Appendix A

Details of participants for structured interview

Rural Gurkha Participants

Old Group – BS is about 58 years old, belongs to one of the higher caste, educated till 10\textsuperscript{th} standard only and Mukhiya (traditional head-man) of the Gurkhas in the village. Presently he is associated with agriculture and formerly he was in army also. BS is highly revered in the community for his decision taking ability.

The other respondent HS is about 69 years old, uneducated and a tailor by profession which happens to be a legacy in his family. He belongs to one of the lower caste especially when compared with BS. He is one of the eldest members of the community in the village.

Young Group – SC is about 23 years old, educated till 12\textsuperscript{th} standard and runs a small snacks shop in the centre of the village. He was born to a Brahmin father and Thakur mother. However, he goes with the “Chetri” title and belongs to one of the higher castes.

Another young respondent DB is a driver of light four-wheelers by profession, about 25 years old, belongs to one of the lower caste and educated till 12\textsuperscript{th} standard. He is popularly known as “Kitti” among his friends. He is highly revered in the community as he is the one who generally performs the sacrificial ritual during the annual Sansari Mata Puja. His family has been associated with this ritual for generations and I have been a witness of this act.
Urban Gurkha Participants

Old Group – MT is about 56 years old, belongs to the Thakur caste, educated till 10th standard only. He is an active member of the *Gurkali Sudhar Sabha* (the apex body of Gurkhas in Dehradun). He served in the army for a long time and is about to leave for Afghanistan where he will be training the Afghan army personnel in Kabul. Interview with him was conducted on 17th March, 2013.

The other respondent VG is about 63 years old, educated till 2nd standard only, a shopkeeper by profession and politically active in the *Gurkali Sudhar Sabha* where he represents the Kaulagarh area of Dehradun in the capacity of *Adhayaksha* (Head-man). He belongs to the Gurung caste which is considered to be a lower and fighter caste in Gurkhas. Interview with him was conducted on 24th March, 2013.

Young Group – AS is about 20 years old, currently pursuing bachelor’s course in animation from Arena Animation International Programme, Dehradun and aspires to become director of animation cartoon films. He belongs to the higher Sharma caste. His left hand is plastered as he met a road accident recently. Interview with him was conducted on 31st March, 2013.

Another young respondent ABS does the work of security guard in one of the posh colonies of Dehradun, is about 23 years old, belongs to one of the lower caste and educated till 10th standard only. Recently, he was awarded for his act of bravery of confronting alone three robbers and forcing them to return empty handed. Interview with him was conducted on 7th April, 2013.
### Part 1

You have to evaluate and rate the statements given below. You have to evaluate each statement for “How important it is in your life”. For rating each statement numbers are provided from 1 to 9 where 1 means extremely unimportant and 9 means extremely important. You have to record your answer by marking it as √

#### नये मित्र बनाना | (Make new friends)

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#### फैशन कुसल ना दिखाना | (To not look fashionable)

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#### स्वस्थ रहना | (Being healthy)

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#### आगे के लिए विशेष योजना बनाना | (Make special plans for future)

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#### दूसरों की सलाह पर ध्यान देना | (Pay heed to others advice)

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#### दुश्मन न बनाना | (Not making enemies)

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#### अच्छा दिखना | (Look smart)

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |

**मोटापे से बचना।** (Preventing oneself from getting obese)

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |

**अपनी सुरक्षा सुनिश्चित करना।** (Being sure our own security)

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |

**जागरूकता के कार्यक्रम में सक्रिय रहना।** (Being active in awareness programmes)

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
PART 2

Section 1

Kindly think about a negative event from the past one year of your life. Now briefly describe the negative event in the space provided below. Your data will be kept confidential.
Section 2

किसी नकारात्मक अनुभव (negative experience) के बाद अक्सर लोग सोचते है “काष मैने ............ किया होता” तो चीजें बेहतर होती। दिये गये खाली स्थान में इन्हीं विचारों का उल्लेख करें जो कि आपके मन में उस नकारात्मक अनुभव (negative experience) के बाद आये होंगे। ये विचार दो प्रकार के हो सकते हैं।

1. जैसे कि उन्हीं विचारों एंव चीजो पर ध्यान देना जो कि आपने नहीं किए, परन्तु करना चाहिए था ताकि चीजें बेहतर होती, जैसे कि “परीक्षा में फेल होने के बाद छात्र सोचता है कि उसके अधिक समय तक पढ़ना चाहिए था।”

2. जैसे कि उन्हीं विचारों एंव चीजो पर ध्यान देना जो कि आपने किया, परन्तु आपको नहीं करना चाहिए था ताकि चीजें बेहतर होती, जैसे कि “परीक्षा में फेल होने के बाद छात्र सोचता है कि उसके कम खेलना चाहिए था।”

कृपया इसी प्रकार के कम से कम 3 विचारों का उल्लेख करें।

आपके द्वारा दी गई जानकारी गोपनीय रखी जायेगी।

(English Version: After a negative experience often we think “what if….” then things would have been better. In the space provided below describe such thoughts which you must have gone through soon after the negative experience. These thoughts could be of two types

1. About things which you never did but should have done then things would have been better like “after failing in an examination the student thinks that he should have studied for more number of hours…..”.

133
2. About things which you did but should not have done then things would have been better like “after failing in an examination the student thinks that he should have played less…”.

Kindly describe at least 3 such thoughts.

Your data will be kept confidential.)
All scenarios here depict the *better outcome* condition. Also, all scenarios are followed by questions asked and counterfactual alternatives. The participants were presented Hindi version of the scenarios given here in English.

*Individual Health*

1. *Scenario:*

   The saying “health is wealth” is very appropriate in today’s world. People try different things to lead a healthy life, sometimes ignoring the fact that we are ourselves responsible for our health.

   Some people eat more nutritional food than others. They eat lots of green vegetables and fruits, take milk and its products in good quantity and drink sufficient quantity of water. They also keep away from various forms of addictions and toxicants like cigarette, tobacco and liquor. Such people are generally healthier than others.

   On the other hand, some people do not eat enough nutritional food. They do not take sufficient quantity of vegetables, fruits, milk, milk products and drink insufficient quantity of water. They also take various types of toxicants for addiction like cigarette, tobacco and liquor. Such people are generally less healthy than others.
These are some of the factors contributing to good or bad health of an individual.

Ajay is a master student of this university. His health may not be very good but he is healthier than some of his friends.

*Question 1:* What could have caused Ajay to be in worse health? (Negative Change in Outcome)

i) If he had been more addicted to intoxicants.

ii) If he had been eating less nutritious food.

*Question 2:* What could have caused Ajay to be in better health? (Positive Change in Outcome)

i) If he had been less addicted to intoxicants.

ii) If he had been eating more nutritious food.

2. *Scenario:*

Health is an important aspect of our life. All of us desire to be healthy. The key to healthy life is in good habits and discipline.

Some people eat more balanced diet than others. Their food is rich in nutrients and low in harmful cholesterol. They have their meal at appropriate time and follow a routine. They also spend less time in front of television and computers and engage themselves in manual work. Such people are generally healthier than others.

On the other hand, some people eat less balanced diet. Their food is not rich in nutrients and high in harmful cholesterol. Neither they have their meal at appropriate time nor do they
follow a routine. They also spend more time in front of television and computers and do less manual work. Such people are generally less healthy than others.

These are some of the factors contributing to more or less healthy life of an individual.

Neha is a teenage girl. She is not very healthy but healthier than some of her family members.

**Question 1:** What could have caused Neha to be in worse health?

i) If she had spent more time in front of television and computer.

ii) If she had eaten less balanced diet.

**Question 2:** What could have caused Neha to be in better health?

i) If she had spent less time in front of television and computer.

ii) If she had eaten more balanced diet.
Individual academic performance

1. Scenario:

   Students desire to be successful in life and they work for success in the examinations. They understand the importance of good academic record which could prove to be fruitful in their life.

   Some students are able to concentrate more than others. They can study for longer durations with greater concentration. Their hard work is further supplemented with good concentration and they grasp more. Also, they are distracted lesser as compared to others. Such students generally perform better than others in examinations.

   On the other hand, some students concentrate less than others. They are not able to study for longer durations with greater concentration. Their hard work is not supplemented with good concentration and they grasp less. Also, they are distracted more as compared to others. Such students generally perform worse than other students in examinations.

   These are some of the factors contributing to better or worse performance of students in examinations.

   Sonal is a student of class 11. She got 70% marks in her final examination, while the average marks in her class are 60%.

   Question 1: What could have caused Sonal getting a lower percentage of marks instead of 70% marks?

   i) If she had concentrated less.
ii) If she had been more prone to distraction.

**Question 2:** What could have caused Sonal getting a higher percentage of marks instead of 70% marks?

i) If she had concentrated more.

ii) If she had been less prone to distraction.

2. **Scenario:**

All students desire to do well in their study and succeed in the examinations.

Some of them do more hard work, study for longer durations at home and in library. They often consult regarding study material with friends and teachers. Such hard working students also prepare in an organized way. They follow a time-table and cover the syllabus. Such students are generally more successful than others.

While, some students do not work hard, study for short durations at home and in library. They seldom consult regarding study material with friends and teachers. They prepare in an unorganized way for their examinations. They do not follow the time-table and do not cover the syllabus. Such students are generally less successful than others.

These are some of the factors contributing to good or bad performance of students in the examinations.
Mohan is an undergraduate student. He got 65% marks in the 2\textsuperscript{nd} semester examination, while the average marks in his class are 55%.

\textit{Question 1:} What could have caused Mohan getting 50\% marks in the examination instead of 65\% marks?

iii) If he had put in less hard work.

iv) If he had done more unorganized preparation.

\textit{Question 2:} What could have caused Mohan getting 70\% marks in the examination instead of 65\% marks?

iii) If he had put in more hard work.

iv) If he had done less unorganized preparation.
Individual economy

1. Scenario:

A lot of people in our country work in factories and earn their living. All the employees working in factories desire to earn more and live a prosperous life.

Some employees working in factories put in more hard work than others. They work for a greater number of hours. They may also do overtime if required. Such employees are not sluggish and take their work seriously. They are generally more in demand and therefore earn more than other employees.

On the other hand, some employees are less hard working. They work for lesser number of hours and are not interested in doing overtime. Such employees are sluggish and take their work lightly. They are generally less in demand and therefore earn less than other employees.

These are some of the factors contributing to more or less income of the employees working in factories.

Vikas works in a factory and earns Rs. 7,000 per month while most of the workers like him in the factory earn Rs. 5,000 per month.

Question 1: What could have caused Vikas to earn Rs. 5,000 per month rather than Rs. 7,000 per month?

i) If he had worked for lesser number of hours

ii) If he had been more sluggish in work.
**Question 2:** What could have caused Vikas to earn Rs. 10,000 per month rather than Rs. 7,000 per month?

i) If he had worked for more number of hours.

ii) If he had been less sluggish in work.

2. **Scenario:**

Employees work in institutions and earn their living. All employees desire to earn more and lead a prosperous life.

Some employees are more skilled and more dexterous in their work. They take more interest in their work. They are more responsible towards their duties. Consequently, they take their work seriously. Such employees are generally more in demand and therefore earn more than others.

On the contrary, some employees are less skilled and less dexterous in their work. They do not take much interest in their work. They are less responsible towards their duties. Consequently, they don’t take their work seriously. Such employees are generally less in demand and therefore earn less than others.

These are some of the factors contributing to more or less income of the employees.

Vishal is an employee in an office. He earns Rs. 10,000 per month while most of the employees like him in the office earn Rs. 8,000 per month.
Question 1: What could have caused Vishal to earn Rs. 15,000 per month rather than Rs. 10,000 per month?

i) If he had been more skilled.

ii) If he had been less irresponsible.

Question 2: What could have caused Vishal to earn Rs. 5,000 per month rather than Rs. 10,000 per month?

i) If he had been less skilled.

ii) If he had been more irresponsible.
Interpersonal relationships

1. Scenario:

Relationships are very delicate. We desire to have good healthy relations and work for it. Often we don’t understand that it is up to us to either make good or bad relationships with others.

Some people take good care of others. They understand the sentiments and values of other people and act accordingly. They never try to impose their own will on others and give fair chance to all. Also, they seldom put off (avert) matters and finish jobs on time, thus showing value for other person’s time. Such people generally have good relations with others.

On the other hand, some people do not care for others. They seldom understand the sentiments and values of other people. They always try to impose their own will on others, denying fair chance to others. Also, they often put off (avert) matters and never finish jobs on time, thus showing no value for other person’s time. Such people generally do not have good relations with others.

These are some of the factors contributing to good or bad relationships between people.

A section of an organization comprises of 10 people. Praveen works in this section and has good relationship with some of the members of the section.

Question 1: How the relationship between Praveen and members of the section could have been worse?

i) If they had been less caring of each other.

ii) If they had put off the matter between them more often.
*Question 2:* How the relationship between Praveen and members of the section could have been better?

i) If they had been more caring of each other.

ii) If they had put off the matters between them lesser.

2. *Scenario:*

   Relationships play an important role in our life. All of us desire to have good relationships with our family members, friends, teachers, neighbours, etc.

   Some people spend more time together, do things together. They are more supportive of each other and are always there to help in difficult times. Also, they understand each other in a much better way and have less difference of opinion. Such people generally develop good healthy relations with each other.

   On the other hand, some people spend less time together, do not do things together. They are less supportive of each other and are seldom there to help in difficult times. Also, they do not understand each other in a good way and have more difference of opinion. Such people generally do not develop good healthy relations.

   These are some of the factors contributing to good or bad relationships between people.

   Ram lives in a joint family. He has good relationship with some of his family members.
**Question 1:** How the relationships between Ram and his family members could have been better?

i) If they had been more supportive of each other.

ii) If there had been less difference of opinion between them.

**Question 2:** How the relationships between Ram and his family members could have been worse?

i) If they had been less supportive of each other.

ii) If there had been more difference of opinion between them.
Appendix D

Some photographs from the village Karbari Grant
(Photographs of the informants were taken with their consent)

Picture 3: My key informants

Picture 4: Another key informant
Picture 5: In conversation with the *Mukhiya* of Gurkha Karbari hamlet

Picture 6: A Gurkha woman working in the field
Picture 7: The above photograph illustrates the procession of ‘palki’ during the Sansari Mata Puja

Picture 8: Religious performances during the Sansari Mata Puja by community members
Picture 9: Pigeons let go - a mark of sacrifice during the Sansari Mata Puja

Picture 10: Gur khali Sudhar Sabha, Garhi Cant., Dehradun – Apex body of Gurkhas in Dehradun
Thank you for considering participation in the study.

The purpose of this experiment is to study counterfactual thinking. Before you make a final decision about participation, please read the following about how your input will be used and how your rights as a participant will be protected.

- Participation in the study is completely voluntary. You may stop participating at any point without penalty.
- Your data will be kept confidential and your identity will be protected.
- Your participation will take approximately 30 minutes.
- During this time you need to read and then record your responses.

If you are still interested in participating and assisting with this research project, please complete the consent form below. Keep the top of this form for future reference. You can contact me at 0532-2460738 if you have questions, comments or concerns now or in the future about your participation in this study. Thank you very much for your time and consideration.

(Researcher: Nishant Saxena)

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### Participant’s Details

Name of the participant:____________________________________________

Age: _____   Gender: ___ Marital Status: ________

Education: ________________        Institute: ____________________________

Language spoken: ________________________

Address: _________________________________________________________

Contact No. _________________________________

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I, _______________________, agree to participate in the study on *counterfactual thinking*, conducted by Nishant Saxena.

I understand that:

- My data will be used for research.
- My participation is voluntary.
- I may stop participation at any time without penalty.
- My institutional affiliation and identity will be kept confidential.

I have read the information above and any questions I asked have been answered to my satisfaction. I agree to participate in this activity, realizing that I may withdraw without prejudice at any time.

Signed: ______________________________ Date: ______________________________

(Subject)