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## ***APPENDICES***

## APPENDIX A

ಸ್ವಆಂಗ್ ಮಕ್ಕಳ ಯೋಗಕ್ಷೇಮದ ಪಟ್ಟಿ

ಹೆಸರು: ಲಿಂಗ: ವಯಸ್ಸು:  
ತರಗತಿ: ಶಾಲೆ: ದಿನಾಂಕ:

ಪ್ರಿಯ ವಿದ್ಯಾರ್ಥಿಗಳೇ:

ಈ ಕೆಳಗೆ ಕೆಲವು ವಾಕ್ಯ ಅಥವಾ ವಿವರಣೆಗಳಿವೆ. ಅವು ಕಳೆದ ಕೆಲವು ವಾರಗಳಲ್ಲಿ ನೀವು ಹೊಂದಿರುವ ಭಾವನೆ ಅಥವಾ ಆಲೋಚನೆ ಗಳ ಬಗೆಗಿನವು. ನಿಮ್ಮ ಭಾವನೆ ಅಥವಾ ಆಲೋಚನೆಗಳನ್ನು ವಿವರಿಸುವ ಸಂಖ್ಯೆಗೆ ನಿಮ್ಮ ಉತ್ತರವನ್ನು ಟಿಕ್ ಮಾಡಿ. ಯಾವುದೇ ವಾಕ್ಯಕ್ಕೂ ನಿಶ್ಚಿತ ಸರಿ ಅಥವಾ ತಪ್ಪು ಎಂಬ ಉತ್ತರವಿಲ್ಲ. ಅದಕ್ಕಾಗಿ ಪ್ರಾಮಾಣಿಕವಾಗಿ ನಿಮ್ಮ ಪ್ರತಿಕ್ರಿಯೆ ನೀಡಿ. ಪ್ರತಿಕ್ರಿಯೆಯ ಕ್ರಮವು ಹೀಗಿದೆ:

1. ಎಂದೂ ಇಲ್ಲ; 2. ಬಹಳಷ್ಟು ಸಲ ಅಲ್ಲ; 3. ಕೆಲವೊಮ್ಮೆ; 4. ತುಂಬಾ ಸಲ; 5. ಯಾವಾಗಲೂ;

ಸಂಖ್ಯೆ	ಹೇಳಿಕೆಗಳು	ಎಂದೂ ಇಲ್ಲ 1	ಬಹಳಷ್ಟು ಸಲ ಇಲ್ಲ 2	ಕೆಲವೊಮ್ಮೆ 3	ತುಂಬಾ ಸಲ 4	ಯಾವಾಗಲೂ 5
1	ನನ್ನ ಜೀವನದಲ್ಲಿ ಒಳ್ಳೆಯ ಘಟನೆಗಳು ನಡೆಯುತ್ತವೆ ಎಂಬ ಯೋಚನೆ ನನಗಿದೆ					
2	ನಾನು ಯಾವಾಗಲೂ ಸತ್ಯವನ್ನೇ ಹೇಳಿದ್ದೇನೆ					
3	ನಾನು ಸುಲಭವಾಗಿ ಆಯ್ಕೆಗಳನ್ನು ಮಾಡಬಲ್ಲೆ					
4	ಮನರಂಜಿಸುವ ತುಂಬಾ ವಿಷಯಗಳನ್ನು/ವಸ್ತುಗಳನ್ನು ನಾನು ಹುಡುಕಬಲ್ಲೆ					
5	ಕೆಲವೊಂದು ವಿಷಯಗಳಲ್ಲಿ ತುಂಬಾ ಚೆನ್ನಾಗಿದ್ದೇನೆ ಎಂಬ ಭಾವನೆ ನನಗಿದೆ					
6	ತುಂಬಾ ಜನರು ನನ್ನ ಬಗ್ಗೆ ಕಾಳಜಿವಹಿಸುತ್ತಾರೆ					
7	ನಾನು ಭೇಟಿ ಮಾಡಿದ ಎಲ್ಲರನ್ನೂ ನಾನು ಇಷ್ಟಪಡುತ್ತೇನೆ					
8	ನಾನು ಹೆಮ್ಮೆಪಡಬಲ್ಲ ತುಂಬಾ ವಿಷಯಗಳಿವೆ/ವಿಚಾರಗಳಿವೆ ಎಂಬ ಆಲೋಚನೆ ನನಗಿದೆ					
9						

	ನಾನು ಪ್ರಶಾಂತವಾದ ಭಾವನೆಯಲ್ಲಿದ್ದೇನೆ					
10	ನಾನು ಒಳ್ಳೆಯ ಮನಃಸ್ಥಿತಿಯಲ್ಲಿದ್ದೇನೆ					
11	ಪ್ರತಿ ಹೊಸ ದಿನವೂ ತರುವ ಅನುಭವಗಳನ್ನು ನಾನು ಆನಂದಿಸುತ್ತೇನೆ					
12	ನಾನು ಬೇರೆಯವರ ಜೊತೆ ಹೊಂದಿಕೊಂಡು ಹೋಗುತ್ತಿದ್ದೇನೆ					
13	ನಾನು ಯಾವಾಗಲೂ ಸಿಹಿತಿಂಡಿಗಳನ್ನು ಹಂಚಿ ತಿನ್ನುತ್ತೇನೆ					
14	ಬೇರೆ ವಿಚಾರಗಳ/ವಿಷಯಗಳ ಬಗ್ಗೆ ನಾನು ಋಷಿಯಿಂದಿದ್ದೇನೆ					
15	ನಾನು ವಿಶ್ರಾಂತವಾದ ಭಾವನೆಯಲ್ಲಿದ್ದೇನೆ					

## APPENDIX B

## ಮಾನಸಿಕ ಯೋಗಕ್ಷೇಮದ ಪಟ್ಟಿ

ಹೆಸರು:

ವಯಸ್ಸು:

ಲಿಂಗ:

ದರ್ಜೆ:

ದಿನಾಂಕ:

ಈ ಕೆಳಗಿನ ವಾಕ್ಯಗಳು ನೀವು ನಿಮ್ಮ ಬಗ್ಗೆ ಮತ್ತು ನಿಮ್ಮ ಬದುಕಿನ ಬಗ್ಗೆ ನಿಮಗಿರುವ ಭಾವನೆಗಳಾಗಿವೆ.

ಇವುಗಳಲ್ಲಿ ಸರಿ/ತಪ್ಪು ಎಂಬ ನಿಶ್ಚಿತ ಉತ್ತರವಿಲ್ಲ ಎಂಬುದನ್ನು ದಯವಿಟ್ಟು ಗಮನದಲ್ಲಿಟ್ಟುಕೊಳ್ಳಿ.

ಪ್ರಾಮಾಣಿಕವಾಗಿ ನಿಮ್ಮ ಪ್ರತಿಕ್ರಿಯೆ ನೀಡಿ. ಉತ್ತರದ ಅಂಕಿಯನ್ನು [ ✓ ] ಮಾಡಿ ಅಥವಾ ವೃತ್ತಿಯವಾಗಿಸಿ (○).

ಪ್ರತಿಕ್ರಿಯೆಯ ಕ್ರಮವು ಹೀಗಿದೆ:

1. ಖಂಡಿತವಾಗಿ ಒಪ್ಪುವುದಿಲ್ಲ; 2. ಕೆಲವಷ್ಟರಮಟ್ಟಿಗೆ ಒಪ್ಪುವುದಿಲ್ಲ; 3. ಸ್ವಲ್ಪ ಮಟ್ಟಿಗೆ ಒಪ್ಪುವುದಿಲ್ಲ;
4. ಸ್ವಲ್ಪ ಮಟ್ಟಿಗೆ ಒಪ್ಪುತ್ತೇನೆ; 5. ಕೆಲವಷ್ಟರಮಟ್ಟಿಗೆ ಒಪ್ಪುತ್ತೇನೆ; 6. ಖಂಡಿತವಾಗಿ ಒಪ್ಪುತ್ತೇನೆ

ಸಂಖ್ಯೆ	ಹೇಳಿಕೆಗಳು	ಉತ್ತರ
1	ದೃಢವಾದ ಅಭಿಪ್ರಾಯವಿರುವ ವ್ಯಕ್ತಿಗಳಿಂದ ನಾನು ಪ್ರಭಾವಿತನಾಗುತ್ತೇನೆ	
2	ಒಟ್ಟಾರೆಯಾಗಿ ನಾನಿರುವ ಸಂದರ್ಭವು ನನ್ನ ಕೈಯಲ್ಲಿದೆ ಎಂದು ಭಾವಿಸುತ್ತೇನೆ	
3	ನನ್ನ ಬಗ್ಗೆ ಮತ್ತು ಪ್ರಪಂಚದ ಬಗ್ಗೆ ನನಗಿರುವ ಅಲೋಚನೆಗಳಿಗೆ ಸವಾಲೊಡ್ಡುವ ಹೊಸ ಅನುಭವಗಳು ಮುಖ್ಯ ಎಂದು ನಾನು ಯೋಚಿಸುತ್ತೇನೆ	
4	ಆಪ್ತ ಸಂಬಂಧಗಳನ್ನು ನಿಭಾಯಿಸಲು ಕಷ್ಟ ಮತ್ತು ದುಸ್ತರವಾಗುತ್ತಿದೆ	
5	ಒಂದೊಂದೇ ದಿನವನ್ನು ಬದುಕುತ್ತೇನೆ ಮತ್ತು ಮುಂದಿನ ಭವಿಷ್ಯದ ಬಗ್ಗೆ ನಿಜಕ್ಕೂ ಯೋಚಿಸುವುದಿಲ್ಲ	
6	ನನ್ನ ಜೀವನಗಾಥೆಯನ್ನು ನೋಡಿದಾಗ ಏನೆಲ್ಲ ಬದಲಾಗಿಯಾಗಿದೆಯೆಂದು ತಿಳಿದಾಗ ಖುಷಿಯಾಗುತ್ತದೆ	
7	ಸಾಮಾನ್ಯ ಒಮ್ಮತಕ್ಕೆ ವಿರುದ್ಧವಿದ್ದರೂ ಕೂಡ ನನಗೆ ನನ್ನ ಅಭಿಪ್ರಾಯದಲ್ಲಿ ವಿಶ್ವಾಸವಿದೆ	
8	ದೈನಂದಿನ ಜೀವನದ ಬೇಡಿಕೆಗಳು ನನ್ನನ್ನು ಕೆಳಗಿಳಿಸುತ್ತವೆ/ಹಿಮ್ಮೆಟ್ಟಿಸುತ್ತವೆ	
9	ನನಗೆ ಜೀವನವು ನಿರಂತರವಾಗಿ ಕಲಿಯುವ, ಬದಲಾಗುವ ಮತ್ತು ಬೆಳವಣಿಗೆಯಾಗುವ ಪ್ರಕ್ರಿಯೆಯಾಗಿದೆ	
10	ನನ್ನ ಸಮಯವನ್ನು ಇತರರೊಂದಿಗೆ ಹಂಚಿಕೊಳ್ಳಲಿಚ್ಛಿಸುವವನು/ಳು, ಕೊಡುವ ವ್ಯಕ್ತಿ (ದಾನಿ) ಎಂದು ಜನರು ನನ್ನನ್ನು ಬಣ್ಣಿಸುತ್ತಾರೆ	
11	ಕೆಲವು ಜನರು ಜೀವನದಲ್ಲಿ ಗುರಿಯಿಲ್ಲದೆ ಅಲೆಯುತ್ತಾರೆ, ಆದರೆ ನಾನು ಅವರಲ್ಲಿ ಒಬ್ಬನಲ್ಲ	
12	ನನ್ನ ವ್ಯಕ್ತಿತ್ವದ ಆಯಾಮಗಳೆಲ್ಲ ನನಗೆ ಇಷ್ಟವಾಗುತ್ತದೆ	

13	ಇತರರು ಯಾವುದಕ್ಕೆ ಪ್ರಾಮುಖ್ಯತೆ ಕೊಡುತ್ತಾರೆ ಎಂಬುದರ ಬದಲು ನಾನು ಯಾವುದಕ್ಕೆ ಪ್ರಾಮುಖ್ಯತೆ ಕೊಡುತ್ತೇನೆ ಎನ್ನುವುದರ ಮೇಲೆ ನನ್ನ ನ್ಯು ನಿರ್ಣಯಿಸಿಕೊಳ್ಳುತ್ತೇನೆ	
14	ನಾನು ನನ್ನ ದಿನನಿತ್ಯದ ಜವಬ್ದಾರಿಗಳನ್ನು ಚೆನ್ನಾಗಿ ನಿಭಾಯಿಸುತ್ತೇನೆ	
15	ನಾನು ನನ್ನ ಜೀವನದಲ್ಲಿ ಹೆಚ್ಚು ಉದ್ಧಾರವಾಗುವ ಅಥವಾ ಬದಲಾಗಬೇಕೆನ್ನುವುದನ್ನು ಬಿಟ್ಟುಬಿಟ್ಟಿದ್ದೇನೆ	
16	ಇತರರೊಂದಿಗೆ ಹಾರ್ಡಿಕವಾದ ಮತ್ತು ವಿಶ್ವಾಸಾರ್ಹವಾದ ಸಂಬಂಧಗಳನ್ನು ಹೊಂದಿರುವ ಅನುಭವವು ನನಗಾಗಿಲ್ಲ	
17	ಜೀವನದಲ್ಲಿ ಮಾಡಬೇಕಾದದ್ದೆಲ್ಲೆಲ್ಲ ಮಾಡಿದ್ದೇನೆ ಎಂಬ ಭಾವನೆ ಕೆಲವೊಮ್ಮೆ ನನಗೆ ಬರುತ್ತದೆ	
18	ಬಹಳಷ್ಟು ರೀತಿಯಲ್ಲಿ, ನನ್ನ ಜೀವನದ ಸಾಧನೆಗಳನ್ನು ನೆನದಾಗ ನನಗೆ ನಿರಾಶೆಯಾಗುತ್ತದೆ	

## APPENDIX C

**The Stirling Children's Wellbeing Scale**

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Gender: \_\_\_\_\_

Class: \_\_\_\_\_ Date: \_\_\_\_\_

Here are some statements or descriptions about how you might have been feeling or thinking about things over the past couple of weeks. For each one please put a tick in the box which best describes your thoughts and feelings; there are not right or wrong answers.

	Statements	Never	Not much of the time	Some of the time	Quite a lot of the time	All of the time
1	I think good things will happen in my life	1	2	3	4	5
2	I have always told the truth	1	2	3	4	5
3	I've been able to make choices easily	1	2	3	4	5
4	I can find lots of fun things to do	1	2	3	4	5
5	I feel that I am good at some things	1	2	3	4	5
6	I think lots of people care about me	1	2	3	4	5
7	I like everyone I have met	1	2	3	4	5
8	I think there are many things I can be proud of	1	2	3	4	5
9	I've been feeling calm	1	2	3	4	5
10	I've been in a good mood	1	2	3	4	5
11	I enjoy what each new day brings	1	2	3	4	5
12	I've been getting on well with people	1	2	3	4	5
13	I always share my sweets	1	2	3	4	5

14	I think good things will happen in my life	1	2	3	4	5
15	I've been feeling relaxed	1	2	3	4	5

## APPENDIX D

### Ryff's Psychological Well-Being Scale

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Gender: \_\_\_\_\_

Class: \_\_\_\_\_ Date: \_\_\_\_\_

The following set of questions deals with how you feel about yourself and your life.

Please remember that there are no right or wrong answers. Circle the number that best describes your present agreement or disagreement with each statement.

#### Response categories.

	1	2	3	4	5	6
	Strongly Disagree	Disagree Somewhat	Disagree Slightly	Agree Slightly	Agree Somewhat	Strongly Agree
1	I tend to be influenced by people with strong opinions.					
2	In general, I feel I am in charge of the situation in which I live.					
3	I Think it is important to have new experiences that challenge how you think about yourself and the world.					
4	Maintaining close relationships has been difficult and frustrating for me.					
5	I live life one day at a time and don't really think about the future.					
6	When I look at the story of my life, I am pleased with how things have turned out.					
7	I have confidence in my opinions, even if they are contrary to the general consensus.					
8	The demands of everyday life often get me down.					
9	For me, life has been a continuous process of learning, changing, and growth.					
10	People would describe me as a giving person, willing to share my time					



		with others.	
11	Some people wander aimlessly through life, but I am not one of them.		
12	I like most aspects of my personality.		
13	I judge myself by what I think is important, not by the values of what others think is important.		
14	I am quite good at managing the many responsibilities of my daily life.		
15	gave up trying to make big improvements or changes in my life a long time ago.		
16	I have not experienced many warm and trusting relationships with others.		
17	I sometimes feel as if I've done all there is to do in life.		
18	In many ways, I feel disappointed about my achievements in life.		

## APPENDIX E

### Feedback Form

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Gender: \_\_\_\_\_

Class: \_\_\_\_\_ Date: \_\_\_\_\_

There are few statements here. They are your opinion about life skills. Be honest in answering them.

**a. I understood life skills classes.**

- |                       |                      |                |
|-----------------------|----------------------|----------------|
| 1. Strongly disagree. | 2. Somewhat disagree | 3. I can't say |
| 4. Somewhat agree     | 5. Strongly agree    |                |

**b. Life skills classes are useful.**

- |                       |                      |                |
|-----------------------|----------------------|----------------|
| 1. Strongly disagree. | 2. Somewhat disagree | 3. I can't say |
| 4. Somewhat agree     | 5. Strongly agree    |                |

**c. I would like to apply life skills in my life.**

- |                       |                      |                |
|-----------------------|----------------------|----------------|
| 1. Strongly disagree. | 2. Somewhat disagree | 3. I can't say |
| 4. Somewhat agree     | 5. Strongly agree    |                |

**d. I am proud of myself and am happy.**

- |                       |                      |                  |
|-----------------------|----------------------|------------------|
| 1. Strongly disagree. | 2. Somewhat disagree | 3. I can't say . |
| 4. Somewhat agree     | 5. Strongly agree    |                  |

**e. I am satisfied about my life.**

- |                       |                      |                  |
|-----------------------|----------------------|------------------|
| 1. Strongly disagree. | 2. Somewhat disagree | 3. I can't say . |
| 4. Somewhat agree     | 5. Strongly agree    |                  |

## APPENDIX F

### Scoring System

#### Stirling Children's Wellbeing Scale

##### Subscales.

*Positive emotional state items.* 9, 10, 11, 12, 14, 15.

*Positive outlook.* 1, 3, 4, 5, 6, 8.

Each item is scored 1 to 5.

The minimum for the scale is 12 and the maximum 60.

*Social desirability items.* 2, 7, 13.

Each item is scored 1 to 5.

Overall scores of 3 or 14/15 on this sub-scale would indicate that the participant's wellbeing scores should be treated with caution.

#### Ryff's Psychological Well-Being Scale

**Reverse scoring item.** 1, 4, 5, 8, 15, 16, 17, and 18.

Higher the score, higher the psychological well-being.

##### Subscales or component's scales.

*Autonomy.* 1, 7, 13.

*Environmental mastery.* 2, 8, 14.

*Personal growth.* 3, 9, 15.

*Positive relations with others.* 4, 10, 16.

*Purpose of life.* 5, 11, 17.

*Self-awareness.* 6, 12, 18.