# Appendix – B₁

## Final Version of the Psychosocial Competence Scale

### 1. Problem Solving

1. There are many ways of solving the problems.  
   1 2 3 4 5
2. I am confident of solving any kind of problem.  
   1 2 3 4 5
3. Problems will go away when I do not pay attention to them.  
   1 2 3 4 5
4. I always respect the right solutions given by any one outside the family in spite of opposition from family.  
   1 2 3 4 5
5. I keep on working on problems till I get effective solution for it.  
   1 2 3 4 5
6. Learning from previous experience is essential for solving problems.  
   1 2 3 4 5
7. I rely upon others to solve my problem.  
   1 2 3 4 5
8. I solve my problems in my own style.  
   1 2 3 4 5
9. I keep postponing solving problems.  
   1 2 3 4 5
10. Taking help from others is essential for solving problems in some instances.  
    1 2 3 4 5

### 2. Decision Making

11. After making a decision I often doubt its effectiveness.  
    1 2 3 4 5
12. I often find that I am not good at making right decision.  
    1 2 3 4 5
13. I think twice before saying or doing anything.  
    1 2 3 4 5
    1 2 3 4 5
15. I often do things/make decisions like others have done because it has worked for them.  
    1 2 3 4 5
16. My parents have often scolded me for choosing a particular course of action/object because it was not in the best of my interests.  
    1 2 3 4 5
17. I am prepared to take risky decisions and accept their outcomes.  
    1 2 3 4 5
18. Decisions need to be changed as and when required.  
    1 2 3 4 5
19. My emotions influence my decisions.  
    1 2 3 4 5
20. I consider all aspects before making decisions.  
    1 2 3 4 5
3. Critical Thinking

21. I usually analyse information gathered from either by my own experience or by others experiences in making decisions.  
   1 2 3 4 5

22. I often examine the purpose and the ways and means of my actions.  
   1 2 3 4 5

23. I try to change my behaviour and thinking because it has been unproductive and damaging in the past.  
   1 2 3 4 5

24. I seek the right knowledge even if it does not support my existing beliefs.  
   1 2 3 4 5

25. My beliefs and actions are based on thorough evaluation of information.  
   1 2 3 4 5

26. I have fairly good reasoning skills.  
   1 2 3 4 5

27. I use my knowledge, experience and reasoning before setting goals.
43. When I see beggars I really feel like helping them to come out of poverty.

44. When my friend misses school because of genuine reasons, I give my notes to him or her if they ask.

45. I try to understand others better by imagining how things look from their perspective.

46. I am often touched by the things that I see happen.

47. Most of the times I don’t feel very sorry for other people when they are having problems.

48. When I see someone being treated unfairly I do not feel concern for them.

49. Automatically I come forward to help people in trouble or problems.

50. I can easily understand others behaviours as I try to put myself in their shoes.

6. Self Awareness

51. I know what I want and what I don’t

52. I constantly make efforts to improve myself, as I know I am capable.

53. I have accurate idea about my mental and physical capabilities.

54. I am aware of the changes taking place in myself/body

55. I am aware of my positive / good qualities

56. I have clear vision of what I want in life

57. I know what my position is in my friends' group/class.

58. I am aware that some of my behaviour patterns are unproductive.

59. When people criticize me, I do not feel bad because I am aware of my shortcomings.

60. I can describe myself accurately

7. Coping with Emotions

61. I do positive thinking to cope with my negative feelings.

62. I get angry often but I can control it very well.

63. I confess to god or elders about my wrong doings to deal with my guilt feelings.

64. Thoughts of running away from home or beating up people or committing suicide keep coming to my mind because I am unable to live up to others expectations.

65. I do self talk to remove fear or sadness or depression.
66. Usually I eat more to deal with anger and sadness
   
67. I do things hastily at the spur of the moment to calm myself when I am emotionally upset.
   
68. As I am sad about things I do not have or can not have I spend a lot of time imagining about them.
   
69. I cry with helplessness due to my inability to relieve the poor of their poverty.
   
70. I like to pray to get over my sadness or fear.

8. Coping with Stress

71. I take tuitions or help from others because my parents expect me to get very good marks.

72. I bunk classes, do things without my parent’s permission because they do not give what I ask for, when I am angry.

73. When I perform poorly I try to hide results from my parents/guardians.

74. I tell myself “This is not the end of the world” in hopeless situations.

75. I don’t go to school at times to avoid exams and tests.

76. I sometimes steal money from home when my parents beat me for my misbehaviour.

77. I prefer to distract my parents’ attention by doing different things when they force me to study more, so that I can become a doctor or engineer.

78. I prefer to copy during exams as my parents expect me to get good marks.

79. I like to smoke/take drugs when I am stressed.

80. I pray extra/visit temple to do special pujas during exam time.

9. Interpersonal Relations Skill

81. I have lots of good friends.

82. I encourage and help my friend to achieve his goals because I am aware of his capacities.

83. I enjoy attending family and religious functions.

84. I return the favours done to me by my friends and relatives.

85. Most of my friends prefer to interact with me.

86. While interacting I can understand the others’ needs well.

87. I am a good listener.

88. While interacting I can understand my own and other person’s emotions and behaviours.
89. I can co operate and collaborate well with others in team work at home or at school.

90. I find it difficult to end relationships (friendship).

10. Effective Communication

91. Usually I communicate well due to clarity in thinking.

92. I use appropriate tone while conversing.

93. I answer to the point when some one asks me questions.

94. When I am asked by the teachers to give talk on any topic, often my peers appreciate me as I have communicated it well.

95. In a conversation I repeat what has been understood by me verbally, to make things clear for others and myself.

96. I am able to remove misunderstandings due to my effective communication skills.

97. My friends feel comfortable in discussing their problems with me.

98. It is not difficult for me to convince the other person that I have understood him.


100. My communication with others always depends up on my understanding of other person’s feelings.
Appendix B_2

Table: Positive and Negative Items in the Final Version of the Scale

<table>
<thead>
<tr>
<th>Sl. No</th>
<th>Life Skill</th>
<th>Positive Items</th>
<th>Negative Items</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>Problem Solving</td>
<td>1,2,4,5,6,8,10</td>
<td>3,7,9</td>
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<tr>
<td>2</td>
<td>Decision Making</td>
<td>13,14,17,18,20</td>
<td>11,12,15,16,19</td>
</tr>
<tr>
<td>3</td>
<td>Critical Thinking</td>
<td>21,22,23,24,25,26,27,28,29,30</td>
<td>-</td>
</tr>
<tr>
<td>4</td>
<td>Creative Thinking</td>
<td>31,33,34,35,36,37,38,39,40</td>
<td>32</td>
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<tr>
<td>5</td>
<td>Empathy</td>
<td>41,42,43,44,45,46,49,50</td>
<td>47,48</td>
</tr>
<tr>
<td>6</td>
<td>Self Awareness</td>
<td>51,52,53,54,55,56,57,58,59,60</td>
<td>-</td>
</tr>
<tr>
<td>7</td>
<td>Coping with Emotions</td>
<td>61,62,63,65,70</td>
<td>64,66,67,68,69</td>
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<tr>
<td>8</td>
<td>Coping with Stress</td>
<td>71,74</td>
<td>72,73,75,76,77,78,79,80</td>
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<td>9</td>
<td>Interpersonal relations skill</td>
<td>81,82,83,84,85,86,87,88,89</td>
<td>90</td>
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<tr>
<td>10</td>
<td>Effective Communication</td>
<td>91,92,93,94,95,96,97,98,99,100</td>
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