Appendices
APPENDIX -A

Part –A

Bio-Graphical information

Kindly tick mark (√) your information where ever applicable

1. Types of college : Government / Private college/ Residential
2. Medium : Telugu /English
5. Religion : Hindu/ Muslim / Christian.
6. Parental income: Below 5000/5000 to 10000/10,000-15,000/ 15,000 and Above.
9. Place of Staying : Hostler / Day scholars
Subjective Well-being inventory

Instructions
People are different. They live in a variety of situations and they do not feel the same way about life and the world around them. From a practical viewpoint, it is important to know how different persons feel with regard to their day-to-day concerns like their health or family. Such knowledge is necessary if an improvement in the quality of life of people is to be brought about.

This is a questionnaire on how you feel about some aspects of your life. Each question may be answered by any one of the given categories by putting a circle around the number which seems to represent your feeling best. For example, in the first question, if you feel that your life is very interesting, please put a circle around the response ‘1’. At times you may find that your feelings is not represented perfectly by any of the given response categories. In such cases, just choose the one closest to what you think. All information given by you will be treated as confidential and will be used only for research.

1. Do you feel your life is interesting?
   1. Very much  2. To some extent  3. Not so much

2. Do you think you have achieved the standard of living and the social status that you had?
   1. Very much  2. To some extent  3. Not so much

3. How do you feel about the extent to which you have achieved success and are getting ahead?
   1. Very good  2. Quite good  3. Not so good

4. Do you normally accomplish what you want to?
   1. Most of the time  2. Some times  3. Hardly ever

5. Compared with the past, do you feel your present life is:
   1. Very happy  2. Quite happy  3. Not so happy

6. On the whole, how happy are you with the things you have been doing in recent years?
   1. Very happy  2. Quite happy  3. Not so happy

7. Do you feel you can manage situations even when they do not turn out as expected?
   1. Very much  2. To some extent  3. Not so much

8. Do you feel confident that in the case of a crisis (anything which substantially upsets your life situation) you will be able to cope with it, face it boldly?
   1. Very much  2. To some extent  3. Not so much

9. The way things are going now do you feel confident in coping with the future?
   1. Very much  2. To some extent  3. Not so much

10. Do you sometimes feel that you and the things around you belong very much together and are integral parts of a common force?
    1. Very much  2. To some extent  3. Not so much

11. Do you sometimes experience moments of intense happiness almost like a kind of ecstasy of bliss?
    1. Quite often  2. Some times  3. Hardly ever

12. Do you sometimes experience a joyful feeling of being part of mankind as of one large Family?
    1. Quite often  2. Some times  3. Hardly ever
13. Do you feel confident that relatives and/or friends will help you out if there is an emergency, e.g. if you lose what have by fire or theft?
   1. Very much  2. To some extent  3. Not so much

14. How do you feel about the relationship you and children have?

15. Do you feel confident that relatives and/or friends will look after you if you are severely ill or meet with an accident?
   1. Very much  2. To some extent  3. Not so much

16. Do you get upset if things don’t turn out as expected?
   1. Very much  2. To some extent  3. Not so much

17. Do you sometimes feel sad without reason?
   1. Very much  2. To some extent  3. Not so much

18. Do you feel too easily irritated, too sensitive?
   1. Very much  2. To some extent  3. Not so much

19. Do you feel disturbed by feelings of anxiety and tension?
   1. Most of the time  2. Some times  3. Hardly ever

20. Do you consider it a problem for you that you sometimes lose your temper over minor things?
   1. Very much  2. To some extent  3. Not so much

21. Do you consider your family a source of help to you in finding solutions to most of the problems you have?
   1. Very much  2. To some extent  3. Not so much

22. Do you think that most of the members of your family feel closely attached to one another?
   1. Very much  2. To some extent  3. Not so much

23. Do you think you would be looked after well by your family in case you were seriously ill?
   1. Very much  2. To some extent  3. Not so much

24. Do you feel your life is boring/uninteresting?
   1. Very much  2. To some extent  3. Not so much

25. Do you worry about your future?
   1. Very much  2. To some extent  3. Not so much

26. Do you feel your life is useless?
   1. Very much  2. To some extent  3. Not so much

27. Do you sometimes worry about the relationship you and your wife/husband have?

28. Do you feel your friends/relatives would help you out if you were in need?
   1. Very much  2. To some extent  3. Not so much

29. Do you sometimes worry about the relationship you and your children have?
   1. Very much  2. To some extent  3. Not so much

30. Do you feel that minor things upset you more than necessary?
   1. Very much  2. To some extent  3. Not so much
31. Do you get easily upset if you are criticized?
   1. Most of the time   2. Some times   3. Hardly ever
32. Would you wish to have more friends than you actually have?
   1. Very much   2. To some extent   3. Not so much
33. Do you sometimes feel that you miss a real close friend?
   1. Very much   2. To some extent   3. Not so much
34. Do you sometimes worry about your health?
   1. Very much   2. To some extent   3. Not so much
35. Do you suffer from pains in various parts of your body?
   1. Most of the time   2. Some times   3. Hardly ever
36. Are you disturbed by palpitations/a thumping heart?
   1. Most of the time   2. Some times   3. Hardly ever
37. Are you disturbed by a feeling of giddiness?
   1. Most of the time   2. Some times   3. Hardly ever
38. Do you feel you get tired too easily?
   1. Most of the time   2. Some times   3. Hardly ever
39. Are you troubles by disturbed sleep?
   1. Most of the time   2. Some times   3. Hardly ever
40. Do you sometimes worry that you do not have close personal relationship with other people?
   1. Very much   2. To some extent   3. Not so much