APPENDIX — IV

(Copy of the Ways of Coping Questionnaire)

Specific Instruction:

Given below is a set of items concerning the general ways of coping to a situation. You are requested to express your opinion regarding your way of adjustment, during the past six months / one year, by selecting one of the prescribed form of responses for each of items given in the answer sheet.

Sl. No.
1. In order to understand the problem in a better way I try to find out the root cause of it. \((t = 2.43)^*\)
2. I am hopeful that problematic situation would be changed in near future. \((t = 3.47)^{**}\)
3. I try to discuss with someone to explore more about the situation. \((t = 2.61)^*\)
4. I try to analyze my role in the context of each and every critical situation. \((t = 2.28)^*\)
5. In order to console myself I have accepted my own misfortune. \((t = 2.43)^*\)
6. I try to move as if nothing is happening. \((t = 3.48)^{**}\)
7. I do not disclose my ideas to others. \((t = 2.63)^*\)
8. I try to perceive the positive sides of the things. \((t = 2.30)^*\)
9. I have involved my-self in creative activity. \((t = 2.53)^*\)
10. I try to forget the undesirable things through selecting a good diversion. \((t = 2.61)^*\)
APPENDIX IV (Contd.)

11. I get away from it for a while, try to rest or try a vacation.  
   \((t = 2.89)\)**

12. I try to make myself feel better by eating, drinking, smoking, using drugs or medications etc.  
   \((t = 3.49)\)**

13. I try not to act too hastily or follow my first hunch.  
   \((t = 3.10)\)**

14. I try to understand what is important in my life.  
   \((t = 2.44)\)*

15. I try to get relief by making discussion with my friends and relatives.  
   \((t = 3.11)\)**

16. I express my dissatisfaction fully whenever I find it necessary.  
   \((t = 2.43)\)*

17. I fight against others in order to establish that which I consider good or justifiable.  
   \((t = 3.41)\)**

18. I know what has to be done, so I am doubling my efforts to make things work.  
   \((t = 3.98)\)**

19. I try to keep my feelings away from interfering with other things too much.  
   \((t = 2.78)\)**

20. I day-dream / imagine a better time or place than the one I am in.  
   \((t = 2.64)\)*

21. I do my job properly with the hope that everything will be changed one day.  
   \((t = 2.77)\)**

22. I pray for the better days.  
   \((t = 3.10)\)**

23. In order to avoid conflict / clash I think over the issue again and again before doing or saying something.  
   \((t = 2.42)\)*
24. I engulf in fantasy and always keep me in imagining. \( (t = 2.51)^* \)
25. Sitting in my drawing room I curse the situation created in the university. \( (t = 3.94)^{**} \)
26. I express my anger upon my students and subordinate persons knowingly or unknowingly. \( (t = 2.65)^* \)
27. I get irritated easily while deal with the members of my family. \( (t = 3.58)^{**} \)
28. I spent my leisure time with the members of my family. \( (t = 2.59)^* \)
29. I try to maintain good relationship with my colleagues. \( (t = 2.80)^{**} \)
30. I engage myself in other works in addition to this job. \( (t = 2.13)^* \)
31. I am involved in politics / social service. \( (t = 2.69)^{**} \)
32. I do my job sincerely without thinking about others. \( (t = 3.15)^{**} \)

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• \( p < 0.05 \), ** \( p < 0.01 \)
Read instructions carefully before responding on this sheet

**INSTRUCTION:** Please do not write on this page. Put a (X) in the appropriate column where
- A Stands for Not used
- B Stands for Used somewhat
- C Stands for quite a bit
- D Stands for Used a great deal

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