentioned below. If you examine these you would realize that most of us are neurotic and maladjusted to some extent and there is nothing bad about it. Only a few of us are completely normal. In the same manner, there are a few who are seriously mal-adjusted and need special kind of help. Such persons can be easily located on the basis of the description given below. You

are requested to give names of such persons whom you know well. Please also see that persons mentioned by you know reading and writing English. Please do not hesitate while giving names, because, yours as well as the identity of the persons mentioned by you will be kept confidential. The data is to be used strictly for the research purposes. Please examine the characteristics of the normals and the neurotics carefully and give names of neurotics if you know of any.

Definition and characteristics of a normal person:

"According to Dr. Edward Glover of London, normal people are those who are free of symptoms, unhampered by mental conflicts, have a satisfactory work-capacity, and are able to love someone other than themselves."

Personality qualities of the normal person:

1. He is emotionally mature; one not fixated (overly attached) to his parents; he thinks and behaves as a grown-up person and has a definite aim in life.
2. He accepts the hard knocks of life philosophically.
3. He keeps himself too busy to be unhappy.

4. He is able to earn his own livelihood and works without too much complaining.
5. He enjoys living; he's glad to be alive.
6. He is able to get along with almost everyone, has a flexible personality, and is humanly understanding.
7. He does not act impulsively, has learned to control his emotions, exercises wise judgment, and is able to make intelligent decisions.
8. He is not a cynic, nor does he harbour neurotic prejudices.
9. He tries to keep his nose out of other people's affairs.
10. He is tactful and not argumentative, tolerant and unselfish, not oversensitive, and able to accept criticism.
11. He has a sense of humour and radiates self-confidence.
12. He is capable of giving love, or sharing love with someone else, has faith in mankind, and possesses a healthy attitude toward people and the world around him.
13. He acquires wisdom through the experiences of past mistakes.
14. He has achieved a desirable way of life- one that makes living pleasant instead of painful. He has acquired an ability to relax - a capacity to enjoy life.

Characteristics of a neurotic person:

- (1) He suffers from excessive worry and fear without apparent reasons.
 - (2) He is emotionally unstable.
 - (3) He is excessively sensitive.
 - (4) He is a nervous type of person.
 - (5) He suffers from feelings of inferiority.
 - (6) He reacts in exaggerated manner to his health ailments and unpleasant experiences.
 - (7) He is too much self pampering or self indulgent.
 - (8) He harbours frustrated strong urges.
 - (9) He daydreams a lot.
 - (10) He finds difficult to face failures.
 - (11) His frustration tolerance is low.
 - (12) He has a faulty concept of his own self.
 - (13) He is comparatively incapable to stand hard trials of life.
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APPENDIX W

Instructions for Rating on
the Trait of Normal Neuroti-
cism.

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Dear Friend:

You are very well aware of the fact that individuals differ from one another. In your class itself, you must have come across different types of persons. The differences are of different kinds. Some persons are intelligent, others are average or dull. Some are interested in studies, some are not. Many are honest, a few are not. Some mix with others freely, some are reserved in their social relations. Moreover, when we look at a group or a class as a whole, we may see that only a few cases possess some characteristic to an extreme degree. Majority are in the average or middle range.

Suppose that we have a five point scale A,B,C,D,E, where A denotes complete normality as described below, B denotes a moderate degree of the same, E denotes complete abnormality or neuroticism, D, abnormality or neuroticism to a certain moderate extent, and C, the border line cases who cannot be called either completely normal or completely neurotic.

The scale can be represented diagrammatically as below:

A	B	C	D	E
Complete normality	Moderate normality	Borderline	Moderate abnormality and neuroticism	Complete abnormality and neuroticism

You are requested to rate the person mentioned on this A B C D E scale according to your best judgment. For your information definition and characteristics of the normal and neurotic persons are given below:

Definition and characteristics of a normal person:

"According to Dr. Edward Glover of London, normal people are those who are free of symptoms, unhampered by mental conflicts, have a satisfactory work-capacity, and are able to love someone other than themselves."

Personality qualities of the normal person:

1. He is emotionally mature; one not fixated (overly attached) to his parents; he thinks and behaves as a grown-up person and has a definite aim in life.
2. He accepts the hard knocks of life philosophically.
3. He keeps himself too busy to be unhappy.

4. He is able to earn his own livelihood and works without too much complaining.
5. He enjoys living; he's glad to be alive.
6. He is able to get along with almost everyone, has a flexible personality, and is humanly understanding.
7. He does not act impulsively, has learned to control his emotions, exercises wise judgment, and is able to make intelligent decisions.
8. He is not a cynic, nor does he harbour neurotic prejudices.
9. He tries to keep his nose out of other people's affairs.
10. He is tactful and not argumentative, tolerant and unselfish, not oversensitive, and able to accept criticism.
11. He has a sense of humour and radiates self-confidence.
12. He is capable of giving love, or sharing love with someone else, has faith in mankind, and possesses a healthy attitude toward people and the world around him.
13. He acquires wisdom through the experiences of past mistakes.
14. He has achieved a desirable way of life- one that makes living pleasant instead of painful. He has acquired an ability to relax - a capacity to enjoy life.

Characteristics of a neurotic person:

- (1) He suffers from excessive worry and fear without apparent reasons.
 - (2) He is emotionally unstable.
 - (3) He is excessively sensitive.
 - (4) He is a nervous type of person.
 - (5) He suffers from feelings of inferiority.
 - (6) He reacts in exaggerated manner to his health ailments and unpleasant experiences.
 - (7) He is too much self pampering or self indulgent.
 - (8) He harbours frustrated strong urges.
 - (9) He daydreams a lot.
 - (10) He finds difficult to face failures.
 - (11) His frustration tolerance is low.
 - (12) He has a faulty concept of his own self.
 - (13) He is comparatively incapable to stand hard trials of life.
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