APPENDICES

- QUALITY OF RELATIONSHIP INVENTORY (QRI)
- SATISFACTION WITH LIFE SCALE (SWLS)
- ROKEACH VALUE SURVEY FORM (RVSF)
- LIST OF PUBLICATIONS OF THE AUTHOR
- LIST OF CONFERENCES/SEMINARS AND WORKSHOPS ATTENDED BY THE AUTHOR
APPENDIX: A
QUALITY OF RELATIONSHIP INVENTORY (QRI)

Instructions

Given in this questionnaire are a set of twenty-five questions aimed at assessing the nature of your relationship with your spouse. Please use the scale given below to encircle the appropriate response.

1 = Not at all
2 = A little
3 = Quite a bit
4 = Very much

1. To what extent can you turn to this partner for advice about problems ? 1234
2. How often do you need to work hard to avoid conflict with this person ? 1234
3. To what extent could you count on this person for health with a problem ? 1234
4. How upset does this person some times make you feel ? 1234
5. To what extent can you count on this person to give you honest feedback, even if you might not want to hear it ? 1234
6. How much does this person make you feel guilty ? 1234
7. How much do you have to “ give in” in this relationship ? 1234
8. To what extent can you count on this person to help you if a family member very close to you died ? 1234
9. How much does this person want you to change ? 1234
10. How opposite a role does this person play in your life ? 1234
11. How significant is this relationship in your life? 1 2 3 4
12. How close will your relationship be with this in 10 years? 1 2 3 4
13. How much would you miss this person if the two of you could not
see or talk with each other for a month? 1 2 3 4
14. How critical of you is this person? 1 2 3 4
15. If you wanted to go out and do something this evening, how confident
are you that this person would be willing to do something with you? 1 2 3 4
16. How responsible do you feel for this person’s well-being? 1 2 3 4
17. How dependent do you depend on this person? 1 2 3 4
18. To what extent can you count on this person to listen to you to when you
are very angry at someone else? 1 2 3 4
19. How much would you like this person to change? 1 2 3 4
20. How angry does this person make you feel? 1 2 3 4
21. How much do you argue with this person? 1 2 3 4
22. To what extent can you really count on this person to distract you from
your worries when you feel under stress? 1 2 3 4
23. How often does this person make you feel angry? 1 2 3 4
24. How often does this person try to control or influence your life? 1 2 3 4
25. How much more do you give than you get from this relationship? 1 2 3 4
APPENDIX: B

SATISFACTION WITH LIFE SCALE (SWLS)

Using the 1-7 scale below, indicate your agreement with each item by placing the appropriate number on the line preceding that item. Please be open in responding.

1 = strongly disagree.
2 = disagree
3 = slightly disagree
4 = neither agree nor disagree
5 = slightly agree
6 = agree
7 = strongly agree

The five statements are:

1. _____ In most ways my life is close to my ideal.
2. _____ The conditions of my life are excellent.
3. _____ I am satisfied with my life.
4. _____ So far I have gotten the important things I want in life.
5. _____ If I could live my life over, I would change almost nothing.
APPENDIX: C

HUMAN VALUE SURVEY FORM (HVSF)

Given below are certain values, which are important in the development and organization of personality and in the development of relationships and social interaction in day-to-day life. You are required to rank the 18 Terminal values and 18 Instrumental values separately from 1 (most important) to 18 (least important). In order to importance.

Terminal Values

1. _____ A world at peace (free of war and conflict)
2. _____ Family security (taking care of loved ones)
3. _____ Freedom (independence, free choice)
4. _____ Equality (equal opportunity for all)
5. _____ Self-respect (self-esteem)
6. _____ Happiness (contentedness)
7. _____ Wisdom (a mature understanding of life)
8. _____ National security (protection from attack)
9. _____ Salvation (saved, eternal life)
10. _____ True friendship (close companionship)
11. _____ A sense of accomplishment (a lasting contribution)
12. _____ Inner harmony (freedom from inner conflict)
13. _____ A comfortable life (a prosperous life)
14. _____ Mature love (sexual and spiritual intimacy)
15. ______ A world of beauty (beauty of nature and the arts)
16. ______ Pleasure (an enjoyable leisurely life)
17. ______ Social recognition (respect, admiration)
18. ______ An exciting life (a stimulating active life)

**Instrumental Values**

1. ______ Ambitious (hard-working, aspiring)
2. ______ Broadminded (open-minded)
3. ______ Capable (competent, effective)
4. ______ Cheerful (lighthearted, joyful)
5. ______ Clean (neat, tidy)
6. ______ Courageous (standing up for your beliefs)
7. ______ Forgiving (willing to pardon others)
8. ______ Helpful (working for the welfare of others)
9. ______ Honest (sincere, truthful)
10. ______ Imaginative (daring, creative)
11. ______ Independent (self-reliant, self-sufficient)
12. ______ Intellectual (intelligent, reflective)
13. ______ Logical (consistent, rational)
14. ______ Loving (affectionate, tender)
15. ______ Obedient (dutiful, respectful)
16. ______ Polite (courteous, well-mannered)
17. ______ Responsible (dependable, reliable)
18. ______ Self-controlled (restrained, self-discipline)
BIOGRAPHICAL INFORMATION ABOUT THE SUBJECT

AGE:

SEX:

EDUCATION:

INCOME:

OCCUPATION:

RELIGION:

SINGLE / DUAL CAREER COUPLE (Please tick the appropriate)
APPENDIX: D

LIST OF PUBLICATIONS OF THE AUTHOR


5. Coping strategies among male and female teachers with high and low job strain. In A. Husain., & M.I. Khan (Eds.,)
Recent Trends of Human Stress Management, 2004 (pp. 189-199), New Delhi: Global vision Publishing House.


APPENDIX: E

LIST OF CONFERENCES, SEMINARS AND WORKSHOPS
ATTENDED BY THE AUTHOR


➢ Participated & presented a thematic paper related to Ph.D. thesis work in the conference on “Qualitative and Quantitative Research” from 17th to 20th March, 2004, organized by G.B Pant Social Science Institute, Allahabad. (UP).

➢ Participated & Presented a paper on “Quality of Relationship in Marital Happiness” in International conference of Positive Health &
Well Being from July 15th - 17th, 2004, organized by M.D. University, Rohtak (Haryana).

- Participated in Two weeks Training Course on “Computer Application in Social Science Data Analysis by using Statistical Package For Social Sciences (SPSS)”, Sponsored by Indian Council of Social Science Research (ICSSR), New Delhi, from 7th Feb. to 19th Feb. 2005, organized by Govind Ballabh Pant Social Science Research Institute, Allahabad (UP).

- Participated & Presented a paper on “Coping Strategies among Male and Female Teachers With High and Low Job Strain” in the International Conference on Stress, from Feb.20-22, 2005, organized by department of Psychology, Kashi Vidyapith, Varansi.

➢ Attended a one-week Workshop on “Statistical Tools and Techniques” from April 5 to 11, 2005, Organized by UGC Academic Staff College, AMU, Aligarh.

➢ Attended an Introductory Course on SPSS - 11, from September 27 to October 2, 2005, organized by Computer center, Aligarh Muslim University, Aligarh, INDIA.