APPENDIX C

ADJUSTMENT INVENTORY AB

<table>
<thead>
<tr>
<th>Areas</th>
<th>Home and Study</th>
<th>School</th>
<th>Social, Religion and Moral</th>
<th>Emotional and Mental</th>
<th>Physical and Sexual</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Raw Score</td>
<td></td>
<td></td>
<td></td>
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</tbody>
</table>

Your name :
School :
Class :
Age :
Guardian's occupation :

How will you answer the questions?

To investigate your personal problems and with the hope that this investigation will be beneficial to you this series of questions has been constructed. Read carefully each statement given here one by one. After that indicate your answer by drawing a circle around Yes, No or '?' given in the opposite of each statement as shown in the examples given below. Think each question carefully, whether it is really your problem or not and then you give the exact answer. Your answers will not be shown to anybody, so answer each question without fear.

Examples

1. I have some study problems

2. I cannot attend school regularly because of my frequent illness.
Home Problems:

1. I face difficulty because our large-sized family.  
2. I face difficulty as I don't get the necessary amount of money from my family to meet the necessary expenditures.  
3. I feel myself unwanted in the family.  
4. I often quarrel with my brothers and sisters.  
5. Due to the narrow outlook of my parents or guardians I often face difficulty.  
6. Angry nature of some members of the family has created problem for me.  
7. I don't get inspiration from any one at home.  
8. My parents or guardians don't give importance to my studies.  
9. Some old and conservative practices of my family have created problem for me.  
10. Family quarrel over money is one of the causes of my unhappiness.  
11. Frequent illness among family members caused inconvenience for me.  
12. The feeling of suspicion among family members about me has become a problem for me.  
13. I cannot frankly discuss my problems with my parents or guardians.  
14. I cannot tolerate when my family members treat me as a child.  
15. I feel unhappy due to the frequent quarrel among my family members.  
16. Excessive restrictions put by the family create problem for me.  
17. I face difficulty because of my spend-thrift habit.  
18. I am frequently disturbed by the thought of the future of my family.
19. My parents or guardians do not try to understand me.

20. Sometimes I think of leaving home for good.

2. School and Study Problems:

21. Absence of proper library facilities in school puts me in trouble.

22. I feel ill at ease when I am asked questions by my teachers in the class room.

23. There is no scope in the school for choosing subjects according to one's own choice.

24. Inspite of my efforts I cannot do well (upto my expectation) in the examination.

25. I cannot concentrate well in my study.

26. I often feel despaired because my teachers do not encourage me in my work.

27. I face difficulty due to lack of proper atmosphere for study at home.

28. I feel very uneasy to spend the period of leisure.

29. Strictness of some teachers is unbearable.

30. Want of patience to study for long time creates problem for me.

31. Lack of good understanding between teachers and students creates problem for me.

32. I am disturbed by the teachers holding the notion that back-benchers are bad girls.

33. Excessive sleepiness obstructs my study.

34. I do not get sports facilities upto my expectation in school.

35. I feel disturbed because some teachers pay more attention (play favorites) to some students in the class.

36. Some teachers cannot teach well.
37. Often I face difficulty in my studies because of my poor memory

38. Irregularity of teachers in the class causes difficulty for me

39. Although I feel hungry in the school I do not get anything to eat

40. I am very irregular in my studies

3. Social, Religious and moral problems:

41. I cannot earn popularity soon among my friends

42. I cannot get along with my neighbours as they are not good

43. I do not feel happy as I do not have close friends nearby

44. I find it difficult to follow the set social rules and practices

45. I feel embarrassed to be introduced to new persons

46. I cannot maintain necessary relation with my neighbours and friends

47. I feel embarrassed to take part in social organisations

48. Criticism of others has become a problem for me

49. Neighbours do not like me

50. I cannot talk freely with others

51. Lack of proper understanding among my neighbours creates problems for me

52. Absence of social unity troubles me
53. I do not have faith in a particular religion
Yes No ?
54. Differences of my opinion regarding religion with family members trouble me
Yes No ?
55. I get confused in regard to religious faith
Yes No ?
56. Religious rules and practices create problems for me
Yes No ?
57. Immoral or evil thoughts often come to my mind
Yes No ?
58. Often I get confused thinking which one is good and which one is bad
Yes No ?
59. Differences like rich and poor, high and low hurt me
Yes No ?
60. I often disturbed because of the deterioration of social morality
Yes No ?

4. Emotional and mental problems:
61. My angry nature often creates problems for me
Yes No ?
62. I cannot take a decision in any matter
Yes No ?
63. A feeling of despair often comes to my mind
Yes No ?
64. I have to face difficulty because of my fear
Yes No ?
65. I often fall into difficulty due to my careless habit
Yes No ?
66. I cannot do anything attentively
Yes No ?
67. I cannot mix up well with others since I think that I am inferior to others
Yes No ?
68. I cannot express myself
Yes No ?
69. The thought of suicide often comes to my mind
Yes No ?
<table>
<thead>
<tr>
<th>Number</th>
<th>Statement</th>
<th>Yes/No Question</th>
</tr>
</thead>
<tbody>
<tr>
<td>70.</td>
<td>Sometimes I get puzzled with myself</td>
<td>Yes/No ?</td>
</tr>
<tr>
<td>71.</td>
<td>The thought of my future often disturbs me</td>
<td>Yes/No ?</td>
</tr>
<tr>
<td>72.</td>
<td>All the time I am obsessed with a feeling of loneliness</td>
<td>Yes/No ?</td>
</tr>
<tr>
<td>73.</td>
<td>Lack of patience in any work creates problem for me</td>
<td>Yes/No ?</td>
</tr>
<tr>
<td>74.</td>
<td>I often become repentant for my work</td>
<td>Yes/No ?</td>
</tr>
<tr>
<td>75.</td>
<td>I cannot mix up well with others since I think that I am superior to others</td>
<td>Yes/No ?</td>
</tr>
<tr>
<td>76.</td>
<td>Excessive feeling of shyness often puts me into trouble</td>
<td>Yes/No ?</td>
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<td>77.</td>
<td>I often spend my time day-dreaming</td>
<td>Yes/No ?</td>
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<td>78.</td>
<td>I suffer from the thought of my being unnecessary</td>
<td>Yes/No ?</td>
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<td>79.</td>
<td>Sometimes I am troubled by the thought of death</td>
<td>Yes/No ?</td>
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<tr>
<td>80.</td>
<td>I cannot discuss my personal problems with others</td>
<td>Yes/No ?</td>
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</table>

5. **Physical and sexual problems:**

<table>
<thead>
<tr>
<th>Number</th>
<th>Statement</th>
<th>Yes/No Question</th>
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</thead>
<tbody>
<tr>
<td>81.</td>
<td>I am physically weak</td>
<td>Yes/No ?</td>
</tr>
<tr>
<td>82.</td>
<td>I often suffer from stomach trouble</td>
<td>Yes/No ?</td>
</tr>
<tr>
<td>83.</td>
<td>Pimples have created problem for me</td>
<td>Yes/No ?</td>
</tr>
<tr>
<td>84.</td>
<td>I cannot sleep well at night</td>
<td>Yes/No ?</td>
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<tr>
<td>85.</td>
<td>Eye troubles put me into troubles</td>
<td>Yes/No ?</td>
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<td>86.</td>
<td>Cough often irritates me</td>
<td>Yes/No ?</td>
</tr>
<tr>
<td>87.</td>
<td>Skin diseases often create trouble for me</td>
<td>Yes/No ?</td>
</tr>
<tr>
<td>Number</td>
<td>Statement</td>
<td>Response</td>
</tr>
<tr>
<td>--------</td>
<td>---------------------------------------------------------------------------</td>
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</tr>
<tr>
<td>88</td>
<td>Tooth trouble creates problem for me</td>
<td>Yes No ?</td>
</tr>
<tr>
<td>89</td>
<td>Occasionally I suffer from urinary trouble</td>
<td>Yes No ?</td>
</tr>
<tr>
<td>90</td>
<td>I suffer badly from cold</td>
<td>Yes No ?</td>
</tr>
<tr>
<td>91</td>
<td>I often suffer from fever</td>
<td>Yes No ?</td>
</tr>
<tr>
<td>92</td>
<td>I often suffer from throat trouble</td>
<td>Yes No ?</td>
</tr>
<tr>
<td>93</td>
<td>Partial physical invalidity of mine creates problems for me</td>
<td>Yes No ?</td>
</tr>
<tr>
<td>94</td>
<td>I feel that my physical growth is not keeping with my age</td>
<td>Yes No ?</td>
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<tr>
<td>95</td>
<td>Family restrictions create problems in my love affair</td>
<td>Yes No ?</td>
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<td>96</td>
<td>I often disturbed by the thought of marriage</td>
<td>Yes No ?</td>
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<tr>
<td>97</td>
<td>Physical changes accompanying age are problems for me</td>
<td>Yes No ?</td>
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<td>98</td>
<td>I suffer from unnecessary restlessness during menstrual periods</td>
<td>Yes No ?</td>
</tr>
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<td>99</td>
<td>Unnecessary interest for male sex creates problem for me</td>
<td>Yes No ?</td>
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<tr>
<td>100</td>
<td>Since I do not know correctly things relating to sex, I face difficulty.</td>
<td>Yes No ?</td>
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</tbody>
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