APPENDIX - A
Relational Health Indices - Friend (Teammate)

The following questions pertain to your friendships with peers (excluding family members or a romantic partner). A close friend is someone whom you feel attached to through respect, affection and/or common interests, someone you can depend on for support and who depends on you. Please answer the next questions regarding just ONE of your closest friends. (Please do not select a family member or romantic partner).

(_answered in English)

Optional: 1. Is this friend male or female? 1. Male 2. Female

<table>
<thead>
<tr>
<th>1. Never (otherwise)</th>
<th>2. Seldom (otherwise)</th>
<th>3. Sometimes (otherwise)</th>
<th>4. Often (otherwise)</th>
<th>5. Always (otherwise)</th>
</tr>
</thead>
</table>

Next to each statement below, please indicate the number that best applies to your relationship with a close friend.

1. Even when I have difficult things to say, I can be honest and real with my friend.
   
2. After a conversation with my friend, I feel uplifted.
   
3. The more time I spend with my friend, the closer I feel to her.
   
4. I feel understood by my friend. (Teammate)
   
5. It is important to us to make our friendship grow.
   
6. My friendship inspires me to seek other friendships like this one.
   
7. I am uncomfortable sharing my deepest feelings and thoughts with my friend. (Teammate)
   
8. I have a greater sense of self-worth through my relationship with my friend. (Teammate)
9. I feel positively changed by my friend. (Teammate)
   (Khadu) In the community, the relationship is positive.

10. I can tell my friend when he/she has hurt my feelings. (Teammate)
    (Khadu) The community is positive.

11. My friendship causes me to grow in important ways.
    (Khadu) The community is positive.

12. I can talk to my teammate about our disagreements without feeling judged.
    (Khadu) The community is positive.

### Relational Health Indices  Community

The following questions pertain to your community (research may specify which community or ask respondents to answer questions regarding most meaningful group or community).

Next to each statement below, please indicate the number that best applies to your relationship with or involvement in this community.

(1) Never (Khadu)  (2) Seldom (Khadu)  (3) Sometimes (Khadu)  (4) Often (Khadu)  (5) Always (Khadu)

1. I feel a sense of belonging to this community.
   (Khadu) I feel a sense of belonging.

2. I feel better about myself after my interactions with this community.
   (Khadu) I feel better about myself.

3. If members of this community know something is bothering me, they ask me about it.
   (Khadu) Members of the community are proactive.

4. Members of this community are not free to just be themselves.
   (Khadu) Members of the community are not free.

5. I feel understood by members of this community.
   (Khadu) I feel understood.

6. I feel mobilized to personal action after meetings within this community.
   (Khadu) I am mobilized.

7. There are parts of myself I feel I must hide from this community.
   (Khadu) Parts of myself are hidden.
8. It seems as if people in this community really like me as a person.
   ആയിരം വ്യക്തി സ്വഭാവം എനിക്ക് ഇടയാണ് യുണിമേക്കുകയാർ അഥവാ സൂക്ഷിച്ചുകൊണ്ട് നേടുന്ന ആവശ്യമुദ്രയാണ്.

9. There is a lot of backbiting and gossiping in this community.
   യുണിമേക്കുകയാർ യുണിമേക്കുകയാരയില്‍ പ്രപഞ്ചം പിടിപ്പിക്കുന്ന പ്രവൃത്തികള്‍ ദീര്‍ഘദിനം പരിപാലിക്കുന്നു.

10. Members of this community are very competitive with each other.
    യുണിമേക്കുകയാരയില്‍ യുണിമേക്കുകയാരെ ഭാരമ്പിക്കുന്ന സ്വഭാവം കാണാട്ടുപോകുന്ന സ്വഭാവം കാണാട്ടുപോകുന്നു.

11. I have a greater sense of self-worth through my connection with this community.
    യുണിമേക്കുകയാരായിരുന്ന സ്വഭാവം അതിന് സ്വഭാവം അതിനായി പാടം ലിസ്ട്‌വൃത്തിയായി നിലനിട്ടാണ് കാണാട്ടുപോകുന്ന ദീര്‍ഘദിനം പരിപാലിക്കുന്നു.

12. My connections with this community are so inspiring that they motivate me to pursue relationships with other people outside this community.
    യുണിമേക്കുകയാരെയുമായി സ്വഭാവം അതിനായി പാടം ലിസ്ട്‌വൃത്തിയായി നിലനിട്ടാണ് കാണാട്ടുപോകുന്ന ദീര്‍ഘദിനം പരിപാലിക്കുന്നു. സ്വഭാവം അതിനായി പാടം ലിസ്ട്‌വൃത്തിയായി നിലനിട്ടാണ് കാണാട്ടുപോകുന്ന ദീര്‍ഘദിനം പരിപാലിക്കുന്നു.

13. This community has shaped my identity in many ways.
    യുണിമേക്കുകയാരെയുമായി സ്വഭാവം അതിനായി പാടം ലിസ്ട്‌വൃത്തിയായി നിലനിട്ടാണ് കാണാട്ടുപോകുന്ന ദീര്‍ഘദിനം പരിപാലിക്കുന്നു.

14. This community provides me with emotional support.
    യുണിമേക്കുകയാരെ സ്വഭാവം അതിനായി പാടം ലിസ്ട്‌വൃത്തിയായി നിലനിട്ടാണ് കാണാട്ടുപോകുന്ന ദീര്‍ഘദിനം പരിപാലിക്കുന്നു.
APPENDIX - B

PERCEIVED STRESS SCALE

This is a measure of the degree to which you are experiencing stress in your various life situations. For each item, choose the number that best describes you by ticking (✓) one of the five points.

0 = Never (অন্যতম আসল সত্য) 1 = Almost never (অন্যতম আসল সত্য) 2 = Sometimes (অন্যতম আসল সত্য) 3 = Fairly often (অন্যতম আসল সত্য) 4 = Very often (অন্যতম আসল সত্য)

1. In the last month, how often have you been upset because of something that happened unexpectedly?
   0. 1. 2. 3. 4. 

2. In the last month, how often have you felt that you were unable to control the important things in your life?
   0. 1. 2. 3. 4. 

3. In the last month, how often have you felt nervous and stressed?
   0. 1. 2. 3. 4. 

4. In the last month, how often have you felt confident about your ability to handle your personal problems?
   0. 1. 2. 3. 4. 

5. In the last month, how often have you felt that things were going your way?
   0. 1. 2. 3. 4. 

6. In the last month, how often have you found that you could not cope with all the things that you had to do?
   0. 1. 2. 3. 4. 

7. In the last month, how often have you been able to control irritations in your life?
   0. 1. 2. 3. 4. 

8. In the last month, how often have you felt that you were on top of things?
   0. 1. 2. 3. 4. 

9. In the last month, how often have you been angered because of things that were outside of your control?
   0. 1. 2. 3. 4. 

10. In the last month, how often have you felt difficulties were piling up so high that you could not overcome them?
   0. 1. 2. 3. 4.
## APPENDIX - C

### COPING CHECK LIST FOR SPORT

Instructions: Think about an ongoing stressful experience in your sport or one that you endured in an athletic competition or practice situation in the last month.

<table>
<thead>
<tr>
<th>0 = not used or does not apply</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 = used very little or applied some.</td>
</tr>
<tr>
<td>2 = used a good amount or usually applies.</td>
</tr>
<tr>
<td>3 = used a great deal or almost always applies.</td>
</tr>
</tbody>
</table>

1. I put aside other activities in order to concentrate on this.  
   0

2. I went over in my mind what I would do.  
   0

3. I kept myself from getting distracted by other thoughts or activities.  
   0

4. I knew what had to be done, so I doubled my efforts to make things work.  
   0

5. I stood my ground and fought for what I wanted.  
   0

6. I tried hard to prevent other things from interfering with my efforts at dealing with this.  
   0

7. I just concentrated on what I had to do next, the next step.  
   0

8. I tried not to act too hastily.  
   0

9. I drew on my past experiences. I was in a similar position before.  
   0

10. I focused on dealing with this problem and, if necessary, let other things slide a little.  
    0
11. I changed or grew as a person in a good way.
   മാത്രമല്ല ലഭ്യമാകുന്ന പ്രതികരിക്കുന്ന തിരികെ എന്നാണ് മൂടിയോ, എന്നാണ്.

12. I wished that the situation would go away or somehow be over with.
    സംസ്ഥാപകം വന്ന് വസ്ത്രങ്ങളയാക്കാനുള്ള മാറ്റത്തിന്റെ ആവശ്യത്തിക്കാലത്ത്
    ആരംഭിക്കേണ്ടതുമായിരുന്നല്ല താരതമ്യം കൂടിയാണ്.

13. I refused to believe that it had happened.
    അതിനു താഴെയുള്ള ഹിന്ദിയായി പ്രതികരിക്കുന്ന തിരികെ തിരിച്ചിരിക്കുന്നു.

14. I made a promise to myself that things would be different.
    ഇത്തരം യുദ്ധം പരിഷ്കരിക്കാനുണ്ട് തിരികെ പരിഷ്കരിക്കാനുണ്ട് തിരിച്ചിരിക്കുന്നു.

15. I criticized or lectured myself.
    തിരികെ പാക്കം പിടിഞ്ഞാറുള്ള പ്രതികരിക്കുന്നു.

16. I avoided being with people in general.
    ഇന്ത്യൻ മാർഗ്ഗം വസ്ത്രങ്ങളയാക്കാനുള്ള തിരികെ ഇത്തരം.

17. I hope a miracle would be happen.
    എന്തുമായി താഴെയുള്ള പ്രതികരിക്കുന്നു തിരികെ ഇത്തരം.

18. I realized I brought the problem on myself.
    മാറ്റത്തിനു പാക്കം പരിഷ്കരിക്കാനുള്ള തിരികെ ഇത്തരം.
APPENDIX - D

ATHLETE SATISFACTION QUESTIONNAIRE

Instructions: Please respond honestly and spontaneously. Do not think about any one item for too long. For each question, indicate the extent to which you are satisfied with the content of each item.

Items are scored on a seven point Likert-type scale which is anchored by Not at all satisfied and Extremely satisfied as the mid point value.

Participants were asked to rate their responses from 1 - 7 with

| Score | Description
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>not satisfied (బిష్ట్రెట్ తిప్పించాడు)</td>
</tr>
<tr>
<td>2</td>
<td>Satisfied very little (సమాధానం యొక్క తిప్పించాడు)</td>
</tr>
<tr>
<td>3</td>
<td>Somewhat satisfied (ఖాళ్ళాదు తిప్పించాడు)</td>
</tr>
<tr>
<td>4</td>
<td>Moderately satisfied (మధ్యమం తిప్పించాడు)</td>
</tr>
<tr>
<td>5</td>
<td>Generally satisfied (సమాధానం తిప్పించాడు)</td>
</tr>
<tr>
<td>6</td>
<td>Satisfied a great deal (సమాధానం వినిపూచాడు)</td>
</tr>
<tr>
<td>7</td>
<td>Extremely satisfied (సమాధానం వినిపూచాడు)</td>
</tr>
</tbody>
</table>

1. How the team works (worked) to be the best.
2. My social status on the team.
3. The coach's choice of plays during competitions.
4. The competence of the medical personnel.
5. The degree to which I do (did) my best for the team.
6. The degree to which I have reached (reached) my performance goals during the season.
7. The degree to which my abilities are (were) used.
8. The extent to which all team members are (were) ethical.
9. The extent to which teammates provide (provided) me with instruction.
10. The funding provided to my team.
   ადგილი რიცხვი თანამშრომლობა მოთხოვნილობა

11. The media's support of our program.
   მედია და პროგრამა მარკაზმობები განეკუთვნება

12. The recognition I receive (received) from my coach.
   ადგილი მამამამამის მინიჭებულ აღსანიშნავ შეფასება მამამამამი

13. The team's win/loss record this season.
   გუნდის ვირჯინია-გადაუდინარი / გადაუდინარი წლის

14. The training I receive (received) from the coach during the season.
   საგლობისმოდ მინიჭებულ აღსანიშნავ მამამამამი განეკუთვნება მამამამამი

15. The tutoring I receive (received).
   ადგილი გარემო განეკუთვნება

   მომსამართვამთან მინიჭებულ ადგილი ჩამოთქმის აღსანიშნავ

17. My teammates' sense of fair play.
   ადგილი ყურადღებით განიცადება ადგილი აღსანიშნავ

18. The academic support services provided.
   პრეპარატორი და პრეპარატორი განეკუთვნება

19. The amount or money spent on my team.
   ადგილი რიცხვი მამამამამი მამამამამი მოთხოვნილობა

20. The degree to which teammates share (shared) the same goal.
    ადგილი რიცხვი თანამშრომლობისათვის ადგილი აღსანიშნავ

21. The fairness with which the medical personnel treats all players.
    ადგილი რიცხვი თანამშრომლობის აღსანიშნავ წინამძღვრები მოთხოვნილობა

22. The friendliness of the coach towards me.
    ადგილი რიცხვი თანამშრომელ გამოწევა

23. The guidance I receive (received) from my teammates.
    ადგილი მამამამის მამამამი განეკუთვნება მამამამი

24. The improvement in my performance over the previous season.
    ადგილი მამამამის აღსანიშნავ მამამამი გამოწევა

25. The instruction I have received from the coach this season.
    ადგილი მამამამის დღე განეკუთვნება მამამამი განეკუთვნება
26. The level to which my talents are (were) employed.
   യാണ്ടാൽ അനുയോജ്യമായ കഴിവുകളിൽ വ്യാപിച്ചിരിക്കുന്നത് (കഴിവുകളിൽ)

27. The role I play (played) in the social life of the team.
   ടീമിന്റെ സൊഷ്യൽ ജീവിതത്തിൽ നിന്നുള്ള പങ്ക് (വരുന്നത്) നാമ.

28. The support from the university / community.
   സ്കാർപ്പൗലിക / സമൂഹവുമായി വ്യാപിച്ചിരിക്കുന്ന സഹായ.

29. The tactics used during games.
   കളിക്കാരന്റെ പ്രളയാളങ്ങൾ ഉപയോഗിച്ച തaktics

30. The team's overall performance this season.
   പന്ത്രജ്യാ പ്രാപ്തികളുടെ നിരക്ക് ഇവത്തെ മൂന്നാം കാലാവധി

   ക്ലബിന്റെ സ്വന്തമായ വിധാനങ്ങൾ ഉപയോഗിച്ച തaktics

32. My enthusiasm during competitions.
   പങ്കിട്ട കളിക്കാരന്‍ പ്രാപ്തി

33. My teammates sportsmanlike behavior.
   സ്വന്തമായ നിയംനിർന്ന സ്വന്തമായ പ്രാപ്തി

34. Team member's dedication to work together toward team goals.
   ടീമിന്റെ ലക്ഷ്യങ്ങളില്‍ പങ്കിട്ട കളിക്കാരന്‍

35. The coach's teaching of the tactics and techniques of my position.
   പ്രാവിണിക്കുന്ന സാമ്പത്തിക സ്വാഭാവിക സമയരേതുകളുടെ പാലികൾ

36. The constructive feedback I receive (received) from my teammates.
   സ്വന്തമായ നിയംനിർന്ന സ്വന്തമായ പ്രാപ്തി (മൂല്യം) പോക്രാണോട് തകരാറുകളുള്ള സഹായ

37. The degree to which my teammates accept (accepted) me on a social level.
   സ്വന്തമായ നിയംനിർന്ന സമ്മാനങ്ങള്‍ നല്‍കുന്ന വരുന്ന സാംസ്കാരികജീവിതത്തില്‍ (സാമ്മാന്യജീവിതാത്മകത്) നിഴലും

38. The extent to which my role matches (matched) my potential.
   സ്വന്തമായ നിയംനിർന്ന വാതകങ്ങൾക്ക് സമാനമായ സവാരി (സവാരിപ്പെടുത്തുക) നല്‍കിയാണ്‌

39. The extent to which the team is meeting (has met) its goals for the season.
   സമയവുമായി ടീമില്ലാതെ സമ്മാനം നൽകാറി

40. The fairness of the team's budget.
   ടീമില്ലാതെ പായപ്പെട്ട് സമാനമായ ബഡിഗ്യൂഡേറ്റില്ല

41. The improvement in my skill level.
   സമാനമായ സാമ്പത്തിക സ്വാഭാവിക പങ്ക് ഉയർന്നു
42. The level of appreciation my coach shows (showed) when I do (did) well.

43. The medical personnel’s interest in the athletes.

44. The personnel of the academic support services (i.e., tutors, counselors).

45. The supportiveness of the fans.

46. How the coach makes (made) adjustments during competitions.

47. My coach’s loyalty towards me.

48. My commitment to the team.

49. The amount of time I play (played) during competitions.

50. The extent to which teammates play (played) as a team.

51. The local community’s support.

52. The promptness of medical attention.

53. Coach’s game plans.

54. The degree to which my role on the team matches (matched) my preferred role.

55. The extent to which the coach is (was) behind me.

56. The manner in which coach combines (combined) the available talent.
APPENDIX - E

DEMOGRAPHIC QUESTIONNAIRE

Name (In Capital Letters) : 

Sport / Game : 

Name of the Institution : 

Name of the University : 

Name of the Course : 

Year : 

Name of your Coach : 

Age Completed : 

Highest Achievement : 

Signature :