Appendix - C

ADJUSTMENT INVENTORY FOR COLLEGE STUDENTS
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INSTRUCTIONS:

- Do not open or turn any page of this booklet until you are told to do so.
- Do not make any mark in this booklet and handle it with care.
- You have this booklet in which some questions relating to your personality are given and your answers are to be marked on the separate answer sheet provided. You will find two cells, against each question on the answer sheet, from your side left hand cell is indicating ‘Yes’ response while right hand cell is indicative of ‘No’ response. Out of these two cells, you have to draw a circle around any one, which is applicable on you. Keep in mind that no item is false or true. What is true concerning you; draw a circle around that only. If the answer of a question is ‘Yes’ about you, draw a circle around on left hand cell and if it is ‘No’ draw a circle on right hand cell.
- Your responses will be kept in complete secret, so answer them without any hesitation.
- There is no time limit, but try to finish it as early as possible.

1. (a) Have you ever strongly desired to go home?
2. (b) Do you often daydream?
3. (e) Do you feel that many of your friends have better educational background than you in many subjects?
4. (b) It is difficult for you to sleep sometimes even when there is no noise disturbing you?
5. (c) Do you avoid meeting your friends in public places?
6. (a) Do you feel that true love and affection is lacking in your home?
7. (b) Do you feel quite tired by the end of the day?
8. (d) Do you feel difficulty sometimes?
9. (e) Are you often worried because of your poor memory?
10. (a) Has your home become full of problems for you due to lack of money?
11. (d) Do you get discouraged easily?
12. (c) Are you of a shy nature?
13. (d) Do you get excited in debates?
14. (e) Are you more interested in the cinema actors than the learned people?
15. (a) Have your parents interfered or objected to the company of some of your friends with whom you move around?
16. (b) Have you ever had a major operation?
17. (a) Does your father or mother get irritated soon?
18. (c) Do you ask the speaker some questions in a meeting?
19. (d) Do you believe that you are nervous?
20. (a) Do you often quarrel with your brothers and sisters?
21. (b) Do you often feel dizzy?
22. (d) Does it displeasure you when something small is said against you?
23. (e) Do you forget easily what you have read?
24. (b) Do your eyes get exerted when you see?
25. (c) Have you ever organized any social function by yourself?
26. (d) Are you unable to sleep because of some disturbed thoughts in your mind?
27. (a) Do you feel that your parents are stricter with you than they should be?
28. (b) Do you feel tired when you get up in the morning?
29. (d) Do you worry over an insulting experience for a long time?
30. (e) Do you worry over what your future job will be?
31. (d) Are you afraid of telling your problems to your teacher?
32. (c) Is it difficult for you to speak in public?
33. (d) Do you cry easily over simple things?
34. (a) Do you get contrary ideas of love and hate towards your family members?
35. (b) Do you often have throat troubles?
36. (b) Do you often complain about sickening feeling or vomiting feeling?
37. (c) Do you think that your teachers take side of the other students?
38. (a) Has any one of your respected family members made you unhappy by passing comments on your appearance?
39. (c) Do you experience loneliness even when you are among the people?
40. (d) Do you feel gloomy when you get less marks in the examinations?
41. (e) Do you feel that your friends get better results in the examination because they have better facilities?
42. (b) Were you sick for a long time in your childhood?
43. (d) Do you hate the kind of happiness that makes others happy?
44. (d) Are you afraid of appearing for examinations?
45. (a) Are you happy and satisfied with the present atmosphere at home?
46. (b) Do you sometimes get strong headache?
47. (d) Do you fear that you might jump when you climb to a high place?
48. (c) Is it difficult for you to grasp the subject matter taught in the class?
49. (a) Do you get very little help from home?
50. (b) Are you often absent from college due to sickness?
51. (c) Have you ever been unable to answer a question in class because of being afraid to speak?
52. (d) Do you get angry easily?
53. (e) Is it difficult for you to get your mind into studies?
54. (a) Do you feel inferior that your friend’s home atmosphere is happier to yours?
55. (c) Do you cross the road to avoid meeting a certain individual?
56. (d) Are you unhappy because of inferiority feelings?
57. (e) Is it difficult for you to write notes in the class?
58. (a) Do you understand that your parents are of old ideas?
59. (b) Are you sometimes affected with skin disease?
60. (d) Do you worry about expected problems to come?
61. (e) Do you know how to get ready for examination?
62. (b) Are you always worried because of physical morbidity?
63. (c) Do you make friends easily?
64. (d) Do you feel perplexed that people on the road are looking at you only?
65. (e) Do you feel sleepy in class even after you have had enough of sleep during the night?
66. (e) Do you feel that you are a burden to your parents?
67. (b) Does your health always trouble you?
68. (d) Do you get much disturbed because of criticism?
69. (e) Do you think of leaving the college sometimes?
70. (a) Are you satisfied with the behavior of your brothers and sisters?
71. (b) Does the idea of being infected with a contagious disease often frighten you?
72. (c) Do you get confounded or baffled very much when a teacher comes to you suddenly?
73. (e) Do you have any doubts on the value of things you read?
74. (c) Do you have difficulty starting up a conversation with a stranger?
75. (d) Do you get bewildered easily?
76. (c) Do you like to take part in celebrating festivals or other entertainment programmes?
77. (c) Do you hesitate in coming from your room into a room where there are some people sitting and talking among themselves?
78. (d) Does your emotional (or sentimental) being rise or fall without any existing facts?
79. (e) Is it difficult for you to express your ideas in writing?
80. (c) Do you often experience loneliness?
81. (d) Do you get frightened in the darkness when you are alone?
82. (e) Do you think that you get encouraged from your teachers?
83. (c) Are you careful in speaking something that hurts others?
84. (d) Does praise please you more than the work knowledge?
85. (c) Do you disregard other sentiments to achieve any important goal (or object)?
86. (e) Do you think that your teachers have no interest in you?
87. (d) Do people take advantage of you sometimes?
88. (e) Does it worry you that your teachers think of you less than you really are?
89. (c) Do you come forward and bring life into a dead party or function?
90. (d) Does your mind sometimes wonder or get confused so much that you forget the order of the work that you are doing?
91. (c) Do you like to work in groups?
92. (d) Do you get sometimes pleasing and sad thought one after the other without any reason?
93. (e) Do you think that you have chosen subjects that are most appropriate to you?
94. (e) Is it difficult for you to keep up with the progress in class?
95. (d) Do you think that after you have finished studying you will not get the kind of job you like?
96. (d) Do you sometimes feel that you should not have been born?
97. (c) Do you have many friends in college in whom you trust?
98. (d) Do you sometimes do some things unknowingly?
99. (c) Do you quarrel with your classmates over little things?
100. (a) Do you have to be often out to have peace at home?
101. (b) Doesn’t it grieve you when a teacher praises any student?
102. (d) Are you often lost so much in thinking that you do not know what is happening around you?