### APPENDIX I

**TABLE—SAMPLE ACCORDING TO MOTHER TONGUE:**

<table>
<thead>
<tr>
<th>Sample</th>
<th>Tamil</th>
<th>Telugu</th>
<th>Malayalam</th>
<th>English</th>
<th>Hindi</th>
<th>Others</th>
<th>Unclassified</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Students</td>
<td>61</td>
<td>9</td>
<td>8</td>
<td>1</td>
<td>5</td>
<td>4</td>
<td>2</td>
<td>90</td>
</tr>
<tr>
<td>Working women</td>
<td>73</td>
<td>11</td>
<td>19</td>
<td>4</td>
<td>1</td>
<td>1</td>
<td>2</td>
<td>111</td>
</tr>
<tr>
<td>Housewives</td>
<td>79</td>
<td>12</td>
<td>13</td>
<td>1</td>
<td>-</td>
<td>7</td>
<td>2</td>
<td>114</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>213</td>
<td>32</td>
<td>40</td>
<td>6</td>
<td>6</td>
<td>12</td>
<td>6</td>
<td>315</td>
</tr>
</tbody>
</table>
# APPENDIX II

**TABLE SHOWING EDUCATIONAL STATUS OF WOMEN**

<table>
<thead>
<tr>
<th>Sample</th>
<th>N</th>
<th>Percentage of population</th>
</tr>
</thead>
<tbody>
<tr>
<td>M.A., M.Sc., M.Com., M.B.B.S., M.D., B.E.</td>
<td>70</td>
<td>22.22</td>
</tr>
<tr>
<td>B.A., B.Sc., B.Com.</td>
<td>110</td>
<td>34.92</td>
</tr>
<tr>
<td>Diploma</td>
<td>7</td>
<td>2.22</td>
</tr>
<tr>
<td>P.U.C., Inter, Senior Cambridge, Higher Secondary</td>
<td>35</td>
<td>11.43</td>
</tr>
<tr>
<td>S.S.L.C., Metric</td>
<td>57</td>
<td>18.10</td>
</tr>
<tr>
<td>VIII Std. to S.S.L.C.</td>
<td>11</td>
<td>3.49</td>
</tr>
<tr>
<td>Below VIII</td>
<td>5</td>
<td>1.59</td>
</tr>
<tr>
<td>Illiterate</td>
<td>2</td>
<td>0.63</td>
</tr>
<tr>
<td>Unclassified</td>
<td>17</td>
<td>5.40</td>
</tr>
</tbody>
</table>

Total 315 100.00
APPENDIX III

MEAN SCORES OF ANXIETY AS PER TAYLOR'S CLASSIFICATION

<table>
<thead>
<tr>
<th>Sample</th>
<th>N</th>
<th>Mean</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normally anxious</td>
<td>7</td>
<td>36.00</td>
</tr>
<tr>
<td>Significantly anxious</td>
<td>92</td>
<td>44.97</td>
</tr>
<tr>
<td>Highly anxious</td>
<td>106</td>
<td>44.46</td>
</tr>
<tr>
<td>Uncontrollably anxious</td>
<td>23</td>
<td>49.22</td>
</tr>
<tr>
<td>Total</td>
<td>298</td>
<td>44.78</td>
</tr>
</tbody>
</table>
### APPENDIX IV(a)

**Scale for Socio-Economic Status**

<table>
<thead>
<tr>
<th>S.No.</th>
<th>Income</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Rs. 4758 and above</td>
<td>10</td>
</tr>
<tr>
<td>2.</td>
<td>Rs. 3558 to 4757</td>
<td>7</td>
</tr>
<tr>
<td>3.</td>
<td>Rs. 2378 to 3557</td>
<td>6</td>
</tr>
<tr>
<td>4.</td>
<td>Rs. 1426 to 2377</td>
<td>5</td>
</tr>
<tr>
<td>5.</td>
<td>Rs. 479 to 1425</td>
<td>4</td>
</tr>
<tr>
<td>6.</td>
<td>Rs. 241 to 478</td>
<td>2</td>
</tr>
<tr>
<td>7.</td>
<td>Rs. 240 and less</td>
<td>1</td>
</tr>
</tbody>
</table>

### APPENDIX IV(b)

**Education Score**

<table>
<thead>
<tr>
<th>S.No.</th>
<th>Education</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Professional degree, (\text{B.A.}(\text{Hons.})) and above</td>
<td>7</td>
</tr>
<tr>
<td>2.</td>
<td>B.A. / B.Sc.</td>
<td>6</td>
</tr>
<tr>
<td>3.</td>
<td>Inter, Post high school Diploma</td>
<td>5</td>
</tr>
<tr>
<td>4.</td>
<td>High School completion</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td>Middle school completion</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>Primary school completion</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>Illiterate</td>
<td>1</td>
</tr>
</tbody>
</table>
**Scale for Socio-Economic Status (contd.)**

**APPENDIX IV(c)**

<table>
<thead>
<tr>
<th>S.No.</th>
<th>Occupation</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Profession</td>
<td>10</td>
</tr>
<tr>
<td>2.</td>
<td>Semi-profession</td>
<td>6</td>
</tr>
<tr>
<td>3.</td>
<td>Clerical, shop owners, farmers</td>
<td>5</td>
</tr>
<tr>
<td>4.</td>
<td>Skilled workers</td>
<td>4</td>
</tr>
<tr>
<td>5.</td>
<td>Unskilled workers</td>
<td>2</td>
</tr>
<tr>
<td>6.</td>
<td>Unemployed</td>
<td>1</td>
</tr>
</tbody>
</table>

**APPENDIX IV(d)**

The total scores obtained on all the three were then grouped as follows:

<table>
<thead>
<tr>
<th>Total score</th>
<th>S.E.S.S.S. Class</th>
</tr>
</thead>
<tbody>
<tr>
<td>21 and above</td>
<td>I</td>
</tr>
<tr>
<td>16 - 20</td>
<td>II</td>
</tr>
<tr>
<td>11 - 15</td>
<td>III</td>
</tr>
<tr>
<td>5 - 10</td>
<td>IV</td>
</tr>
<tr>
<td>Below 5</td>
<td>V</td>
</tr>
</tbody>
</table>
**APPENDIX V**

Classification for Taylor's Scale of Manifest Anxiety

<table>
<thead>
<tr>
<th>Scores</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>I</td>
<td>0 - 8</td>
</tr>
<tr>
<td>II</td>
<td>9 - 18</td>
</tr>
<tr>
<td>III</td>
<td>10 - 30</td>
</tr>
<tr>
<td>IV</td>
<td>31 +</td>
</tr>
</tbody>
</table>
Dear Friend,

This is undertaken to study the daily practices of women. Please read through the items carefully and record your honest opinion. This study is purely for research purpose and all your replies are kept confidential. I will be much obliged if you could return these early.

Yours co-operation is much appreciated.

Thanking you,

Lady Willingdon Training College, Madras 600 005.

RESEARCHER

For Office use only. (Please do not write anything here)
PERSONAL DATA SHEET

1. Name: 

2. Age: 

3. Address in full: 

4. Marital status: (Tick what is relevant)
   a. Unmarried
   b. Married
   c. Separated
   d. Widowed

5. Nature of family:
   a. Nuclear
   b. Joint Family

6. Mother tongue: 

7. (a) Educational qualification: 
   (b) Name of the Institution where studying/studied

8. Occupation: Housewife/student/working:
   a. Woman
      a. Student of arts/science/medicine/ engineering/ins/others.

9. Your income (give that of your family):
   a. Salary per month
   b. From other sources
   c. Total
II. Given below are statements regarding our day-to-day life and practices. Put a tick (✓) mark against those which are true of you. Do not omit any item.

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td>No</td>
</tr>
</tbody>
</table>

1. I stitch clothes in new patterns
2. I design clothes for my family
3. I embroider my own designs
4. I make a variety of bags
5. I use waste materials to make new things that are useful
6. I use different objects as vases
7. I demonstrate sewing and embroidery to others
8. While I stitch, if the design goes wrong I make it part of the pattern
9. I paint tumblers and vases to make it new
10. I enter competitions
11. I compose ypoems of different kinds
12. Given a line I can write lines to rhyme
13. I can write short stories
14. I compose songs
15. I design costumes for plays
16. I present new ideas in play presentation
17. I am a good story teller
18. While singing if I miss words in the song I can put in my own
19. Given a theme I can develop plays
20. I have published articles
21. I participate in a variety of club activities
22. I contribute to activities of different types of associations
23. I use club activities to further the knowledge of children
24. I organize new activities for the clubs
25. I arrange various competitions
26. I find new ways of making club activities purposeful
27. I find new ways to encourage members to attend clubs
28. I try new hair styles
29. I have won prizes in club activities
30. I present old facts in new ways to get involvement
31. I find new ways of doing social services
32. I do social services in novel ways
33. I plan new ways to teach adults
34. I encourage others to find new ways of self-employment
35. I try new ways of teaching people health care
36. I create in others interest in kitchen-garden
37. I help servants to learn to stitch their own clothes
38. I try out new shops for economy
39. I think of new ways to help the poor
40. I find new uses for old things while doing social services
41. I rearrange things in my house to give it a new look
42. I make cushions in new shapes
43. I design new wall hangings
44. I use new materials to prepare novel objects for display
45. I try out new ideas in interior decoration
46. I use new combinations of materials to make cushions
47. I design my own furniture
48. I use odds and ends to make pictures
49. I give new designs to old furniture
50. I use colour and form to make rooms pretty
51. I plan new layouts for the garden
52. I make my garden look different from that of others
53. I try out grafting to produce new plants
54. I design the colour combination of my flower beds
55. I try to grow new plants that are not normally grown in the climate
56. I prepare garden manure using waste
57. I try new methods of pest control
58. I arrange the garden to get maximum space in the use of minimum space
59. I try to grow trees in pots
60. I grow different types of vegetables in minimum space in the house
61. I sketch using different materials (Chalk, charcoal, crayon, dyes)

62. I prepare greeting cards using different types of painting

63. I develop themes for rangoli.

64. I paint different objects like sarees, curtains, cushions to make it attractive.

65. I try a variety of designs.

66. I make dolls with different types of materials.

67. I model with clay, plasticine etc.

68. I make flowers with various materials

69. I tryout different types of drawing.

70. I do fabric painting.

71. I try new ways of budgeting home expenses.

72. I try new ways of saving.

73. I plan new ways of home management to save time.

74. I try new ways of lightening work.

75. I find new methods of food preservation.

76. I design new ways of arranging things in the home for efficiency.

77. I try new ways to remember to do the work that escapes us.

78. I try new ways of training servants and helpers for efficiency.

79. I devise gadgets to save labour.

80. I try new ways of preventing wastage.
81. I make use of left over food in new ways.
82. I prepare preserved foods (jams/juices/pickles) using my own recipes.
83. I prepare a variety of dishes using the same basic ingredients.
84. I prepare different items of food to suit different tastes.
85. I cut vegetables in different shapes to make it attractive.
86. I lay the table in new ways for variety.
87. I try new recipes to save cooking time.
88. With a small amount of money I can cook a variety of dishes.
89. I have found new substitutes for different cooking items, e.g. using dalda for butter etc.
90. I devise menus to save cooking fuel.
91. I develop in children good habits of living.
92. I make my own toys for the children.
93. I help children make their own toys.
94. I devise new games for children.
95. I design various types of dresses for children.
96. I train children by novel methods to take care of themselves.
97. I teach children thrift by employing new ways of saving.
98. I encourage children to arrange their things properly.
99. I help children to find new ways of using what they collect.
100. I develop new games educative to children.
III. On the following pages you will find a word and beneath it a set of bipolar adjectives. Please judge the word on each of the adjectives as shown in this example. Choosing how far you accept or reject a quality.

Example:

Fair  X  -  -  -  -  Unfair
or
Fair  -  -  -  X  -  Unfair
Fair  X  -  -  -  Unfair
or
Fair  -  -  -  -  X  Unfair

If your view is neutral you will mark in the centre as shown
Fair  -  -  -  X  -  -  Unfair

Be sure to check each adjective. Do not omit any. Do not put more than one mark on a single pair of adjective.

Your 'ideal' creative person

Fast  -  -  -  -  -  Slow
Excitable  -  -  -  -  Calm
Strong  -  -  -  -  Weak
Deep  -  -  -  -  Shallow
Optimistic  -  -  -  -  Pessimistic
Rigid  -  -  -  -  Adaptable
Self-assertive  -  -  -  -  Submissive
Ambitious  -  -  -  -  Contented
Unsociable  -  -  -  -  Sociable
Hostile  -  -  -  -  Friendly
Your 'real self' as a creative person

Fast
Excitable
Strong
Deep
Optimistic
Rigid
Self-assertive
Ambitious
Unsociable
Hostile

Slow
Calm
Weak
Shallow
Pessimistic
Adaptable
Submissive
Contented
Sociable
Friendly
IV. (a) By adding lines to the figures given below draw some object or design that no one else will think of. Try to include as many different ideas as you draw. Don’t stop with your first idea for completing the figure. Keep building on it. Make up a really good title for each of your drawings and write it at the bottom of each block next to the figure. (Time 10 minutes)
Now imagine how many objects you can make from the circles below. A circle should be a main part of whatever you make. Add lines using a pencil to complete the picture, drawing it inside or outside. Think of things no one will think of. Make as many things as you can & put as many ideas as you can in each one. Add names or titles.
IV. (c) A triangle shape is given. Think of a picture you can draw with this as a part. It can be anything you like & you can draw it any way you like. Draw it wherever you want and in whichever angle you want. Add lines to make your picture. Think of something no one else will think of keep adding things to it, add as many interesting ideas as you can. After completing the picture think of a name or title for it and enter it at the bottom.
V. (a) Suggest all the ways you think of to improve a sewing machine/bicycle.

(b) Think of the cleverest most interesting and most unusual uses for STUFFED TOY DOG other than as a play thing. Think of uses as it is e.g. as a pin cushion or when changed as a very large one to sit on.

(c) Suggest all the ways you can think of to improve a soap tray.

VI-A. Many objects we have around a can be used in a lot of different ways. Write down all the ways in which the following can be used. e.g. string, to skip, to saw, to hang clothes on to tie etc. Put your ideas in a few words and be brief.

(a) Write down all the ways you could use a Newspaper.

(b) Write down all the ways you could use a tin can.

(c) Write down all the ways you could use a key.

(d) There are several things that are impossible yet we do not stop thinking about them. You have your own ideas of the impossible. List as many impossibilities as you can think of. (5 mts)

(e) What would happen if the days were twice as long as they are?
(f) What would happen if a man could live for ever on this earth?

(g) What would happen if the doors of your house start talking?

(h) Just suppose that what is given below happens what would you do? Our shadows become real.

(i) You could walk on air without mechanical aide.

(j) Sunshine became solid.

(k) How would you handle the following situations? A friend who teases others but cannot be teased by them.

(l) Be responsible for some money and a friend talks and makes it out to others that you are dishonest.

(m) Schools get abolished.

(n) Given below are two common situations that can arise. Think of as many problems that can arise in connection with these situations. (5 mts.)

Taking a bath

(o) Getting ready to reach a place in time.
In the next twenty minutes please write the most interesting story you can think of. Write legibly, don't worry about writing, spelling, etc. We want your ideas so put in as many good ideas as you can. Choose any one topic given below:

i) A doctor who became a carpenter

ii) The dog that doesn't bark

iii) The man who wears lipstick.
IX LADDER TEST

Everybody wants certain things in life and we try to gain it. Our experiences in life create aspirations and hopes for the future. We can imagine our future in the best possible or worst possible manner. Situations in our life change from time to time and we were not the same five years ago nor will we be the same 5 years hereafter. Such a change in the state of the affairs can be illustrated by a ladder.

The ladder has several rungs and as you climb each rung you reach different heights, e.g., when on the 5th rung you are much higher than when you were on the first. Imagine that your life is similar to the ladder and different rungs represent different levels of your progress. Fe will reach the top most level, some are in the middle and there are some who remain at the bottom who have little or nothing to speak of.

Imagine your creative aspirations in each field - House - hold, Literary, Gardening, Cooking etc., and write the number indicating where you were on the whole:

(a) Five years ago.

(b) Where you are at present

(c) Where you will be five years later - using the ladder as your frame of reference. Please indicate your past with $X_1$, Present $X_2$, and Future $X_3$ on the appropriate rung of the ladder.
Given below are a few statements. Read each one and indicate whether it is true about you. Please put a tick mark under 'true' or 'false' whichever you choose. Don’t tick both columns.

True / False

1. I am often sick to my stomach
2. I am about as nervous as other people
3. I work under a great deal of strain
4. I blush as often as others
5. I have diarrhea once a month or more
6. I worry quite a bit over possible troubles
7. When embarrassed I often break out in a sweat which is very annoying
8. I do not often notice my hear pounding and I am seldom short of breath
9. Often my bowels don’t move for several days at a time
10. At times I lose sleep over worry
11. My sleep is restless and disturbed
12. I often dream about things I don’t like to tell other people
13. My feelings are hurt easier than most people
14. I often find myself worrying about something
15. I wish I could be as happy as others
16. I feel anxious about something or someone almost all of the time
17. At times I am so restless that I cannot sit in a chair for a very long time
18. I have often felt that I faced so many difficulties I could not overcome them
19. At times I have been worried beyond reason about something that did not really matter
20. I do not have as many fears as my friends
21. I am more self-conscious than most people
22. I am the kind of person who takes things hard
23. I am very nervous person
24. I am not at all confident of myself
25. Life is often a strain for me
26. At times I feel that I am going to crack up
27. I don't like to face a difficulty or make an important decision
28. I am very confident of myself
29. I do not tire quickly
30. I have a very few headaches
31. I cannot keep my mind on one thing
32. I worry over money and business
33. I frequently notice my hand shakes when I try to do something
34. I practically never blush
35. I am often afraid that I am going to blush
36. I have night mares every few nights
37. My hands and feet are usually warm enough
38. I sweat very easily even on cool days
39. I have a great deal of stomach trouble
40. I feel hungry at all the time
41. I am easily embarrassed

42. I am usually calm and not easily upset

43. I cry easily

44. I am happy most of the time

45. It makes me nervous to have wait

46. Sometimes I become too excited that I find it hard to get to sleep

47. I have been afraid of things or people that I know could hurt me

48. I certainly feel useless at time

49. I find it hard to keep my mind on a task of job

50. At times I think I am so good at all