Appendices
JOB STRAIN QUESTIONNAIRE (JSQ)

Following statements are related to your reactions the job at work. Choose an appropriate rating describes: How frequently on each of them occur in your case.

1. Never
2. Rarely
3. Sometimes
4. Rather often
5. Nearly all the time.

1. I have to be quite aggressive to survive in my job. ( )
2. There are times when I would like to be able to tell someone what I think of them ( )
3. I feel I should blame them who really deserve it. ( )
4. I just have to put up with other people's incompetence. ( )
5. I have found it difficult to keep my temper at work. ( )
6. I find it easy to do things I used to do. ( )
7. My mind is as clear as it used to be. ( )
8. I still enjoy the things I used to do. ( )
9. I have found difficult to keep my temper at work. ( )
10. I have felt fidgety as a result of my job. ( )
11. My job troubles me. ( )
12. When I think about my job I get high feelings in my chest. ( )
13. I get tired for no reasons. ( )
14. I find myself for no reasons. ( )
SOCIAL FAMILY ROLE STRESS (SFRS)

Please read carefully each statement and rate them from 1 to 5 as suggested below:

If you find yourself in total agreement with the statement put 5 in the bracket.

If you agree put 4 in the bracket.

If undecided put 3 in the bracket.

If you disagree put 2 in the bracket.

If you find yourself in total disagreement then put 1 in the bracket.

1. The members of my family think that I should have opted for some other job. ( )

2. My spouses/family reminds me that job does not carry much social prestige. ( )

3. It is distressing to know that people consider my job to be inadequate for expression of my talents. ( )

4. My family members often remind me that this job is not fit for me. ( )

5. The members of my family often complain that I am underpaid. ( )

6. My family members complain that the job activities do not allow sufficient time for recreation. ( )

7. My family members try to impress upon me that I cannot achieve the objectives of my life through the present job. ( )

8. Often I undergo mental tension at home due to my job. ( )

9. The members of my family get irritated when I do pending work at home. ( )
10. Hard working people frequently appreciate the role that I play.  

11. I often realize that my job-related responsibilities lead to the negligence of the studies of my children.  

12. I am often accused that I do not share the home responsibilities as I should do.  

13. I feel distressed to hear that I could have earned more if I would have selected some other job.  

14. The family members complain that my health is deteriorating due to work overload.  

15. I feel embarrassed by the comments of my family that I do not have the courage to get ahead.  

16. I do not talk about my professional colleagues at home because my family members consider them to be untrustworthy.  

17. I cannot invite my family colleagues at home because my family does not like them.  

18. The tension associated with my work role may be reduced if the members of my family happen to know my organizational duties and functions.  

19. Differences between me and my family members pertaining to my work often lead to a difficult situation.  

20. I do not entertain the recommendations of my near and dear ones for certain favours pertaining to my job and for that I have to suffer mental agony.  

21. The challenging nature of my job is not appreciated by my family members.
22. My family members have an aversion towards my acceptance of more work related responsibilities. ( )

23. My family contributes immensely to my progress. ( )

24. My desire to complete the pending work at home often creates a conflicting situation. ( )

25. In order to give due importance to my family I have to forego career development opportunities. ( )
COPE SCALE (CS)

This set for items deal with ways you’ve been coping with stress. In your life since you found out you were going to have this operation. There are many ways to try to deal with problems. These items ask what you’ve been doing to cope with this one. Obviously, different people deals with things in different ways but I’m interested in how you’ve had to deal with it. each item says something about a particular way of coping. I want to know to what extent you’ve been doing what the item says. How much or how frequently. Don’t answer on the basis of whether it seems to be working or not—just whether or not you’re doing it. Use these response choices. Try to rate each item separately in your mind from the other. Make your answers as true for you as you can.

1 = I haven’t been doing this at al.
2 = I’ve been doing this a little bit.
3 = I’ve been doing this a medium amount.
4 = I’ve doing this a lot.

1. I have been turning to work or other activities to take my mind off things. ( )
2. I’ve been concentrating my efforts on doing something about the situation I’m in. ( )
3. I’ve been saying to myself “this isn’t real. ( )
4. I’ve been using alcohol or other drugs to make myself feel better. ( )
5. I’ve been getting emotional support from others. ( )
6. I’ve been giving up trying to deal with it. ( )
7. I’ve been taking action to try to make the situation better. ( )
8. I’ve been refusing to believe that it has happened. ( )
9. I’ve been saying things to let my unpleasant feelings escape. ( )
10. I’ve been using alcohol or other drugs to help me get through it. ( )
11. I’ve been trying to see it in a different light, to make it seem those possible. ( )
12. I’ve been trying to come up with a strategy about what to do. ( )
13. I’ve been getting comfort and understanding from someone. ( )
14. I’ve been giving up the attempt to cope. ( )
15. I’ve been looking for something good in what is happening.
16. I’ve making jokes about it. ( )
17. I’ve been doing something to think about it less such as going to movies, watching TV, reading, daydreaming, sleeping, or shopping. ( )
18. I’ve been accepting that reality of the fact that it has happened. ( )
19. I’ve been expressing my negative feelings. ( )
20. I’ve been trying to find comfort in religion or spiritual beliefs. ( )
21. I’ve been learning to live with it. ( )
22. I’ve been thinking hard about what steps to take. ( )
23. I’ve been praying or meditating. ( )
24. I’ve been making fun of the situation. ( )
PERSONAL DATA SHEET

Name: ..............................................

Age: .............. Sex: ...........

Nature of Job:

Permanent ....... ( )
Temporary ....... ( )
Part time ...... ( )

Experience on present job: ......................................................

Educational qualification: ......................................................

Name of the Institution: ......................................................

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