QUESTIONNAIRE

Particulars of Respondents

Name

Age

Family Type

Family Size

a) Number of Children

b) Their Sex and Age

Your educational attainment

Your Occupation

Since when you are working

Your Income

a) From (Main) Occupation

b) From any other source
1. FAMILY CHARACTERISTICS SCALE

Instructions

There are 100 statements in this booklet. They are statements about families. You are to decide which of these statements are true of your family and which are false. Make all your marks next to each statement. If you think the statement is true or mostly true of your family, make a mark ‘T’ (True) against that statement. If you think the statement is False or mostly False of your family, make a mark ‘F’ (False) against that statement.

You may feel that some of the statements are true for some family members and false for others. Mark ‘T’ if the statement is true for most members. Mark ‘F’ if the statement is false for most members. If the members are evenly divided, decide what is this stronger overall impression and answer accordingly. Remember, we would like to know what your family seems like to you, so do not try to figure out how other members see your family, but do give your general impression of your family for each statement.

1. Family members really help and support one another.
2. Family members often keep their feeling to themselves.
3. We fight a lot in our family.
4. We don’t do things on our own very often in our family.
5. We feel it is important to be the best at whatever we do.
6. We often talk about political and social problems.
7. We spend most weekends and evenings at home.
8. Family members enjoy going to religious places and attending religious functions.
9. Activities in our family are pretty carefully planned.
10. We live in a convenient location.
11. Family members are rarely ordered around.
12. We often seem to be killing time at home.
13. We say anything we want to around home.
14. Family members rarely become openly angry.
15. In our family, we are strongly encouraged to be independent.
16. Getting ahead in life is very important in our family.
17. We rarely go to lectures, plays and/or concerts.
18. Friends often come over for dinner or to visit.
19. We don't say prayers in our family.
20. We have modern facilities at home.
21. We are generally very neat and orderly.
22. There're few rules to follow in our family.
23. We put a lot of energy into what we do at home.
24. It is hard to "blow off steam" at home without upsetting somebody.
25. Family members sometimes get so angry they throw things.
26. We think out things for ourselves in our family.
27. How much money a person makes is not very important to us.
28. Learning about new and different things is very important in our family.
29. Nobody in our family is active in sports, little league, bowling etc.
30. Our home is generally tidy and well kept.
31. We often talk about the religious meaning of Christmas Hinduism etc., passover or other holidays.
32. It is often hard to find things when you need them in our household.
33. There is one family member who makes most of the decisions.
34. There is a feeling of togetherness in our family.
35. We tell each other about our personal problems.
36. Family members hardly ever lose their tempers.
37. We come and go as we want to in our family.
38. We believe in competition and "may the best man Win".
39. We are not that interested in cultural activities.
40. We are tired of same meals all the times.
41. We often go to movies, sports events camping etc.

42. We don't believe in heaven or hell.

43. Being on time is very important in our family.

44. There are set ways of doing things at home.

45. We rarely volunteer when something has to be done at home.

46. If we feel like doing something on the spur of the moment we often just pack up and go.

47. Family members often criticize each other.

48. There is very little privacy in our family.

49. We always strive to do things just a little better the next time.

50. We have too little money for spending in extra activities.

51. We rarely have intellectual discussions.

52. Everyone in our family has a hobby or two.

53. Family members have strict ideas about what is right and wrong.

54. People change their minds often in our family.

55. There is a strong emphasis on following rules in our family.

56. Family members really back each other up.

57. Someone usually gets upset if you complain in our family.

58. Family members sometimes hit each other.

59. Family members almost always rely on themselves when a problem comes up.

60. We have well linked transportation facilities to most places.

61. Family members rarely worry about job promotions, school grades, etc.

62. Some one in our family plays musical instrument.

63. Family members are not very much involved in recreational activities outside work or school.

64. We believe there are some things you just have to take on faith.
65. Family members make sure their rooms are neat.
66. Everyone has an equal say in family decisions.
67. There is very little group spirit in our family.
68. Money and paying bills is openly talked about in our family.
69. If there’s a disagreement in our family we try hard to smooth things over and keep the peace.
70. We have adequate place at home to do our work.
71. Family members strongly encourage each other to stand up for their rights.
72. In our family we don’t try that hard to succeed.
73. Family members often go to the library.
74. Family members sometimes attend courses or take lessons for some hobby or interest.
75. In our family each person has different ideas about what is right and wrong.
76. Each person’s duties are clearly defined in our family.
77. We can do whatever we want to in our family.
78. We really get along well with each other.
79. We are usually careful about what we say to each other.
80. We have safe and good neighbours.
81. Family members often try to one-up or out-do each other.
82. It’s hard to be by yourself without hurting someone’s feelings in our household.
83. “Work before play” is the rule in our family.
84. Watching T.V. is more important than reading in our family.
85. Family members go out a lot.
86. The Bible is a very important book in our home.
87. Money is not handled very carefully in our family.
88. Rules are pretty inflexible in our household.
89. There is plenty of time and attention for everyone in our family.
90. We have proper sanitation/ ventilation/ noise free at home.
91. There are a lot of spontaneous discussions in our family.
92. In our family, we believe you don’t ever get anywhere by raising your voice.
93. We are not really encouraged to speak up for ourselves in our family.
94. Family members are often compared with others as to how well they are doing at work or school.
95. Family members really like music, art and literature.
96. Our main form of entertainment is watching T.V. or listening to the radio.
97. Family members believe that if you sin you will be punished.
98. Dishes are usually done immediately after eating.
99. You can’t get away with much in our family.
100. We have enough greenery in and around our house.
II. STRESS INVENTORY

There are number of questions below on different aspects of family life. Please indicate extent of agreeing with questions by placing numbers against each statement as mentioned below.

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1. Members do their assigned duties.
2. Family members tend to lose control and disturb home environment.
3. I would wish to have same family (members) in my next birth.
4. I feel weakness in parts of my body.
5. I have a tendency of differing with my family members to a greater degree.
6. My family members enjoy my company and share a lot with me.
7. I feel I am competent enough to do better.
8. I sometimes feel choked, suffocated.
9. I never had any serious illness.
10. The fact that I have to go to school makes me tired.
11. I feel lonely even with my family members around.
12. I never feel faint or dizzy.
13. I feel tired and fatigued quite often.
15. The day I don’t go to school I feel I have missed something.
16. I feel social outing is important.
17. I hate to go to school.
18. I can influence others well.
19. I am not bothered when I am left alone.
20. I am quite good at carrying out a pleasant conversation.
21. I am comfortable (even) with the people of opposite sex.
22. One should move out of home at least once in a week if not twice.
23. Spending too many evenings at home.
24. I am good at entertaining people.
25. I like to be involved in all school activities.
26. I am often told I have a good memory.
27. I prefer being with myself than spending time with others.
28. I get along very well with fellow students.
29. I am often so tired that I want to sleep but have disturbed sleep.
30. I experience confusion in the roles I have to play.
31. I have trouble with my speech when I am tensed.
32. I talk to every one about my school.
33. I feel inferior and that is why avoid being with others.
34. I enjoy reading and get enough time to relax.
35. I feel I can fit into any group of people.
36. I lack motivation and therefore achieve low.
37. I feel bad if any one of my family members is not present for a long period.
38. We have very rigid (discipline) system at home.
39. There is a supportive attitude among family members.
40. I feel I am unwanted in school.
41. I am too much involved in household work.
42. I very often get late to school.
43. There is a strong feeling of belongingness among us.
44. Family members are too involved in their own work.
45. I have never been hospitalized.
46. Family values are consistent.
47. I very rarely loose balance when angry.
48. I have to stay longer in a social gathering.
49. I am slow in making friends.
50. I often feel like not going to school and staying at home.
51. Studies interfere a lot in my social life.
52. I get/ feel nervous with the very idea of presenting myself on stage.
53. I love socializing but time does not permit.
54. I avoid people when I think they are better than me.
55. I have enough social involvement.
56. I am proud of my school.
57. I wish people like me.
58. My school work is recognized.
59. I feel isolated in social gatherings.
60. I enjoy participating in extra curricular activities.
61. I jump on the idea of joining in a picnic or party.
62. I have frequent stomach problems.
63. I often find school/ office work stressful.
64. I love my school and enjoy going to school.
65. I feel guilty that I am not doing enough for my family.
66. Problems of each member are carefully listened to in our family.
67. At times I do not hear any thing or anybody.
68. I am quite popular in my school.
69. I rarely have to miss school due to illness.
70. I have a feeling that I am not good looking.
71. Family members make unrealistic demands.
72. I force myself to go school.
73. There is a supportive attitude among family members.
74. I am not doing well in studies.
75. I love to be an important person in any party.
76. I feel hurt when my presence is not felt.
77. I never feel neglected or outcaste in a get-together.
78. I have frequent headaches.
79. I often start day dreaming and fanaticizing.
80. I lack spontaneity.
81. I am often ridiculed in the class.
82. I never have bad dreams/ nightmares.
83. I rarely get tensed or emotionally exhausted.
84. I feel my life has no meaning.
85. Quite frequently I develop physical illness.
86. I lack self-confidence.
87. I rarely get depressed when I do not do well in studies.
88. Even though I am interested, I lack confidence in taking initiatives in school/ office work.
89. We have quite an autocratic atmosphere at home.
90. I really do not bother on the comments of others.
91. No one dominate in our family.
92. I sometime feel I don’t have a proper home.
93. I often lack the spirit to do something.
94. I rarely felt weak and tired.
95. I often have to take medicines to cure one or other ailments.
96. I am quite spontaneous in action.
97. I like talking about my teachers/ school/ class mates.
98. (Very) Occasionally I feel pressure and/or heaviness on my head.
99. I rarely need to go to a doctor.
100. Major satisfaction in my life comes from my studies.

**Occupational**

1. The major satisfaction in my life comes from my work.
2. The fact that I have to go to office makes me feel tired.
3. The day I do not go to office, I feel I have missed something.
4. I often find my office work stressful.
5. I would like to be involved in almost all office activities.
6. I often get late in reaching office.
7. I am quite popular in my work place.
8. I feel I am not required in the office.
9. I love my workplace and enjoy very much going there.
10. I am often troubled in the office.
11. I happily talk about my office work.
12. Even though I am interested, I lack confidence in taking initiatives in office work.
13. My work in office is well recognized.
14. I am not able to perform my office duties well.
15. I feel good about my place of work.
16. I often feel like stay at home and miss the office work.
17. I like talking about my work place, colleagues etc.
18. I am waiting for the day I stop going to office.
19. I feel bad when I am not able to carry office responsibilities.
20. I often have to force myself to go to office.

Miscellaneous

1. I keep myself busy in something or the other.
2. I am not enjoying this type of life.
3. I love my work and enjoy doing it.
4. I feel devalued.
5. I feel contended.
6. I feel bad that I am not doing something great.
7. I like talking about things I am involved in.
8. I get desperate to do something.
9. I had opted to do something like this.
10. I am waiting for the day I start doing something.
11. I am quite popular among others.
12. I feel inferior in a group of working people.
13. I happily talk about things I do.
15. I happily talk about things I do.
16. I feel envious when I compare myself with working people.
17. I feel bad when I am not able to carry out my responsibilities.
18. I keep cribbing for not joining/taking up a regular office job.

19. I enjoy involving myself in variety of activities.

20. I keep cribbing for not joining/taking up a regular job.
III. SAXENA'S ADJUSTMENT INVENTORY

Please read this carefully:–

This questionnaire is a scientific approach to understand you. You are requested to give your frank and forthright response, then only it will be possible to know you properly. These questions are very easy. Please think over and then answer each question properly. You are requested not to leave any question unanswered.

Your identity and responses will be treated in strictest confidence. The information given by you will be used only for research purposes. There is no time limit but try to do it quickly.

With this questionnaire, there is an answer sheet. All your answers should be marked on the answer sheet. Please do not mark anything on this questionnaire.

On the answer sheet for each question there is 'Yes' 'No' and '?' printed. If you feel your answer is 'Yes' then put a circle around 'Yes'. If it is no, then encircle 'No'. If you cannot decide for 'Yes' or 'No', then put a circle around '?'.

Example

1. Do you believe in existence of god?

2. Do you most often talk in sleep?

For me, answer to the first question if yes. That is why I have encircled 'Yes' in the answer sheet under examples. Similarly my answer is 'No' for second question, I have encircled 'No' in example 2.

Now turn on to next page and similarly answer your questions on the answer sheet.

Now start.
QUESTIONNAIRE

1. Do you generally have sound sleep?

2. Are you satisfied regarding your health?

3. Do you feel tired everytime?

4. Do you consider yourself an ugly-looking person?

5. Do you suffer from severe headache most of the time?

6. Do you feel lonely?

7. Does you mind waver so much that you lose the track of what you were feeling or doing?

8. Did you ever have any inclination/ tendency for suicide?

9. Do you get a mixed feeling of anger and love for your family members?

10. Are you susceptible to infections of cough and cold?

11. Do you often feel concerned about your friends and relatives who are ill and go to hospitals to enquire about them or care for their medicines?

12. Do you feel confused in the presence of people of higher position?

13. Do you ever postpone your work for the next day?

14. Do you feel that marriage is useful for a better life of today and tomorrow?

15. (a) (For boys only) is your natural hesitation a hindrance in talking to an unknown and attractive girl?

   (b) (For girls only) is your natural hesitation a hindrance in talking to an unknown and attractive youth?

16. Even if you are doing your work indecently and well, does supervision of your work by some one–irritates you?

17. Do you never have the feeling of worry that you will be alone in your old age?

18. Do you often lose your patience?

19. Do you feel tired in the morning when you get up?
20. (a) (For boys only) Do you hesitate to mix with girls?
   (b) (For girls only) Do you hesitate to mix with boys?

21. Do you find it difficult in avoiding being entrapped by wooing of the shop keepers?

22. Do you ever feel that your existence or non existence in the world does not matter?

23. Do you give sincere accolades to your friends on their achievements and success?

24. Do you prefer to go out with your friends on holidays to staying at home and do household work?

25. Do you get feeling of inferiority at some point of time?

26. Do you feel happier at home than school or work place?

27. Do you often open and read letters of others?

28. Do you take special interest in talking about or showing your school/place of work to others?

29. Do you get a burning sensation/numbness or something crawling on any part of your body at any time?

30. Do you often return the things late that you borrow from others?

31. Do you feel physically weak?

32. Do you think that the treatment given to you by your family members is always justified?

33. Do people come to you for consultations?

34. Has anybody from your family ever made you unhappy by saying something bad about you?

35. Are you afraid of living alone?

36. Do you ever get any bad feeling that you cannot share with others?

37. Do your family members understand your feelings and are sympathetic towards you?

38. Are there such members in your family who pressurize you to agree with them without thinking that they are right as wrong?

39. Are you underweight?

40. Do you get disappointed when you differ in discussions with others?
41. Did you ever have a strong feeling of running away from home?
42. Do you take the opportunity of delivering speeches before friends or in your school/work place?
43. Do you keep your books tidy and arrange them properly?
44. Do you ever feel disgusted or frustrated that you are not the type of a girl/boy that you should be?
45. When you are/were with your parents, are/were you under strict vigil?
46. Do you ever think that your life would have been better if it were different from what it is now?
47. Have you performed responsible work in your school/work place at least twice acting as a monitor head of the class unit playing as captain of the team functioning as a secretary of the student's Council and so on?
48. Are you afraid of the idea that some serious ailment may over power you?
49. Do you ever utter such things for which you have to repent afterwards?
50. Are you social with those younger to you and be their friends?
51. Do you need medical assistance regularly.
52. Do you feel hesitant to talk to a famous or great person when you are introduced to him?
53. Even when you are in the midst of some, do you feel lonely?
54. When you do not agree with what the teacher says in the class, instead of telling him so, you keep it to yourself?
55. Sometimes, do you feel jealous of your friends?
56. Are you afraid of death?
57. Do you lack self confidence?
58. Are you satisfied with your progress/success in the school/work place?
59. Do you ever feel that your parents are disappointed?
60. Do you feel sad over petty things?
61. Do you try to avoid talking to a person whom you know but you do not like to talk to him?
62. Do you feel giddy?

63. Do you know that old customs and traditions should be rejected and new and modern ideas should be accepted quickly?

64. Do you feel sad over useless and unnecessary talks?

65. Do you feel happy or sad without any reason?

66. Instead of trying to solve your problems yourself you consult your family members?

67. Do you conceal your thoughts and emotions instead of giving an outlet to your expressions in some situations?

68. Do you take the responsibility of introducing each other in some festive occasions?

69. Do you participate actively while playing with players better than you?

70. Do you find it difficult to go to sleep even when there is no noise?

71. Has any body in the house forced you to agree with him or her?

72. Do you suffer because of your introvert (shy) nature?

73. Do you have a feeling that your life is a burden?

74. Do you have confidence in your power of memory?

75. Do you reach late in the class or become late in finishing a work?

76. Do you start of hand conversation with a stranger unhesitantly?

77. Do you digest your food properly?

78. Do you easily agree with your family members and set aside your own feelings/wishes?

79. In parties or some festive occasions do you try to meet the chief guest?

80. In your home do you get opportunity to develop your personality?

81. Instead of playing or talking with your friends, do you prefer to walk or play alone?

82. Do you wish to be alone after spending some time with your friends?

83. Do you feel sad when you think that you have been insulted?

84. Do you enjoy parties and merry makings?
85. Do your interests vary frequently?
86. Do people misunderstand you?
87. Do you brood over your thoughts and pity yourself constantly?
88. Are you happy in your family environment?
89. Do you easily get tears in your eyes?
90. Do you easily get vexed when you have too much load of work?

**Miscellaneous**

1. Do you mention often about the kind of work/activities you do?
2. Do you reach late to these places, or complete your work late?
3. Do you feel quite satisfied with these activities?
4. Do you enjoy talking about these activities?
5. Do you feel that you could have taken up something better?
6. Is this your own choice or have been forced to do?
7. Do you feel uneasy in a group of working women?
8. You take up these just to stay away from home?
9. Do you encourage others to do similar work?
10. Do you remain involved in these activities from beginning to end?

Note: Please see that you have answered every question and do not leave any question unanswered.
SAXENA'S ADJUSTMENT INVENTORY
ANSWER SHEET

Examples: 1. Yes No
2. Yes No

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IV. Write a paragraph about your husband/father, how do you perceive him as playing a role in relation to the family involvement.
V. TIME MANAGEMENT

Following is the list of day to day activities. Please indicate your distribution of time for these activities.
(in hours per day)

<table>
<thead>
<tr>
<th>Activities</th>
<th>Week Days (Hours/Day)</th>
<th>Holidays (Hours/Day)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Getting up (Actual time)</td>
<td></td>
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<tr>
<td>2. Personal work</td>
<td></td>
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<tr>
<td>3. Household work</td>
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<tr>
<td>4. Office hours</td>
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<tr>
<td>5. Time in traveling</td>
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<tr>
<td>6. Office work at home</td>
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<tr>
<td>7. Leisure time at home</td>
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<tr>
<td>8. Extra curricular activities (in school)</td>
<td></td>
<td></td>
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<tr>
<td>9. Time for market work</td>
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<tr>
<td>10. Miscellaneous work</td>
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<td></td>
</tr>
<tr>
<td>11. Going off to sleep (actual time)</td>
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</tbody>
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