APPENDIX-C

Subjective Well-being Inventory

Instructions

People are different. They live in a variety of situations and they do not feel the same way about life and the world around them. From a practical viewpoint, it is important to know how different persons feel with regard to their day to day concerns like their health or family. Such knowledge is necessary if an improvement in the quality of life of people is to be brought about.

This is a questionnaire on how you feel about some aspects of your life. Each question may be answered by any one of the given categories by putting a circle around the number which seems to represent your feelings best. For example, in the first question, if you feel that your life is very interesting, please put a circle around the response '1'. At times you may find that your feeling is not represented perfectly by any of the given response categories. In such cases, just choose the one closest to what you think.

All information given by you will be treated as confidential and will be used only for research purposes.

1. Do you feel your life is interesting?
   - Very much
   - To some extent
   - Not so much

2. Do you think you have achieved the standard of living and the social status that you had expected?
   - Very much
   - To some extent
   - Not so much

3. How do you feel about the extent to which you have achieved success and getting ahead?
   - Very good
   - Quite good
   - Not so good

4. Do you normally accomplish what you want to?
   - Most of the time
   - Sometimes
   - Hardly ever
5. Compared with the past, do you feel your present life is?

   Very happy                  1
   Quite happy                 2
   Not so happy                3

6. On the whole, how happy are you with the things you have been doing in recent years?

   Very happy                  1
   Quite happy                 2
   Not so happy                3

7. Do you feel you can manage situations even when they do not turn out expected?

   Most of the time            1
   Sometimes                  2
   Hardly ever                3

8. Do you feel confident that in the case of crisis (anything which substantially upsets your life situation) you will be able to cope with it / face it boldly?

   Very much                   1
   To some extent              2
   Not so much                 3

9. The way things are going now do you feel confident in coping with the future?

   Very much                   1
   To some extent              2
   Not so much                 3

10. Do you sometimes feel that you and the things around you belong very much together and are integral parts of a common force?

    Very much                   1
    To some extent              2
    Not so much                 3

11. Do you sometimes experience moments of intense happiness almost like a kind of ecstasy or bliss?

    Quite often                 1
    Sometimes                   2
    Hardly ever                 3
12. Do you sometimes experience a joyful feeling of being part of mankind as of one large family?

   Quite often 1
   Sometimes   2
   Hardly ever 3

13. Do you feel confident that relatives and/or friends will help you out if there is an emergency, e.g., if you lose what you have by fire or theft?

   Very much   1
   To some extent 2
   Not so much  3

14. How do you feel about the relationship you and your children have?

   Very good   1
   Quite good  2
   Not so good 3
   Not applicable 4

15. Do you feel confident that relatives and/or friends will look after you if you are severely ill or meet with an accident?

   Very much   1
   To some extent 2
   Not so much  3

16. Do you get easily upset if things don’t turn out as expected?

   Very much   1
   To some extent 2
   Not so much  3

17. Do you sometimes feel sad without reason?

   Very much   1
   To some extent 2
   Not so much  3
18. Do you feel too easily irritated, too sensitive?

- Very much
- To some extent
- Not so much

19. Do you feel disturbed by feelings of anxiety and tension?

- Most of the time
- Sometimes
- Hardly ever

20. Do you consider your family a source of help to you in finding solutions to most of the problems you have?

- Very much
- To some extent
- Not so much

21. Do you consider it a problem for you that you sometimes lose your temper over minor things?

- Very much
- To some extent
- Not so much

22. Do you think that most of the members of your family feel closely attached to one another?

- Very much
- To some extent
- Not so much

23. Do you think you would be looked after well by your family in case you were seriously ill?

- Very much
- To some extent
- Not so much
24. Do you feel your life is boring/uninteresting?
   Very much 1
   To some extent 2
   Not so much 3

25. Do you worry about your future?
   Very much 1
   To some extent 2
   Not so much 3

26. Do you feel your life is useless?
   Very much 1
   To some extent 2
   Not so much 3

27. Do you sometimes worry about the relationship you and your wife/husband have?
   Very much 1
   To some extent 2
   Not so much 3
   Not applicable 4

28. Do you feel your friends/relatives would help you out if you were in need?
   Very much 1
   To some extent 2
   Not so much 3

29. Do you sometimes worry about the relationship you and your children have?
   Very much 1
   To some extent 2
   Not so much 3
   Not applicable 4

30. Do you feel that minor things upset you more than necessary?
   Very much 1
   To some extent 2
   Not so much 3
31. Do you get easily upset if you are criticised?

   Most of the time 1  
   Sometimes 2  
   Hardly ever 3  

32. Would you wish to have more friends than you actually have?

   Very much 1  
   To some extent 2  
   Not so much 3  

33. Do you sometimes feel that you miss a real close friend?

   Very much 1  
   To some extent 2  
   Not so much 3  

34. Do you sometimes worry about your health?

   Very much 1  
   To some extent 2  
   Not so much 3  

35. Do you suffer from pains in various parts of your body?

   Most of the time 1  
   Sometimes 2  
   Hardly ever 3  

36. Are you disturbed by palpitations / a thumping heart?

   Most of the time 1  
   Sometimes 2  
   Hardly ever 3  

37. Are you disturbed by a feeling of giddiness?

   Most of the time 1  
   Sometimes 2  
   Hardly ever 3  

38. Do you feel you get tired too easily?

   Most of the time 1
   Sometimes 2
   Hardly ever 3

39. Are you troubled by disturbed sleep?

   Most of the time 1
   Sometimes 2
   Hardly ever 3

40. Do you sometimes worry that you do not have close personal relationship with other people?

   Very much 1
   To some extent 2
   Not so much 3