APPENDICES
APPENDIX – I

SCREENING CHECK-LIST

This check-list may be filled in by you in consultation with your parents.

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
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</thead>
<tbody>
<tr>
<td>1.</td>
<td>Name</td>
</tr>
<tr>
<td>2.</td>
<td>School</td>
</tr>
<tr>
<td>3.</td>
<td>Class &amp; Division</td>
</tr>
<tr>
<td>4.</td>
<td>Age</td>
</tr>
<tr>
<td>5.</td>
<td>Sex</td>
</tr>
<tr>
<td>6.</td>
<td>Age of the Eldest Child in your Family</td>
</tr>
<tr>
<td>7.</td>
<td>Age of the Youngest Child in your Family</td>
</tr>
<tr>
<td>8.</td>
<td>Occupational Status of Father</td>
</tr>
<tr>
<td></td>
<td>a) Employed</td>
</tr>
<tr>
<td></td>
<td>b) Business</td>
</tr>
<tr>
<td></td>
<td>c) Unemployed</td>
</tr>
<tr>
<td>9.</td>
<td>If Employed has he been on a salaried job ever since marriage?</td>
</tr>
<tr>
<td></td>
<td>a) Yes   b) No</td>
</tr>
<tr>
<td>10.</td>
<td>Occupational Status of Mother</td>
</tr>
<tr>
<td></td>
<td>a) Employed</td>
</tr>
<tr>
<td></td>
<td>b) Business</td>
</tr>
<tr>
<td></td>
<td>c) Housewife</td>
</tr>
<tr>
<td>11.</td>
<td>If Housewife, has she been so ever since her marriage?</td>
</tr>
<tr>
<td></td>
<td>a) Yes   b) No</td>
</tr>
<tr>
<td>12.</td>
<td>If mother is on a salaried job has she been on job ever since marriage?</td>
</tr>
<tr>
<td></td>
<td>a) Yes   b) No</td>
</tr>
<tr>
<td>13.</td>
<td>Has your mother started working only after last child was born?</td>
</tr>
<tr>
<td></td>
<td>a) Yes   b) No</td>
</tr>
<tr>
<td>14.</td>
<td>Has your mother left her job for a period of</td>
</tr>
<tr>
<td></td>
<td>a) Yes</td>
</tr>
</tbody>
</table>
at least Two years during child-bearing stage
and resumed her job later?

15. If Yes, specify the Reason:

   a) Look after children
   b) Health problems
   c) Any Other (Specify)

16. Do both Parents and all children live together?

   a) Yes
   b) No.

17. Does anyone other than parents and children stay in your family?

   a) Yes
   b) No.

18. Do both Parents have working knowledge in English?

   a) Yes
   b) No.

19. Does any child stay in hostel or Has any child stayed in hostel?

   a) Yes
   b) No.

20. Has anybody in the family sought psychiatric help, or Is anybody currently seeking such help?

   a) Yes
   b) No.

---

(FOR THE USE OF PARENTS)

Dear Parents,

Do you agree to fill up a Questionnaire consisting of about 160 statements as part of a Scientific Work?

YES ☐ NO ☐

---

(FOR THE USE OF RESEARCHER)

Family Type

Family Life Cycle

Roll Number
APPENDIX - II A

QUESTIONNAIRE FOR THE MALE SPOUSE

A STUDY ON THE MENTAL HEALTH OF DUAL EARNER AND TRADITIONAL SINGLE EARNER FAMILIES

There are about 150 statements/questions in this Questionnaire. These statements/questions are designed to understand your perceptions on different aspects of your functioning at family, marital, and individual levels. Kindly go through these statements and give your frank opinion to each statement. Do not consult your spouse to decide on any of the statements. Your responses will be kept completely confidential and will be used only for scientific/academic purposes. Your co-operation in this scientific work is highly appreciated.

I. BACKGROUND INFORMATION

1. Name : _______________________
2. Age : _______________________
3. Religion :
   a. Hindu
   b. Muslim
   c. Christian
   d. Sikh
   e. Any other (specify)
4. Highest Educational Level Reached:

a. Below Higher Secondary  
b. Higher Secondary (HSC)  
c. HSC + Certificate Course  
d. B.A./B.Sc./B.Com.  
e. Graduation + Diploma  
f. M.A./M.Sc./M.Com.  
g. PG + Diploma  
h. MBA/MCA/CA/CS  
i. B.E./B.Tech/B.Arch.  
j. MBBS/BDS/BAMS/BHMS/BVSC  
k. M.E/M.Tech/M.Arch  
l. PG Medical  
m. M.Phil./Ph.D.  
n. Other (specify)

5. Current Occupation

a. Unemployed  
b. Clerk/Stenographer  
c. Computer Operator/Programmer  
d. Technician/Mechanic  
e. Nurse  
f. Teacher/Lecturer  
g. College Professor  
h. Doctor  
i. Engineer/Architect  
j. Lawyer  
k. Executive/Manager  
l. Other (specify)

6. Total job Tenure (in years): ____________________

7. Total number of promotions obtained in the job: ____________________

8. Current monthly salary: ____________________

9. Have you had any break in your occupational career?  
   a. Yes  
   b. No

10. If yes, duration of the break (in months):  
    a. ____________________  
    b. Not Applicable

11. What was the reason for such a break/breaks?  
    a. Problems with job  
    b. Health reasons  
    c. Higher studies/Training  
    d. Family obligations  
    e. Not applicable  
    f. Other (specify)
12. Occupational status at the time of marriage:
   a. Unemployed
   b. Employed in same job
   c. Employed in a different job

13. Total years of married life

14. Total number of children

15. Details of children according to ordinal position:

<table>
<thead>
<tr>
<th>Sl No</th>
<th>Name</th>
<th>Age</th>
<th>Sex</th>
<th>Standard in School*</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td></td>
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<td>3</td>
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<td>4</td>
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<tr>
<td>5</td>
<td></td>
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<td></td>
</tr>
</tbody>
</table>

* If below 3 years write NA

II. FAMILY FUNCTIONING

The following 20 statements are pertaining to your family. Kindly go through these statements and indicate your option (given against each item) which you think suit your family most.
RESPONSE CHOICES

<table>
<thead>
<tr>
<th></th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
</tr>
</thead>
<tbody>
<tr>
<td>ALMOST</td>
<td>NEVER</td>
<td>ONCE IN A WHILE</td>
<td>SOMETIMES</td>
<td>FREQUENTLY</td>
<td>ALWAYS</td>
</tr>
</tbody>
</table>

DESCRIBE YOUR FAMILY NOW:

1. Family members ask each other for help.
2. In solving problems, children’s suggestions are followed.
3. We approve of each other’s friends.
4. Children have a say in their discipline.
5. We like to do things with just our immediate family.
6. Different persons act as leaders in our family.
7. Family members feel closer to other family members than to people outside the family.
8. Our family changes its way of handling tasks.
9. Family members like to spend free time with each other.
11. Family members feel very close to each other.
12. The children make the decisions in our family.
13. When our family gets together for activities, everybody is present.
14. Rules change in our family.
15. We can easily think of things to do together as a family.
16. We shift household responsibilities from person to person.
17. Family members consult other family members on their decisions.
18. It is hard to identify the leader in our family.
19. Family togetherness is very important.
20. It is hard to tell who does which household chores.
III. MARITAL FUNCTIONING

The following 50 statements refer to the way you may be thinking or feeling about your wife or the way you may be interacting with your wife. Read each statement and decide as to how often these statements hold true in your case. Encircle any one of the 4 choices that follow each statement.

RESPONSE CHOICES

<table>
<thead>
<tr>
<th>USUALLY</th>
<th>SOMETIMES</th>
<th>RARELY</th>
<th>NEVER</th>
</tr>
</thead>
<tbody>
<tr>
<td>U</td>
<td>S</td>
<td>R</td>
<td>N</td>
</tr>
</tbody>
</table>

1. My wife's opinion carries as much weight as mine in money matters. U S R N
2. My wife's tendency to dominate over me creates problems between us. U S R N
3. Whenever we have an argument my wife thinks that she is right. U S R N
4. I look forward to being with my wife. U S R N
5. My wife does not allow things to be done the way I want. U S R N
6. My wife does not trust me. U S R N
7. My wife decides where we will go and what we will do when we go out. U S R N
8. When my wife plans our vacation I enjoy it. U S R N
9. My wife satisfies my needs. U S R N
10. My wife makes me feel secure. U S R N
11. My wife is rigid in her opinions. U S R N
<table>
<thead>
<tr>
<th></th>
<th>12. My wife understands my sexual needs.</th>
<th></th>
<th>U</th>
<th>S</th>
<th>R</th>
<th>N</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>13. I feel satisfied with the way our vacations are spent.</td>
<td></td>
<td>U</td>
<td>S</td>
<td>R</td>
<td>N</td>
</tr>
<tr>
<td></td>
<td>14. I cannot win an argument with my wife.</td>
<td></td>
<td>U</td>
<td>S</td>
<td>R</td>
<td>N</td>
</tr>
<tr>
<td></td>
<td>15. My wife complains that I do not understand her.</td>
<td></td>
<td>U</td>
<td>S</td>
<td>R</td>
<td>N</td>
</tr>
<tr>
<td></td>
<td>16. My wife participates in taking decisions for our home.</td>
<td></td>
<td>U</td>
<td>S</td>
<td>R</td>
<td>N</td>
</tr>
<tr>
<td></td>
<td>17. I discuss my problems with my wife as she is capable of helping me.</td>
<td></td>
<td>U</td>
<td>S</td>
<td>R</td>
<td>N</td>
</tr>
<tr>
<td></td>
<td>18. My wife passes sarcastic comments about me.</td>
<td></td>
<td>U</td>
<td>S</td>
<td>R</td>
<td>N</td>
</tr>
<tr>
<td></td>
<td>19. My wife is not concerned about my parents.</td>
<td></td>
<td>U</td>
<td>S</td>
<td>R</td>
<td>N</td>
</tr>
<tr>
<td></td>
<td>20. My wife does not satisfy my sexual needs</td>
<td></td>
<td>U</td>
<td>S</td>
<td>R</td>
<td>N</td>
</tr>
<tr>
<td></td>
<td>21. My wife understands what I value in life</td>
<td></td>
<td>U</td>
<td>S</td>
<td>R</td>
<td>N</td>
</tr>
<tr>
<td></td>
<td>22. The thought of divorcing my wife crosses my mind.</td>
<td></td>
<td>U</td>
<td>S</td>
<td>R</td>
<td>N</td>
</tr>
<tr>
<td></td>
<td>23. My wife decides where we will live.</td>
<td></td>
<td>U</td>
<td>S</td>
<td>R</td>
<td>N</td>
</tr>
<tr>
<td></td>
<td>24. My wife does not bother about my feeling towards her.</td>
<td></td>
<td>U</td>
<td>S</td>
<td>R</td>
<td>N</td>
</tr>
<tr>
<td></td>
<td>25. I discuss my long term plans for our family with my wife.</td>
<td></td>
<td>U</td>
<td>S</td>
<td>R</td>
<td>N</td>
</tr>
<tr>
<td></td>
<td>26. I feel comfortable in sharing my mistakes with my wife.</td>
<td></td>
<td>U</td>
<td>S</td>
<td>R</td>
<td>N</td>
</tr>
<tr>
<td></td>
<td>27. My sex life is satisfactory.</td>
<td></td>
<td>U</td>
<td>S</td>
<td>R</td>
<td>N</td>
</tr>
<tr>
<td></td>
<td>28. My wife is happy with me.</td>
<td></td>
<td>U</td>
<td>S</td>
<td>R</td>
<td>N</td>
</tr>
<tr>
<td></td>
<td>29. My wife is capable of making timely independent decisions.</td>
<td></td>
<td>U</td>
<td>S</td>
<td>R</td>
<td>N</td>
</tr>
<tr>
<td></td>
<td>30. My wife tries to understand how I am feeling.</td>
<td></td>
<td>U</td>
<td>S</td>
<td>R</td>
<td>N</td>
</tr>
<tr>
<td></td>
<td>31. I appreciate the sacrifices made by my wife.</td>
<td></td>
<td>U</td>
<td>S</td>
<td>R</td>
<td>N</td>
</tr>
<tr>
<td></td>
<td>32. My wife does not like me.</td>
<td></td>
<td>U</td>
<td>S</td>
<td>R</td>
<td>N</td>
</tr>
<tr>
<td></td>
<td>33. My wife is indifferent to me.</td>
<td></td>
<td>U</td>
<td>S</td>
<td>R</td>
<td>N</td>
</tr>
</tbody>
</table>
34. My wife expects me to do things as she desires.  U S R N
35. My wife does not have much affection for me.  U S R N
36. My wife pays timely attention to her responsibilities.  U S R N
37. My wife shares her feelings with me.  U S R N
38. My wife cooperates with me in maintaining relationship with my parents.  U S R N
39. My wife believes me.  U S R N
40. My wife criticizes me more than appreciating me.  U S R N
41. I regret being married to my wife.  U S R N
42. My suggestions are well taken by my wife.  U S R N
43. I feel that decisions taken after a discussion with my wife are good for us.  U S R N
44. My wife argues with me in front of other people.  U S R N
45. My wife is not able to make me happy.  U S R N
46. I agree with my wife regarding the disciplining of the children.  U S R N
47. My wife tries to comfort me when I am upset.  U S R N
48. I share my feelings and thoughts with my wife.  U S R N
49. My wife is capable of carrying out her responsibilities.  U S R N
50. On financial matters my wife consults me.  U S R N

III. SUBJECTIVE WELL-BEING

The following 50 statements pertain to how you have been feeling usually in your life. Please make a circle on your choice for all 50 items which you think is most true of you.
1. Do you feel your life is interesting?

2. Do you think you have achieved the standard of living and the social status you expected?

3. How do you feel about the extent to which you have achieved success and are getting ahead?
   1. Very good  2. Quite good  3. Not so good

4. Do you normally accomplish what you want to?
   1. Most of the time  2. Sometimes  3. Hardly ever

5. Compared with the past, do you feel your present life is:
   1. Very happy  2. Quite happy  3. Not so happy

6. On the whole, how happy are you with the things you have been doing in recent years?
   1. Very happy  2. Quite happy  3. Not so happy

7. Do you feel you can manage situations even when they do not turn out as expected?
   1. Most of the time  2. Sometimes  3. Hardly ever

8. Do you feel confident that in case of a crisis (anything which substantially upsets your life situation) you will be able to cope with it/face it boldly?
   1. Very much  2. To some extent  3. Not so much

9. The way things are going now do you feel confident in coping with the future?
   1. Very much  2. To some extent  3. Not so much

10. Do you sometimes feel that all of us are part of a common force? (God or any such force)
    1. Very much  2. To some extent  3. Not so much

11. Do you sometimes experience moments of intense happiness which are difficult to describe?
    1. Quite often  2. Sometimes  3. Hardly ever
12. Does it give you happiness to think that you are part of mankind?
   1. Quite often  2. Sometimes  3. Hardly ever

13. Do you feel confident that relatives and/or friends will help you out if there is an emergency, e.g. if you lose what you have by fire or theft?

14. How do you feel about the relationship that you and your children have?
   1. Very good  2. Quite good  3. Not so good

15. Do you feel confident that relatives and/or friends will look after you if you are severely ill or meet with an accident?
   1. Very much  2. To some extent  3. Not so much

16. Do you get easily upset if things don’t turn out as expected?
   1. Very much  2. To some extent  3. Not so much

17. Do you sometimes feel sad without reason?
   1. Very much  2. To some extent  3. Not so much

18. Do you feel too easily irritated, too sensitive?
   1. Very much  2. To some extent  3. Not so much

19. Do you feel disturbed by feelings of anxiety and tension?
   1. Most of the time  2. Sometimes  3. Hardly ever

20. Do you consider it a problem for you that you sometimes lose you temper over minor things?
   1. Very much  2. To some extent  3. Not so much

21. Do you consider your family a source of help to you in finding solutions to most of the problems you have?
   1. Very much  2. To some extent  3. Not so much

22. Do you think that most of the members of your family feel closely attached to each other?
   1. Very much  2. To some extent  3. Not so much

23. Do you think you will be looked after well by your family in case you were seriously ill?
   1. Very much  2. To some extent  3. Not so much
24. Do you feel your life is boring/uninteresting?
   1. Very much  2. To some extent  3. Not so much

25. Do you worry about your future?
   1. Very much  2. To some extent  3. Not so much

26. Do you feel your life is useless?
   1. Very much  2. To some extent  3. Not so much

27. Do you sometimes worry about the relationship you and your wife have?
   1. Very much  2. To some extent  3. Not so much

28. Do you feel your friends/relatives would help you if you were in need?
   1. Very much  2. To some extent  3. Not so much

29. Do you sometimes worry about the relationship you and your children have?
   1. Very much  2. To some extent  3. Not so much

30. Do you feel that minor things upset you more than necessary?
   1. Very much  2. To some extent  3. Not so much

31. Do you get easily upset if you are criticized?
   1. Most of the time  2. Sometimes  3. Hardly ever

32. Would you wish to have more friends than you actually have?
   1. Very much  2. To some extent  3. Not so much

33. Do you sometimes feel that you do not have a real close friend?
   1. Very much  2. To some extent  3. Not so much

34. Do you sometimes worry about your health?
   1. Very much  2. To some extent  3. Not so much

35. Do you suffer from pains in various parts of your body?
   1. Most of the time  2. Sometimes  3. Hardly ever

36. Are you disturbed by palpitations/ a thumping heart?
   1. Most of the time  2. Sometimes  3. Hardly ever

37. Are you disturbed a feeling of giddiness?
   1. Most of the time  2. Sometimes  3. Hardly ever

38. Do you feel you get tired too easily?
   1. Most of the time  2. Sometimes  3. Hardly ever
39. Are you troubled by disturbed sleep?
   1. Most of the time  2. Sometimes  3. Hardly ever

40. Do you sometimes worry that you do not have close personal relationship with other people?
   1. Very much  2. To some extent  3. Not so much

IV. WORK AND FAMILY ROLE EXPECTATIONS

The following 40 statements are concerning your opinion on parental, marital, occupational and home care responsibilities, and the degree of importance you give to each of them. Circle your choice to each of these statements as given under.

RESPONSE CHOICES

<table>
<thead>
<tr>
<th>STRONGLY AGREE</th>
<th>AGREE</th>
<th>UNCERTAIN</th>
<th>DISAGREE</th>
<th>STRONGLY DISAGREE</th>
</tr>
</thead>
</table>

1. Having work/career that is interesting and exciting to me is my most important life goal.
2. I expect my job/career to give me more satisfaction than anything else I do.
3. Building a name and reputation for myself through work/career is not one of my life goals.
4. It is important to me that I have a job/career in which I can achieve something of importance.
5. It is important to me to feel successful in my work/career.
6. I want to work but I don't want to have a demanding career.  
7. I expect to make as many sacrifices as are necessary in order to advance in my work/career.  
8. I value being involved in a career and expect to devote the time and effort needed to develop it.  
9. I expect to devote a significant amount of my time to building my career and developing skills necessary to advance in my career.  
10. I expect to devote whatever time and energy it takes to move up in my job/career field.  
11. Although parenthood requires many sacrifices the love and enjoyment of children of one's own are worth it all.  
12. If I chose not to have children I would regret it.  
13. It is important to me to feel I am (will be) an effective parent.  
14. The whole idea of having children and raising them is not attractive to me.  
15. My life would be empty if I never had children.  
16. It is important to me to have some time for myself and my own development rather than have children and be responsible for their care.  
17. I expect to devote a significant amount of my time and energy to the rearing of children of my own.  
18. I expect to be very involved in the day-to-day matters of rearing my children.
19. Becoming involved in the day-to-day details of rearing children involves costs in other areas of my life which I am unwilling to make.

20. I do not expect to be very involved in child rearing.

21. My life would seem empty if I never married.

22. Having a successful marriage is the most important thing in life to me.

23. I expect marriage to give me more real personal satisfaction than anything else in which I am involved.

24. Being married to a person I love is more important to me than anything else.

25. I expect the major satisfactions in my life to come from my marriage.

26. I expect to commit whatever time is necessary to making my marriage partner feel loved supported and cared for.

27. Devoting a significant amount of my time to being with or doing things with the marriage partner is not something I expect to do.

28. I expect to put a lot of time and effort into building and maintaining a marital relationship.

29. Really involving myself in a marriage relationship involves costs in other areas of my life which I am unwilling to accept.

30. I expect to work hard to build a good marriage relationship even if it means limiting my opportunities to pursue other personal goals.
31. It is important to me to have a home of which I can be proud. SA A U D SD
32. Having a comfortable and attractive home is of great importance to me. SA A U D SD
33. To have a well run home is one of my life goals. SA A U D SD
34. Having a nice home is something to which I am very committed. SA A U D SD
35. I want a place to live but I do not really care how it looks. SA A U D SD
36. I expect to leave most of the day-to-day details of running home to someone else. SA A U D SD
37. I expect to devote the necessary time and attention to having a neat and attractive home. SA A U D SD
38. I expect to be very much involved in caring for a home and making it attractive. SA A U D SD
39. I expect to assume the responsibility for seeing that my home is well kept and well run. SA A U D SD
40. Devoting a significant amount of my time to managing and caring for a home is not something I expect to do. SA A U D SD

THANK YOU VERY MUCH
FOR TAKING YOUR VALUABLE TIME OFF
TO COMPLETE THIS INTERVIEW SCHEDULE.
APPENDIX - II B

QUESTIONNAIRE FOR THE FEMALE SPOUSE

A STUDY ON THE MENTAL HEALTH OF DUAL EARNER AND TRADITIONAL SINGLE EARNER FAMILIES

ROLL NUMBER ________________ CATEGORY ________________

There are about 150 statements/questions in this Questionnaire. These statements/questions are designed to understand your perceptions on different aspects of your functioning at family, marital, and individual levels. Kindly go through these statements and give your frank opinion to each statement. Do not consult your spouse to decide on any of the statements. Your responses will be kept completely confidential and will be used only for scientific/academic purposes. Your co-operation in this scientific work is highly appreciated.

1. Background Information

1. Name: ________________________
2. Age: ________________________
3. Religion:
   a. Hindu
   b. Muslim
   c. Christian
   d. Sikh
   e. Any other (specify)
4. Highest Educational Level Reached

a. Below Higher Secondary
h. MBA/ MCA/ CA/ CS
b. Higher Secondary (HSC)
i. B.E./ B.Tech/ B. Arch.
c. HSC + Certificate Course
j. MBBS/BDS/BAMS/BHMS/BVSC
d. B.A./ B.Sc./ B.Com.
k. M.E/M.Tech/ M.Arch
e. Graduation + Diploma
l. PG Medical
f. M.A./ M.Sc./ M. Com.
m. M. Phil./ Ph.D.
g. PG + Diploma
n. Other (specify)

5. Current Occupation

a. Unemployed
g. College Professor
b. Clerk/Stenographer h. Doctor
c. Computer Operator/Programmer i. Engineer/Architect
d. Technician/Mechanic j. Lawyer
e. Nurse k. Executive/Manager
f. Teacher/Lecturer l. Other (specify)

6. Total job Tenure (in years) a. ________________
b. Not Applicable

7. Total number of promotions obtained in a. ________________
your job b. Not Applicable

8. Current monthly salary a. ________________
b. Not Applicable

9. Have you had any break in your a. Yes
occupational career? b. No c. Not Applicable

10. If yes, duration of the break (in months) a. ________________
b. Not Applicable
11. What was the reason for such a break/breaks?
   a. Problems with job  
   b. Health reasons  
   c. Higher studies/Training  
   d. Family obligations  
   e. Not applicable  
   f. Other (specify)

12. Occupational status at the time of marriage:
   a. Unemployed  
   b. Employed in same job  
   c. Employed in a different job

13. Total years of married life:

14. Total number of children:

15. Details of children according to ordinal position:

<table>
<thead>
<tr>
<th>Sl No</th>
<th>Name</th>
<th>Age</th>
<th>Sex</th>
<th>Standard in School*</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td></td>
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<tr>
<td>2.</td>
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<td>3.</td>
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<td>4.</td>
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<td>5.</td>
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</tbody>
</table>

* If below 3 years write NA

II. FAMILY FUNCTIONING

The following 20 statements are pertaining to your family. Kindly go through these statements and indicate your option (given against each item) which you think suit your family most.
RESPONSE CHOICES

<table>
<thead>
<tr>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
</tr>
</thead>
<tbody>
<tr>
<td>ALMOST</td>
<td>ONCE IN</td>
<td>SOMETIMES</td>
<td>FREQUENTLY</td>
<td>ALMOST</td>
</tr>
<tr>
<td>NEVER</td>
<td>ALWAY</td>
<td></td>
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<td></td>
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</tbody>
</table>

DESCRIBE YOUR FAMILY NOW:

1. Family members ask each other for help.
2. In solving problems, children's suggestions are followed.
3. We approve of each other's friends.
4. Children have a say in their discipline.
5. We like to do things with just our immediate family.
6. Different persons act as leaders in our family.
7. Family members feel closer to other family members than to people outside the family.
8. Our family changes its way of handling tasks.
9. Family members like to spend free time with each other.
11. Family members feel very close to each other.
12. The children make the decisions in our family.
13. When our family gets together for activities, everybody is present.
14. Rules change in our family.
15. We can easily think of things to do together as a family.
16. We shift household responsibilities from person to person.
17. Family members consult other family members on their decisions.
18. It is hard to identify the leader in our family.
19. Family togetherness is very important.
20. It is hard to tell who does which household chores.
### III. MARITAL FUNCTIONING

The following 50 statements refer to the way you may be thinking or feeling about your husband or the way you may be interacting with your husband. Read each statement and decide as to how often these statements hold true in your case. Encircle any one of the 4 choices that follow each statement.

<table>
<thead>
<tr>
<th>RESPONSE CHOICES</th>
</tr>
</thead>
<tbody>
<tr>
<td>USUALLY U</td>
</tr>
</tbody>
</table>

1. My husband's opinion carries as much as mine in money matters.  
2. My husband's tendency to dominate over me creates problems between us.  
3. Whenever we have an argument my husband thinks that he is right.  
4. I look forward to being with my husband.  
5. My husband does not allow things to be done the way I want.  
6. My husband does not trust me.  
7. My husband decides where we will go and what we will do when we go out.  
8. When my husband plans our vacation I enjoy it.  
9. My husband satisfies my needs.  
10. My husband makes me feel secure.  
11. My husband is rigid in his opinions.
12. My husband understands my sexual needs.

13. I feel satisfied with the way our vacations are spent.


15. My husband complains that I do not understand him.

16. My husband participates in taking decisions for our home.

17. I discuss my problems with my husband as he is capable of helping me.

18. My husband passes sarcastic comments about me.

19. My husband is not concerned about my parents.

20. My husband does not satisfy my sexual needs.


22. The thought of divorcing my husband crosses my mind.

23. My husband decides where we will live.

24. My husband does not bother about my feeling towards him.

25. I discuss my long term plans for our family with my husband.

26. I feel comfortable in sharing my mistakes with my husband.

27. My sex life is satisfactory.

28. My husband is happy with me.

29. My husband is capable of making timely independent decisions.

30. My husband tries to understand how I am feeling.

31. I appreciate the sacrifices made by my husband.
<table>
<thead>
<tr>
<th>No.</th>
<th>Statement</th>
<th>U</th>
<th>S</th>
<th>R</th>
<th>N</th>
</tr>
</thead>
<tbody>
<tr>
<td>32</td>
<td>My husband does not like me.</td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>33</td>
<td>My husband is indifferent to me.</td>
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<tr>
<td>34</td>
<td>My husband expects me to do things as he desires.</td>
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<tr>
<td>35</td>
<td>My husband does not have much affection for me.</td>
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<tr>
<td>36</td>
<td>My husband pays timely attention to his responsibilities.</td>
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<tr>
<td>37</td>
<td>My husband shares his feelings with me.</td>
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<tr>
<td>38</td>
<td>My husband co-operates with me in maintaining relationship with my parents</td>
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<tr>
<td>39</td>
<td>My husband believes me.</td>
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<tr>
<td>40</td>
<td>My husband criticizes me more than appreciating me.</td>
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<tr>
<td>41</td>
<td>I regret being married to my husband.</td>
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<tr>
<td>42</td>
<td>My suggestions are well taken by my husband.</td>
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<tr>
<td>43</td>
<td>I feel that decisions taken after a discussion with my husband are good for us.</td>
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<tr>
<td>44</td>
<td>My husband argues with me in front of other people.</td>
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<tr>
<td>45</td>
<td>My husband is not able to make me happy.</td>
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<tr>
<td>46</td>
<td>I agree with my husband regarding the disciplining of the children.</td>
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<tr>
<td>47</td>
<td>My husband tries to comfort me when I am upset.</td>
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<tr>
<td>48</td>
<td>I share my feelings and thoughts with my husband.</td>
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<tr>
<td>49</td>
<td>My husband is capable of carrying out his responsibilities.</td>
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<tr>
<td>50</td>
<td>On financial matters my husband consults me.</td>
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</tbody>
</table>
III. SUBJECTIVE WELL-BEING

The following 50 statements pertain to how you have been feeling usually in your life. Please make a circle on your choice for all 50 items which you think is most true of you.

1. Do you feel your life is interesting?

2. Do you think you have achieved the standard of living and the social status you had expected?

3. How do you feel about the extent to which you have achieved success and are getting ahead?
   1. Very good  2. Quite good  3. Not so good

4. Do you normally accomplish what you want to?
   1. Most if the time  2. Sometimes  3. Hardly ever

5. Compared with the past, do you feel your present life is:
   1. Very happy  2. Quite happy  3. Not so happy

6. On the whole, how happy are you with the things you have been doing in recent years?
   1. Very happy  2. Quite happy  3. Not so happy

7. Do you feel you can manage situations even when they do not turn out as expected?
   1. Most of the time  2. Sometimes  3. Hardly ever

8. Do you feel confident that in case of a crisis (anything which substantially upsets your life situation) you will be able to cope with it/fiace it boldly?
   1. Very much  2. To some extent  3. Not so much

9. The way things are going now do you feel confident in coping with the future?
   1. Very much  2. To some extent  3. Not so much
10. Do you sometimes feel that all of us are part of a common force? (God or any such force)
   1. Very much  2. To some extent  3. Not so much

11. Do you sometimes experience moments of intense happiness which are difficult to describe?
   1. Quite often  2. Sometimes  3. Hardly ever

12. Does it give you happiness to think that you are part of mankind?
   1. Quite often  2. Sometimes  3. Hardly ever

13. Do you feel confident that relatives and/or friends will help you out if there is an emergency, e.g. if you lose what you have by fire or theft?

14. How do you feel about the relationship that you and your children have?
   1. Very good  2. Quite good  3. Not so good

15. Do you feel confident that relatives and/or friends will look after you if you are severely ill or meet with an accident?
   1. Very much  2. To some extent  3. Not so much

16. Do you get easily upset if things don’t turn out as expected?
   1. Very much  2. To some extent  3. Not so much

17. Do you sometimes feel sad without reason?
   1. Very much  2. To some extent  3. Not so much

18. Do you feel too easily irritated, too sensitive?
   1. Very much  2. To some extent  3. Not so much

19. Do you feel disturbed by feelings of anxiety and tension?
   1. Most of the time  2. Sometimes  3. Hardly ever

20. Do you consider it a problem for you that you sometimes lose your temper over minor things?
   1. Very much  2. To some extent  3. Not so much

21. Do you consider your family a source of help to you in finding solutions to most of the problems you have?
   1. Very much  2. To some extent  3. Not so much
22. Do you think that most of the members of your family feel closely attached to each other?
   1. Very much  2. To some extent  3. Not so much

23. Do you think you will be looked after well by your family in case you were seriously ill?
   1. Very much  2. To some extent  3. Not so much

24. Do you feel your life is boring/uninteresting?
   1. Very much  2. To some extent  3. Not so much

25. Do you worry about your future?
   1. Very much  2. To some extent  3. Not so much

26. Do you feel your life is useless?
   1. Very much  2. To some extent  3. Not so much

27. Do you sometimes worry about the relationship you and your husband have?
   1. Very much  2. To some extent  3. Not so much

28. Do you feel your friends/relatives would help you if you were in need?
   1. Very much  2. To some extent  3. Not so much

29. Do you sometimes worry about the relationship you and your children have?
   1. Very much  2. To some extent  3. Not so much

30. Do you feel that minor things upset you more than necessary?
   1. Very much  2. To some extent  3. Not so much

31. Do you get easily upset if you are criticized?
   1. Most of the time  2. Sometimes  3. Hardly ever

32. Would you wish to have more friends than you actually have?
   1. Very much  2. To some extent  3. Not so much

33. Do you sometimes feel that you do not have a real close friend?
   1. Very much  2. To some extent  3. Not so much

34. Do you sometimes worry about your health?
   1. Very much  2. To some extent  3. Not so much

35. Do you suffer from pains in various parts of your body?
   1. Most of the time  2. Sometimes  3. Hardly ever
36. Are you disturbed by palpitations/ a thumping heart?
   1. Most of the time  2. Sometimes  3. Hardly ever

37. Are you disturbed a feeling of giddiness?
   1. Most of the time  2. Sometimes  3. Hardly ever

38. Do you feel you get tired too easily?
   1. Most of the time  2. Sometimes  3. Hardly ever

39. Are you troubled by disturbed sleep?
   1. Most of the time  2. Sometimes  3. Hardly ever

40. Do you sometimes worry that you do not have close personal relationship with other people?
   1. Very much  2. To some extent  3. Not so much

IV. WORK AND FAMILY ROLE EXPECTATIONS

The following 40 statements are concerning your opinion on parental, marital, occupational and home care responsibilities, and the degree of importance you give to each of them. Circle your choice to each of these statements as given under.

RESPONSE CHOICES

<table>
<thead>
<tr>
<th>STRONGLY AGREE</th>
<th>UNCERTAIN</th>
<th>DISAGREE</th>
<th>STRONGLY DISAGREE</th>
</tr>
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<tbody>
<tr>
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<td>SD</td>
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</tr>
</tbody>
</table>

1. Having a career that is interesting and exciting to me is my most important life goal.
2. I expect my job/career to give me more satisfaction than anything else I do.
3. Building a name and reputation for myself through work/career is not one of my life goals.
4. It is important to me that I have a job/career in which I can achieve something of importance.

5. It is important to me to feel successful in my work/career.

6. I want to work but I don't want to have a demanding career.

7. I expect to make as many sacrifices as are necessary in order to advance in my work/career.

8. I value being involved in a career and expect to devote the time and effort needed to develop it.

9. I expect to devote a significant amount of my time to building my career and developing skills necessary to advance in my career.

10. I expect to devote whatever time and energy it takes to move up in my job/career field.

11. Although parenthood requires many sacrifices the love and enjoyment of children of one's own are worth it all.

12. If I chose not to have children I would regret it.

13. It is important to me to feel I am (will be) an effective parent.

14. The whole idea of having children and raising them is not attractive to me.

15. My life would be empty if I never had children.

16. It is important to me to have some time for myself and my own development rather than have children and be responsible for their care.
17. I expect to devote a significant amount of my time and energy to the rearing of children of my own. 

18. I expect to be very involved in the day-to-day matters of rearing my children. 

19. Becoming involved in the day-to-day details of rearing children involves costs in other areas of my life which I am unwilling to make. 

20. I don’t expect to be very involved in child rearing. 

21. My life would seem empty if I never married. 

22. Having a successful marriage is the most important thing in life to me. 

23. I expect marriage to give me more real personal satisfaction than anything else in which I am involved. 

24. Being married to a person I love is more important to me than anything else. 

25. I expect the major satisfactions in my life to come from my marriage. 

26. I expect to commit whatever time is necessary to making my marriage partner feel loved, supported, and cared for. 

27. Devoting a significant amount of my time to being with or doing things with the marriage partner is not something I expect to do. 

28. I expect to put a lot of time and effort into building and maintaining a marital relationship. 

29. Really involving myself in a marriage relationship
involves costs in other areas of my life which I am unwilling to accept.

30. I expect to work hard to build a good marriage relationship even if it means limiting my opportunities to pursue other personal goals.

31. It is important to me to have a home of which I can be proud.

32. Having a comfortable and attractive home is of great importance to me.

33. To have a well-run home is one of my life goals.

34. Having a nice home is something to which I am very committed.

35. I want a place to live but I do not really care how it looks.

36. I expect to leave most of the day-to-day details of running home to someone else.

37. I expect to devote the necessary time and attention to having a neat and attractive home.

38. I expect to be very much involved in caring for a home and making it attractive.

39. I expect to assume the responsibility for seeing that my home is well kept and well run.

40. Devoting a significant amount of my time to managing and caring for a home is not something I expect to do.

THANK YOU VERY MUCH FOR TAKING YOUR VALUABLE TIME OFF TO COMPLETE THIS INTERVIEW SCHEDULE.
APPENDIX - II C

QUESTIONNAIRE FOR THE ADOLESCENT

A STUDY ON THE MENTAL HEALTH OF DUAL EARNER AND TRADITIONAL SINGLE EARNER FAMILIES

INSTRUCTIONS

Given below are some statements indicating some of the common difficulties experienced by school children. These may be right or wrong as far as you are concerned. Please read the statements carefully and mark your responses in the space provided against each item by circling YES or NO to indicate your opinion.

You can rest assured that your answers will be kept strictly confidential and will be used purely for research purposes.

1. I am confident that I will get a good job. YES NO
2. If I put in a little more effort I can score good marks. YES NO
3. I feel there is nothing beautiful in this world. YES NO
4. I often feel that my future will be a hell for me. YES NO
5. Even if I get a first class I am not going to get a job. YES NO
6. I always feel that everything will turn right for a harmless person like me. YES NO
7. Sometimes I feel that how much ever I study it will be of no use to me. YES NO
8. I am confident that I will have a bright future. YES NO
9. I hate attending boring classes. YES NO
10. I can get along well with all sorts of people. YES NO
11. I find no difficulty at all in adjusting to new situations. YES NO
12. I always hesitate to mix with people who are above my rank. YES NO
13. I often feel irritated when my friends crack jokes at my expense. YES NO
14. I stop talking as soon as I find my listeners are not interested. YES NO
15. I can lend a patient ear to my friends even if they speak of unpleasant things. YES NO
16. I do not think that a newcomer should obey all the rules and regulations of the school right from his/her enrollment. YES NO
17. My parents are very much interested in satisfying all my needs. YES NO
18. I feel secure when naughty children are absent in the class. YES NO
19. I have often felt that I can live safely once I leave home. YES NO
20. I often feel sad over the fact that the members of my family consider me as a nuisance. YES NO
21. I have often felt that my classmates do not mind me at all. YES NO
<table>
<thead>
<tr>
<th></th>
<th>I am afraid to clear my doubts from a teacher who loses his temper for no reason at all.</th>
<th>YES</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>22</td>
<td>I feel insecure when unfriendly relatives visit my home.</td>
<td>YES</td>
<td>NO</td>
</tr>
<tr>
<td>23</td>
<td>I have the least feeling that I am an unwanted element in my home.</td>
<td>YES</td>
<td>NO</td>
</tr>
<tr>
<td>24</td>
<td>I always get time to keep my clothes and books in order.</td>
<td>YES</td>
<td>NO</td>
</tr>
<tr>
<td>25</td>
<td>I do not read newspapers on examination days.</td>
<td>YES</td>
<td>NO</td>
</tr>
<tr>
<td>26</td>
<td>I do not consider it wrong to go to class a little late during the monsoons.</td>
<td>YES</td>
<td>NO</td>
</tr>
<tr>
<td>27</td>
<td>I am very particular that I wake up early even on holidays.</td>
<td>YES</td>
<td>NO</td>
</tr>
<tr>
<td>28</td>
<td>I do not bother to keep back the things in their place when I am in a great hurry.</td>
<td>YES</td>
<td>NO</td>
</tr>
<tr>
<td>29</td>
<td>In spite of being tired I finish the day's work on that day itself.</td>
<td>YES</td>
<td>NO</td>
</tr>
<tr>
<td>30</td>
<td>In spite of having a lot of unfinished work I always have my meals at the right time.</td>
<td>YES</td>
<td>NO</td>
</tr>
<tr>
<td>31</td>
<td>There is nothing wrong in bringing about a little change in our daily routine on examination days.</td>
<td>YES</td>
<td>NO</td>
</tr>
<tr>
<td>32</td>
<td>I often feel that I will get through my examinations even if I do not study.</td>
<td>YES</td>
<td>NO</td>
</tr>
<tr>
<td>33</td>
<td>I feel that the reason for my poor marks in the examination is due to the examiner's partiality in assessment.</td>
<td>YES</td>
<td>NO</td>
</tr>
<tr>
<td>34</td>
<td>I feel that the decision taken by the members of my part are absolutely correct.</td>
<td>YES</td>
<td>NO</td>
</tr>
<tr>
<td>35</td>
<td>Many people accuse me of day dreaming.</td>
<td>YES</td>
<td>NO</td>
</tr>
<tr>
<td>36</td>
<td>When all the students join together in praising a teacher I consider it only as mere flattery.</td>
<td>YES</td>
<td>NO</td>
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<tr>
<td>No.</td>
<td>Statement</td>
<td>YES</td>
<td>NO</td>
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<tr>
<td>38</td>
<td>I am absolutely sure that I will not be in the wrong in anything that I do.</td>
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<tr>
<td>39</td>
<td>I often feel that I am in some other world.</td>
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<tr>
<td>40</td>
<td>I feel that every one finds fault with me for no reason at all.</td>
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<tr>
<td>41</td>
<td>I always like to do some mischief or the other in class.</td>
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<tr>
<td>42</td>
<td>I do not lose my temper with any one who makes fun of me.</td>
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<tr>
<td>43</td>
<td>I don't try to shirk my responsibilities.</td>
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<tr>
<td>44</td>
<td>I start quarreling with other people even for trivial things.</td>
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<tr>
<td>45</td>
<td>Others often find fault with me for being too emotional.</td>
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<tr>
<td>46</td>
<td>I become weak and heavy hearted when I have to face any trial.</td>
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<tr>
<td>47</td>
<td>Whenever I see something that I do not like I am tempted to start a quarrel.</td>
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</tr>
<tr>
<td>48</td>
<td>I feel that I cannot bear even trivial things.</td>
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<tr>
<td>49</td>
<td>I always agree with the majority's opinion.</td>
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<td></td>
</tr>
<tr>
<td>50</td>
<td>I consider it wrong to waste the precious time of students by celebrating labour week etc.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>51</td>
<td>I always feel that I will be teased by others if I do not behave like them.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>52</td>
<td>I never participate in the cleaning work in school as it is a work assigned to the peons.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>53</td>
<td>Sometimes I won't admit my faults even if it is proved wrong.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>54</td>
<td>I often feel that we need not obey all the rules and regulations of the society.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>55</td>
<td>I always try to respect the elders even while I am in an overcrowded bus.</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>---</td>
<td>---</td>
<td>---</td>
<td>---</td>
</tr>
<tr>
<td>56</td>
<td>I appreciate the ways of the Hippies who live differently from the common people.</td>
<td>YES</td>
<td>NO</td>
</tr>
<tr>
<td>57</td>
<td>It is not a wrong thing to damage public property during student agitation.</td>
<td>YES</td>
<td>NO</td>
</tr>
<tr>
<td>58</td>
<td>When I see hippies I feel like hooting at them.</td>
<td>YES</td>
<td>NO</td>
</tr>
<tr>
<td>59</td>
<td>I do not think that it is a wrong thing to derive pleasure by throwing stones at stray dogs on the road.</td>
<td>YES</td>
<td>NO</td>
</tr>
<tr>
<td>60</td>
<td>It cannot be considered wrong if unworthy things are written on the walls about teachers who ill treat children beyond limits.</td>
<td>YES</td>
<td>NO</td>
</tr>
<tr>
<td>61</td>
<td>It is justifiable to throw stones at a bus which passes by without stopping when one is waiting at the bus stop in great need.</td>
<td>YES</td>
<td>NO</td>
</tr>
<tr>
<td>62</td>
<td>When elders are mean to us in their behaviour there is nothing wrong in giving them in the same coin.</td>
<td>YES</td>
<td>NO</td>
</tr>
<tr>
<td>63</td>
<td>There is nothing wrong in breaking the window panes of miserly landlords.</td>
<td>YES</td>
<td>NO</td>
</tr>
<tr>
<td>64</td>
<td>There is no harm in hooting at the teachers who come to class just to while away their time.</td>
<td>YES</td>
<td>NO</td>
</tr>
<tr>
<td>65</td>
<td>I hate leisure time activities.</td>
<td>YES</td>
<td>NO</td>
</tr>
<tr>
<td>66</td>
<td>I like to spend my leisure hours on social service rather than sitting idle.</td>
<td>YES</td>
<td>NO</td>
</tr>
<tr>
<td>67</td>
<td>I like to be a member of sports club and the like.</td>
<td>YES</td>
<td>NO</td>
</tr>
<tr>
<td>68</td>
<td>Sometimes I spend my leisure time in taking revenge on those who trouble me a lot.</td>
<td>YES</td>
<td>NO</td>
</tr>
<tr>
<td>69</td>
<td>I feel it is better to utilize my leisure time for sleep rather than sports.</td>
<td>YES</td>
<td>NO</td>
</tr>
</tbody>
</table>
I often find pleasure in being alone when my friends engage themselves in games. YES NO

I often feel that students need not waste their time on hobbies. YES NO

Students need not play in the evening on working days. YES NO

Before undertaking any tasks I think of its consequences. YES NO

Even if other people doubt my abilities I go on with my work. YES NO

I go to pieces whenever I have to face complicated situations. YES NO

When other people find fault with me in everything I speak without restraint. YES NO

I do not make any effort to overcome repeated failures. YES NO

I can face other people's opposition and enmity calmly. YES NO

Even when other people withdraw the help promised to me I do not go back on the issue in which I have faith. YES NO

During the examination even if I feel that I do not know any of the items in the question paper properly I try to answer the questions with presence of mind. YES NO

I am better than many of my classmates. YES NO

I often feel that my teachers consider me as a nuisance. YES NO

I feel that my presence is always welcomed by others. YES NO

I sometimes feel that I am inferior to other students in several respects. YES NO

My classmates do not pay any attention to me. YES NO

I sometimes feel that others look upon me suspiciously on unreasonable grounds. YES NO

I feel unhappy over the thought that others underrate me. YES NO

I often worry myself feeling that I am hated by others. YES NO
89. It is a pleasure for me to strain for others.

90. I love my neighbours very much.

91. I often hesitate to share my knowledge with others.

92. Sometimes I feel happy when others are in trouble.

93. I often feel that students who have to study a lot need not spend their time for social service.

94. I feel that many of the selfish people are able also and hence they should be respected.

95. I feel that wandering of sick people along public roads is a social crime and hence they should be punished.

96. I feel it is better that children of poor families take up some work on daily wages than wasting their time in studies.

97. I like to do things which are prohibited.

98. I try to escape from carrying out the tasks assigned to me.

99. I do not like certain things just because everybody likes them.

100. I do not think I should obey my father's instruction to reach home before dark.

101. I do not find any difficulty in following the instructions of my teachers.

102. I feel like saying 'No' to everyone whenever they approach me for help.

103. Very often I am tempted to violate my class teacher's instruction to be silent in class.

104. I feel like going to class a little bit late just because teacher has asked me to come on time.

105. I perspire a lot on examination days.
I am often troubled in my sleep by bad dreams. YES NO
I often have stomach troubles even if I take ordinary food. YES NO
I get easily fatigued even when I begin my studies with real interest. YES NO
I often feel that others consider me as a restless person. YES NO
I find no difficulty in carrying on a conversation even when I am angry. YES NO
I cannot concentrate on my studies even when I begin my studies with great interest. YES NO
While I am in the examination hall I forget even those answers which I prepared very well. YES NO
I hate loneliness. YES NO
I often feel uncomfortable in the presence of others. YES NO
I never go for wedding parties as my relatives will keep an eye on me. YES NO
I always hesitate to expose my talents before others for fear that they may not be appreciated. YES NO
I prefer by-lanes just to avoid speaking to people on the main road. YES NO
I feel lonely even in the midst of my friends. YES NO
I like to attend social functions as I can mingle with all the people there. YES NO
I often feel that the happiest moment in my life is when I am left alone for day dreaming. YES NO
I feel that the existing rules and regulations of our schools should be changed completely.
122 It is an injustice to expect students to obey whatever their parents ask them to do. YES NO

123 I often feel that it would be better to give freedom to every individual to do whatever he/she likes. YES NO

124 It is unfair to expect students to obey their class leader always. YES NO

125 I feel that if children are left to themselves without any control by elders they are likely to get spoiled. YES NO

126 Students must be permitted to wear anything and everything that they like. YES NO

127 I often regret over the fact that I have no freedom to visit my friends as and when I like. YES NO

128 It is not fair on the part of parents to limit the time for recreation. YES NO
APPENDIX - III

STRUCTURE, SCORING PATTERN AND NORMS FOR INTERPRETATION OF SCALES USED IN THE STUDY

A. FAMILY ADAPTABILITY AND COHESION EVALUATION SCALES

I. SCALE STRUCTURE:

<table>
<thead>
<tr>
<th>Factor</th>
<th>Items</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cohesion</td>
<td>1, 3, 5, 7, 9, 11, 13, 15, 17 &amp; 19</td>
</tr>
<tr>
<td>Adaptability</td>
<td>2, 4, 6, 8, 10, 12, 14, 16, 18 &amp; 20</td>
</tr>
</tbody>
</table>

II. SCORING PATTERN:

For all the statements in the scale a response "Almost Never" gets a score of 1, "Once in a While" gets a score of 2, "Sometimes" gets a score of 3, "Frequently" gets a score of 4, and "Almost Never" gets a score of 5.

III. NORMS AND CUTTING POINTS:

<table>
<thead>
<tr>
<th>Cohesion</th>
<th>Range</th>
<th>Adaptness</th>
<th>Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>Disengaged</td>
<td>10 - 34</td>
<td>Rigid</td>
<td>10 - 19</td>
</tr>
<tr>
<td>Separated</td>
<td>35 - 40</td>
<td>Structured</td>
<td>20 - 24</td>
</tr>
<tr>
<td>Connected</td>
<td>41 - 45</td>
<td>Flexible</td>
<td>25 - 28</td>
</tr>
<tr>
<td>Enmeshed</td>
<td>46 - 50</td>
<td>Chaotic</td>
<td>29 - 30</td>
</tr>
</tbody>
</table>
B. MARITAL QUALITY SCALE

I. SCALE STRUCTURE:

<table>
<thead>
<tr>
<th>Factor</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Understanding</td>
<td>21, 30, 31, 37, 38, 47 &amp; 48</td>
</tr>
<tr>
<td>2. Rejection</td>
<td>2, 3, 5, 11, 15, 18, 34, 40 &amp; 44</td>
</tr>
<tr>
<td>3. Satisfaction</td>
<td>4, 9, 10, 12 &amp; 27</td>
</tr>
<tr>
<td>4. Affection</td>
<td>13, 28, 32, 33, 35, &amp; 45</td>
</tr>
<tr>
<td>5. Despair</td>
<td>14, 24 &amp; 41</td>
</tr>
<tr>
<td>6. Decision Making</td>
<td>1, 8, 16, 17, 42, 46 &amp; 50</td>
</tr>
<tr>
<td>7. Discontent</td>
<td>19 &amp; 20</td>
</tr>
<tr>
<td>8. Dissolution Potential</td>
<td>22</td>
</tr>
<tr>
<td>9. Dominance</td>
<td>7 &amp; 23</td>
</tr>
<tr>
<td>10. Self-Disclosure</td>
<td>6, 25, &amp; 26</td>
</tr>
<tr>
<td>11. Trust</td>
<td>39</td>
</tr>
<tr>
<td>12. Role Functioning</td>
<td>29, 36, 43 &amp; 49</td>
</tr>
</tbody>
</table>

II. SCORING PATTERN:

For the positively worded items i.e., items 1, 4, 8, 9, 10, 12, 13, 16, 17, 21, 25, 26, 27, 28, 29, 30, 31, 36, 37, 38, 39, 42, 43, 46, 47, 48, 49 & 50, "Usually" got a score of 1, "Sometimes" got a score of 2, "Rarely" got a score of 3 and "Never" got a score of 4. For the negatively worded items i.e., 2, 3, 5, 6, 7, 11, 14, 15, 18, 19, 20, 22, 23, 24, 32, 33, 34, 35, 40, 41, 44 & 45 the reverse scoring is followed.

III. NORMS FOR INTERPRETATION:

Higher Scores indicate poor quality of marital life.
C. SUBJECTIVE WELL-BEING INVENTORY

I. SCALE STRUCTURE:

<table>
<thead>
<tr>
<th>Factor</th>
<th>Items</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Subjective Well-Being : Positive Affect</td>
<td>1, 5, &amp; 6</td>
</tr>
<tr>
<td>2. Expectation-Achievement Congruence</td>
<td>2, 3, &amp; 4</td>
</tr>
<tr>
<td>3. Confidence in Coping</td>
<td>7, 8 &amp; 9</td>
</tr>
<tr>
<td>4. Transcendence</td>
<td>10, 11 &amp; 12</td>
</tr>
<tr>
<td>5. Family Group Support</td>
<td>21, 22 &amp; 23</td>
</tr>
<tr>
<td>6. Social Support</td>
<td>13, 15 &amp; 28</td>
</tr>
<tr>
<td>7. Primary Group Concern</td>
<td>14, 27 &amp; 29</td>
</tr>
<tr>
<td>8. Inadequate Mental Mastery</td>
<td>16, 17, 18, 19, 20, 30 &amp; 31</td>
</tr>
<tr>
<td>9. Perceived Ill-health</td>
<td>34, 35, 36, 37, 38 &amp; 39</td>
</tr>
<tr>
<td>10. Deficiency in Social Contacts</td>
<td>32, 33 &amp; 40</td>
</tr>
<tr>
<td>11. General Well-Being : Negative Affect</td>
<td>24, 25 &amp; 26</td>
</tr>
</tbody>
</table>

II. SCORING PATTERN:

For the factors consisting entirely of positive items a score of 3, 2, and 1 is given to the responses on decreasing order of affirmation. An inverse score of 1, 2 and 3 is given to responses of the negative items where positive and negative items occur together in a factor (i.e., for items 27 and 29). For the factors consisting entirely of negative items (factors 8, 9, 10 and 11), a score of 3, 2 and 1 is given according to the negative affirmation.

III. NORMS FOR INTERPRETATION:

Since the scale does not provide an overall index of well-being it offers a set of scores each representing one of the identified factors. These are not meaningfully combined into an overall or sum score for the purpose of interpretation. This is because of the fact that the 11 factors of SWBI are independent and non-correlated in their positive and negative dimensions.
D. LIFE ROLE SALIENCE SCALES

I. SCALE STRUCTURE:

<table>
<thead>
<tr>
<th>Factor</th>
<th>Item Numbers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Occupational Role Reward Value</td>
<td>1 - 5</td>
</tr>
<tr>
<td>Occupational Role Commitment</td>
<td>6 - 10</td>
</tr>
<tr>
<td>Parental Role Reward Value</td>
<td>11 - 15</td>
</tr>
<tr>
<td>Parental Role Commitment</td>
<td>16 - 20</td>
</tr>
<tr>
<td>Marital Role Reward Value</td>
<td>21 - 25</td>
</tr>
<tr>
<td>Marital Role Commitment</td>
<td>26 - 30</td>
</tr>
<tr>
<td>Homecare Role Reward Value</td>
<td>31 - 35</td>
</tr>
<tr>
<td>Homecare Role Commitment</td>
<td>36 - 40</td>
</tr>
</tbody>
</table>

II. SCORING PATTERN:

   For the positively worded items, "Strongly Agree" got a score of 5, "Agree" got a score of 4, "Undecided" got a score of 3, "Disagree" got a score of 2 and "Strongly Disagree" got a score of 1. For the negatively worded items (i.e., 3, 6, 14, 16, 19, 20, 27, 29, 35 & 36) the reverse scoring is followed.

III. NORMS FOR INTERPRETATION

<table>
<thead>
<tr>
<th>Level Of Role Reward Value/Commitment</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low</td>
<td>5-11</td>
</tr>
<tr>
<td>Average/Moderate</td>
<td>12-17</td>
</tr>
<tr>
<td>High</td>
<td>18-25</td>
</tr>
</tbody>
</table>
### E. MENTAL HEALTH STATUS SCALE

#### I. SCALE STRUCTURE:

<table>
<thead>
<tr>
<th>Factors</th>
<th>Items</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Optimism</td>
<td>1 - 8</td>
</tr>
<tr>
<td>2. Adaptability</td>
<td>9 - 16</td>
</tr>
<tr>
<td>3. Sense of Security</td>
<td>17 - 24</td>
</tr>
<tr>
<td>4. Regularity of Habits</td>
<td>25 - 32</td>
</tr>
<tr>
<td>5. Perception of Reality</td>
<td>33 - 40</td>
</tr>
<tr>
<td>6. Emotional Maturity</td>
<td>41 - 48</td>
</tr>
<tr>
<td>7. Social Conformity</td>
<td>49 - 56</td>
</tr>
<tr>
<td>8. Freedom from Sociopathic Tendencies</td>
<td>57 - 64</td>
</tr>
<tr>
<td>9. Recreational Pursuits</td>
<td>65 - 72</td>
</tr>
<tr>
<td>10. Mastery of Environment</td>
<td>73 - 80</td>
</tr>
<tr>
<td>11. Positive Attitude Towards Self</td>
<td>81 - 88</td>
</tr>
<tr>
<td>12. Positive Attitude Towards Others</td>
<td>89 - 96</td>
</tr>
<tr>
<td>13. Freedom from Negativism</td>
<td>97 - 104</td>
</tr>
<tr>
<td>14. Freedom from Nervous Symptoms</td>
<td>105 - 112</td>
</tr>
<tr>
<td>15. Freedom from Withdrawing Tendencies</td>
<td>113 - 120</td>
</tr>
<tr>
<td>16. Concept of Degrees of Freedom</td>
<td>121 - 128</td>
</tr>
</tbody>
</table>

#### II. SCORING PATTERN:

For the positively worded items, "Yes" response got a score of 1 and "No" response a score of 0. For the negatively worded items, the reverse scoring is followed. The positive items included statement numbers 1, 2, 6, 8, 10, 11, 14, 15, 17, 24, 25, 28, 30, 31, 32, 42, 49, 51, 55, 66, 67, 73, 74, 78, 79, 80, 81, 83, 89, 90.
101, 110, 113, 119, and 125. The rest 93 statements are negatively worded statements.

**III. NORMS FOR INTERPRETATION:**

<table>
<thead>
<tr>
<th>Factors</th>
<th>Low</th>
<th>Average</th>
<th>High</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Optimism</td>
<td>&lt; - 3</td>
<td>3 - 5</td>
<td>&gt; - 5</td>
</tr>
<tr>
<td>2. Adaptability</td>
<td>&lt; - 3</td>
<td>3 - 6</td>
<td>&gt; - 6</td>
</tr>
<tr>
<td>3. Sense of Security</td>
<td>&lt; - 3</td>
<td>3 - 5</td>
<td>&gt; - 5</td>
</tr>
<tr>
<td>4. Regularity of Habits</td>
<td>&lt; - 3</td>
<td>3 - 6</td>
<td>&gt; - 6</td>
</tr>
<tr>
<td>5. Perception of Reality</td>
<td>&lt; - 2</td>
<td>2 - 5</td>
<td>&gt; - 5</td>
</tr>
<tr>
<td>6. Emotional Maturity</td>
<td>&lt; - 3</td>
<td>3 - 5</td>
<td>&gt; - 5</td>
</tr>
<tr>
<td>7. Social Conformity</td>
<td>&lt; - 3</td>
<td>3 - 5</td>
<td>&gt; - 5</td>
</tr>
<tr>
<td>8. Freedom from Sociopathic Tendencies</td>
<td>&lt; - 3</td>
<td>3 - 6</td>
<td>&gt; - 6</td>
</tr>
<tr>
<td>9. Recreational Pursuits</td>
<td>&lt; - 2</td>
<td>2 - 6</td>
<td>&gt; - 6</td>
</tr>
<tr>
<td>10. Mastery of Environment</td>
<td>&lt; - 3</td>
<td>3 - 5</td>
<td>&gt; - 5</td>
</tr>
<tr>
<td>11. Positive Attitude Towards Self</td>
<td>&lt; - 3</td>
<td>3 - 5</td>
<td>&gt; - 5</td>
</tr>
<tr>
<td>12. Positive Attitude Towards Others</td>
<td>&lt; - 3</td>
<td>3 - 5</td>
<td>&gt; - 5</td>
</tr>
<tr>
<td>13. Freedom from Negativism</td>
<td>&lt; - 3</td>
<td>3 - 6</td>
<td>&gt; - 6</td>
</tr>
<tr>
<td>14. Freedom from Nervous Symptoms</td>
<td>&lt; - 2</td>
<td>2 - 6</td>
<td>&gt; - 6</td>
</tr>
<tr>
<td>15. Freedom from Withdrawing Tendencies</td>
<td>&lt; - 3</td>
<td>3 - 6</td>
<td>&gt; - 6</td>
</tr>
<tr>
<td>16. Concept of Degrees of Freedom</td>
<td>&lt; - 2</td>
<td>2 - 5</td>
<td>&gt; - 5</td>
</tr>
<tr>
<td>17. Overall Mental Health Status</td>
<td>&lt; -37</td>
<td>37-98</td>
<td>&gt; - 98</td>
</tr>
</tbody>
</table>