

APPENDIX V

TESTS FOR MEASUREMENT OF
ADJUSTMENT, PERSONALITY AND
INTERESTS

(English version)

Confidential

For Research Purposes Only

ADOLESCENT ADJUSTMENT
TESTS BATTERY

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ADOLESCENT ADJUSTMENT TEST BATTERY

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General Instructions

1. This booklet contains 5 Sections in which some questions which concern you have been asked.
 2. In the beginning of each section, instructions for giving responses are given.
 3. All questions given in this booklet concern you and the answers to these questions will be different in case of each individual. Therefore there are no right or wrong answers in this test.
 4. If you give your honest answers to each question in all the sections, it will help you understand yourself better. Your honest answers to the questions will be helpful in understanding you as well as others like you.
 5. All your answers will be kept strictly confidential. Please, therefore, respond to them freely.
 6. Record your answers to the questions given in this on the answer-sheet provided to you. Do not write anything in this booklet.
 7. Read carefully all the instructions given at the beginning of each section and then start answering them. When you complete one section page, turn to the next page. Complete one section before you start responding to the other section. There is no time limit set for you for recording your responses. But quickness in responding will be highly appreciated.
 8. Do not start until you are told to do so.
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SECTION I

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Instructions

Questions asked in this section are pertaining to your social life. Give your responses on the answer-sheet provided for Section I.

Read each question carefully. Then decide for yourself whether your reply is positive or negative and record it under the columns 'Yes' or 'No'. If you cannot decide whether your response is positive or negative put cross (X) under the middle column which makes uncertainty of responses. This column is represented by a question mark (?). But as far as possible use this response seldomly. Do not waste more time for one question. Record quickly your responses on the answer-sheet provided to you for different sections.

Take the answer-sheet now and start recording your responses on it. For question No. 1, an example of the response is provided in the beginning of your answer-sheet. Follow similar style of recording your responses and answer all the questions.

Specimen Item : Do you feel like participating in
festivals and get together ?

1. Do you take part in social activities such as discussion, garba (folk-dance) festivals and gatherings ?
2. Do you feel shy going for entertainments such as movie or drama ?
3. If you find yourself dressed in all together a different style in any social gathering, do you feel awkward while mixing with others in such a situation ?

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4. Suppose if there is an individual in your locality who is engrossed all the time in studies and takes least or no interest in any activity or does not believe in entering into a life long friendship with any one. Do you think you would like this person ?
5. Do you engage yourself in any social activity during your leisure time ?
6. Do you take part freely in the discussions going on among the people around you ?
7. Do you cancel attending any function because you do not have attractive clothes.
8. Do you feel odd in asking permission to leave the group.
9. Do you feel odd to attend the group dinners because your way of eating differs from that of others ?
10. Do you get friendly with the person of opposite sex (boy or girl) ?
11. Do you feel it difficult to criticise rightly the opinion or the point of view of others during group discussions ?
12. When you go for excursions with the boys and girls of your street or school, do you feel odd to play game with one another ?
13. Do you think your friends believe that you are more courageous in damaging public properties such as municipal lamps or window panes of public institutions ?
14. Are you afraid of the social criticism you may have to face, if you participate in discussion, dramas and dialogue ?

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15. If you are not prepared in advance for taking part in group discussion will you find it difficult if you are told to do so ?
16. If you are talking with persons of opposite sex, are you afraid of your being noticed by other people in the society ?
17. Do you discuss about the city affairs, with your co-students and friends ?
18. Do you have to behave dishonestly, to fulfill your wishes ?
19. Do you feel worried that you may tell a lie while speaking in a group ?
20. If you see a person you know, on the other side of the road, will you cross it to avoid greeting him ?
21. Do you find it difficult to give an oral report about some matter before a group ?
22. Do you find it difficult to start talking with a person who is newly introduced to you ?
23. Do you feel awkward to offer your snacks to other members in your group at excursions if it is a simple one ?
24. Can you speak out your difficulties to your friends ?
25. Can you easily attend public meetings along with a friend of opposite sex ?
26. Do you try to establish communication with VIP in a gathering or a function ?
27. Do you have shrew^ed friends with whom you feel you need to be dishonest at times ?

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28. If two of your friends are quarreling, would you like to intervene and stop them doing so rather than just be a passive observer ?
29. If you are invited for the marriage party of your friend's sister, do you think you will join the family in serving food as well as participate in other related activities ?
30. Do you avoid competitions because you are afraid of failure ?
31. Do you find it difficult to participate in any gathering due to some physical handicap ?
32. Do you try to make any uninteresting function interesting?
33. Do you call boys and girls from your street to go around or study with you ?
34. If you lose while arguing with your friends do you stop taking part in discussion with them in future ?
35. Do you feel embarrassed in inquiring about any matter, with your superior or teacher ?
36. Do you feel it difficult to get along with others due to your shyness ?
37. If you go for dinner as a guest and you do not get the serving of a particular dish, will you prefer to do without it rather than asking for it ?
38. Do you get into quarrels with your friends generally ?
39. When people have already taken seats in a public meetings do you feel embarrassed in joining them ?
40. Do you always feel that your friends are all the time talking secretly about you ?

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SECTION II

Instructions

This section consists of questions pertaining to your family life. Give your responses for these questions in answer-sheet provided for Section 2. Follow the same manner of responding as you have followed in the previous section.

Now read question in Section 2 and start responding. The first question in this section is an example given to understand how to respond to it. The reply for the same is provided in the answer-sheet. Read it and follow similar style of responding.

Specimen Item : Do your parents scold you often ?

1. Do your parents agree with your ideas regarding your studies ?
2. Do you have differences of opinion with your parents due to their being orthodox ?
3. Do your parents grant your request for going to entertainments such as movie or drama ?
4. Do your parents comment regarding your behaviour by quoting the examples of your siblings and friends ?
5. Does it ever happen, that your decisions approved by your mother are disapproved by your father ?
6. Do you very often feel that your parents don't understand you ?
7. Do you feel that your mother and father dominate you ?

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8. Do you remember having got physical punishment from your mother or father within the period from 10 to 15 years of age ?
9. Do you get disappointed by the behaviour of your parents?
10. Do your parents often comment on your personal appearance ?
11. Do your parents always appear to be worried or passive ?
12. Do you think that your ~~si~~blings get what they want, whereas you don't ?
13. When you have radio as well as other musical instruments, can you play them at any time you feel like doing so ?
14. Do you think you are getting enough freedom in your home ?
15. Do you experience frequent and strong difference of opinions among members of your family on some issue ?
16. When your parents give consent to your visiting a movie or drama, do your grand-parents agree with them ?
17. Do you think that your family life is happier and more satisfactory than that of your friends?
18. Do you feel like leaving your home for good, due to the unsatisfactory home atmosphere ?
19. Do you feel that your ~~si~~blings are jealous of you ?
20. Do you think that your parents feel disappointed about you ?
21. Do you think that your family life has been unhappy over the death of some one in your family or among your relatives ?
22. Do you feel unhappy for want of money in your house ?
23. Do your family pick up quarrels with your relatives very often ?

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24. Do you get afraid of your mother or father due to their strange behaviour ?
25. Do you have disagreements with your parents on account of your work ?
26. Do you get enough money to spend ?
27. Do you get into arguments with your elders in the family on religious matters ?
28. Do you feel that the people in your family interfere in your matters quite often ?
29. Do you feel ashamed of your mother or father ?
30. Do your parents quarrel with each other often ?
31. Do you try to avoid quarrels with your siblings ?
32. Can you buy clothes of your own choice for you ?
33. Can you easily speak out your experiences to your parents ?
34. Can you solve your problems yourself ?
35. Do you feel that you are the unfortunate soul in your family ?

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SECTION III

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Instructions

In this section questions related to your personality are asked. Give your responses in this section in the same manner, as you have been doing in the preceding sections.

See the answer-sheet of Section III and start responding. The first question is a specimen, the answer to which is given in the answer-sheet. Please see it and answer other questions accordingly.

Specimen Item : Can you speak to a stranger easily ?

1. Do you generally understand the problem by self-study rather than discussing it with others.
2. Can you stand any criticism against you without feeling hurt ?
3. Do you like to mix with people younger to you ?
4. Don't you like finding your way in an unknown place ?
5. Do you feel dejected when you find that the feelings of others on some issues are different from yours ?
6. Do you take more time in taking decision ?
7. Do your interests change rapidly ?
8. Would you decline to work in a lonely place for few years ? e.g. service in forest department.
9. Do you brood over insult for a long time ?
10. Do you experience stage fright ?

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11. Do you find books more interesting than friends ?
 12. Do you try to avoid arguments ?
 13. Do you like to plan your programmes yourself,
without consulting others ?
 14. Do you find it difficult to speak in public ?
 15. Do you enjoy spending evenings alone ?
 16. Do you get disturbed by unwanted thoughts ?
 17. Do you disregard the feelings of others in order to
fulfill an important objective ?
 18. In games and sports can you plan against a competitor
who has higher standards of performance than yours ?
 19. Does praise satisfy you more than achievements ?
 20. Do you generally refrain from giving advice ?
 21. Do you like to consult others before you take
important decisions ?
 22. Do you find it difficult to take decisions concerning
you ?
 23. Do you take the initiative in changing the gloomy
atmosphere into a pleasant one ?
 24. Do you generally like to work with others ?
 25. Do you find it difficult to speak with a stranger ?
 26. Do you unnecessarily worry about impending
catastrophes ?
 27. Can you persist in any uninteresting task that you
have taken without encouragement from others ?
 28. Do you feel discomfort at the thought that you are
being watched by others ?
 29. Do you often experience feeling of loneliness ?
 30. Do you try to keep back when you are in social gatherings?
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SECTION IV

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Instruction :

The questions given below concern personal preferences and interests. Every question is provided with two alternatives a and b. Check Section No. IV in your answer-sheet. You have to indicate your answers in order of your preferences. The way of answering this section is as follows :

Given below is a specimen item. The question is -

Which in the two clothes is more durable ?

- a) wollen b) cotton

Now, if you feel that 'Cotton' is more durable, write 2 below the space provided under 'b', the second preference should be given a value of 1. In your answer-sheet for section IV the response for the specimen item is recorded. Please go through it carefully and then responding to other questions accordingly.

1. In an exhibition, which stalls will you prefer to visit ? (a) scientific, instruments and chemicals.
(b) stall having new products.
2. Which one of the two types of biographies would you like to read ?
(a) Philosophers (b) Politicians
3. Mankind is making better progress in industrial developments than in social relations.
(a) Yes (b) No
4. Which type of movies all you prefer to see ?
(a) Those with good music (b) Social movies

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5. Our government pays more attention to the feelings of people than to the strict enforcement of laws .
(a) Yes (b) No
6. Our nation needs good scientists than more money.
(a) Yes (b) No
7. Of the factors given below which do you consider more important for nation progress ?
(a) Development of new weapons (b) Good leaders
8. Of the progress stated below, which one will you try to achieve ?
(a) Increasing productivity (b) Achieving Social progress
9. If the following programmes are organized at different places in your town or village which one would you like to attend ? (a) Musical concern (b) Social gathering
10. If you have to pin any industrial concern and if the following two posts are offered there on the same pay scale, which one will you prefer to choose ?
(a) Position of an advisor in an industrial concern
(b) Administrative post
11. In a waiting room where you have to spend some time, there is only one magazine, which contains the following topics, which of these topics will you prefer to read ?
(a) Scientific (b) Art and grooming
12. Which of the following two subjects is useful to the students for study ?
(a) Astronomy (b) Mythology

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13. If you intend taking the labour class in your party, which of the two methods you would prefer to use ?
(a) Economic help (b) Effective lectures
14. What attracts you most in marriage functions ?
(a) Pandal decoration (b) Association with a man of prestige.
15. Which one of the two activities given here would you prefer ?
(a) Social uplift (b) Religious uplift
16. Of the two subjects mentioned here, for which one of these can you express your opinion in a better manner ?
(a) Mathematics (b) Music
17. More than the study of mythology, we have been able to progress due to chemistry ?
(a) Yes (b) No
18. Of the factors mentioned below, which contributes to the progress of the family ?
(a) better economic resources
(b) Authority of the head of the family.
19. In your street which of the two activities given here you think you would like to participate in ?
(a) Organizing a musical circle
(b) A debating society.
20. Out of the two institutions mentioned here which according to you will be helpful in uplifting of the mankind ?
(a) Social Institutions
(b) Religious institutions

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21. How will you spend your leisure time in the school ?
 - (a) by reading books to acquire more knowledge
 - (b) by getting to know more people in the school
22. Of the places given below, which will you like to visit ?
 - (a) Bhakra Nangal Dam
 - (b) Mount Abu
23. If you come across the news, items mentioned hereunder similar headings which one of these two would you like to read more attentively ?
 - (a) Steps taken regarding productivity
 - (b) Welcome given to the religious heads
24. If you have some spare money for which of the two would you like to spend it ?
 - (a) To buy colourful things
 - (b) To donate it in temple
25. What type of education do you consider important for the development of the child ?
 - (a) Military training
 - (b) Religious training
26. What attracts you more in your teachers personality, when you are studying in the school ?
 - (a) The depth of knowledge that he/she possesses
 - (b) The feeling of affection that he/she has for the students
27. Generally what type of news items do you like to read in a news paper ?
 - (a) Section on Share-market
 - (b) Exhibition and picture section
28. Of the two books mentioned here, which one will you prefer to read ?
 - (a) The essence of Industrial Development
 - (b) Geeta

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29. Of the places given below which do you think is worth visiting ?

(a) Hill station

(b) Places of pilgrimage

30. If any institute organizes special talks on following topics which one would you like to listen to ?

(a) Procedure for National elections

(b) Basic principles of religion.

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SECTION V

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Instructions

Given below are some statements regarding your personal choice and interests. Every question is provided with four alternatives. State your preferences amongst these four.

The method of responding is as follows. The first question is a specimen item - According to you what is the position of the following leaders in our nation ?

- (a) Jagdishchandra Bose
- (b) Jamshedji Tata
- (c) Ravishanker Maharaj
- (d) Sardar Vallabhbhai Patel

Now put a value of 4 under the one who according to you should be given first rank, for the second position put 3, for third one, put 2 and for the fourth one, put 1. Note how the above mentioned question is responded to in the answer-sheet for Section V carefully, and follow the same style of responding.

1. What activities would you like to undertake during your long vacation ?
 - (a) To write and publish a scientific article
 - (b) To take experience of some new business
 - (c) To visit a lonely place and enjoy the nature
 - (d) To organize a campaign for national integration amongst the students of the nation.
2. Whose work according to you, is more important ?
 - (a) Pioneer in scientific researches - Jagdishchandra Bose
 - (b) Pioneer industrialist of the nation - Jamshedji Tata
 - (c) A social worker - Ravishanker Maharaj
 - (d) Valiant female warrior - Rani Laxmibai of Jhansi

3. When you visit movies, what contributes to your pleasure most ?
 - (a) Scenes which are presented with a particular view point.
 - (b) Dance sequence
 - (c) Scenes depicting man's miseries and love.
 - (d) Glimpses of the life of great men.
4. What type of movie will you be interested in seeing ?
 - (a) Science fictions
 - (b) Those with social theme
 - (c) Adventurous
 - (d) Religious-Mythological
5. What type of friend would you like to choose ?
 - (a) Industrious, efficient and practical person.
 - (b) One who values humanity and art
 - (c) One with leadership flair and practicability
 - (d) One with a serious outlook on life.
6. What would you like to be ?
 - (a) Scientist
 - (b) Industrialist
 - (c) Artist
 - (d) National leader
7. If you are studying in a city and if you have some money, how will you use it ?
 - (a) Allot it for scientific research
 - (b) Give it as a help for commercial and industrial development
 - (c) Donate it to the family welfare center.
 - (d) For the furtherance of local religious institutions
8. While discussing with your friends, what type of topics will interest you most ?
 - (a) Those concerning scientific progress
 - (b) Those concerning music
 - (c) Those concerning socialism and reform
 - (d) Those regarding religious principles

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9. If you have enough of leisure time and money, how will you utilize it ?
- (a) In setting up your own business
 - (b) In collecting good pictures and carvings
 - (c) In helping mentally retarded children and opening training centres for them
 - (d) In becoming member of the council of states or council of ministers.
10. Which of the following, according to you, will help our nation to progress more ?
- (a) By encouraging small scale industries
 - (b) By considering all men equal
 - (c) By raising fearless army
 - (d) By higher development of man's religious and moral standards.
11. What type of education are you interested in ?
- (a) Scientific
 - (b) Industrial
 - (c) Music and art
 - (d) Religious and moral
12. If you have proper aptitude and the ability for each of the following occupations and if the salaries are the same in each of them, what will you prefer to be ?
- (a) Mathematician
 - (b) Sales manager
 - (c) Statesman
 - (d) Priest
13. Suppose there are four different types of persons along with you when you are travelling by train with whom would you like to communicate ?
- (a) Mathematics teacher
 - (b) Art teacher
 - (c) Political leader
 - (d) Priest

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14. Towards what should you have loyalty and feeling ?
- (a) Your own business organization and personnel
 - (b) Ideals of beauty
 - (c) Ideals of philanthropy
 - (d) Faith in religion
15. If you are witnessing a drama in your town, what will inspire you most ?
- (a) The actions of the artists
 - (b) The sympathy shown towards human race
 - (c) The style of dialogues of the hero
 - (d) The presentation of religious sentiments.
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