APPENDICES
Dear Respondent

It is a pleasure to meet you for the purpose of data collection in pursuit of the research work. This work cannot be accomplished without your cooperation. The aim of the present endeavor is to study about the stress level, mental health and aggression of adolescents. The questions/statements in the questionnaires are meant to know your personal views. To make the research endeavor successful, it is important for you to extend your whole hearted cooperation by giving frank and honest responses to each question/statement. I assure you that the information given by you would be kept strictly confidential. Once again you are requested to extend your cooperation for the accomplishment of the task.

Your co-operation is solicited.

Before going through the questionnaire, please see the following.

General Instructions

1. Answer the questions serially, that is as they appear in the format.

2. If some statements or questions appear to be similar even then you answer each of them separately.
3. It is expected that while answering, you do not consult anyone else. We want to know your opinions, views and feelings, not theirs.

4. Do not take too much time over any particular question whatever answer comes to your mind first, give that.

5. Please be as honest as possible and do not hesitate. Feel free to give your frank responses, confidentiality of your responses is assured.

6. It is necessary that you answer all questions/statements. Please do not leave any question/statement unanswered.
APPENDIX-II

Biographical Information Blank (BIB)

Name

Age

Sex

Region

Qualification
INSTRUCTIONS:

You are requested to make self-assessment about the list of problems, statements and complaints that people usually respond to stressful events/situations. Please read each statement carefully and put a tick (✓) in the box to indicate how much you have been bothered by the problem.

Not at all = 1  A little bit = 2  Moderately = 3  Quite a bit = 4  Extremely = 5

Age................ Gender............... Religion.............

1  2  3  4  5

1. When something reminds me about the stressful my heart pounds, breathing becomes tense and my body sweats.
2. Obsessive thoughts of unexpected happenings often disturb me and develop the feeling of nervousness.

3. Frequent and unexpected firing that lead to search operations in the valley is stressful experience for me and others.

4. I become upset whenever I remember the death of my family member/close relative/friend due to unprovoked violence.

5. I perceive that people living in the valley are the soft targets of militants/forces.

6. I am often stressed when I think that I can be the victim of violence.

7. Perceiving threat of encounters/blast impels me to think that life is always in danger.
8. I feel irritable or have angry outbursts when something reminds me about the stressful event.

9. Arrest of innocent inhabitants is the cause of mental agony, sleeplessness and tension.

10. Due to prevailing conditions, I often feel that my home environment is becoming tense.

11. I feel that something is intervening in maintaining relationship with others.

12. I usually avoid going to the crowded places thinking that I may be the target of trouble creators.
13. Remembering traumatic events often disturbs me and creates the feeling of insecurity.

14. I often have nightmares of stressful events.

15. I feel restless when I think about killing of innocent inhabitants in the valley.

16. I avoid thinking/talking about already occurred unexpected events.

17. I have lost interest in the activities that I used to enjoy.

18. I usually feel distant or cut off from other people.

19. I often feel that my future will somehow be cut short.
20. I become tense when I feel that my academic achievement and social relations are being affected.
INSTRUCTIONS:

You are requested to go through the statements which are related to your feelings about yourself in everyday life. You have got four alternative responses i.e. Always. Most of times, Sometimes, Never. Put a tick (✓) mark against the response category of each statement which most suitably indicates the frequency of your feelings and views.

Do not leave any statement unanswered.

4= Always  
3= Most of times  
2= Sometimes  
1= Never

Age...... Gender...... Religion......

1. I feel lack of confidence.
2. I get excited very easily.

3. I am not able to take quick decision on any subject.

4. I feel that situations are continuous in going against me.

5. I have affection and attachment with my neighbors.

6. I mould myself according to circumstances.

7. I feel that I am loosing self-respect.

8. I use to worry even about trivial matter for a long time.

9. I am not able to take decision about my next step.
10. I hesitate in meeting with others.

11. I do my duty well even in adverse circumstances.

12. I feel that I am not able to fully utilize my abilities in performing my different duties.

13. In adverse circumstances, I act without keeping in view of the real facts.


15. I feel to be insecure.

16. I am much worried about my responsibilities.

17. I feel depressed/dejected.

18. I play important role in social ceremonies.
19. I utilize my reasoning even in difficult times.

20. I feel that my relations with others are not satisfactory.

21. My responsibilities are like burden to me.

22. I suffer from inferiority complex.

23. I am used to be lost in world of imagination.

24. I am anxious about my future.

25. My friends/relatives remain ready to help e in the difficult times.

26. I make definite plans about my future.
27. I am enraged even by the slightest unfavorable talks.

28. I take decisions easily even in difficult circumstances.

29. I am not able to behave in such a way as my friends expect from me.

30. I am satisfied with most of the aspects of my life.

31. My friends and colleagues have respect for me.

32. My confidence varies highly in quantity.

33. I am always ready to fight the problems

34. I make impression about people or issue even in absence of facts and grounds.
35. I am not able to concentrate fully in my work.

36. I feel inclined towards opposite sex.

37. I solve my problems myself.

38. I fully cooperate in the important function of my community.

39. I am perplexed with my contradictory thoughts.

40. I take decisions on the basis of facts even though they are contrary to my wish.

41. I am not able to continue any task for long.

42. I feel myself secured amidst my friends/group.

43. I do not become hopeless even when I fail.
44. I considered myself useful for society.

45. I aspire for something without having in view of my shortcomings.

46. I do not get influenced even by reasonable arguments.

47. I am not able to take such decisions as I want to take.

48. I am afraid of imaginary calamities.

49. I feel that this world is a place good enough for passing life.

50. I feel full of enthusiasm to think that I will certainly achieve my objectives.
51. I do not get disappointed with the common worries of my daily life.

52. My mood changes momentarily.

53. I myself decide what and how I should do

54. I feel that my intimacy with my group community is increasing gradually.

55. I feel pleasure in taking responsibilities.
APPENDIX-V

AGGRESSION MEASURING QUESTIONNAIRE

Buss and Perry (1992)

INSTRUCTIONS:

Please read each statement carefully and rate the statements on a five point scale making self assessment about your characteristics. Put a tick (✓) mark against the response category of each statement.

1 = Not at all
2 = Some what not present
3 = Not sure
4 = Some what present
5 = Extremely present

Age...... Gender...... Religion......

1  2  3  4  5

1. My friends think I am hothead.
2. If I have to resort to violence to protect my rights, I will.

3. When people are especially nice to me, I wonder what they want.

4. I tell my friends openly when I disagree with them.

5. I have become so mad that I have broken things.

6. I can’t help getting into arguments when people disagree with me.

7. I wonder why sometimes I feel so bitter about things

8. Once in a while, I can’t control the urge to strike another person.
9. I am even-tempered person

10. I am suspicious of overly friendly strangers.

11. I have threatened people I know.

12. I flare up quickly but get over it quickly

13. Given enough provocation, I may hit another person.

14. When people annoy me, I may tell them what I think of them.

15. I have sometimes eaten up with jealousy.

16. I can think of no good reason for ever hitting a person.
17. At times I feel I have gotten a raw deal out of life.

18. I have trouble controlling my temper.

19. When frustrated I let my irritation show on others.

20. I sometimes feel that people are laughing at me behind my back.

21. I often find myself disagreeing with people.

22. If somebody hits me, I hit back.

23. I sometimes feel like a powder keg ready to explode.

24. Other people always to get the breaks.
25. There are people who pushed me so far that we came to blows.

26. I know that friends talk about me behind my back.

27. My friends say that I’m somewhat argumentative.

28. Sometimes I fly off the handle for no good reason.

29. I get into fights a little more than the average person.