APPENDICES

Appendix A : Permission Letter for Data Collection
Appendix B : Consent Letter
Appendix C : Debriefing Letter
Appendix D : Personal Data Sheet
Appendix E : Original version of RSMS
Appendix F : Compiled Scales
Appendix G : Histograms with NDC for all Variables
Appendix H : Bivariate Scatter Plots
APPENDIX A

PERMISSION LETTER FOR DATA COLLECTION

Mrs. Anjali Kedari
PhD Scholar, University of Pune

Date –

To,
The Principal/Rector,
_______College/______Hostel,
Pune

Subject- Request to collect data from Hostel Students

Respected Sir,

I am a research scholar pursuing a PhD degree under the guidance of Dr. Shobhana Abhyankar, Head, Department of Psychology, Fergusson College and am registered with Department of Psychology, University of Pune.

This is to request you to kindly grant me permission to administer a few Psychological Tests to students residing in Hostels (Ladies and Gents) of your esteemed college. This data will be used for my study related to migrant students. The tests are related to Personality, Adjustment, Resilience, Stress and Academic Motivation while the administration time is half an hour.

I assure you that the information generated will be kept confidential and will be used for research purposes only.

Thank you.

Yours sincerely,

Mrs. Anjali Kedari
APPENDIX B

CONSENT FOR PARTICIPATION IN INTERVIEWS

Research title: Personality, Resilience, Academic Motivation, Readjustment and Stress in Indian Migrant Students.

DESCRIPTION OF THE RESEARCH:
The present research is aimed at understanding the various aspects and issues faced by students when they migrate for higher education.

CONSENT:
I consent to my participation in research being conducted by Mrs. Anjali Kedari of the Department of Psychology, University of Pune.
The investigator has explained the purpose of the study, the procedures that will be followed, and the amount of time it will take. I understand the possible benefits, if any, of my participation.
I know that if I choose not to participate, there will be no penalty to me. I know that I can withdraw from the study at any time, and there will be no penalty even after I give my consent to participate.
I consent to the recording of my interview. I understand how the recording will be used for this study.
I have had a chance to ask questions and to obtain answers to my questions. I can contact the investigators at kedarianjali@yahoo.co.in

I have read this form or I have had it read to me. I sign it freely and voluntarily.
A copy has been given to me.

Name of the participant: __________________________________________________

Date: __________ Signed: __________

(Participant)

Signed: __________

(Principal Investigator)
Dear Student,

Thank you for participating in this research. As you are aware, the number of students coming to Pune for higher education is increasing very fast. These students are called migrant students. As our country is vast and culturally varied, these students face many changes in the new place as compared to the place of residence. It is important to acknowledge this and study the various issues involved.

The first part of this research helped in understanding the relationship amongst personality traits, resilience (ability to bounce back from problems), motivation to study, adjustment issues and stress. It was a quantitative study, giving us information through numbers and statistical analysis.

The second part, of which you are a part, makes the information generated from the first part more meaningful. It helps in understanding how migrant students of different cultures have different experiences and whether it affects their study, thoughts, emotions, actions.

Currently, there are very few studies of this nature happening in our country.

We will use this information to help teachers, colleges and university to form policies that will help the adjustment of migrant students. This information will also clear misunderstandings about migrant students, if any.

Thank you again for your participation in this study.

Specific questions regarding this study can be directed to Ms. Anjali Kedari

Email id : kedarianjali@yahoo.co.in

Date Signed by Principal investigator
APPENDIX D

PERSONAL DATA SHEET

• Name and e-mail id -
  (To be written only if feedback is required)

• Age- __________ years __________ months

• Gender-  Male [ ]  Female [ ]

• Academic Year studying in- Please tick ( √ ) whichever applicable-
  FYBA / SYBA /TYBA /FYBCom / SYBCom / TYBCom / FYBSc / SYBSc / TYBSc

• Duration of Stay away from home-

• Place of origin (name of town/city as well as state)

• Currently staying in- Hostel/Private Accommodation
APPENDIX E

THE ORIGINAL VERSION OF RSMS

Please read the following statements carefully. There is a box in front of each statement corresponding to the degree to which the statement may apply to you (Never/Rarely/Sometimes/Often/Always).

Put a tick mark in the box corresponding to how much the statement applies to you.

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Statements</th>
<th>Never</th>
<th>Rarely</th>
<th>Sometimes</th>
<th>Often</th>
<th>Always</th>
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<tbody>
<tr>
<td>1.</td>
<td>The local culture and customs seem very strange to me.</td>
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<td>2.</td>
<td>I skip classes to avoid having to face teachers.</td>
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<td>3.</td>
<td>I am strong enough to tackle my issues.</td>
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<td>4.</td>
<td>I call back home for more money.</td>
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<td>5.</td>
<td>The lifestyle of people around me is difficult to get used to.</td>
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<td>6.</td>
<td>Finding and making new friends here is difficult for me.</td>
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<td>7.</td>
<td>Communication is one problem I face.</td>
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<td>8.</td>
<td>I do not eat properly even when I’m hungry.</td>
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<td>9.</td>
<td>I cannot understand what my teachers expect of me.</td>
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<td>10.</td>
<td>The values and attitudes of the local people are different from mine.</td>
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<td>11.</td>
<td>I get impatient more than before.</td>
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<td>12.</td>
<td>I don’t know anymore who I am.</td>
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<td>13.</td>
<td>I wish I could have somebody to spend the holiday with.</td>
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<td>14.</td>
<td>The syllabus and teaching style is difficult for me to grasp.</td>
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<td>15.</td>
<td>I have to get a scholarship or part time work to take care of my expenses.</td>
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<td>16.</td>
<td>The local language difficult to learn.</td>
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<td>Sr. No.</td>
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<td>17.</td>
<td>I have picked up certain habits like smoking/drinking etc to cope with the situation.</td>
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<td>18.</td>
<td>The weather is different from where I come from.</td>
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<td>19.</td>
<td>I am sad that people here are not even aware of where my native place is.</td>
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<td>20.</td>
<td>It is difficult to write long answers.</td>
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<td>21.</td>
<td>There is a lot of confusion when I try to speak to strangers.</td>
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<td>22.</td>
<td>I have to change my friends.</td>
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<td>23.</td>
<td>I doubt myself after coming to this place.</td>
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<td>24.</td>
<td>The changes in my life are too many to handle.</td>
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<td>25.</td>
<td>The admission process is lengthy and difficult.</td>
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<td>26.</td>
<td>It is noisy and crowded here.</td>
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<td>27.</td>
<td>I sit in the classroom feeling lost.</td>
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<td>28.</td>
<td>The beliefs and opinions of local people are difficult to get used to.</td>
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<td>29.</td>
<td>I feel sleepy during the day.</td>
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<td>30.</td>
<td>I respond to others without really understanding what they are talking about.</td>
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<td>31.</td>
<td>I miss my home so much it is a physical pain.</td>
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<td>32.</td>
<td>I cannot understand the administrative process of the college office.</td>
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<td>33.</td>
<td>My routine (of everyday living) has changed completely after coming here.</td>
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<td>34.</td>
<td>I feel helpless.</td>
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<td>35.</td>
<td>I make excuses to not study.</td>
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<td>36.</td>
<td>It is difficult for me to understand other</td>
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<td>Sr. No.</td>
<td>Statements</td>
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<td>37.</td>
<td>I experience rejection.</td>
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<td>38.</td>
<td>I avoid eating the local food.</td>
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<td>39.</td>
<td>I am caught between two different worlds, belonging neither here nor there.</td>
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<td>40.</td>
<td>I am becoming dependent on others.</td>
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<td>41.</td>
<td>I have to borrow money from friends and acquaintances.</td>
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<td>42.</td>
<td>I get into fights with my roommates and friends.</td>
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<td>43.</td>
<td>I cannot relate to anybody.</td>
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<td>44.</td>
<td>The examination pattern is different from what I am used to.</td>
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<td>45.</td>
<td>The local people become loud and rude when we don’t understand each other.</td>
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<td>46.</td>
<td>I am not confident about my decisions.</td>
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<td>47.</td>
<td>My waking up and sleep time has changed from what it was back home.</td>
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<td>48.</td>
<td>People jump to conclusions about me when they know where I come from.</td>
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<td>49.</td>
<td>It is very expensive to stay here.</td>
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<td>50.</td>
<td>I need to take extra efforts than local students to be equal to them.</td>
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<td>51.</td>
<td>I find the food very different for my taste.</td>
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<td>52.</td>
<td>I cannot handle things on my own.</td>
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<td>53.</td>
<td>I compromise to avoid breaking the new relationships I have formed here.</td>
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<td>54.</td>
<td>I change rooms (in the hostel) or flats.</td>
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<td>55.</td>
<td>I don’t get cooperation from classmates.</td>
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<td>56.</td>
<td>I have to often repeat myself while talking to others.</td>
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<td>57.</td>
<td>I don’t know if I can take care of myself.</td>
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<td>Sr. No.</td>
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<td>58.</td>
<td>I need help to handle the separation from my family.</td>
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<td>59.</td>
<td>I am disturbed that I may be going away from the way of life of my people.</td>
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<td>60.</td>
<td>Managing finances is difficult.</td>
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<td>61.</td>
<td>I do not get good sleep.</td>
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<td>62.</td>
<td>I find myself breaking down.</td>
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<td>63.</td>
<td>I change my decisions.</td>
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<td>64.</td>
<td>The way people behave and interact is very different from that of my people back home.</td>
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<td>65.</td>
<td>It is difficult to pass in examinations.</td>
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<td>66.</td>
<td>The food available does not suit me.</td>
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<td>67.</td>
<td>I have faced trouble in my college regarding discipline or other issues.</td>
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<td>68.</td>
<td>I am confused about even simple things.</td>
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<td>69.</td>
<td>There is no one to support me here.</td>
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<td>70.</td>
<td>I avoid situations where I have to talk to the locals.</td>
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<td>71.</td>
<td>My habits have changed quite a lot in the recent past.</td>
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<td>72.</td>
<td>I cannot relate to the examples teachers give in class to explain.</td>
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<td>73.</td>
<td>The rules and regulations or laws here are different from my native place.</td>
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<td>74.</td>
<td>I wish I had my near and dear ones close to me.</td>
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<td>75.</td>
<td>People are taking advantage of me here.</td>
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<td>76.</td>
<td>Other people do not understand what I am saying.</td>
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<td>77.</td>
<td>People look at me differently because of my clothes or looks.</td>
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<td>78.</td>
<td>The climate is difficult to get used to.</td>
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</table>
Note: Items no. 3, 4, 10, 15, 16, 17, 38, 48, 53, 54 and 70 were deleted after a series of Item Analyses.
APPENDIX F

COMPiled SCALES

NEO FIVE-FACTOR INVENTORY

Please rate how accurately each of the following statements describes you.
The rating scale:
Strongly Disagree (0), Disagree (1), Neutral (2), Agree (3), Strongly Agree (4)

1. I am not a worrier.
2. I like to have a lot of people around me.
3. I don’t like to waste my time daydreaming.
4. I try to be courteous to everyone I meet.
5. I keep my belongings neat and clean.
6. I often feel inferior to others.
7. I laugh easily.
8. Once I find the right way to do something, I stick to it.
9. I often get into arguments with my family and co-workers.
10. I’m pretty good about pacing myself so as to get things done on time.
11. When I’m under a great deal of stress, sometimes I feel like I’m going to pieces.
12. I don’t consider myself especially “light-hearted.”
13. I am intrigued by the patterns I find in art and nature.
14. Some people think I’m selfish and egotistical.
15. I am not a very methodical person.
16. I rarely feel lonely or blue.
17. I really enjoy talking to people.
18. I believe letting students hear controversial speakers can only confuse and mislead them.
19. I would rather cooperate with others than compete with them.
20. I try to perform all the tasks assigned to me conscientiously.
21. I often feel tense and jittery.
22. I like to be where the action is.
23. Poetry has little or no effect on me.
24. I tend to be cynical or skeptical of others’ intentions.
25. I have a clear set of goals and work toward them in an orderly fashion.
26. Sometimes I feel completely worthless.
27. I usually prefer to do things alone.
28. I often try new and foreign foods.
29. I believe that most people will take advantage of you if you let them.
30. I waste a lot of time before settling down to work.
31. I rarely feel fearful or anxious.
32. I often feel as if I’m bursting with energy.
33. I seldom notice the moods or feelings that different environments produce.
34. Most people I know like me.
35. I work hard to accomplish my goals.
36. I often get angry at the way people treat me.
37. I am a cheerful, high-spirited person.
38. I believe we should look to our religious authorities for decisions on moral issues.
39. Some people think of me as cold and calculating.
40. When I make a commitment, I can always be counted on to follow through.
41. Too often, when things go wrong, I get discouraged and feel like giving up.
42. I am not a cheerful optimist.
43. Sometimes when I am reading poetry or looking at a work of art, I feel a chill or wave or excitement.
44. I’m hard-headed and tough-minded in my attitudes.
45. Sometimes I’m not as dependable or reliable as I should be.
46. I am seldom sad or depressed.
47. My life is fast-paced.
48. I have little interest in speculating on the nature of the universe or the human condition.
49. I generally try to be thoughtful and considerate.
50. I am a productive person who always gets the job done.
51. I often feel helpless and want someone else to solve my problems.
52. I am a very active person.
53. I have a lot of intellectual curiosity.
54. If I don’t like people, I let them know it.
55. I never seem to be able to get organized.
56. At times I have been so ashamed I just wanted to hide.
57. I would rather go on my way than be a leader of others.
58. I often enjoy playing with theories or abstract ideas.
59. If necessary, I am willing to manipulate people to get what I want.
60. I strive for excellence in everything I do.
RESILIENCE SCALE

Please read the following statements. To the right of each you will find seven numbers, ranging from "1" (Strongly Disagree) on the left to "7" (Strongly Agree) on the right. Circle the number which best indicates your feelings about that statement. For example, if you strongly disagree with a statement, circle "1". If you are neutral, circle "4", and if you strongly agree, circle "7", etc.

1. When I make plans, I follow through with them.
2. I usually manage one way or another.
3. I am able to depend on myself more than anyone else.
4. Keeping interested in things is important to me.
5. I can be on my own if I have to.
6. I feel proud that I have accomplished things in life.
7. I usually take things in stride.
8. I am friends with myself.
9. I feel that I can handle many things at a time.
10. I am determined.
11. I seldom wonder what the point of it all is.
12. I take things one day at a time.
13. I can get through difficult times because I've experienced difficulty before.
15. I keep interested in things.
16. I can usually find something to laugh about.
17. My belief in myself gets me through hard times.
18. In an emergency, I'm someone people can generally rely on.
19. I can usually look at a situation in a number of ways.
20. Sometimes I make myself do things whether I want to or not.
21. My life has meaning.
22. I do not dwell on things that I can't do anything about.
23. When I'm in a difficult situation, I can usually find my way out of it.
24. I have enough energy to do what I have to do.
25. It's okay if there are people who don't like me.
26. I am resilient.
ACADEMIC MOTIVATION SCALE

WHY DO YOU GO TO COLLEGE (CEGEP)?

*Using the scale below, indicate to what extent each of the following items presently corresponds to one of the reasons why you go to college (CEGEP).*

Responses on a scale of 1 to 7 from Does not correspond at all; Corresponds a little; Corresponds moderately; Corresponds a lot; Corresponds exactly

1. Because with only a high-school degree I would not find a high-paying job later on.
2. Because I experience pleasure and satisfaction while learning new things.
3. Because I think that a college (CEGEP) education will help me better prepare for the career I have chosen.
4. For the intense feelings I experience when I am communicating my own ideas to others.
5. Honestly, I don't know; I really feel that I am wasting my time in school.
6. For the pleasure I experience while surpassing myself in my studies.
7. To prove to myself that I am capable of completing my college (CEGEP) degree.
8. In order to obtain a more prestigious job later on.
9. For the pleasure I experience when I discover new things never seen before.
10. Because eventually it will enable me to enter the job market in a field that I like.
11. For the pleasure that I experience when I read interesting authors.
12. I once had good reasons for going to college (CEGEP); however, now I wonder whether I should continue.
13. For the pleasure that I experience while I am surpassing myself in one of my personal accomplishments.
14. Because of the fact that when I succeed in college (CEGEP) I feel important.
15. Because I want to have "the good life" later on.
16. For the pleasure that I experience in broadening my knowledge about subjects which appeal to me.
17. Because this will help me make a better choice regarding my career orientation.
18. For the pleasure that I experience when I feel completely absorbed by what certain authors have written.
19. I can't see why I go to college (CEGEP) and frankly, I couldn't care less.
20. For the satisfaction I feel when I am in the process of accomplishing difficult
academic activities.

21. To show myself that I am an intelligent person.
22. In order to have a better salary later on.
23. Because my studies allow me to continue to learn about many things that interest me.
24. Because I believe that a few additional years of education will improve my competence as a worker.
25. For the "high" feeling that I experience while reading about various interesting subjects.
26. I don't know; I can't understand what I am doing in school.
27. Because college (CEGEP) allows me to experience a personal satisfaction in my quest for excellence in my studies.
28. Because I want to show myself that I can succeed in my studies.
READJUSTMENT SCALE

Please read the following statements carefully. There is a box in front of each statement corresponding to the degree to which the statement may apply to you (Never/Rarely/Sometimes/Often/Always).

Put a tick mark in the box corresponding to how much the statement applies to you.

1. The local culture and customs seem very strange to me.
2. I skip classes to avoid having to face teachers.
3. The lifestyle of people around me is difficult to get used to.
4. Finding and making new friends here is difficult for me.
5. Communication is one problem I face.
6. I do not eat properly even when I’m hungry.
7. I cannot understand what my teachers expect of me.
8. I get impatient more than before.
9. I don’t know anymore who I am.
10. I wish I could have somebody to spend the holiday with.
11. The syllabus and teaching style is difficult for me to grasp.
12. The weather is different from where I come from.
13. I am sad that people here are not even aware of where my native place is.
14. It is difficult to write long answers.
15. There is a lot of confusion when I try to speak to strangers.
16. I have to change my friends.
17. I doubt myself after coming to this place.
18. The changes in my life are too many to handle.
19. The admission process is lengthy and difficult.
20. It is noisy and crowded here.
21. I sit in the classroom feeling lost.
22. The beliefs and opinions of local people are difficult to get used to.
23. I feel sleepy during the day.
24. I respond to others without really understanding what they are talking about.
25. I miss my home so much it is a physical pain.
26. I cannot understand the administrative process of the college office.
27. My routine (of everyday living) has changed completely after coming here.
28. I feel helpless.
29. I make excuses to not study.
30. It is difficult for me to understand other people’s words/speech.
31. I experience rejection.
32. I am caught between two different worlds, belonging neither here nor there.
33. I am becoming dependent on others.
34. I have to borrow money from friends and acquaintances.
35. I get into fights with my roommates and friends.
36. I cannot relate to anybody.
37. The examination pattern is different from what I am used to.
38. The local people become loud and rude when we don’t understand each other.
39. I am not confident about my decisions.
40. My waking up and sleep time has changed from what it was back home.
41. It is very expensive to stay here.
42. I need to take extra efforts than local students to be equal to them.
43. I find the food very different for my taste.
44. I cannot handle things on my own.
45. I don’t get cooperation from classmates.
46. I have to often repeat myself while talking to others.
47. I don’t know if I can take care of myself.
48. I need help to handle the separation from my family.
49. I am disturbed that I may be going away from the way of life of my people.
50. Managing finances is difficult.
51. I do not get good sleep.
52. I find myself breaking down.
53. I change my decisions.
54. The way people behave and interact is very different from that of my people back home.
55. It is difficult to pass in examinations.
56. The food available does not suit me.
57. I have faced trouble in my college regarding discipline or other issues.
58. I am confused about even simple things.
59. There is no one to support me here.
60. My habits have changed quite a lot in the recent past.
61. I cannot relate to the examples teachers give in class to explain.
62. The rules and regulations or laws here are different from my native place.
63. I wish I had my near and dear ones close to me.
64. People are taking advantage of me here.
65. Other people do not understand what I am saying.
66. People look at me differently because of my clothes or looks.
67. The climate is difficult to get used to.
SMITH STRESS SYMPTOMS INVENTORY - DISPOSITIONS

To what extent do the following statements generally or typically fit you?

Please check all the items using this key.

1 = Doesn't fit me at all; 2 = Fits me a little; 3 = Fits me moderately well; 4 = Fits me very well.

1. I have nervous stomach.
2. I become easily distracted.
3. I lose my memory and forget things.
4. I lose sleep.
5. I worry too much about things that do not really matter.
6. My breathing is hurried, shallow, or uneven.
7. I have conflicts with others.
8. I find myself thinking in narrow, rigid ways.
9. My heart beats fast, hard, or irregularly.
10. I have difficulty controlling negative thoughts.
11. I feel distressed (discouraged or sad).
12. I lose my appetite.
13. I am depressed.
15. I feel distaste or disgust.
16. I become cynical or hostile.
17. My shoulders, neck, or back are tense.
18. I have difficulty keeping troublesome thoughts out of mind.
19. I feel confused.
20. My muscles feel tight, tense, or clenched up (furrowed brow, tightened fist, clenched jaws).
21. I feel less sensitive or caring to others.
22. I feel fatigued.
23. I have backaches.
24. I lose my concentration.
25. I am afraid.
26. My mouth feels dry.
27. I make mistakes.
28. I perspire or feel too warm.
29. I feel disorganized.
30. I feel the need to go to the rest room unnecessarily.
31. I find myself thinking unimportant, bothersome thoughts.
32. I have headaches.
33. I feel less cooperative with others.
34. I feel restless and fidgety.
35. I feel irritated or angry.
APPENDIX G

Histograms with Normal Distribution Curve for Variables

<table>
<thead>
<tr>
<th>Fig. 1 Histogram with NDC for Openness</th>
<th>Fig. 2 Histogram with NDC for Conscientiousness</th>
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<tbody>
<tr>
<td><img src="image1" alt="Openness Histogram" /></td>
<td><img src="image2" alt="Conscientiousness Histogram" /></td>
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<tr>
<td>Mean = 20.05</td>
<td>Mean = 36.62</td>
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<tr>
<td>Std. Dev. = 4.745</td>
<td>Std. Dev. = 5.639</td>
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<td>N = 240</td>
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<table>
<thead>
<tr>
<th>Fig. 3 Histogram with NDC for Extraversion</th>
<th>Fig. 4 Histogram with NDC for Agreeableness</th>
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<tr>
<td><img src="image3" alt="Extraversion Histogram" /></td>
<td><img src="image4" alt="Agreeableness Histogram" /></td>
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<tr>
<td>Mean = 27.47</td>
<td>Mean = 27.29</td>
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<tr>
<td>Std. Dev. = 4.021</td>
<td>Std. Dev. = 5.187</td>
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<td>N = 240</td>
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<tr>
<td>Fig. 5 Histogram with NDC for Neuroticism</td>
<td>Fig. 6 Histogram with NDC for Resilience</td>
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<tr>
<td><img src="image" alt="Neuroticism graph" /></td>
<td><img src="image" alt="Resilience graph" /></td>
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<tr>
<td>Mean = 25.73</td>
<td>Mean = 136.06</td>
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<table>
<thead>
<tr>
<th>Fig. 7 Histogram with NDC for Intrinsic Motivation</th>
<th>Fig. 8 Histogram with NDC for Extrinsic Motivation</th>
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<td><img src="image" alt="Intrinsic Motivation graph" /></td>
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<td>Mean = 54.85</td>
<td>Mean = 69.69</td>
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<td>Std. Dev. = 13.841</td>
<td>Std. Dev. = 13.637</td>
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Fig. 9 Histogram with NDC for Amotivation

Fig. 10 Histogram with NDC for Readjustment

Fig. 11 Histogram with NDC for Readjustment
## APPENDIX H

<table>
<thead>
<tr>
<th>Fig.1 Bivariate Scatter Plot for Openness &amp; Stress Symptoms</th>
<th>Fig.2 Bivariate Scatter Plot for Conscientiousness &amp; Stress Symptoms</th>
</tr>
</thead>
</table>

### Fig.1
- Stress Symptoms vs. Openness (O)
- \( R^2 \) for Linear Model: 0.8766

### Fig.2
- Stress Symptoms vs. Conscientiousness (C)
- \( R^2 \) for Linear Model: 0.036

<table>
<thead>
<tr>
<th>Fig.3 Bivariate Scatter Plot for Extraversion &amp; Stress Symptoms</th>
<th>Fig.4 Bivariate Scatter Plot for Agreeableness &amp; Stress Symptoms</th>
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</thead>
</table>

### Fig.3
- Stress Symptoms vs. Extraversion (E)
- \( R^2 \) for Linear Model: 0.068

### Fig.4
- Stress Symptoms vs. Agreeableness (A)
- \( R^2 \) for Linear Model: 0.009
<table>
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<tr>
<th>Fig. 5 Bivariate Scatter Plot for Neuroticism &amp; Stress Symptoms</th>
<th>Fig. 6 Bivariate Scatter Plot for Resilience &amp; Stress Symptoms</th>
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<tr>
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<td>$R^2$ Linear = 0.003</td>
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<td>Stress Symptoms</td>
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<td>75 100 125 150 175</td>
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<table>
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<tr>
<th>Fig. 7 Bivariate Scatter Plot for Intrinsic Motivation &amp; Stress Symptoms</th>
<th>Fig. 8 Bivariate Scatter Plot for Extrinsic Motivation &amp; Stress Symptoms</th>
</tr>
</thead>
<tbody>
<tr>
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<td><img src="image4" alt="Fig. 8" /></td>
</tr>
<tr>
<td>$R^2$ Linear = 0.031</td>
<td>$R^2$ Linear = 0.023</td>
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<tr>
<td>Stress Symptoms</td>
<td>Stress Symptoms</td>
</tr>
<tr>
<td>20 40 60 80</td>
<td>20 40 60 80</td>
</tr>
</tbody>
</table>

Int.Mot                                                                  Ext.Mot
Fig. 9 Bivariate Scatter Plot for Amotivation & Stress Symptoms

Fig. 10 Bivariate Scatter Plot for Readjustment & Stress Symptoms