

APPENDIX

QUESTIONNAIRE FOR MEASURING THE SELF
-IDEAL CONGRUENCE

1. There is the great difference between the self I would like to be and the self I actually am at present.
2. Though some people think that I am worthless, I feel quite the contrary.
3. I feel that my childhood can explain many things about my present life.
4. I feel disturbed when I find that I have both love and hate for the same person.
5. I think that I am not as intelligent as others are, but I feel contented with what I have.
6. When I find persons praising me I feel that they really mean it.
7. I prefer to escape the group situation because I am afraid of criticism about my weak points.
8. I understand that parental teachings have nothing to do with my difficulties.
9. I feel completely free in expressing myself in a group.
10. I am quite sure that some people would definitely love me.
11. People are friendly with me only when they need something from me.
12. I sometimes feel that I am not doing anything useful to my family.
13. I do not hesitate in expressing my thoughts for which I am convinced.
14. It is difficult for me to realize my own faults and I try to shift the blame on others.
15. I feel that I do not deserve any respect or praise from my friends.

16. When people criticise me, I think that I am responsible for it and feel disturbed for a while.
17. Many of my friends look forward to something more in life than what I have.
18. I do not participate in group discussion for fear of being ridiculed.
19. I do not become emotionally upset when I hear criticism about me but I always try to see if there is truth in it.
20. I feel that I am not very clever at doing some work as it is difficult for me to realize it.
21. I often think how nice it would be to follow a life as per moral principles.
22. At times I feel better than what others think of me.
23. With whatever limited intellectual capacities I have, I think that I can do something and shall try to do it.
24. When I get something good for me I still fear that I will have to pay for it as it is not meant for me.
25. I often feel guilty about small things which may go unnoticed by others.
26. In problematic situations, where I am required to offer suggestions, I fear that I would not be able to fulfill the expectations of others.
27. Even if my friends criticize me, I live upto my ideals.
28. I am always doubtful about my own abilities when I compare them with those of the members of my family.
29. I feel irritated when I fail to control some of my bad habits.
30. Though I have tried to become what others like me to be, I feel that I should be what I am.

31. I remain irritated at home without any reason and I am sure that I cannot do anything to check it.
32. When people praise me, I interpret it to mean that they do not know me thoroughly.
33. Though I feel awkward in presence of others, I now realize that this feeling is baseless.
34. I still do not understand what it means to be a normally accepted person.
35. Even at home I follow my own way of doing things and this might not necessarily be the best way.
36. I am sure that all the faults that are ascribed to me by my parents are not really with me.
37. It is not possible for me to accept any criticism.
38. I very often feel that I cannot get along with others.
39. I realize that I cannot love a person whom I like and this idea makes me extremely unhappy.
40. I always think of my own interests and this makes it difficult for me to maintain friendship.
41. I always feel that true criticism about me must be accepted and endured.
42. I always feel free in a group as I know that others also have their own limitations.
43. I am not able to overcome difficulties whenever I face them in certain situations.
44. When people say that I am intelligent, I simply cannot believe it.
45. Very often I am not able to decide about very simple things.
46. Sometimes I feel that others have better ideas than what I have.

47. I feel quite confident to face any situation,
though I have still more problems to solve.
48. When I hate someone I do not feel guilty about it.
49. I have no faith in anything and I consider myself
responsible for that.

QUESTIONNAIRE FOR MEASURING THE CONGRUENCE / SCORES OF
THE PERCEPTIONS OF THE SELF AND OF THE ROLES IN THE
PREFERRED AND NON-PREFERRED FIELDS OR
OCCUPATIONS

- A. I am sympathetic to the problems of others.
- C. I enjoy giving my best time and energy to social activities.
- D. When I talk, people experience no difficulty in understanding me.
- G. I spend a considerable time in reading.
- B. I am intelligent enough to handle most situations.
- E. I believe, what this world needs is more idealist with plans for a better generation.
- F. I am energetic - industrious.
- H. I can keep myself cool and balanced inspite of irritation.
- A. I feel much when I find that people do not get their dues.
- B. I do not lose patience even in the most difficult situation.
- D. During conversation with others, I always present new and current illustrations.
- F. I have a very strong sense of responsibility.
- C. I am always glad to join a large gathering.
- E. I think there are more important things for children to learn than mere obedience and respect for authority.
- G. I always take part in organizing a team or similar social group.
- H. I always consider the difficulties of others whenever they do not fulfil my expectations.

- A. I have a deep concern for the welfare of others.
- B. I find no difficulty in understanding any reading material.
- C. I feel well adjusted to life and its demands.
- E. I am of the opinion that it is more important for a man to be concerned about the basic meaning of life.
- D. I enjoy planning carefully to influence my associates so that they will help me in achieving my goals.
- F. I am not susceptible to undue pressure in discharging my duties.
- G. I always keep the expression of my thought under control.
- H. If others fail to grasp my point, I never lose control and explain myself once again.
- A. I give a patient hearing to people who come with genuine problems.
- E. I think it is more important in the modern world to solve the question of moral purpose.
- D. I can readily arouse curiosity in others.
- H. I do not get emotionally upset during critical moments.
- B. I am always prepared to face any situation.
- C. I very much enjoy the company of young persons.
- F. I do my work with full sincerity.
- G. I spend much of my time talking with others about social events.

- A. I have a deep concern for the activities of small social groups.
- C. I very much enjoy reading the minds of others.
- F. I can be very tolerant at times with most people.
- H. I have a control of my temper.

- B. I have no difficulty in getting along with others.
- E. I have a faith in the doctrine of truth.
- D. Many people like to come to me and discuss their problems.
- G. I always encourage people to find out solutions of their problems.

- A. I am always lenient with my subordinates.
- B. I have enough capacities to adjust to any new situation.
- G. I would rather spend a free evening with a good book.
- H. I never get nervous in any situation.

- C. I find most of the people to be very nice to me.
- D. People respect me because I am impartial.
- E. I think society should be quick to adopt new customs and throw aside the old ones.
- F. I am critical of the thinking of others.

- A. I respect other peoples' way of thinking and valuing.
- E. I think that children should be taught the basic values of life.
- F. I mix very freely with people.
- G. I am involved in social responsibility and organization.

- B. I am able to give a satisfactory answer to most problems.
- C. I feel that most of the persons I know are quite co-operative and sincere.
- D. I would always prefer to make others know more and more about the world.
- H. I receive all criticism directed to me with an open mind.

SATISFACTION QUESTIONNAIRE

Statements

1. Can you stand criticism without feeling hurt?
2. Do you experience many pleasant or unpleasant moods?
3. Do you find conversation more helpful in formulating your ideas than reading?
4. Do you make new friends easily?
5. If opportunities are available, can you go for the job which is completely unrelated to your present job?
6. Do you feel that there are more obstacles to be overcome in your way?
7. Is your work quite interesting to you?
8. Can you stick to a tiresome task for a long time without someone prodding or encouraging?
9. Do you feel that you are too good for your work?
10. Does your ambition need occasional stimulation through contact with successful people?
11. Do you get most of your needs satisfied in your work?
12. Do you think that salary is much more important than other things?
13. Do you feel self-conscious in the presence of superiors in the academic or the business world?
14. Do you usually prefer to keep your feelings to yourself.
15. Do you like to be associated with people?
16. Do you often feel lonesome when you are with other people?

17. Are you easily discouraged when the opinions of others differ from your own?
18. At a social gathering, do you feel reluctant to meet the most important persons present?
19. Do you try to get your own way even if you have to fight for it?
20. Do you think that people are more stimulating to you than anything else?
21. Are you really satisfied with your work?
22. Do you sometimes feel that you are not giving full justice to what you are doing at present?
23. Are you sure that your present work will bring you both happiness and prosperity?
24. Do you realize that your present work gives you the best opportunities for getting recognition in your community?
25. Are you completely satisfied with what you are getting from your work?
26. Do you usually work things out for yourself rather than get someone to show you?
27. Do you usually prefer to work with others?
28. Is your work of much value to you?
29. Are you careful not to say things to hurt other people's feelings?
30. Do your feelings alternate between happiness and sadness without apparent reason?
31. Do you usually prefer to do your own planning alone rather than with others?
32. Do people overcome to you for taking advice?
33. Do your interests change frequently?
34. Do you like your job?

35. Do you often find that you cannot make up your mind until the time for action has passed?
36. Do you expect to be doing the same work in your life very long?
37. Do you become angry when someone tries to criticize your work?
38. Do you get enough opportunities in your work to achieve your goals?
39. Do you think that the work you are doing is the one for which you desired earlier?
40. Do you prefer to be alone at times of emotional stress?
41. Do you think you could become so absorbed in creative work that you would not notice a lack of intimate friends.
42. If circumstances are favourable, would you change the field in which you are working at present?