

APPENDIX - D

FINAL COPING STYLE INVENTORY

INSTRUCTIONS:

“Please be comfortable. I am going to describe a few situations we come across in our daily life. You might be familiar with most of them. Please describe what would be your reaction when you face them. Some of them may not be familiar to you. Just try to put yourself in the described situation and let me know how you would react to them. Kindly give your natural reactions not the ones you think are ideal for the situation.

SITUATIONS

1. In a hot summer afternoon.

You were busy with some important work and without any prior notice there is power failure. Because of power failure you can not proceed. How frustrated would you feel?

2. You are engrossed in some serious work. There is traffic Jam on the road adjacent to your working place. Hence you are now all of sudden disturbed by an unusual noise. Will you be able to carry on your work normally?
3. You meet with an accident in a place to which you are not very much familiar with and the passers by are not bothered about you. How would you feel?
4. You are travelling by train. All of a sudden there is chain pulling and some people with evil intentions got into the train. What would happen to you?
5. Work load is too much on you and time is limited. Other people around you are not engaged for any serious work. They can jolly well share your work, but are not doing so. How disturbed would you be?
6. Some of the habits of a person who is closely related to you does not go with your values. For e.g., he/she brings office stationary for personal use and you don't like that. How irritating that would be for you?
7. How disturbed do you feel when your life style does not match with people around you?
8. How will you be affected when things are not distributed equally?
9. Some authoritative responsibility is given to your younger sibling, by your parents, which you are suitable for getting and you would like to take up that work. But its given to your younger sibling (may be due to your parents ignorance about your feelings and capability). Is that going to hurt you?

10. You have made a decorative piece for your house. Which was appreciated by every one who came to your place. Your family members enjoyed the praise and appreciation, but no one bothered to tell the other person, that the show piece was made by you. How would you feel?
11. Your brother (or some one from your family) is very short tempered. In front of your friends he loses his temper and creates a scene. How would you feel?
12. You are away from your family and some mishap has taken place but you can not leave your present job and be with the family. How upset would you be?
13. You are called for an interview and after facing the interview you were sure that you have done well in the interview. But later on you came to know that somebody else has been selected and that too a back door entry. How annoying that would be for you?
14. The organization in which you are working is deputing employees for an expensive training programme and you being an eligible candidate are not sent for the same. Whereas some one else is sent because a person from higher authority was interested in that person. Will you be upset in such a situation?
15. How frustrating it would be for you? If the chances of promotion in the job front are poor or hopeless.
16. You are quite well adjusted and enjoying life in the city where you are at present. But beyond your expectation a change of place becomes a must for you. Will that disturb you?
17. How do you feel when in your working place you had to do some thing just to please your superior or colleagues, otherwise you would not have done such a thing.
18. You are staying away from your family. On your birth day you were sure that at least some one from your family members would call you to convey their wish. But nothing like that happens.
19. Your boss has asked you to arrange a meeting with the staff in your department and at the nick of the moment your boss, who is one of the chair persons in the meeting does not turn up. Then you came to know that she/he wanted to cancel the meeting and had sent a message which did not reach you in time. How disturbing would this situation be to you?
20. Without any intention of offending anybody you cut a jock but the other person takes it seriously and becomes upset. Will that disturb you?
21. You have specialized in a particular area of knowledge. You are perfect in all other aspect except public speaking. For this reason you can not perform well. How much this would bother you?
22. Without any relevant raise in your income when cost of life goes high all of a sudden. How much you will be affected?
23. You had stayed in a hotel where you feel that the service is too substandard in comparison to the amount they charge. To what extent you would be disappointed?

24. You needed a medicine very badly. But that was not available in any of the stores in your city. How would you feel?
25. When you don't get the amount or kind of love and affection you expect from a particular relationship (Parents, brother, sister, friend, spouse). Do you feel frustrated?
26. You have always been helped by a person (some one very close to you) whenever you come across crisis. Once in such a moment of crisis that person is not with you. Will you be able to deal with that situation appropriately?
27. There is a natural disaster some where very near to the place where you are staying and on T.V. and other mass media it has been announced that, any time similar kind of thing might happen in the place where you are staying. How much this news will disturb you?
28. While taking bath, you are half way and the tap stops flowing. How frustrating that would be to you?
29. A person with whom you share the same roof (could be brother, sister, son, daughter, spouse, friend, etc.) is having exams. On the last examination day you have made some special arrangements for him. Which you wanted to give him as a surprise when he/she comes back. But instead of coming back home he/she calls up and informs that he/she wants to go out some where with friends. How disappointed will you be?
30. You were standing in a queue for paying some bill and that was the last day after that you will have to pay fine. But by the time your turn came time was up and counter got closed. To what extent you will become upset for this?
31. You wanted to present a particular item to some one you liked most. But that item was not available and by any chance you will not be able to get it for that particular occasion. How upset will you be?
32. It is too hot outside and you don't feel like going out. One of your best friend turns up and asks you to accompany him/her to a place where he has some important work, but is not very familiar to it. Will it be an unpleasant situation for you? If so, then how much.
33. You have promised one of your friends to join him for a particular trip, but on that day when you were supposed to go you became sick all of a sudden. You hate saying no when you have made a commitment for something will you be in a fix.
34. While walking on the road you saw two people assaulting an innocent man. You really felt sorry for that man and felt like helping the person by calling the police. At the same time you know if you call police, they would hardly come in time and help the poor man. Rather you will be in trouble. How bad would you feel?
35. Some one very close to you is going to undergo an operation. For which blood is required you are supposed to give as your matches. When you reach the hospital you come across another emergency case where blood is needed badly and there is no one other than you whose blood group matches with that person too. You can not give blood to both the patients at a time. All the relatives of the other patient are looking hopefully towards you. How tough will it be for you to decide.

36. You are going to appear an interview for a job you needed most. On the way you come across an injured person and there is no one around to take him to the hospital. You feel like helping him but then you won't be able to reach for the interview in time. Will there be any difficulty for you to take a decision?
37. Your sons final exam is tommorrow and today your only sister is getting married. During exams your son needs you very much as a moral support. Attachment with your sister is equally intense. Is this situation tough for you to handle?
38. All your fellow beings (in school, college, office or neighbourhood friends) are going for a picknick. But from your senior family members you are not allowed to join them. How upset will you be?
39. How will you feel, when you had an appointment with somebody, you waited for him for the whole evening and the next day he happened to meet you and apoloizes for his not coming. How annoyed will you be?
40. After a long time you had planned for a holiday outing but unfortunately because of bad weather you had to cancel the trip. How upset will you be?