APPENDIX - III

SELF CONFIDENCE (Basavanna, 1975)

Every person has some idea bout how he feels or thinks bout himself. It is the purpose of the present work to study how you feel or think about yourself. The following contain a series of statements. These statements are true for some people and not true for some others. Read each statements and decide how you feel or think about it. If the statement is TRUE or USUALLY TRUE as applied to you, put a tick mark on the word 'TRUE' and if the statement is FALSE OR USUALLY FALSE as applied to you, put a tick mark on the world 'FALSE'. Try to answer every statement even if you have to guess at some. Change any answer you wish to change, and erase completely the unwanted answer. Answer as quickly as possible and do not spend too much time on any one item.

1. It is rather difficult for me to make new friends. TRUE/FALSE
2. I can be natural while at a party. TRUE/FALSE
3. I am never at conflict with myself. TRUE/FALSE
4. I enjoy mixing with people. TRUE/FALSE
5. In social conversation I am usually a listener than a talker. TRUE/FALSE
6. I am usually find a ready answer for remarks made to me. TRUE/FALSE
7. When things go wrong I pity or blame myself. TRUE/FALSE
8. I have a horror of failing in anything I want to accomplish. TRUE/FALSE
9. I often cross the street to avoid meeting some people known to me. TRUE/FALSE
10. I find it very difficult to speak in Public. TRUE/FALSE
11. I feel insecure within myself. TRUE/FALSE
12. I find it hard to do my best when people are watching me. TRUE/FALSE
13. I can recover easily and quickly from social blunders. TRUE/FALSE
14. I do not care much for what others think of me. TRUE/FALSE
15. I have difficulty in talking to most people. TRUE/FALSE
16. I stay in the background in social gatherings TRUE/FALSE
17. I feel embarrassed to enter into assembly when all are already seated. TRUE/FALSE
18. I have difficulty in saying the right thing at the right time. TRUE/FALSE
19. I tend to worry over possible troubles. TRUE/FALSE
20. I frequently feel thwarted because I am unable to do as I desire. TRUE/FALSE
21. I think of myself as a successful person. TRUE/FALSE
22. I am much affected by the praise or blame of many people. TRUE/FALSE
23. My feelings are rather easily hurt. TRUE/FALSE
24. I can face difficult situations without worry. TRUE/FALSE
25. I am hesitant about forming decisions. TRUE/FALSE
26. I feel bored much of the time. TRUE/FALSE
27. I can tackle new situations with a reasonable degree of assurance. TRUE/FALSE
28. I am often unable to decide until it is too late for action. TRUE/FALSE
29. I tend to be quick and certain in my actions. TRUE/FALSE
30. I always feel that I can achieve the things I wish. TRUE/FALSE
31. I feel no obstacle can stop me from achieving my final goal. TRUE/FALSE
32. I am generally confident of my own ability. TRUE/FALSE
33. I often feel that in life's competition I am generally the loser. TRUE/FALSE
34. I frequently feel unworthy. TRUE/FALSE
35. I worry over humiliating situations more than most persons. TRUE/FALSE
36. I feel physically inferior to my friends. TRUE/FALSE
37. I find it hard to continue work when I do not get enough encouragement. TRUE/FALSE
38. I am bothered by inferiority feelings. TRUE/FALSE
39. My people believe that I am as much a success as I could be. TRUE/FALSE
40. I can play my best in a game or contest against an opponent who is much superior to me. TRUE/FALSE
41. I am always ready to decide what my next step should be. TRUE/FALSE
42. I can adjust readily to new situations. TRUE/FALSE
43. I often feel rather awkward. TRUE/FALSE
44. I am afraid that other people will dislike me. TRUE/FALSE
45. My friends have made better life adjustments than myself. TRUE/FALSE
46. I am happy-go-lucky person. TRUE/FALSE
47. I can relax myself easily. TRUE/FALSE
48. I blush very often. TRUE/FALSE
49. When upset emotionally, I take much time to recover. TRUE/FALSE
50. I day dream very often. TRUE/FALSE
51. I am readily moved to tears. TRUE/FALSE
52. When a critical situation is past, I often think what I should have done but didn't. TRUE/FALSE
53. I often feel that my movements are clumsy. TRUE/FALSE
54. I don't have initiative. TRUE/FALSE
55. I usually work things out for myself rather than get someone to show me. TRUE/FALSE
56. I am a dominant person. TRUE/FALSE
57. I am usually discouraged when the opinions of others differ from my own.  TRUE/FALSE
58. I am often confused.  TRUE/FALSE
59. People frequently blame me for things unjustly.  TRUE/FALSE
60. I feel that my parents are disappointed in me.  TRUE/FALSE
61. I envy the happiness that others seem to enjoy.  TRUE/FALSE
62. Criticism disturbs me greatly.  TRUE/FALSE
63. I get discouraged easily.  TRUE/FALSE
64. I can get a job any day.  TRUE/FALSE
65. I seem to make friends about as quickly as others do.  TRUE/FALSE
66. I shrink from facing a crisis or difficulty.  TRUE/FALSE
67. If given a chance I could do something that would be of great benefit to the world.  TRUE/FALSE
68. If given a chance I would make a good leader of people.  TRUE/FALSE
69. I have several times given up doing a thing because I thought too little of my ability.  TRUE/FALSE
70. No one seems to understand me.  TRUE/FALSE
71. I need someone to push me through things.  TRUE/FALSE
72. Life is a strain for me much of the time.  TRUE/FALSE
73. I have had blank spells in which my activities were interrupted and did not know what was going around me.  TRUE/FALSE
74. I am worried about sex matters.  TRUE/FALSE
75. I have periods of such great restlessness that I cannot sit long in a chair.  TRUE/FALSE
76. I refuse to play some games because I am not good at them.  TRUE/FALSE
77. I find it hard to keep my mind on a task or job.  TRUE/FALSE
78. I seem to be about as smart as most others around me. TRUE/FALSE
79. I usually feel well and strong. TRUE/FALSE
80. I think too much over everything. TRUE/FALSE
81. My daily life is full of things that keep me interested. TRUE/FALSE
82. I am certainly lacking in self-confidence. TRUE/FALSE
83. Almost always I find myself worrying about something or the other. TRUE/FALSE
84. I have often lost good chances because I would not make up my mind soon enough. TRUE/FALSE
85. I spend much of the time worrying over the future. TRUE/FALSE
86. I do not tire quickly. TRUE/FALSE
87. I think I have an attractive personality. TRUE/FALSE
88. I don't think too long over my problems. TRUE/FALSE
89. I have feeling of hopelessness. TRUE/FALSE
90. I cannot express my emotions freely. TRUE/FALSE
91. When my friends criticize me I take it well. TRUE/FALSE
92. I am a responsible person. TRUE/FALSE
93. Generally I am quite sure of myself. TRUE/FALSE
94. Usually I am dissatisfied with myself. TRUE/FALSE
95. I have the feeling that I am just not facing things. TRUE/FALSE
96. I have enough faith in myself. TRUE/FALSE
97. I am often in low spirits. TRUE/FALSE
98. I often feel helpless. TRUE/FALSE
99. I am often disorganized. TRUE/FALSE
100. I can usually make up my mind and stick to it. TRUE/FALSE
### SCORING KEY

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