Appendices
<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>Sex</td>
</tr>
<tr>
<td>3.</td>
<td>Age</td>
</tr>
<tr>
<td>4.</td>
<td>Class</td>
</tr>
<tr>
<td>5.</td>
<td>Field of Education</td>
</tr>
<tr>
<td>6.</td>
<td>Monthly income of parents:</td>
</tr>
</tbody>
</table>
INSTRUCTIONS

How do you feel these days (past one month)? Kindly tick (✓) the items applicable to you.

1. In good spirits
2. In firm control of behavior & feelings
3. Fairly happy in personal life
4. Sleeping fairly well
5. Interested in life a good bit of the time
6. Feeling emotionally stable & good bit of time
7. Feeling relaxed most of the time
8. Feeling energetic most of the time
9. Feeling cheerful most of the time
10. Not bothered by nervousness
11. Not bothered by anxiety or worry
12. Not easily tired
13. Not bothered by illness or pain
14. Not feeling depressed or dejected
15. Feeling satisfied with life in general
16. Not easily irritated most of the time
17. Feeling useful, wanted
18. Feeling productive, creative
19. Having a sense of belongingness
20. Being in good health
INSTRUCTIONS:

You are required to kindly give your responses according to your agreement or disagreement to the items in the following seven point scale varying from “unbearably distressing” to “not at all distressing”. Please be honest in giving the responses.

<table>
<thead>
<tr>
<th>Unbearably distressing</th>
<th>‘7’</th>
</tr>
</thead>
<tbody>
<tr>
<td>Very much distressing</td>
<td>‘6’</td>
</tr>
<tr>
<td>Much distressing</td>
<td>‘5’</td>
</tr>
<tr>
<td>Average distressing</td>
<td>‘4’</td>
</tr>
<tr>
<td>Less distressing</td>
<td>‘3’</td>
</tr>
<tr>
<td>Very less distressing</td>
<td>‘2’</td>
</tr>
<tr>
<td>Not at all distressing</td>
<td>‘1’</td>
</tr>
</tbody>
</table>

1. Major decrease in outings and social activities (meeting people).
2. Started living at friends’ or relatives’ place.
4. Engagement was broken.
5. Apprehended for a simple breach of law.
6. Teacher scolded.
7. Relations with an authority (hostel warden, teacher, etc.) deteriorated.
8. Parents favoured siblings.
9. Serious differences arose with a friend or neighbours.
10. I was not honoured for the commendable work I did.
11. Parents scolded or beat.
12. Family members interfered in personal matters.
13. Family members frequently suffered from minor illnesses.
15. Theft of wealth and property.
16. Parents did not trust me on certain occasions.
17. Theft or loss of a personally valuable possession.
18. Relations with some family member got strained.
19. People misunderstood me.
20. I had inconvenience in finding means of conveyance to the University.
21. Family income decreased heavily.
22. A family member was jailed.
23. Lectures were incomprehensible.
24. Compared to others, I found myself inferior.
25. Indiscipline increased in the University.
26. A pet died.
27. I had to choose subjects I was not interested in.
28. I was blamed for no fault of mine.
29. A close friend or relative developed a serious disease.
30. Family environment got tense.
31. Indisciplinary action was taken against me.
32. Major financial trouble arose.
33. Major deterioration in health or a family member (though not hospitalized).
34. A close relative died.
35. Examinations were held late.
36. Appeared in examination despite of ill health.
37. A family member was admitted in the hospital.
38. Adequate facilities not available in the laboratory.
39. Family environment interferes in studies.
40. Separated from some one near and dear.
41. Course was not completed in the class.
42. Failed in examination.
43. Could not secure admission in an important class or course.
<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
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</thead>
<tbody>
<tr>
<td>44.</td>
<td>My family was dishonoured.</td>
</tr>
<tr>
<td>45.</td>
<td>Important books were not available in the library.</td>
</tr>
<tr>
<td>46.</td>
<td>I do not get adequate time for studies.</td>
</tr>
<tr>
<td>47.</td>
<td>Relations with a girl/boy friend got strained.</td>
</tr>
<tr>
<td>49.</td>
<td>Teacher acted partially.</td>
</tr>
<tr>
<td>50.</td>
<td>A family member developed mental illness.</td>
</tr>
<tr>
<td>51.</td>
<td>Aspirations of my life remained unfulfilled.</td>
</tr>
<tr>
<td>52.</td>
<td>Could not appear in examination due to illness or some other reason.</td>
</tr>
<tr>
<td>53.</td>
<td>Passed examination with poor marks.</td>
</tr>
<tr>
<td>54.</td>
<td>A family member was missing.</td>
</tr>
<tr>
<td>55.</td>
<td>A close family member died (mother/father/brother/sister-in-law).</td>
</tr>
<tr>
<td>56.</td>
<td>Could not marry the person I loved.</td>
</tr>
</tbody>
</table>
INSTRUCTIONS:

You are required to kindly give your responses according to your agreement or disagreement to the items in the following five point scale varying from "to almost no extent" to "to very great extent". Please be honest in giving the responses.

True to almost no extent '1'
True to a small extent '2'
True to some extent '3'
True to a great extent '4'
True to very great extent '5'

1. Achieving goals a target set or excelling them is ( ) ( ) ( ) ( ) ( ) the main concern here.
2. Relevant information is made available to all ( ) ( ) ( ) ( ) ( ) those who need it and can use such information for achieving high performance.
3. The main concern of the people here is the help ( ) ( ) ( ) ( ) ( ) each other develops greater skills for advancement of the organization.
4. People here have concern for one another and ( ) ( ) ( ) ( ) ( ) help each other spontaneously when such help is needed.
5. Our organization has a rigid set of rules and ( ) ( ) ( ) ( ) ( ) norms, which we are supposed to follow strictly.
6. Officials and employees are subject to strict ( ) ( ) ( ) ( ) ( ) systematic discipline and control in the conduct of their official jobs.
7. People are constantly watched for obeying the ( ) ( ) ( ) ( ) ( ) entire rule pertaining to their jobs.
8. Sanctions for violating rules and procedures of the organization are severe.

9. The job assignments in the organization is clearly defined and logically structured.

10. Each post has clearly defined sphere of rules in legal sense.

11. Here rewards and promotions are given on the basis of the merit of the candidate.

12. Those who can achieve results are highly trusted.

13. Knowledge and expertise are recognized and rewarded here.

14. The specialists and experts are highly trusted here.

15. In this organization people are rewarded in proportion to the excellence in their job performance.

16. The organization willingly takes a chance on a good idea.

17. The organization prefers novel than safe and sure approach.

18. The organization encourages general orientation towards risk taking.

19. The organization takes some pretty big risks occasionally to keep ahead of the competition.

20. Most of my normal daily activities in the organization have rules and procedures stating the way I am to perform them.
21. The maintenance of organizational norms and policies are the main criteria of success.

22. There are rules and regulations for handling any kind of problem, which may arise in making most of the decisions.

23. Philosophy of our management emphasizes human factors (how people feel etc.)

24. Management believes that if the people are happy productivity will take care itself.

25. Employees have to ask their superiors before they do almost any thing important.

26. Even for small matters higher ups are consulted for final answer.

27. Any job policy related information is communicated to employees through established channels.

28. Instructions are issued here by bosses and are expected to be carried out without delay and protest.

29. Union management relations are cordial.

30. Management does everything to ensure the well-being of the employees.