


Bhargava, M. (1994). Dimensional Personality Inventory (DPI), Nandini Enterprises, Agra, India.


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Sen, N. N. (1966). Personality Trait Inventory, New Delhi, NCERT.


Ways of Coping Test Booklet

d`I;k fuEufyf[kr lwpuk,a nhfht;s

uke % ------------------------------- vk;q @ fyax % ------
------------------------------- fnukad % -------------------
fookg Lrj () vfookfgr ( ) 'kknh'kqnk ( ) fonqj ( ) fo/kok ( )
rykd'kqnk
funsZ'k
bl iz'ukoyh ds dFkuksa dk tokc nsus ds fy, vkids fnekx esa ,d
fof'k"V ncko iw.kZ fLFkfr gksuh pkfg,A FkkksM+k lk le; fyft,
vkSj fiNys lIrkg esa vkids }kjk eglwI dh xbZ lcls vf/kd
nckoiw.kZ fLFkfr ds ckjs esa Iksf;p;S

^^nckoiw.kZ** Is gekjk vfHkizk; ,slh fLFkfr ls gS tks vkids fy,
eqf'dy Fkk ijs'kkkuh nsus okyh jgh ;k rks blfy, fd vkius tks
?kfVr gqvk mldh otg ls dFBurk eglwI dh ;k blfy, D;ksafd vkidks
fLFkfr ls fuIVus ds fy, vR;kf/kd dksf"k'k'k djuh iM+hA fLFkfr
vkids ifjokj] ukSdjh] vkids nksLr ;k dqN vkSj tks vkids fy, cgqr
egÛoiw.kZ gks mlls IEcF/U/kr gks ldrh gSA dFku dk tokc nsus
ls igys bl fLFkfr ds ckjs esa foLrkj ls Iksf;p, tSls ;s dgkÍ ?kfVr
gqbZ] dkSu 'kkfey Fkk] vkius dSlk O;ogkj fd;k vkSj ;s vkids
fy, egÛoiw.kZ D;ksa FkhA gks ldrk gS fd vki vkt Hkh mlh
fLFkfr esa gks ;k oks igys ?kfVr gqbZ gks ldrh gS ij ;s lIrkg ds
nkSjku vkids }kjk eglwI dh xbZ lcls vf/kd nckoiw.kZ fLFkfr
gksuh pkfg,A

tc vki gj dFku dks tokc nsaj d`i;k bl nckoiw.kZ fLFkfr dks
vius fnekx esa jf[k,A gj dFku dks /;kuiwoZd i<+s vkSj 0] 1] 2
;k 3 dks xksyk yxkdj ;g n'kkZ;sa fd vkius bl fLFkfr esa bls fdl
gn rd bLrseyk fd;kA

Key

0 & vki ij ykxw ugha gksrh ;k bLrseyk ugha fd;k
1 & dqN bLrseyk fd;k
2 & fcYdqv FkkksM+k bLrseyk fd;k
3 & cgqr T;knk bLrseyk fd;kA
<p>| 1 | eSaus dsoy bl ckr ij /;ku fn;k fd esjk vxyk dne D;k gksxk &amp; vxyk dne ----------- | 0 | 1 | 2 | 3 |
| 2 | eSaus leL;k dks vPNh rjg ls le&gt;us ds fy;s mldk fo'ys&quot;k.k djus dh dksf'k'k dhA | 0 | 1 | 2 | 3 |
| 3 | viuk /;ku leL;k ls gVkus ds fy;s eSaus [kqn dks fdlh u fdlh vU; dk;Z dh rjÝQ mUeq[k fd;kA | 0 | 1 | 2 | 3 |
| 4 | eSaus eglwI fd;k fd le; ds lkFk vUrj vk,xkA bartkj gh ,d ek=k jkLrk FkkA | 0 | 1 | 2 | 3 |
| 5 | eSaus ifjfLFkfr;ksa ls dqN ldjkjkRed ikus ds fy;s le&gt;kSrs fd;sA | 0 | 1 | 2 | 3 |
| 6 | eSaus dqN ,sls dke Hkh fd, tks eq&gt;s ugha yxk fd dqN dke vk,xs] ij pyks eSa dqN rks dj jgk Fkk @ jgh FkhA | 0 | 1 | 2 | 3 |
| 7 | dksbZ Hkh O;fDr tks esjh leL;k dks fy;s ftEesnkj Fks eSaus muls ckr djus dh dksf'k'k dh rkfd eSa muls cny ldwaA | 0 | 1 | 2 | 3 |
| 8 | eSaus viuh leL;k ds ckjs esa vksj vf/kd tkuus ds fy;s fdlh u fdlh ls ckr dhA | 0 | 1 | 2 | 3 |
| 9 | eSaus viuh vkykspuk dh o Lo;a dks Hkk&quot;k.k fn;sA | 0 | 1 | 2 | 3 |
| 10 | eSaus dksf'k'k dh fd eSa viuh e;kZnvksa dks uk ykÍ?kw vkSj tks tSk gS oSlk gh jgus nwÍA | 0 | 1 | 2 | 3 |
| 11 | eSaus ,d peRdkj dh mEehn dhA | 0 | 1 | 2 | 3 |
| 12 | eSa HkkX; ds lkFk pyk @ pyh dHkh&amp;dHkh esjh fdLer [kjkc jgrh gSA | 0 | 1 | 2 | 3 |
| 13 | eSa ,sls gh jgrk jgk @ jgrh jgh tSls dqN gqvk gh ugha gksA | 0 | 1 | 2 | 3 |
| 14 | eSaus viuh Hkkouvkksa dks vius rd j[kus dh dksf'k'k dhA | 0 | 1 | 2 | 3 |</p>
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<td>24</td>
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<td>26</td>
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<td>32</td>
<td>esaus vijke djds ;k yech Nqf¶;ksa ij tkdj dqN le; ds fy; s leL; k ls nwj tkus dh dksf'k'k dhA</td>
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<td>esaus dqN [kk ihdj @ e</td>
<td>iku @ /kqeziku @ u'kk @ u'khyh nokvksa vkfn ds ek;e ls Lo;a dks csgrj eglwl djus dk iz;Ru fd;kA</td>
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<td>34</td>
<td>esaus leL; k ds lek/kku ds fy, dqN [krjs eksy fy;s ;k [krjukd dne mBk,A</td>
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<td>35</td>
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<td>36</td>
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<td>37</td>
<td>esaus vius xoZ dks cuk, j[kk pqi jg djA</td>
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<td>38</td>
<td>esaus iqu% [kkstk fd ftanxh esa D;k egÛoiw.kZ gS \</td>
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<td>42</td>
<td>esaus mu nksLrksa o fj'rsnkjksa ls lykg yh ftudh esa bTtr djrk gwÍ @ djrh gwÍA</td>
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<td>46</td>
<td>esa vius fu'p; ij iDdk jgk @ jgh o tks izklr</td>
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**Translation:**

1. **Saus** vijke djds ;k yech Nqf¶;ksa ij tkdj dqN le; ds fy; s leL; k ls nwj tkus dh dksf'k'k dhA
2. **Saus** dqN [kk ihdj @ e|iku @ /kqeziku @ u'kk @ u'khyh nokvksa vkfn ds ek;e ls Lo;a dks csgrj eglwl djus dk iz;Ru fd;kA
3. **Saus** leL; k ds lek/kku ds fy, dqN [krjs eksy fy;s ;k [krjukd dne mBk,A
4. **Saus** dksf'k'k dh fd dksbZ mrkoykiu uk fn[kkÁÍ vkSj uk gh og dj nwa tks ,d ne ls fnex esa vk,A
5. **Saus** ,d u;k fo'okl eglwl fd;kA
6. **Saus** vius xoZ dks cuk, j[kk pqi jg djA
7. **Saus** iqu% [kkstk fd ftanxh esa D;k egÛoiw.kZ gS \n
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8. **Saus** dqN ifjorZu fd;s rkfd ifjfLFkfr;kI dqN Bhd gks tk,A
9. **Saus** vke rkSj ij yksxksa ds lkFk ls cprk jgk @ cprh jghA
10. **Saus** ughta pkgrk Fkk fd leL; k dqN gkoh gks blfy;s esaus leL; k ds ckjs esa lkspuk NksM+ fn;kA
11. **Saus** mu nksLrksa o fj'rsnkjksa ls lykg yh ftudh esa bTtr djrk gwÍ @ djrh gwÍA
12. **Saus** nwljksa dks ;s ughta tkuus fn;k fd ifjfLFkfr;kI fduh [kjkc gSaA

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13. **Saus** fLFkfr dks lkekU; cuk, j[kk esa ifjfLFkfr;ksa ds izfr vR;f/kd xaHkhj ughta gqvK @ gqbZA
14. **Saus** tks eglwl dj jgk Fkk @ jgh Fkh esaus ml ckjs esa fdlh ls ckr dhA
15. **Saus** vius fu'p; ij iDdk jgk @ jgh o tks izklr
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<td>52</td>
<td>eSaus bu ij fo'okl gh ugha fd;k fd vc ;s gks pqdk gSA</td>
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