Appendix I

A COMPARATIVE STUDY ON GENERATION DIFFERENTIALS OF SINGLE WOMEN IN KERALA

Interview schedule

Personal data
1. Name :
2. Age :

<table>
<thead>
<tr>
<th>Rural</th>
<th>Urban</th>
<th>District</th>
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<tbody>
<tr>
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3. Place of Birth :
4. Place of Residence :
5. Educational Status :

<table>
<thead>
<tr>
<th>Status</th>
<th>RU</th>
<th>UR</th>
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<tbody>
<tr>
<td>Primary</td>
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<tr>
<td>Secondary</td>
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<td>Higher secondary</td>
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<tr>
<td>Graduation</td>
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<tr>
<td>Professional</td>
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<tr>
<td>PG and other higher studies</td>
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</tbody>
</table>

6. Religious : Hindu/Christian/Muslim
7. Caste :
8. Occupational Status : Employed/Unemployed/Retired
   If employed, :
What is your 1st job

<table>
<thead>
<tr>
<th>Sl. No</th>
<th>Specify job</th>
<th>Present</th>
<th>Past</th>
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<tbody>
<tr>
<td>1</td>
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<tr>
<td>2</td>
<td>Nature of work</td>
<td>Private/Public</td>
<td>Private/Public</td>
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<tr>
<td>3</td>
<td>Place of work</td>
<td>RU/UR</td>
<td>RU/UR</td>
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</table>

9. Personal monthly income at present : Below 300/500-1000
                                           1000-5000/5000-10,000/
                                           10000-15000/15000& above

10. How many members are there in your family : 
11. Your Birth order : 
13. What type of inheritance was excited in your family? Patriarchal/Matriarchal
14. What do you think about your parents marital relationships? Very satisfactory/ Satisfactory/ Unsatisfactory
15. Was there any single women in your family? Yes/No
16. Are you staying alone now? Yes/No
17. If no Where? Old age home/ Hostel/ with relatives
18. Nature of old age home?
19. When did you start to live here?
20. If staying alone its nature? Your own house/Inherited/Rented
21. When did you start to live alone?
22. Do you have any problem? Yes/No
23. Why did you live alone? 
   a. Prefer to say alone, for freedom
   b. They don’t prefer to stay with you’

ii
c. They are employed in distant place  
d. Other familial problem  

24. Are you happy?  Yes/Somewhat/ No 

SOCIAL 

25. Do you think that you would have a better status, if you will marry?  Yes/No  
26. Do you have good relationship with neighbours?  Yes/No  
27. Do you have membership in any club / organization?  Yes/No  
28. If yes, specify;  
29. Do you think your present state of life, give you a negative social label  Yes/No  
30. Do you think society approve single women?  Yes/No  
31. Do you think our Kerala culture of matricarchy encourage Singlehood?  Yes/No  
32. Did single women had a better status earlier?  Yes/No  
33. If yes, why?  Yes/No  
34. Are you financially secure?  Yes/No  
35. If yes, source:  Your Job/ Relatives/ Pension  
36. Do you have savings?  Yes/No  
  Specify?.....................  
37. Do you have help other financially?  Yes/No  
38. Are you interested in giving contributions for a social activities?  Yes/No  
39. Do you agree that economic independence lead to single hood?  Yes/No  
40. Do you think, your carrer is more precious than marriage?  Yes/No
FAMILY
41. Do you have any familial problems? Yes/No
42. Do you have enough participation in the decision making process? Yes/No
43. Do you have any adjustment problem with family members? Yes/No
44. Do you feel you are facing often quarrelling situations with other family members? Yes/No
45. Do you feel your family members are exploiting you? Yes/No
46. Do you feel you have no freedom in your family? Yes/No

RELEGIOUS
47. Do you have freedom to do your religious practice? Yes/No
48. Do you face any discrimination in religious activities as a single? Yes/No
49. As a single women, do you neglected by religious authorities from religious performance? Yes/No
50. Do you think your religious group not give equal status to single women and married women? Yes/No
51. Do you feel religious activities are not useful to solve your problems? Yes/No
52. Do you think religion is a useless activity in your life? Yes/No

HEALTH
53. What is the present state of your health?
   Highly satisfactory/Satisfactory/Some what satisfactory/Unsatisfactory
54. Do you get prompt medical attention?
55. Are you satisfied with it?
   Highly satisfactory/Satisfactory/Some what satisfactory/Unsatisfactory
56. When you are sick, what do you do?
   Go to doctor /call relatives/ other take care of me

EDUCATION

57. Do you think your educational status helped you to face challenges in your life? Yes/No

ACCOMMODATION

58. Do you have any problem with accommodation? Yes/No
59. Do you have enough freedom for accommodation matters? Yes/No
60. Are you satisfied with present accommodation facility? Yes/No
61. Any quarrelling situation do you faced in your staying place? Yes/No
62. What is your opinion- where you live, the people give enough care and understanding towards you? Good/ not good
63. Do you have any type of problem faced from society. Yes/No

OCCUPATION

64. Are you satisfied with your job? Yes/No
65. If no specify the reason? ................................................................
66. Do you have any problem with your career? Yes/No
67. If yes specify? .................
68. What is your opinion about the behaviour of other towards you in the workplace?
   Highly satisfactory/Satisfactory/Some what satisfactory/Unsatisfactory
69. Did you face any type of gender inequality in workplace? Yes/No
70. Do you think because single hood people are treating are differently? Yes/No
71. If you are enjoying high position than male people, will they make any problem? Yes/No
Appendix-I

72. Do you think you got the present job, only because of your educational status?
   Yes/No

73. Did you decide to become single or is it something that took place gradually?
   Yes/No

74. At what age you decided to stay single?

75. If the right man come, will you marry?
   Yes/No

76. Do you believe in love marriage?
   Yes/No

77. Did you have any love life earlier?
   Yes/No

78. Are you interested in sex?
   Yes/No

79. Do you enjoy watching movies?
   Yes/No

80. Do you enjoy seeing sex issues?
   Yes/No

81. Did you have any sexual relationship any one?
   Yes/No

82. What is your opinion about living together but not marrying as in the western?
   Very good/good/not good

PERSONAL

83. Do you think you are denying something to yourself by not marrying?
   Yes/No

84. Do you think married women have more respect in society than single women?
   Yes/No

85. At any time do you regret about your Singlehood?
   Yes/No

86. Do you think life can be enjoyed in a better way by being single?
   Yes/No

87. Do you think married women are exploited by their by their husbands and other family members?
   Yes/No

88. Do you think martial life is just for the sake of men?
   Yes/No

88. Which type of family you prefer? Why?
FINANCIAL
89. Are you financially secured? Yes/No
90. If yes, source: Your job/ Relatives/ Pension
91. Do you have savings? Yes/No
Specify?.......................
92. Do you help others financially? Yes/No
93. Are you interested in giving contributions for Social activities? Yes/No
94. Do you agree that economic independence lead to singlehood? Yes/No
95. Do you think, you career is more precious than marriage? Yes/No

FACTORS OF SINGLEHOOD:
(Please mark your primary factors in a 1, 2, 3 rank)
96. (1) -To be independent
- For professional
- Don’t like children and household activities?
- Think it is difficult to adjust with another person?
(2) - Financial problem
- To take care of family members
- Dowry
(3) - No one was there to arrange marriage
- parents are not interested
(4) - Seeing the unhappy life of married people
- Increasing rate of divorce
(5) - Failure in love
(6) - Did not meet the right person
(7) - For social service
(8) - Horoscope problem
- Religious interest
(9) - The physical appearance is no good
- Health problem

(10) - Dislike opposite sex
- Some earlier sexual exploration

97. Please rate your life satisfaction along the three dimensions on a ten-point scale (1-10 with 5 as moderate value)

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<th>High life satisfaction</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
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<th>7</th>
<th>8</th>
<th>9</th>
<th>10</th>
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STRESS SCALE FOR SINGLE WOMEN
(Licy. A. D, Dr. Shally Joseph and Dr. Reeta Krishnan)

Instruction

Some statements related to certain stress and strain that we face in our daily life are given below. You are requested to respond to each statement by putting a circle around A, B, C, D & E given against each item. A denotes ‘very much’ B denotes ‘much’ ‘C’ denotes undecided ‘D’ denotes ‘somewhat’ E denotes ‘Not at all’. Please do not omit any item. Your responses will be kept confidential and will be used for research purposes only.

Section A

I feel stressed;

a. When I think, I am an unwanted person in my family.
   b. When my family members intrude into my personal freedom.
   c. When I don’t get due consideration from my family.
   d. When I am compelled to spend my money for relatives.

1. When I think, I am an unwanted person in my family.  
2. When my family members intrude into my personal freedom.  
3. When I don’t get due consideration from my family.  
4. When I am compelled to spend my money for relatives.
5. When I face financial difficulties to meet my daily needs.

6. When I think, my family members don’t understand me

7. When I notice, the disrespect of my family members towards me.

8. When I realize the weakening of family ties.

9. When I notice, others are trying to avoid me from family functions.

10. When I have to do all the family chores alone.

Section B

11. When I don’t have the freedom to engage in religious practices and rituals.

12. When society looks at my activities with suspicion.

13. When members of society try to avoid me from auspicious and sacred functions.

14. When I don’t get equal status in par with married women.

15. When my social activities are criticised and opposed by society.

16. When I am pictured negatively for my social activities with men.

17. When I hear actions against single women.

18. When single women don’t get justice in society.

19. When people oppose and trouble me when I try to stay alone.
20. When I have to travel alone during evening and nights.

Section C

21. The thought that I am always alone everywhere.

22. When others look at me with doubt.

23. When others exploit my single hood.

24. When I am unable to satisfy my sexual desires.

25. The thought that I have nobody to love and nobody to love me.

26. When people raise obstacles to my progress.

27. The thought that I am not good for nothing.

28. When I cannot pray peacefully.

29. When I don’t get enough mental relaxation.

30. When I realize, I do not have the ability to discharge my responsibilities correctly.

Section D

31. When I think, about my illness.

32. When I realize there is nobody willing to help me, when I am sick.

33. When I do not get the necessary care in my illness.

34. The thought that my illness will soon lead me to death.

35. The thought of facing financial difficulties during my illness.
36. When others mock at my physical appearance.
37. When I don’t get my favourite food items
38. When I cannot maintain a balanced / healthy diet according to my tastes/ interest.
39. When I see, others behaving in a unhygienic manner.
40. The boredom in my job situations.
41. The insecurity in my job situations.
42. The conflicts with my colleagues,
43. The poor salary in my job.
44. Misbehaviour from my male colleagues.
45. When I am compelled to do over work than others because of my single hood.
46. When I am not appreciated or recognized in spite of my work more than others.
47. When I am compelled to take up highly responsible jobs because of my single hood.
48. When my single hood is a topic of discussion at social and professional gatherings.
49. When I am denied the deserved promotions due to me because of my single hood.

Section E

40. The boredom in my job situations.
41. The insecurity in my job situations.
42. The conflicts with my colleagues,
43. The poor salary in my job.
44. Misbehaviour from my male colleagues.
45. When I am compelled to do over work than others because of my single hood.
46. When I am not appreciated or recognized in spite of my work more than others.
47. When I am compelled to take up highly responsible jobs because of my single hood.
48. When my single hood is a topic of discussion at social and professional gatherings.
Section F

50. The thought of my health in future.

51. The thought that I will have no one to care and look after me in future.

52. The thought of how I will fulfill the financial needs in future.

53. When I think, whether I will be able to show interest in religious practices in future.

54. The thought of my investments for future.

55. When I think, of my possibility to reach my goals in future.

56. When I think whether people will respect my words and presence after my retirement.

57. When I think of the possibility of enjoying freedom in future.

58. When I think of the status, I can get in future.

59. When I think of the interference of family members in my future like.
SUPPORT SYSTEM SCALE FOR SINGLE WOMEN
(Licy. A. D, Dr. Shally Joseph and Dr. Reeta Krishnan)

Instructions

Single life demands a lot of supports from others. Given below are certain statements related to such support systems relationship with one’s single life. You are requested to indicate your agreement or disagreement with the statement by putting a circle mark around A,B,C,D,E given against each item.

A indicates strongly agree  B indicates agree  C indicates undecided
D indicates disagree  E indicates strongly disagree

Please don’t omit any items. Your responses will be used for research purposes only.

Section A

1. I have warm relationship with my family members.  
2. I get financial help from family, when I am in need.  
3. Family members consult me with regards to family matters.  
4. My family members take care of me, when I am not well.  
5. I am interested in attending family get together.  
6. Youngsters in my family, makes fun of
Section A

7. My family members misuse my wealth.
8. My family members consider my likes and dislikes.
9. My family members encourage me to enjoy my single hood.

Section B

10. I can share anything with my friends.
11. My friends help me, when I am in need.
12. I feel happy, when I spend time with friends in social activities or for picnics.
13. My friends respect my opinion/advices on all matters.
14. I expect the presence of my friends, when I face difficult situations.
15. My friends help me to enjoy the pleasantness of the single hood.
16. My friends are a source of consolation when I face difficult problems.
17. My friends help me, when I face financial difficulties.
18. My friends are models in my enjoyment of freedom of single hood.

Section C

19. I find it difficult to mingle with colleagues because of my single hood.
20. Being single gives me more time and opportunity to excel in my work.
21. My work gives me more confidence to choose my friends.

22. I am very happy with my colleagues in the work place.

23. My work gives me, high status in the society.

24. My work gives me mental relaxation.

25. My family members show love towards me, only because of my work.

26. A lot of people depend upon me, because I have a job.

27. I can spend money freely, because I have income.

28. Since I have a job, nobody will come to dominate me.

Section D

29. I am like to talk outsiders.

30. I like to attend social functions.

31. I am like to engage in social works.

32. I like to visit friends and relatives.

33. My mind fill with a sense of social commitment.

34. Society recognize and respect my singlehood.

35. Good social relationships are a source of strength in my life.

36. I forget my sorrows, when I am engaged in social activities.

VIII
37. My social awareness has led me to single hood.

38. I feel interested in religious rituals & practices.

39. I am happy and at peace when I pray.

40. I am happy, when I can simply sit & relax.

41. I am able to watch T.V. daily.

42. I am able to play Indoor games daily.

43. I am able to do the work in garden daily.

44. I am able to engage with walking and sports daily.

45. My leisure activities are always keep my health.

46. Leisure activities give me more Happiness.

47. Leisure activities helped me to interact with others.

48. Leisure is an inevitable part of my life.
APPENDIX- IV

AN ADJUSTMENT SCALE FOR SINGLE WOMEN
(Licy. A. D, Dr. Shally Joseph and Dr. Reeta Krishnan)

Instructions
Single life demands a lot of Adjustments. Given below are certain statements related to such adjustments one may make in general in one’s single life. You are requested to indicate your agreement or disagreement with the statement by putting a circle mark around A,B,C,D,E given against each items.

A indicates strongly agree  B indicates agree  C indicates undecided
D indicates disagree  E indicates strongly disagree

Please don’t omit any items. Your responses will be used for research purposes only.

Section A

1. I frequently have headache.
A B C D E
2. I am subject to asthma / breathing troubles
A B C D E
3. I am subject to attacks of indigestion.
A B C D E
4. I feel tired most of the time.
A B C D E
5. I feel often, my sleep is disturbing.
A B C D E
6. I frequently need medical attention.

7. I have high/low blood pressure.

8. My sickness never compel me to look towards life with a fed up mind.

Section B

9. I have ups and downs in moods without apparent cause.

10. Often, I get emotionally upset.

11. I am easily moved to tears.

12. I often feel lonely even when I am in the midst of people.

13. I worry long after a humiliating experience.

14. I have self awareness.

15. I am depressed when I hear, others saying negatively about me.

16. I get easily discouraged

17. I feel to like committing suicide because of the difficulties in my life.

18. I feel easily hurt.

Section C

19. I often feel that one would better die rather than live as a single women,

20. I feel my life has a purpose
21. I think, I am a lonely and unwanted person.
22. I think my advice is welcomed by others.
23. I am troubled by feeling of inferiority.
24. I have achieved most of the things wanted to achieve in my life.
25. I have regretting when I think about the foolish activities, I did in my life.
26. I have nothing in my life to feel proud of.
27. I always accept social responsibilities in my life.
28. I have frequent disagreement with my relatives.
29. I am often subject to criticism at my home.
30. The persons with whom I live understand and sympathize with me.
31. I have frequent conflict with people at home.
32. I feel that there is a lack of love and affection among the members of my present home.
33. I feel, disappointed, when I do not get, what I expect from my relatives.
34. I feel my friends are more happier than me.
35. Nobody has tried to dominate me in my life.  
36. My family is the supporting factor in my singlehood.  

**Section E**

37. I have more people disliking me than liking me.  
38. I prefer to be alone rather than be in the company of people.  
39. I hesitate to speak out before a group for the fear of committing mistakes.  
40. I feel, easy to seek the help of others.  
41. My experience has shown me that people are generally unsympathetic.  
42. My friends enjoy my company.  
43. I am not affected by the criticisms raised by the society when I interact with my intimate male friends.  
44. I do not heed up about the norms made by society for single women.  
45. I do not heed to the criticisms and oppositions raised by others against when I participate in social activities.  
46. I am loved and respected by the members of the society.