ANNEXURE
RESEARCH TOOLS
APPENDIX - I

RESEARCH TOOLS

CORRELATES OF ANXIETY AND NEUROTICISM AMONG WOMEN TEACHERS

Dear Colleague,

Please find enclosed two standardised tools for indicating your responses in connection with the research study titled above. Feel free to come out with your frank responses, as they are strictly confidential and anonymous and will be used only for research purposes. Read the instructions carefully before indicating your responses for each tool. Please give your demographic particulars also before proceeding with the tools.

Yours sincerely,

JESMIN JAYAKAR
I. DEMOGRAPHIC PARTICULARS

Tick the relevant box.

1. Age

<40 years   40 years and above

2. Qualification

P.G. Degree   M.Phil. Degree   Ph.D. Degree

3. Subject Specialisation

Science   Arts & Humanities

4. Teaching Experience

<5 years   5-10 years   >10 years

5. Marital Status

Married   Unmarried   Widowed or Separated

6. Type of Family

Joint   Unitary

7. Type of Management of the College

Private   Government

8. Status of the College

Autonomous   Non-autonomous
II. TAYLOR’S MANIFEST ANXIETY SCALE (TMAS)

Instructions:
You will find below a list of 50 statements. At the end of each statement, there are T and F. Please go through each statement carefully. If it happens to be true in your case, draw a small circle around T and if it is false, draw a small circle around F. Please do not leave any statement unanswered.

1. I do not tire quickly. T / F
2. I am troubled by attacks of nausea. T / F
3. I believe I am no more nervous than most others. T / F
4. I have very few headaches. T / F
5. I work under a great deal of tension. T / F
6. I cannot keep my mind on one thing. T / F
7. I worry over money and business. T / F
8. I frequently notice my hand shaking when I try to do something. T / F
9. I blush no more often than others. T / F
10. I have diarrhoea once a month or more. T / F
11. I worry quite a bit over possible misfortunes. T / F
12. I practically never blush. T / F
13. I am often afraid that I am going to blush. T / F
14. I have nightmares on very few nights. T / F
15. My hands and feet are usually warm enough. T / F
16. Sometimes when embarrassed, I break out in sweat. T / F
17. I sweat very easily even on cool days. T / F
18. I hardly ever notice my heart pounding and I am seldom short of breath. T / F
19. I feel hungry almost all the time. T / F
20. I am very seldom troubled by constipation. T / F
21. I have a great deal of stomach trouble. T / F
22. I have had periods in which I lost sleep over worry. T / F
23. My sleep is disturbed. T / F
24. I dream frequently about things that are, best kept to myself. T / F
25. I am easily embarrassed. T / F
26. I am more sensitive than most other people. T / F
27. I frequently find myself worrying about something. T / F
28. I wish I could be as happy as others seem to be. T / F
29. I am usually calm and not easily upset. T / F
30. I cry easily. T / F
31. I feel anxious about something or someone. T / F
32. I am happy most of the time. T / F
33. It makes me nervous to have to wait.  
34. I have periods of such great restlessness that I cannot sit long in a chair.  
35. Sometimes I become so excited that I find it hard to sleep.  
36. I have sometimes felt that difficulties were piling so high that I could not overcome them.  
37. I must admit that I have at times been worried beyond reason over something that really did not matter.  
38. I have very few fears compared to my friends.  
39. I have been afraid of things or people that I know could not hurt me.  
40. I certainly feel useless at times.  
41. I find it hard to keep my mind on a task or job.  
42. I am usually self-conscious.  
43. I am inclined to take things hard.  
44. I am a high straining person.  
45. Life is a strain for me much of the time.  
46. At times I think I am no good at all.  
47. I am certainly lacking in self-confidence.  
48. I sometimes feel that I am about to go to pieces.  
49. I shirk from facing a crisis or difficulty.  
50. I am entirely self-confident.
III. EYSENCK’S PERSONALITY INVENTORY (EPI)

Instructions:

Here are some questions regarding the way you behave, feel and act. After each question is a space for answering **YES** or **NO**.

Try to decide whether **YES** or **NO** represents your way of acting or feeling. Underline **YES** or **NO** as the case may be, for each of the questions to indicate your answer. Work quickly and don’t spend too much time over any question. Your first reaction is wanted and not a long drawn out thought process. The whole questionnaire shouldn’t take more than a few minutes.

Work quickly and remember to answer every question. There are no right or wrong answers, and this is not a test to intelligence or ability, but simply a measure of the way you behave.

1. Do you often long for excitement? **YES / NO**

2. Do you often need understanding friends to cheer you up? **YES / NO**

3. Are you usually careful? **YES / NO**

4. Do you find it very hard to take no for an answer? **YES / NO**
5. Do you stop and think things over before doing anything?  YES / NO

6. If you say you will do something do you always keep your promise no matter how inconvenient it might be to do so?  YES / NO

7. Does your mood often go up and down?  YES / NO

8. Do you generally do and say things quickly without stopping to think?  YES / NO

9. Do you ever feel ‘just miserable’ for no good reason?  YES / NO

10. Would you do almost anything for a dare?  YES / NO

11. Do you suddenly feel shy when you want to talk to an attractive stranger?  YES / NO

12. Once in a while do you lose your temper and get angry?  YES / NO

13. Do you often do things on the spur of the moment?  YES / NO

14. Do you often worry about things you should not have done or said?  YES / NO

15. Generally, do you prefer reading to meeting people?  YES / NO

16. Are your feelings rather easily hurt?  YES / NO

17. Do you like going out a lot?  YES / NO
18. Do you occasionally have thoughts and ideas that you would not like other people to know about? YES / NO

19. Are you sometimes bubbling over with energy and sometimes very sluggish? YES / NO

20. Do you prefer to have a few but special friends? YES / NO

21. Do you daydream a lot? YES / NO

22. When people shout at you, do you shout back? YES / NO

23. Do you often trouble about feeling of guilt? YES / NO

24. Are all your habits good and desirable ones? YES / NO

25. Can you usually let yourself go and enjoy yourself a lot at a gay party? YES / NO

26. Would you call yourself tense or ‘highly-strung’? YES / NO

27. Do other people think of you as being very lively? YES / NO

28. After you have done something important, do you often come away with a feeling that you could have done better? YES / NO

29. Are you mostly quiet when you are with other people? YES / NO

30. Do you sometimes gossip? YES / NO

31. Do ideas run through your head so that you cannot sleep? YES / NO
32. If there is something you want to know about, would you rather look it up in a book than talk to someone about it?  
   YES / NO

33. Do you get palpitations or thumping in your heart?  
   YES / NO

34. Do you like the kind of work that you need to pay close attention to?  
   YES / NO

35. Do you get attacks of shaking or trembling?  
   YES / NO

36. Would you always declare everything of the customs, even if you knew that you could never be found out?  
   YES / NO

37. Do you hate being with a crowd who play jokes on one another?  
   YES / NO

38. Are you an irritable person?  
   YES / NO

39. Do you like doing things in which you have to act quickly?  
   YES / NO

40. Do you worry about awful things that might happen?  
   YES / NO

41. Are you slow and unhurried in the way you move?  
   YES / NO

42. Have you ever been late for an appointment or work?  
   YES / NO

43. Do you have many nightmares?  
   YES / NO

44. Do you like talking to people so much that you never miss a chance of talking to a stranger?  
   YES / NO
45. Are you troubled with aches and pains? YES / NO
46. Would you be very unhappy if you could not see lots of people most of the time? YES / NO
47. Would you call yourself a nervous person? YES / NO
48. Of all the people you know, are there some whom you do not like? YES / NO
49. Would you say that you were fairly self-confident? YES / NO
50. Are you easily hurt when people find fault with you or your work? YES / NO
51. Do you find it hard to really enjoy yourself at a lively party? YES / NO
52. Are you troubled with feelings of inferiority? YES / NO
53. Can you easily get some life into a dull party? YES / NO
54. Do you sometimes talk about things you know nothing about? YES / NO
55. Do you worry about your health? YES / NO
56. Do you like pranks on others? YES / NO
57. Do you suffer from sleeplessness? YES / NO