APPENDIX A

QUESTIONNAIRE (RESEARCHER MADE)

Name:___________________________________________  Sex :  □ Male  □ Female
Std:__________________  Age:____________

Family Structure:  Nuclear family (parents and children) : ________________________
Joint family (grandparents, uncle, aunts, parents, children): ________________________

No of Siblings:  Brothers: _____________  Sisters: ________________

Your Birth Order: _____________________

Is your mother alive:  □ Yes  □ No  If No do you have step mother :□ Yes □ No

Is your father alive:  □ Yes  □ No  If No do you have a step father : □ Yes □ No

Parental Qualifications:

<table>
<thead>
<tr>
<th></th>
<th>SSC / HSC</th>
<th>Graduate</th>
<th>Post Graduate</th>
<th>Professional</th>
</tr>
</thead>
<tbody>
<tr>
<td>FATHER</td>
<td>SSC/ HSC</td>
<td>B.A./B.Sc./</td>
<td>M.A./ M.Sc. /</td>
<td>MBBS/ B.Tech./LL.B./</td>
</tr>
<tr>
<td>MOTHER</td>
<td>SSC/ HSC</td>
<td>B.A./ B.Sc. /</td>
<td>M.A./ M.Sc. /</td>
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Parental Occupation:

<table>
<thead>
<tr>
<th></th>
<th>SERVICE</th>
<th>BUSINESS</th>
<th>HOME MAKER</th>
</tr>
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<tbody>
<tr>
<td>FATHER</td>
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APPENDIX B

USM EMOTIONAL QUOTIENT INVENTORY (USMEQ-I)

(SAIFUL, FAUD AND RAHMAN, 2010)

Please use the rating scale below to describe how accurately each statement describes you. Please read each statement carefully, and then write your score by ticking (✓) on a response provided.

There is no right or wrong answer, therefore please describe yourself as you generally are now, not as you wish to be in the future. Don’t take too long over your replies; your immediate reaction to each item will probably be more accurate than a long thought out response.

<table>
<thead>
<tr>
<th>Scales:</th>
<th>0 = not like me</th>
<th>3 = a lot like me</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1 = a bit like me</td>
<td>4 = totally like me</td>
</tr>
<tr>
<td></td>
<td>2 = quite like me</td>
<td></td>
</tr>
</tbody>
</table>
Scales: 0 = not like me 3 = a lot like me
1 = a bit like me 4 = totally like me
2 = quite like me

Note: ticking (✓✓ ✓✓✓) on a response provided.

1. I regularly advice my friends and myself
   0 1 2 3 4

2. When I am successful I thank Go
   0 1 2 3 4

3. I apologise for the mistakes made
   0 1 2 3 4

4. When in trouble I look at the bright side of it
   0 1 2 3 4

5. I keep my promise
   0 1 2 3 4

6. I am always confident in doing my daily work
   0 1 2 3 4

7. I can make my own decisions rationally
   0 1 2 3 4

8. I speak politely with my family members and others
   0 1 2 3 4

9. I don't like to keep people waiting for me
   0 1 2 3 4

10. When facing setback or failure I am patient
    0 1 2 3 4

11. I can focus on what I do even when I'm stressed
    0 1 2 3 4

12. When I'm in trouble, I accept it and try to find its solution.
    0 1 2 3 4

13. I am always proactive in completing a task
    0 1 2 3 4

14. I know my ability and potential
    0 1 2 3 4

15. I will give my opinion and criticize to improve a situation.
    0 1 2 3 4

16. I love to participate actively in a discussion
    0 1 2 3 4
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<td><strong>Note:</strong> ticking (✓) on a response provided.</td>
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</table>

17. I will continue to carry out my responsibilities even when others fail to do so
   - [ ] 0
   - [ ] 1
   - [x] 2
   - [ ] 3
   - [ ] 4

18. I always feel that I can solve any problem regardless of the situation
   - [ ] 0
   - [ ] 1
   - [x] 2
   - [ ] 3
   - [ ] 4

19. Failure motivates me to be more successful
   - [ ] 0
   - [ ] 1
   - [x] 2
   - [ ] 3
   - [ ] 4

20. I carry out my duty whole heartedly
   - [ ] 0
   - [ ] 1
   - [x] 2
   - [ ] 3
   - [ ] 4

21. I am always honest to myself
   - [ ] 0
   - [ ] 1
   - [x] 2
   - [ ] 3
   - [ ] 4

22. I can understand and feel others feelings as if it were mine
   - [ ] 0
   - [ ] 1
   - [x] 2
   - [ ] 3
   - [ ] 4

23. I’m motivated to learn something because I want to learn it
   - [ ] 0
   - [ ] 1
   - [x] 2
   - [ ] 3
   - [ ] 4

24. I always do self-reflection on what I did to improve myself
   - [ ] 0
   - [ ] 1
   - [x] 2
   - [ ] 3
   - [ ] 4

25. I can control my sadness or anger even when I’m in a problematic situation
   - [ ] 0
   - [ ] 1
   - [x] 2
   - [ ] 3
   - [ ] 4

26. When I’m assigned a task, I give my best
   - [ ] 0
   - [ ] 1
   - [x] 2
   - [ ] 3
   - [ ] 4

27. I’m always sensitive to changes occurring around me
   - [ ] 0
   - [ ] 1
   - [x] 2
   - [ ] 3
   - [ ] 4

28. I’m sensitive to my instinct and emotion
   - [ ] 0
   - [ ] 1
   - [x] 2
   - [ ] 3
   - [ ] 4

29. I mingle with my neighbours
   - [ ] 0
   - [ ] 1
   - [x] 2
   - [ ] 3
   - [ ] 4

30. The purpose of me learning something is because I want to expand my knowledge and apply it in my daily life
   - [ ] 0
   - [ ] 1
   - [x] 2
   - [ ] 3
   - [ ] 4
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<tr>
<td>31. I easily forgive those who wronged me</td>
<td>0 1 2 3 4</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>32. In any situation, I can remain calm and make</td>
<td>0 1 2 3 4</td>
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<tr>
<td>33. When I am facing a difficult task, I try solving it in the best way possible</td>
<td>0 1 2 3 4</td>
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<tr>
<td>34. I appreciate what I already have</td>
<td>0 1 2 3 4</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>35. I respect elderly people and my neighbours</td>
<td>0 1 2 3 4</td>
<td></td>
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<tr>
<td>36. I am committed to activities planned by my institution or society</td>
<td>0 1 2 3 4</td>
<td></td>
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<tr>
<td>37. I search for relevant information to understand or learn things</td>
<td>0 1 2 3 4</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>38. I face life calmly even when in difficulty</td>
<td>0 1 2 3 4</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>39. I always investigate problems thoroughly in order to solve them appropriately</td>
<td>0 1 2 3 4</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>40. I am sensitive to others feelings</td>
<td>0 1 2 3 4</td>
<td></td>
<td></td>
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<td></td>
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<tr>
<td>41. I appreciate others opinions and feelings</td>
<td>0 1 2 3 4</td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>42. I know how to use my ability and potential to attain success</td>
<td>0 1 2 3 4</td>
<td></td>
<td></td>
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<tr>
<td>43. I can express my intention, need and suggestion towards what I want and what I don’t</td>
<td>0 1 2 3 4</td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>44. I can control myself in any situation</td>
<td>0 1 2 3 4</td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>
45. When I face difficulties I try to get help and advice from others on what I should do next

46. I love others as I love myself
LETTER SEEKING PERMISSION FOR DATA COLLECTION

Respected Principal,

I am pursuing my Ph.D. in Education and my research subject is “A Study on Emotional Quotient of Adolescent Students in Secondary Schools Greater Mumbai”. As a part of my research, I wish to seek your permission to conduct an Emotional Quotient Test in your school.

The Questionnaire has been enclosed for your perusal. I ensure you that the data collected as a result of this will be used solely for research purposes and the confidentiality of information provided by the students will be maintained.

Thanking you in anticipation.

Yours sincerely,

Mary Sara Benny.