SELF CONCEPT SCALE

A 32 item self-concept inventory was used for obtaining responses on a 5 point scale of 'strongly agree to strongly disagree'. The respondents, thus, checked each item by making a tick mark on one of the five strongly agree to strongly disagree responses.

The inventory consisted of some positive and some negative items for various self-concepts. The items were placed at random and in a mixed manner. However, for ready reading, they have been re-arranged under respective self-concepts. The negative items were reversed while scoring.

Abilities

Item

6. I have a tendency to complete my task with speed and surety.

10. I am often afraid because I am not able to work on my tasks the way I would like to work.

27. Many times, I leave my task undone because I think I do not have adequate abilities.

28. It is very important for me to feel that whatever I have been doing is proper and meaningful.

Self Confidence

5. Given an opportunity, I can perform tasks which would be of great value to the world.
7. I consider myself a successful person.

12. In absence of adequate encouragement, I find it difficult to continue to work on my tasks.

14. I find it difficult to perform tasks to the best of my abilities when others are watching me.

29. I can face new circumstances with full confidence.

Present, Past and Future

18. I try to prepare myself for obtaining things I like.

19. If I can become younger, I would try to do things and tasks which I could not do earlier.

24. I spend lot of time worrying about the future.

Health and Personality

16. As far as my work is concerned, I am very much satisfied.

22. Sometimes, I dream of working on tasks which most people think as very difficult.

25. I am not invited by my friends and relatives as much as I would like to be invited.

4. I think my personality is attractive.

Self Acceptance

8. Sometimes I become very harsh on people who love me.

15. Sometimes I take recourse of false excuses in order to get rid of certain things.

26. Many times I indulge in self-praise in front of others.
Worthiness
1. I think, I am a competent person.
2. I brood over insulting events much more than most people.
20. Members of my family take my advice and guidance in almost all the matters.

Feeling of Shame and Guilt
3. I often feel that my activities are not clean and correct.
11. I often feel that I am blamed or punished for things I am not responsible for.
21. Whenever I make a mistake I feel guilty and want others to be kind to me.
23. I often feel a sense of meaninglessness.
31. I often feel that I deserved to be punished for my sins.

Belief and Conviction
30. I believe that a person himself is responsible for whatever he does.

Emotional Maturity
9. At times, I feel sad without any clear reason.
13. I take a lot of time to get rid of emotionally involved situations.
17. Criticism bothers me even when it is for my benefit.
32. Generally I like to use conventional methods of work rather than try new methods.
Appendix II

BACKGROUND INFORMATION ON ANGANWADI WORKERS (AWWs)

1. Project Area  2. Address

3. Name of AWW

4. Age:  (1) Less than 7 years  (2) 18-20 years
   (3) 21-24 years  (4) 25-29 years
   (5) 30-35 years  (6) Above 35 years

5. Marital status: (1) Married  (2) Unmarried  (3) Any other

6. Do you live in the same colony as AWC is located?
   (1) Yes  (2) No  (3) Very close to it

7. Education level  (1) Upto to high school
   (2) Higher Secondary
   (3) College
      Specify level:

8. For how long have you been working as AWW?
   (1) Less than one year  (2) 1-3 years
   (3) 3-5 years  (4) 5-7 years
   (5) 7-10 years  (6) More than 10 years

9. Did you undergo training for doing this job?
   (1) Yes  (2) No

10. If yes, where and for how long?

11. Was the training useful?
    (1) Yes  (2) No

12. Have you taken any other training? If yes, for what?

13. How much do you earn from working as AWW?
14. Besides working in AWC, do you also do some other work?
   If yes, what and where?
15. How much do you earn from that job?
An AWWS PERCEPTIONS INVENTORY

Anganwadi workers (AWWs) checked an inventory to give their perceptions regarding the status and functioning of several important components of the ICDS programme at their respective centres. They thus directly or indirectly gave their assessment of these respective activities and services with respect to delivery, public cooperation and impact. The following items were used for obtaining their perceptions in this regard. The AWWs checked them on a 5 point scale of strong agreement to strong disagreement for each of the item/activity. The negative items were scored on reverse scale.

Nutrition and Supplementary Food

Item

1. The anganwadi always fulfil the nutritional needs of children below 3 years of age.
2. A large number of pregnant women take advantage of the anganwadi's nutrition facility.
3. Children above 3 years and below 6 years in age derive greater benefits of supplementary nutrition facility.
4. Children above 6 years also take advantage of the supplementary nutrition facility.
5. Lactating mothers also take advantage of nutrition facility.
6. Women from better income group also take advantage of the nutrition programme.

7. Quality of nutrition and food items is not very good.

8. Supply of most of the food items is not adequate.

9. Supply of food items does not reach anganwadi on time.

10. On the whole, beneficiaries are not satisfied with the nutrition programme.

Public Cooperation

11. Whenever necessary people help in preparing/cooking the supplementary food here.

12. If required, people also help us with supply of fuel.

41. The people of the basti help us in locating proper place for opening the anganwadi.

42. There is public cooperation and help in other activities of the anganwadi.

Immunisation

13. Immunisation is one of the main programme of anganwadi. However, people know little about this programme.

14. The poor people do not want immunisation for their children and women.

15. People cannot get their children immunised because the necessary facilities for this are not available here.

16. In my area, people's cooperation in immunisation programme is available.
Health and Referral Facilities

17. In my AWC, there are no facilities for health check up of pregnant women.

18. Here several agencies carry out health checkup of children below 6 years.

19. We refer patients from here to senior doctors in the hospital but nobody cares for them there.

20. At the AWC, lactating mothers and new born babies are not attended to because of inadequate facilities for post-natal care.

Pre-School Education

28. In anganwadies, pre-school education is organised regularly.

29. In this locality, most people do not consider it respectable to send their children to anganwadi.

30. We do not have adequate toys and teaching aids. We therefore find it difficult to sustain the interest of children.

31. We get regular guidance from our officers in running pre-school activities.

32. People cooperate with us from time to time in preparing teaching aids.

Work and Service Conditions

37. I get full compensation and facilities for my work.

38. I got full training for doing anganwadi work.

39. My service is secured.
40. My service terms are satisfactory.

Programme Implementation

33. Anganwadi is a good programme for helping children and women.

34. Anganwadies get good cooperation from adult education centres, primary health centres, etc.

35. Anganwadies do not get regular supply of essential things.

36. We generally get full cooperation and guidance from our officers.

Record Keeping

21. It is compulsory for us to fill all the records regularly.

22. Most of our time is consumed in filling such records.

23. We fill some forms and records during home visits.

24. Our records are regularly checked.

25. We do not get enough time for home visits.

26. In any case, it is not necessary for us to visit homes of the beneficiaries.

27. Our records and data collection are indication of our work efficiency.
Appendix-IV

ASPIRATIONS OF ANGANWADI WORKERS

The AWWs checked a self anchoring ladder type scale to indicate their level of satisfaction. This was done with respect to present life, life as it was five years ago and the possible life after five years. The responses were given to a 10 point ladder type scale from one rising upto 10. They indicated their sense of satisfaction by checking a score on this ladder. These scores were taken as they were for analysis. These were also used to find out whether they felt more satisfied in the present than in the past by subtracting the score indicated for the past life from the score given for the present life. Similarly, the score for future orientation was obtained by subtracting the score given for the present life from the one given for the life which might come after five years.

The schedule on which AWWs checked their aspirations is given below:

Name of the anganwadi worker:

Address:

1. Keeping in mind your resources, living standard, income, facilities and other life conditions, please indicate where you are presently positioned in this ladder of satisfaction and development.
2. Now recall your life five years back and indicate where you were positioned on this ladder then.

3. Similarly indicate where you think you would be on this ladder five years from now.
OBSERVATION CHECK LIST

Name of the Anganwadi Worker:

Address:

Date of Observation:

1. Time of her arrival

2. How did she begin her work in the centre?

3. How many children came and of what age group? What did the worker do when the children arrived?

4. What did she do while the children were in the Centre?

5. What did the children do?

6. What activities were organised for the children?

7. Kind of interaction between AWW and the children?

8. How was the nutrition distributed?
Check List for Observation and Scoring of the Obtained Qualitative Data

The observation was guided by the schedule given above and were made on the functioning of the given anganwadi for the whole session. Detailed notes on the observations were made as per the following schedule:

Rapport Building with Children & Mothers

Items

2. Here the observations were made on how the AWW started her work at the centre. For example, how did she talk to the children and mothers present there at that time? Did she greet them?; showed affection to children; showed friendly gestures to women, etc.

3. How many children were present at the beginning of the day and of what age group? What did the AWW do as the children arrived? Here the AWWs were observed for their opening behaviour while children and mothers arrived. Did she welcome them showing her liking for them, indicating that the beneficiaries were welcome etc.

12. How many and children women came to the centre? As the activities picked up, the total number of women who visited the centre during the session were counted.

13. What was the purpose of their visit? This was a qualitative item where attempt was made to observe the purpose of women's visit. For example, did she come to
get nutrition/food for children or for themselves? Did she want her children to play with toys, join preschool education activities? Did she talk about immunisation of children and or for herself, etc. The actual purpose was ascertained by the talk between AWW and the visitor.

14. How did the AWWs respond to the visiting women? This indicated the attitude of the AWWs towards women. Did she welcome them? Was she happy with the women visiting her centre? Did she try to help them with their problems and needs? Did she talk to them and educate them about various things? On the whole, therefore, did AWW show welcome and friendly behaviour towards the women.

Activities

Various activities undertaken by AWW were noted down as follows:

4. What did AWW do while children were at the centre? Actual activities undertaken by the AWW for the children were noted. For example, she distributed food to children; she gave toys to children; she told a story, recited a poem, etc.

5. What did the children themselves do? Here the activities of children were noted down. For example, they played with toys, they listened to the story. They sang with the AWW, etc.
6. What were the various activities organised specifically by the AWW for the children? Here the initiative taken by the AWW in organising various activities were noted down. For example, she organised the preparation and distribution of food for children, she organised various activities for them, arranged toys and other aids for them, etc.

8. How was the nutrition/food distributed to children and others? Here the manner in which the food was distributed was noted. Did she organise the distribution properly? Did the children and mothers like it? Was proper order maintained, indicating that this was done with respect and in disciplined manner, etc.

9. What was the content of food/nutrition distributed to children/mothers. Here the actual food and its content was noted. Also whether the quantity appeared sufficient.

Interaction with Children and Mothers

7. Here the nature of interaction between the AWWs and children was recorded. Was the interaction affectionate? Was the AWW rude or kind to children? Did she encourage them to talk and get involved in various activities, etc.?

15. Here the attention was focused on the children's talk. What did children talk about? Did they talk about nutrition, about food, its taste? Did they talk about
toys and other educational aids, did they want to listen to story or songs or did they want to play a game, etc.

Overall Environment

17. This was an overall observation about the availability and quality of lighting, ventilation, space, decor, furniture, etc available at the observed anganwadi. This was an assessment of the quality of physical environment at the centre. The facilities available were noted down.
QUESTIONNAIRE FOR THE BENEFICIARIES

1. Name of the AWW
2. Project Area
3. How many of your children attend anganwadi
   (1) One   (2) Two   (3) More than two
4. Have you benefitted from the anganwadi programme?
   (1) Yes   (2) No
5. If yes? What benefits have you derived?
6. If no? Why did you not benefit?
7. How would you rate the performance of this anganwadi, where your children go?
   (1) Good   (2) Average   (3) Poor
8. How would you rate the performance of the AWW there?
   (1) Good   (2) Average   (3) Poor
9. According to you what are the qualities of a good AWW?
10. What are your suggestions for improving the programme and performance of anganwadi?
QUESTIONNAIRE FOR THE SUPERVISORS

Name of AWW

Project Area:

1. How would you rate the performance of AWW?
   (1) Good   (2) Average   (3) Poor

2. What is your criteria for rating?
   (a)
   (b)
   (c)
   (d)

3. What are your suggestions for improving the quality of work?
   (a)
   (b)
   (c)
   (d)

4. How often do you visit each AWC in a month?

5. What do you do on these visits?
   (a)
   (b)
   (c)
   (d)