

**ADJUSTMENT SCALE FOR MENTALLY CHALLENGED**  
**CHILDREN**

**GENERAL INFORMATION**

**Name..... Age.....**

**Class..... Date of Testing.....**

**INSTRUCTIONS**

This scale is prepared to know the adjustment of mentally challenged school going children. Thirty Seven questions are given in this scale along with five ratings for each item. Put (  $\surd$  ) this mark on the rating most appropriate to the observed adjustment of mentally challenged children in the given box.

Appendix - I

**FIRST DRAFT**  
**ADJUSTMENT SCALE FOR MENTALLY CHALLENGED  
CHILDREN**

S.NO.	ITEMS	RATING SCALE				
		SD	D	N	A	SA
1.	Feels headache					
2.	Feels fear to meet doctor, even knowing that you are ill					
3.	Takes interest in participating in social festivals					
4.	Feels that usually him/her' parents feel trouble to his/himself					
5.	Usually he/she feels of frustration					
6.	Not able to express his/her views in front of people in spite of knowing that his/her views are appropriate?					
7.	The cough and cold do not leave him/her in summer or winter season					
8.	Minute things trouble him/her so much that he/she often feels sad					
9.	Usually feels discomfort due to his/her health					
10.	Gets afraid in talking with others					
11.	Feels upset even the few days absent of the parents					
12.	Upsets to face problems either they are simple or difficult					

S.NO.	ITEMS	RATING SCALE				
		SD	D	N	A	SA
13.	Feels cough and cold					
14.	Anxious due to the behavior of his/him parents					
15.	Whenever things are not of his/him wish, he / she gets angry					
16.	Has fear to influenza					
17.	He/she often ill since five years back					
18.	Feels mental unpleasant without any cause					
19.	Feels fear to go out alone in the night?					
20.	Usually he/she takes consultation from doctors					
21.	Feels fatigue					
22.	The people who know his/her, like very much					
23.	Feels happy with minor praise					
24.	Gets nervous at the sight of numerous people in a function					
25.	Even the simple words of insult, excite him/her					
26.	He/ She likes very much to talk freely with people					

S.NO.	ITEMS	RATING SCALE				
		SD	D	N	A	SA
27.	Family members are not attentive to his/her health					
28.	Feels hesitant in talking with others					
29.	Gets afraid talking freely with the elders of his/her family					
30.	Even a minor oppositions trouble him/her					
31.	There is a lack of familial love in his/her house					
32.	Tries to take any responsibility in any social festival					
33.	Feels physically tired all the time					
34.	Hates his/her parents due to their activities					
35.	Feels edgy					
36.	Likes to participate in social festivals or entertainment gathering					
37.	Gets trouble to think that people going on the way are looking him/her side					
38.	Distressed her /him due to noisy environment of home					
39.	Feels difficult in starting the talk to the any stranger					
40.	Feels in mind to go away from home					
41.	Feels difficult to do any work					
42.	There is a lack of confidence					

**FINAL DRAFT****ADJUSTMENT SCALE FOR MENTALLY CHALLENGED  
CHILDREN**

S.NO.	ITEMS	RATING SCALE				
		SD	D	N	A	SA
1.	Feels fear to meet doctor, even knowing that you are ill					
2.	Takes interest in participating in social festivals					
3.	Feels that usually him/her' parents feel trouble to his/himself					
4.	Usually he/she feels of frustration					
5.	Not able to express his/her views in front of people in spite of knowing that his/her views are appropriate?					
6.	Minute things trouble him/her so much that he/she often feels sad					
7.	Usually feels discomfort due to his/her health					
8.	Gets afraid in talking with others					
9.	Feels upset in the absence of the parents					
10.	Anxious due to the behavior of his/her parents					
11.	Whenever things are not of his/her wish, he/she gets angry					
12.	Feels unpleasant without any cause					
13.	Feels fear to go out alone in the night?					

S.NO.	ITEMS	RATING SCALE				
		SD	D	N	A	SA
14.	The people who know him/her, like very much					
15.	Feels happy with minor praise					
16.	Gets nervous at the sight of numerous people in a function					
17.	Even the simple words of insult, excite him/her					
18.	He/ She likes very much to talk freely with people					
19.	Feels hesitant in talking with others					
20.	Gets afraid talking freely with the elders of his/her family					
21.	Even a minor oppositions trouble him/her					
22.	Tries to take any responsibility in any social festival					
23.	Hates his/her parents due to their activities					
24.	Feels edgy					
25.	Likes to participate in social festivals or entertainment gathering					
26.	Gets trouble to think that people going on the way are looking his/her side					
27.	Feels difficult in initiating the talk to the any stranger					

S.NO.	ITEMS	RATING SCALE				
		SD	D	N	A	SA
28.	Feels in mind to go away from home					
29.	Feels headache because of instructions given to teachers					
30.	The cough and cold do not leave him/her in summer or winter season					
31.	Usually he/she requires consultation from doctors quite often					
32.	Has fear to influenza					
33.	He/she often falls ill since five years back					
34.	Feels physically tired all the time					
35.	Gets distressed due to noisy environment of home					
36.	Upsets to face problems either they are simple or difficult					
37.	Feels fatigue					

**CONSCIOUSNESS SCALE FOR MENTALLY CHALLENGED**  
**CHILDREN**

**GENERAL INFORMATION**

Name..... Age.....

Class..... Date of Testing.....

**INSTRUCTIONS**

This scale is formed to know the level of consciousness of mentally challenged school going. Fifty six questions are given in this scale along with five ratings for each item. Put ( √ ) this mark on the rating most appropriate to the observed consciousness of mentally challenged children in the given box.



**FIRST DRAFT****CONSCIOUSNESS SCALE FOR MENTALLY CHALLENGED CHILDREN**

S.NO.	ITEMS	RATING SCALE				
		SD	S	N	A	SA
<b>I</b>	<b>PHYSICAL CONSCIOUSNESS</b>					
1.	Reacts to different types of fragrance and smell					
2.	Gets tired of working a lot					
3.	Does not like to listen all kinds of songs					
4.	Feels happy on studying					
5.	Feels happy to see the greenery					
6.	Feels happy in the company of friends					
7.	Feels happy in his/her family					
8.	Does not like to listen all kinds of voices					
9.	Likes fragrance of flowers					
10.	Understands difference between smell and fragrance					
11.	Feels happy while playing					

S.NO.	ITEMS	RATING SCALE				
		SD	S	N	A	SA
12.	It is easy for his/her to describe his/her body and its physical changes					
13.	Notices quickly when his/her body requires me to eat or drink some specific food.					
14.	Feels happy while going outside					
15.	Feels happy to see other children					
<b>II</b>	<b>EMOTIONAL CONSCIOUSNESS</b>					
1.	Gets angry frequently					
2.	Cries when anybody scolds					
3.	Feels sad most time					
4.	Feels afraid to go anywhere alone					
5..	Feels fear to go alone in darkness					
6..	Feels fear to live alone in home					
7..	Gets hungry on seeing tasty food					
8..	Feeling of ownership on things in home					
9.	Feels happy when scores good marks					
10.	Loves his/her mother and father					

S.NO.	ITEMS	RATING SCALE				
		SD	S	N	A	SA
11.	Loves his/her friends					
12.	Feels deeply involved when some very emotional scenes are on TV					
<b>III</b>	<b>MENTAL CONSCIOUSNESS</b>					
1.	Speaks mother tongue fluently.					
2.	Teacher cannot understand his/her language					
3.	Recalls simple things.					
4.	Forgets all things.					
5.	Lacks reasoning ability					
6.	Obeys without discussion					
7.	Lacks ability of simple thinking					
8.	Lacks decision making					
9.	Thinks before doing any work					
10.	Generally conscious of his/her thoughts and how they are changing					

S.NO.	ITEMS	RATING SCALE				
		SD	S	N	A	SA
<b>IV</b>	<b>SOCIAL-RELATIONAL CONSCIOUSNESS</b>					
1.	Feels insecure in his/her family					
2.	Family members always help her/him					
3.	Friends like him/her					
4.	Hesitates to meet people					
5.	Feels happy to attend social festival.					
6.	Feels happy in school					
7.	Relatives likes him/her in family					
8.	Feels secure in his/her friend circle					
9.	Participates in school functions					
10.	Feels happy to see his/her family member					
<b>V</b>	<b>SELF-CONSCIOUSNESS</b>					
1.	Knows his/her name					
2.	Knows meaning of his/her name					
3.	Knows his/her name of body parts					

S.NO.	ITEMS	RATING SCALE				
		SD	S	N	A	SA
4.	Cleans his/her body parts on own					
5.	Loves his/her things					
6.	Does not give his/her things to other					
7.	Takes Care of his/her things					
8.	Generally conscious of his/her own self and his/her personally as a whole					
<b>VI</b>	<b>SPIRITUAL CONSCIOUSNES</b>					
1.	Prays daily					
2.	Believes in god					
3.	Feels happy to go to Mandir / Maszid / Gurudwara / Church					
4.	Has fear of God					
5.	Has fear of God to speak lie					
6.	Generally conscious that he/she a part of the Universe					
7.	He/she is able to smile when he/she realize sometimes how much he/she complicate simple things					

**FINAL DRAFT****CONSCIOUSNESS SCALE FOR MENTALLY CHALLENGED  
CHILDREN**

S.NO.	ITEMS	RATING SCALE				
		SD	S	N	A	SA
<b>I</b>	<b>PHYSICAL CONSCIOUSNESS</b>					
1.	Reacts to different types of fragrance and smell					
2.	Gets tired of working a lot					
3.	Does not like to listen all kinds of songs					
4.	Notices changes in hand movements					
5.	Walks at normal speed					
6.	Is able to balance his/her body					
7.	Makes proper body movements while playing					
8.	Likes fragrance of flowers					
9.	It is easy for his/her to describe his/her body and its physical changes					
10.	Notices quickly when his/her body requires me to eat or drink some specific food.					
11.	Gets hungry on seeing tasty food					

S.NO.	ITEMS	RATING SCALE				
		SD	S	N	A	SA
<b>II</b>	<b>EMOTIONAL CONSCIOUSNESS</b>					
1.	Gets angry frequently					
2.	Cries when anybody scolds					
3.	Feels sad most time					
4.	Feels afraid to go any where alone					
5.	Feels fear to go alone in darkness					
6.	Feels fear to live alone in home					
7.	Feeling of ownership on things in home					
8.	Feels happy when scores good marks					
9.	Loves his/her mother and father					
10.	Loves his/her friends					
11.	Feels deeply involved when some very emotional scenes are on TV					
<b>III</b>	<b>MENTAL CONSCIOUSNESS</b>					
1.	Speaks mother tongue fluently.					
2.	Speaks clearly					

S.NO.	ITEMS	RATING SCALE				
		SD	S	N	A	SA
3.	Recalls simple things.					
4.	Forgets all things.					
5.	Lacks basic reasoning ability					
6.	Obeys without discussion					
7.	Lacks ability of simple thinking					
8.	Lacks basic decision making					
9.	Thinks before doing any work					
10.	Generally conscious of his/her thoughts and how they are changing					
11.	Understands difference between smell and fragrance					
<b>IV</b>	<b>SOCIAL-RELATIONAL CONSCIOUSNESS</b>					
1.	Feels insecure in his/her family					
2.	Family members always help her/him					
3.	Friends like him/her					
4.	Hesitates to meet people					



S.NO.	ITEMS	RATING SCALE				
		SD	S	N	A	SA
5.	Feels happy to attend social festival.					
6.	Feels happy in school					
7.	Relatives likes him/her in family					
8.	Feels secure in his/her friend circle					
9.	Participates in school functions					
V	<b>SELF-CONSCIOUSNESS</b>					
1.	Knows his/her name					
2.	Knows meaning of his/her name					
3.	Knows his/her name of body parts					
4.	Cleans his/her body parts on own					
5.	Loves his/her things					
6.	Does not give his/her things to other					
7.	Takes Care of his/her things					
8.	Generally conscious of his/her own self and his/her personally as a whole					

S.NO.	ITEMS	RATING SCALE				
		SD	S	N	A	SA
<b>VI</b>	<b>SPIRITUAL CONSCIOUSNES</b>					
<b>1.</b>	Prays daily					
<b>2.</b>	Believes in god					
<b>3.</b>	Feels happy to go to Mandir / Maszid / Gurudwara / Church					
<b>4.</b>	Has fear of God					
<b>5.</b>	Creation by God					
<b>6.</b>	Generally conscious that he/she a part of the Universe					