Appendix-A: Personal Data Sheet

(No individual or institution will be identified in this scientific study.)
(All responses will be kept confidential by the researcher.) Please answer the following statements by response:

<table>
<thead>
<tr>
<th>Age:</th>
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<tbody>
<tr>
<td>Gender:</td>
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<tr>
<td>Religion:</td>
</tr>
<tr>
<td>Job:</td>
</tr>
<tr>
<td>Monthly Salary:</td>
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<tr>
<td>Degree:</td>
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</tbody>
</table>
Appendix-B: Emotional Intelligence Scale (EIS)
(Developed and standardized by Singh, 2004)

Instructions: Below are given number of statements and you are requested to read carefully each and to respond in the following manner.

Assign “1” to the statements when you have strong disagreement.
Assign “2” to the Statements when you have disagreement.
Assign “4” to the statements when you have agreement.
Assign “5” to the statements when you have strong agreement.

1. I am able to identify my feelings. 1 2 4 5
2. I have learned a lot about myself through my feeling and emotions. 1 2 4 5
3. I understand the reasons for my moods. 1 2 4 5
4. I am clearly able to see how my feelings impact my performance. 1 2 4 5
5. My values and goals are very clear in my mind. 1 2 4 5
6. I am aware of my strengths and weaknesses. 1 2 4 5
7. I frequently seek feedback on my behavior/performance. 1 2 4 5
8. I have full confidence in myself and in my decisions. 1 2 4 5
9. I take initiative to meet people in social situation. 1 2 4 5
10. When I contribute to group discussions I believe my contributions are as valuable as those of other. 1 2 4 5
11. If I am convinced that my position is right, I prefer to maintain my position even if it means becoming unpopular. 1 2 4 5
12. I am clear what I want from life. 1 2 4 5
13. I can achieve what I want though my determination. 1 2 4 5
14. I don’t easily give up even if I received set backs. 1 2 4 5
15. When I have a problem that creates undo tension, I try to relax and gain a feeling of tranquility so that I can re-evaluate things. 1 2 4 5
16. When I face a problem I focus on what I can do to solve it. 1 2 4 5
17. I can adjust very quickly to new challenges, problem and information. 1 2 4 5
18. I am sensitive to the development in the environment and capture the opportunity there. 1 2 4 5
19. I am able to anticipate changes, and plan in advance to encase the opportunities. 1 2 4 5
20. I am able to handle multiple demands and rapid changes. 1 2 4 5
21. I am quite flexible in my approach to life and problems. 1 2 4 5
22. I can frequently anticipate solutions to my problems. 1 2 4 5
23. When a certain approach to a problem does not work, I can quickly reorient my thinking. 1 2 4 5
24. I seek out fresh ideas from a wide variety of sources.  
25. I constantly try to improve my performance.  
26. I set challenging goals for myself and strive to achieve them.  
27. I work hard for a “better” future reward rather than accept a lesser reward now.  
28. I constantly scan the environment to seize any new opportunity.  
29. I prefer to proact.  
30. I mobilize other though unusual, enterprising effort.  
31. I take initiative to start dialogue for a new adventure.  
32. I prefer to be idea leader.  
33. I believe in performance rather than just following the rules.  
34. I believe where there is a will there is a way.  
35. I start any activity with the firm determination to complete it.  
36. Under pressure, I am confident I will find the way.  
37. People don’t have to tell me what they feel, I can sense it.  
38. I can sense the pulse of other and state unspoken feelings.  
39. I listen to the feelings of people when I walk into a room.  
40. I anticipate people’s need and try to satisfy them.  
41. I try to understand and meet the expectations of people.  
42. I seek information about people’s need and then provide service accordingly.  
43. I take initiative in talking to people in order’s to serve them better.  
44. I am very comfortable in working with people of different background.  
45. I am able to identify who has real power in the group/organization.  
46. I am able to relate well with people who matter in the organizational dynamics.  
47. I am able to influence the opinion of important people.  
48. I am able to convince people.  
49. I present myself in such a way that people get impressed.  
50. I keep my knowledge base updated and influence people through that.  
51. I am able to read the needs of the hour and influence people through my initiative.  
52. I am a good communicator.  
53. I am able to put across my messages effectively.  
54. I use a variety of medium of communication to get the desired response.  
55. I am able to arouse enthusiasm in people.  
56. I emerge as a natural leader during unstructured situation.
58. I recognize the need for change and work for removing the barriers.
59. I create such an atmosphere where people enthusiastically interact and participate in the team work.
60. I build team and promote commitment among team members.
**Appendix-C: Satisfaction with Life Scale (SWLS)**

(Developed by Diener, Emmons, Larsen, and Griffen, 1985)

Below are five statements with which you may agree or disagree. Using the 1-7 scale below, indicate your agreement with each item by CIRCLING the appropriate number. Please be open and honest in your responding.

<table>
<thead>
<tr>
<th>Strongly Disagree</th>
<th>Disagree</th>
<th>Slightly Disagree</th>
<th>Neither Agree or Disagree</th>
<th>Slightly Agree</th>
<th>Agree</th>
<th>Strongly Agree</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
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</table>

1. In most ways my life is close to my ideal.  
   ![](1 2 3 4 5 6 7)

2. The conditions of my life are excellent.  
   ![](1 2 3 4 5 6 7)

3. I am satisfied with my life.  
   ![](1 2 3 4 5 6 7)

4. So for I have gotten the important things in life.  
   ![](1 2 3 4 5 6 7)

5. If I could live my life over, would change almost nothing.  
   ![](1 2 3 4 5 6 7)
Appendix-D: Behaviour Activity Profile-Personality Type-A Measure

(Developed by Matteson and Ivancevich, 1982)

Dear respondent;

Please go through each statement carefully of this questionnaire which contain a pair of 21 statements, each statement describes certain kind of behavior, though pattern of personal characteristics so you have to think on each statement and circle the number which you feel best describes where you are between each pair, the best answer for each set of description is the response that most nearly describe the way you feel, behave or think.

1. I am always on time for appointments. 7 6 5 4 3 2 1 I am never quite on time.
2. When someone is talking to me, chances are I will anticipate what they are going to say, by nodding, interrupting, or finishing sentences for them. 7 6 5 4 3 2 1 I listen quietly without showing any impatience.
3. I frequently try to do several things at once. 7 6 5 4 3 2 1 I tend to take things one at a time.
4. When it comes to waiting in line (at banks, theaters, etc.), I really get impatient and frustrated. 7 6 5 4 3 2 1 It simply does not bother me.
5. I always feel rushed. 7 6 5 4 3 2 1 I never feel rushed.
6. When it comes to my temper, I find it hard to control at times. 7 6 5 4 3 2 1 I just do not seem to have one.
7. I tend to do most things like eating, walking and talking rapidly. 7 6 5 4 3 2 1 Slowly.
8. Quite honestly, things I enjoy most are job-related activities. 7 6 5 4 3 2 1 Leisure-time activities.
9. At the end of a typical work day, I usually feel like I needed to et more done than I did. 7 6 5 4 3 2 1 I accomplished everything I needed to.
10. Someone who knows me very well would say that I would rather work than play. 7 6 5 4 3 2 1 I rather play than work.
11. When it comes to getting ahead at work nothing is more important. 7 6 5 4 3 2 1 Many things are more important.
12. My primary source of satisfaction comes from my job. 7 6 5 4 3 2 1 I regularly find satisfaction in non-job pursuits, such as hobbies, friends, and family.
13. Most of my friends and social acquaintances are people I know from work. 7 6 5 4 3 2 1 Not connected with my job.
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<tr>
<td>14.</td>
<td>I do rather stay at work than take vacation.</td>
<td>7 6 5 4 3 2 1</td>
<td>Noting at work is important enough to interfere with work.</td>
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<td>15.</td>
<td>People who know me well would describe me as hard driving and competitive.</td>
<td>7 6 5 4 3 2 1</td>
<td>Relaxed and easy going.</td>
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<td>16.</td>
<td>In general, my behavior is governed by a desire for recognition and achievement.</td>
<td>7 6 5 4 3 2 1</td>
<td>What I want to do - not by trying to satisfy others.</td>
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<td>17.</td>
<td>In trying to complete a project or solve a problem I tend to wear myself out before I tend to wear myself out before I will give up on it.</td>
<td>7 6 5 4 3 2 1</td>
<td>I tend to take a break or quit if I am feeling fatigued.</td>
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<td>18.</td>
<td>When I play a game (tennis, cards, etc) my enjoyment comes from winning.</td>
<td>7 6 5 4 3 2 1</td>
<td>The social interaction.</td>
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<td>19.</td>
<td>I like to not associate with people who are dedicated to getting ahead.</td>
<td>7 6 5 4 3 2 1</td>
<td>Easy going and take life as it comes.</td>
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<td>20.</td>
<td>I am not happy unless I am always doing something.</td>
<td>7 6 5 4 3 2 1</td>
<td>Frequently “doing nothing” can be quite enjoyable.</td>
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<td>21.</td>
<td>What I enjoy doing most are competitive activities.</td>
<td>7 6 5 4 3 2 1</td>
<td>Noncompetitive pursuits.</td>
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## Appendix-E: Mental Health Inventory (MHI)

(Developed by Jagdish and Srivastava, 1995)

**Instructions:** this inventory is meant for psychological investigation. It consists of a number of statements relating to your feelings about yourself in every day life. You have got four alternatives to responses, i.e always (5), most of the times (4), some times (2), and never (1), which most suitably indicate the frequency of your feelings and views.

1. I feel lack of confidence. 1 2 4 5
2. I get excited very easily. 1 2 4 5
3. I am not able to take quick decision on any subject. 1 2 4 5
4. I feel that situations are continuous ignoring against me. 1 2 4 5
5. I have affection and attachment with my neighbors. 1 2 4 5
6. I would myself accord to circumstances. 1 2 4 5
7. I feel that I am losing self – respect. 1 2 4 5
8. I use to worry even about trivial matter for time. 1 2 4 5
9. I am not able to take decision about my next step. 1 2 4 5
10. I hesitate in meeting with others. 1 2 4 5
11. I do my duty well even in adverse circumstance. 1 2 4 5
12. I feel that I am able to full utilize my abilities in performing my different duties. 1 2 4 5
13. In adverse circumstance, I act without keeping in view of the real facts. 1 2 4 5
14. I feel irritation. 1 2 4 5
15. I feel to be insecure. 1 2 4 5
16. I am much worried about my responsibilities. 1 2 4 5
17. I feel depressed / dejected. 1 2 4 5
18. I play important role in social ceremonies. 1 2 4 5
19. I utilize my reasoning even in difficult times. 1 2 4 5
20. I feel that my relations with others are not satisfactory. 1 2 4 5
21. My responsibilities are like burden to me. 1 2 4 5
22. I suffer from inferiority complex. 1 2 4 5
23. I am used to be lost in word of imagination. 1 2 4 5
24. I am an anxious about my future. 1 2 4 5
25. My friends/relatives remain ready to help me in the difficult time. 1 2 4 5
26. I make definite plans about my future. 1 2 4 5
27. I am enraged even by slightest unfavorable talks. 1 2 4 5
28. I take decision easily even in difficult circumstances. 1 2 4 5
29. I am not able to behave in such a way my friends expect from me. 1 2 4 5
30. I am satisfied with most of aspects of my life. 1 2 4 5
31. My friends and colleagues hale respect from me. 1 2 4 5
32. My confidence varies highly in quantity. 1 2 4 5
33. I am always ready to fight the problems. 1 2 4 5
34. I make impressions about people or issue even in absence of facts and grounds. 1 2 4 5
35. I am not able to concentrate fully in my works. 1 2 4 5
36. I feel inclined towards a opposite sex. 1 2 4 5
37. I sole my problems my self. 1 2 4 5
38. I fully cooperate in the important functions of my community. 1 2 4 5
39. I am perplexed with my contradictory thoughts. 1 2 4 5
40. I take decision on the basis of facts even thoughts they are contrary to my wish. 1 2 4 5
41. I am not able to continue any task for long time. 1 2 4 5
42. I feel my self secured amidst my friends / groups. 1 2 4 5
43. I do not be come hopeless even when I fail. 1 2 4 5
44. I consider my self for society. 1 2 4 5
45. I aspire for something without having in views of my short. 1 2 4 5
46. I do not get influenced even by reasonable arguments. 1 2 4 5
47. I am able to take such decisions as I want to take. 1 2 4 5
48. I am afraid of imaginary calamities. 1 2 4 5
49. I feel that this world is a place good enough for passing life. 1 2 4 5
50. I feel full of enthusiasm to think that I will certainly achieve my objectives. 1 2 4 5
51. I do not get disappointed with the common worries of daily life. 1 2 4 5
52. My mood change movemently. 1 2 4 5
53. I my self decide what and how I should do. 1 2 4 5
54. I feel that my intimacy with my group community is increasing gradually. 1 2 4 5
55. I feel pleasure in taking responsibilities. 1 2 4 5
Appendix-F: Physical Health Scale (PHS)

(Developed by Mohammadyfar, et al., 2009)

Below are given number of physical disorders and you are requested to read carefully each to respond in the following manner:

If you “never” have the disorder, assign “0”

If you seldom have the disorder, assign “1”

If you often have the disorder, assign “2”

If you “always” have the disorder, assign “3”

<table>
<thead>
<tr>
<th>Disorder</th>
<th>0</th>
<th>1</th>
<th>2</th>
<th>3</th>
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</thead>
<tbody>
<tr>
<td>Headache</td>
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<tr>
<td>Fatigue</td>
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<tr>
<td>Stomach</td>
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<tr>
<td>Indigestion</td>
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<tr>
<td>Sleep disorders</td>
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<tr>
<td>Eating disorders</td>
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<td>Heart disorders</td>
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