APPENDICES
## PROFORMA FOR

### PERFORMANCE RATING BY EXPERTS

<table>
<thead>
<tr>
<th>Components</th>
<th>Points</th>
<th>Score of the player</th>
</tr>
</thead>
<tbody>
<tr>
<td>Skillfulness</td>
<td>1 2 3 4 5 6 7 8 9 10</td>
<td></td>
</tr>
<tr>
<td>Tactical Ability</td>
<td>1 2 3 4 5 6 7 8 9 10</td>
<td></td>
</tr>
<tr>
<td>Positional Play</td>
<td>1 2 3 4 5 6 7 8 9 10</td>
<td></td>
</tr>
<tr>
<td>Team Spirit</td>
<td>1 2 3 4 5 6 7 8 9 10</td>
<td></td>
</tr>
<tr>
<td>Decision Making</td>
<td>1 2 3 4 5 6 7 8 9 10</td>
<td></td>
</tr>
<tr>
<td>Perseverance</td>
<td>1 2 3 4 5 6 7 8 9 10</td>
<td></td>
</tr>
<tr>
<td>Exploiting Opponent's Weaknesses</td>
<td>1 2 3 4 5 6 7 8 9 10</td>
<td></td>
</tr>
<tr>
<td>Anticipation</td>
<td>1 2 3 4 5 6 7 8 9 10</td>
<td></td>
</tr>
<tr>
<td>General behaviours</td>
<td>1 2 3 4 5 6 7 8 9 10</td>
<td></td>
</tr>
<tr>
<td>Understanding with Team-mates</td>
<td>1 2 3 4 5 6 7 8 9 10</td>
<td></td>
</tr>
</tbody>
</table>

Total Points = 100

Score =

### Instructions to Experts:

1. You are requested to evaluate each player with the help of a 10-point rating scale on the performance components listed above.

2. Please encircle the number given against each component regarding the player’s assessment of performance.

3. A rating of 1 will be assigned if the player has least capability for the component. A rating of 10 will be given if the player has highest capacity. In this manner evaluate each player on each component ranging from 1 - 10.
Self-Concept Scale

Constructed and Standardised By:
Dr. (Miss.) Mukta Rani Rastogi
University of Lucknow, Lucknow.

Instructions:

Here are given fifty one statements. Below each statement are given five responses (Strongly Agree, Agree, Undecided, Disagree and Strongly Disagree). Please read each statement carefully and respond to it by marking a tick (√) on any of the five responses given. If you really strongly agree with the statement, mark (√) on 'Strongly Agree'; if you only agree with the statement, mark (√) on 'Agree' and so on.

Example:

(√)

Strongly Agree Agree Undecided Disagree Strongly Disagree

Here the individual 'X' agrees with the statement and therefore has marked (√) response 'Agree'.

There is no right or wrong response. Try to give your response according to what you feel about yourself in reference to that statement. Your answers will be kept confidential.

1. In General, I believe, I am a fairly worthwhile person.
   Strongly Agree Agree Undecided Disagree Strongly Disagree

2. I like and feel pretty good towards myself.
   Strongly Agree Agree Undecided Disagree Strongly Disagree

3. I worry over humiliating situations more than most persons.
   Strongly Agree Agree Undecided Disagree Strongly Disagree

4. I can perform my best in a vocation or job against an opponent who is much superior to me.
   Strongly Agree Agree Undecided Disagree Strongly Disagree

5. I often feel that my movements are clumsy.
   Strongly Agree Agree Undecided Disagree Strongly Disagree

6. I think I have an attractive personality.
   Strongly Agree Agree Undecided Disagree Strongly Disagree
7. If given a chance, I could do something that would be of much benefit to the world.
   Strongly Agree  Agree  Undecided  Disagree  Strongly Disagree
8. I tend to be quick and certain in my actions.
   Strongly Agree  Agree  Undecided  Disagree  Strongly Disagree
9. I think of myself as a successful person.
   Strongly Agree  Agree  Undecided  Disagree  Strongly Disagree
10. At times I am uncharitable to those who love me.
    Strongly Agree  Agree  Undecided  Disagree  Strongly Disagree
11. Sometime I feel depressed for no apparent reason at all.
    Strongly Agree  Agree  Undecided  Disagree  Strongly Disagree
12. I frequently feel thwarted because I am unable to do as I desire.
    Strongly Agree  Agree  Undecided  Disagree  Strongly Disagree
13. I often feel I get blamed or punished when I don't deserve it.
    Strongly Agree  Agree  Undecided  Disagree  Strongly Disagree
14. I find it hard to continue work when I do not get enough encouragement.
    Strongly Agree  Agree  Undecided  Disagree  Strongly Disagree
15. When upset emotionally I take much time to recover.
    Strongly Agree  Agree  Undecided  Disagree  Strongly Disagree
16. I find it hard to do my best when people are watching.
    Strongly Agree  Agree  Undecided  Disagree  Strongly Disagree
17. At times I indulge in false excuses to get out of things.
    Strongly Agree  Agree  Undecided  Disagree  Strongly Disagree
18. I prefer not to spend much time dwelling on the past.
    Strongly Agree  Agree  Undecided  Disagree  Strongly Disagree
19. I am unwanted by those, I feel, are important to me.
    Strongly Agree  Agree  Undecided  Disagree  Strongly Disagree
20. I am satisfied to a large extent about my sex matters.
    Strongly Agree  Agree  Undecided  Disagree  Strongly Disagree
21. I become upset by criticism even if it is good or meant well.
    Strongly Agree  Agree  Undecided  Disagree  Strongly Disagree
22. I look forward to prepare myself to attend what I intended to.
    Strongly Agree  Agree  Undecided  Disagree  Strongly Disagree
23. My greatest weakness is that I find difficult to complete my work without assistance from others.
    Strongly Agree  Agree  Undecided  Disagree  Strongly Disagree
24. It is my conviction that people in general tend to grow more conservative after the age of forty.
   Strongly Agree Agree Undecided Disagree Strongly Disagree

25. I am as good as anyone else.
   Strongly Agree Agree Undecided Disagree Strongly Disagree

26. If I were young again I would try to do the thing which I could not do earlier.
   Strongly Agree Agree Undecided Disagree Strongly Disagree

27. The members of my family often take advice and suggestion from me for overall matters.
   Strongly Agree Agree Undecided Disagree Strongly Disagree

28. When things go wrong I pity or blame myself.
   Strongly Agree Agree Undecided Disagree Strongly Disagree

29. I sometimes think or imagine of performing sexual act that many people consider unnatural.
   Strongly Agree Agree Undecided Disagree Strongly Disagree

30. I certainly feel useless at times.
   Strongly Agree Agree Undecided Disagree Strongly Disagree

31. I spend much of the time worrying over the future.
   Strongly Agree Agree Undecided Disagree Strongly Disagree

32. I find difficult to control my weight.
   Strongly Agree Agree Undecided Disagree Strongly Disagree

33. I can always hear and see things as well as most other people.
   Strongly Agree Agree Undecided Disagree Strongly Disagree

34. I don't get invited out by friends as often as I would really like.
   Strongly Agree Agree Undecided Disagree Strongly Disagree

35. At times I brag about my qualities before others.
   Strongly Agree Agree Undecided Disagree Strongly Disagree

36. I am fairly able to recall the significant events of my early childhood.
   Strongly Agree Agree Undecided Disagree Strongly Disagree

37. I can recover easily and quickly from social blunders.
   Strongly Agree Agree Undecided Disagree Strongly Disagree

38. I frequently fail to recollect several things which I am to do.
   Strongly Agree Agree Undecided Disagree Strongly Disagree
39. I have several times given up doing a thing because I thought to little of my ability.

   Strongly Agree  Agree  Undecided  Disagree  Strongly Disagree

40. I see it is a bad mistake to spend most of my time worrying for the future, instead I prefer to try to find some pleasure in every present moment.

   Strongly Agree  Agree  Undecided  Disagree  Strongly Disagree

41. I am often in low spirit.

   Strongly Agree  Agree  Undecided  Disagree  Strongly Disagree

42. It is very important to me to feel that what I am doing is very worthwhile or meaningful.

   Strongly Agree  Agree  Undecided  Disagree  Strongly Disagree

43. I enjoy mixing with people.

   Strongly Agree  Agree  Undecided  Disagree  Strongly Disagree

44. I can tackle new situations with reasonable degree of assurance

   Strongly Agree  Agree  Undecided  Disagree  Strongly Disagree

45. At times I feel a painful sense of loneliness and want very much to share an experience with someone else.

   Strongly Agree  Agree  Undecided  Disagree  Strongly Disagree

46. I can almost always go to sleep at night without any difficulty.

   Strongly Agree  Agree  Undecided  Disagree  Strongly Disagree

47. When luck turns against me I pray God to make it in favor of me.

   Strongly Agree  Agree  Undecided  Disagree  Strongly Disagree

48. Sometimes I would become a respectable person of society.

   Strongly Agree  Agree  Undecided  Disagree  Strongly Disagree

49. I believe that everyone is responsible for that he is as for what he does.

   Strongly Agree  Agree  Undecided  Disagree  Strongly Disagree

50. I deserve severe punishment for my sins.

   Strongly Agree  Agree  Undecided  Disagree  Strongly Disagree

51. I usually prefer to do things in tried way rather than experimenting new and different ways.

   Strongly Agree  Agree  Undecided  Disagree  Strongly Disagree

Published By:

AGRA PSYCHOLOGICAL RESEARCH CELL
Tiwari Kothi, Belanganj, Agra-282004

Phone: 64965
## Q-Sort Statements

**Body Image**

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Statement</th>
<th>Very much like this</th>
<th>Much like this</th>
<th>Un-certain like this</th>
<th>Not like this</th>
<th>Not at all like this</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>I am good looking.</td>
<td>()</td>
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<td>2.</td>
<td>I enjoy having my picture taken.</td>
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<td>3.</td>
<td>I feel uneasy when I sit facing a group.</td>
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<td>4.</td>
<td>People notice me when I enter a room.</td>
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<td>5.</td>
<td>I often notice people staring at me.</td>
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<td>6.</td>
<td>I enjoy looking at myself in the mirror.</td>
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<td>7.</td>
<td>Being well dressed is important to me.</td>
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<td>8.</td>
<td>I dislike fat people.</td>
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<td>9.</td>
<td>I inherited my body build and therefore cannot do much about the way I look.</td>
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<td>10.</td>
<td>I feel sorry for people who are homely.</td>
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<td>11.</td>
<td>My complexion has never been a problem.</td>
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<td>12.</td>
<td>Having a clear complexion is important to me.</td>
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<td>13.</td>
<td>Physical activity is important to me.</td>
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<td>14.</td>
<td>My shoulders are broad.</td>
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<td>15.</td>
<td>I have good posture.</td>
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<td>16.</td>
<td>I have full control on my body parts.</td>
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<tr>
<td>17.</td>
<td>I am muscular.</td>
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<td>18.</td>
<td>I feel good in clothes I wear.</td>
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<tr>
<td>19.</td>
<td>I often wished I look like some one else.</td>
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<td>20.</td>
<td>My physical appearance bothers me.</td>
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<tr>
<td>Sr. No.</td>
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<td>Much like this</td>
<td>Un-like certain this</td>
<td>Not like this</td>
<td>Not at all like this</td>
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<tr>
<td>21.</td>
<td>I often think about how I appear to others.</td>
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<tr>
<td>22.</td>
<td>I look like an average person.</td>
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<tr>
<td>23.</td>
<td>I wish I could wear kind of clothes that other boys wear.</td>
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<tr>
<td>24.</td>
<td>I like to wear tight fitting clothes.</td>
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<tr>
<td>25.</td>
<td>I wish I could do something about my size.</td>
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<tr>
<td>26.</td>
<td>It is important for me to know I am physically attractive.</td>
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<tr>
<td>27.</td>
<td>Weight control is difficult for me.</td>
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<td>28.</td>
<td>I think a lot about my physical appearance.</td>
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<tr>
<td>29.</td>
<td>I am under-weight.</td>
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<tr>
<td>30.</td>
<td>I have strong arms.</td>
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<tr>
<td>31.</td>
<td>I like to dress up because it gives me a good feeling.</td>
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<tr>
<td>32.</td>
<td>My hands grip is strong.</td>
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<tr>
<td>33.</td>
<td>I have thick ankles.</td>
<td>( )</td>
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<td>34.</td>
<td>My smile is warm and friendly.</td>
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<tr>
<td>35.</td>
<td>I am awkward.</td>
<td>( )</td>
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<tr>
<td>36.</td>
<td>I am proportionnd physically.</td>
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<tr>
<td>37.</td>
<td>I spend great deal of time on personal appearance.</td>
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<tr>
<td>38.</td>
<td>Comments made in a group about physical appearance usually bother me.</td>
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<td>39.</td>
<td>I like to be told how I look.</td>
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<tr>
<td>40.</td>
<td>I really don't care how I look.</td>
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<tr>
<td>41.</td>
<td>I rarely think about my body.</td>
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<tr>
<td>Sr. No.</td>
<td>Description</td>
<td>Very much like this</td>
<td>Much like this</td>
<td>Neither like nor dislike this</td>
<td>Not like this</td>
<td>Not at all like this</td>
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<tr>
<td>42</td>
<td>I feel fat</td>
<td>( ) ( ) ( ) ( ) ( )</td>
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<tr>
<td>43</td>
<td>I am too tall</td>
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<tr>
<td>44</td>
<td>I have heavy thighs</td>
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<tr>
<td>45</td>
<td>I like talking with opposite sex</td>
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<tr>
<td>46</td>
<td>My physical size makes me prominent</td>
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<tr>
<td>47</td>
<td>I like to learn about my body</td>
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<tr>
<td>48</td>
<td>I am satisfied with the way I look</td>
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<tr>
<td>49</td>
<td>I am physically attractive</td>
<td>( ) ( ) ( ) ( ) ( )</td>
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<tr>
<td>50</td>
<td>I have big bones</td>
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</tbody>
</table>
CONFIDENTIAL

Prof. A. K. P. Sinha (Raipur)
Dr. R. P. Singh (Patna)

INSTRUCTIONS

• Do not open or turn any page of this booklet until you are told to do so.
• Do not make any mark in this booklet and handle it with care.
• You have this booklet in which some questions relating to your personality are given and your answers are to be marked on the separate answer sheet provided.
• You will find two cells against each questions on the answer sheet, from your side left hand cell is indicating ‘Yes’ response while right hand cell is indicative of ‘No’ response. Out of these two cells, you have to draw a circle around any one which is applicable on you. Keep in mind that no item is false or true. What is true concerning You, draw a circle around that only. If the answer of a question is ‘yes’ about you, draw a circle around on left hand cell and if it is ‘No’ draw a circle on right hand cell.
• Your responses will be kept in complete secret, so answer them without any hesitation.
• There is no time limit, but try to finish it as early as possible.

NATIONAL PSYCHOLOGICAL CORPORATION
4/230, Kacheri Ghat, Agra—282004. (U. P.)

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1. (a) Have you ever strongly desired to go home?
2. (b) Do you often daydream?
3. (e) Do you feel that many of your friends have better educational background than you in many subjects?
4. (b) It is difficult for you to sleep sometimes even when there is no noise disturbing you?
5. (c) Do you avoid meeting your friends in a public place?
6. (a) Do you feel that true love and affection is lacking in your home?
7. (b) Do you feel quite tired by the end of the day?
8. (d) Do you feel difficulty sometimes?
9. (e) Are you often worried because of your poor memory?
10. (a) Has your home become full of problems for you due to lack of money?
11. (d) Do you get discouraged easily?
12. (c) Are you of a shy nature?
13. (d) Do you get excited in debates?
14. (e) Are you more interested in the cinema actors than the learned people?
15. (a) Have your parents interfered or objected to the company of some of your friends with whom you move around?
16. (b) Have you ever had a major operation?
17. (a) Does your father or mother get irritated soon?
18. (e) Do you ask the speaker some questions in a meeting?
19. (d) Do you believe that you are nervous?
20. (a) Do you often quarrel with your brothers and sisters?
21. (b) Do you often feel dizzy?
22. (d) Does it displease you when something small is said against you?
23. (e) Do you forget easily what you have read?
24. (b) Do your eyes get exerted when you see?
25. (c) Have you ever organised any social function by yourself?
26. (d) Are you unable to sleep because of some disturbed thoughts in your mind?
27. (a) Do you feel that your parents are more strict with you than they should be?
28. (b) Do you feel tired when you get up in the morning?
29. (d) Do you worry over an insulting experience for a long time?
30. (e) Do you worry over what your future job will be?
31. (d) Are you afraid of telling your problems to your teacher?
32. (c) Is it difficult for you to speak in public?
33. (d) Do you cry easily over simple things?
34. (a) Do you get contrary ideas of love and hate towards your family members?
35. (b) Do you often have throat troubles?
36. (b) Do you often complain about sickening feeling or vomiting feeling?
37. (c) Do you think that your teachers take side of the other students?
38. (a) Has any one of your respected family members made you unhappy by passing comments on your appearance?
39. (c) Do you experience loneliness even when you are among the people?
40. (d) Do you feel gloomy when you get less marks in the examination?
41. (e) Do you feel that your friends get better results in the examination because they have better facilities?
42. (b) Were you sick for a long time in your childhood?
43. (d) Do you hate the kind of happiness that makes others happy?
44. (d) Are you afraid of appearing for examinations?
45. (a) Are you happy and satisfied with the present atmosphere at home?
46. (b) Do you sometimes get strong headache?
47. (d) Do you fear that you might jump when you climb to a high place?
48. (c) Is it difficult for you to grasp the subject-matter taught in the class?
49. (a) Do you get very little help from home?
50. (b) Are you often absent from college due to sickness?
51. (c) Have you ever been unable to answer a question in class because of being afraid to speak?
52. (d) Do you get angry easily?
53. (e) Is it difficult for you to get your mind into studies?
54. (a) Do you feel inferior that your friends' home atmosphere is happier than yours?
55. (c) Do you cross the road to avoid meeting a certain individual?
56. (d) Are you unhappy because of inferiority feeling?
57. (e) Is it difficult for you to write notes in the class?
58. (a) Do you understand that your parents are of old ideas?
59. (b) Are you sometimes affected with skin disease?
60. (d) Do you worry about expected problems to come?
61. (e) Do you know how to get ready for examination?
62. (b) Are you always worried because of physical morbidity?
63. (c) Do you make friends easily?
64. (d) Do you feel perplexed that people on the road are looking at you only?
65. (e) Do you feel sleepy in class even after you have had enough of sleep during the night?
66. (a) Do you feel that you are a burden to your parents?
67. (b) Does your health always trouble you?
68. (d) Do you get much disturbed because of criticism?
69. (e) Do you think of leaving the college sometimes?
70. (a) Are you satisfied with the behaviour of your brothers and sisters?
71. (b) Does the idea of being infected with a contagious disease often terrify (frighten) you?
72. (c) Do you get confounded (or baffled) very much when a teacher comes to your home suddenly?
73. (e) Do you have any doubts on the value of things you read?
74. (c) Do you have difficulty starting up a conversation with a stranger?
75. (d) Do you get bewildered easily?
76. (c) Do you like to take part in celebrating festivals or other entertainment programmes?
77. (c) Do you hesitate in coming from your room into a room where there are some people sitting and talking among themselves?
78. (d) Does your emotional (or sentimental) being rise or fall without any existing facts?
79. (e) Is it difficult for you to express your ideas in writing?
80. (c) Do you often experience loneliness?
81. (d) Do you get frightened in the darkness when you are alone?
82. (e) Do you think that you get encouragement from your teachers?
83. (c) Are you careful in speaking something that hurts others?
84. (d) Does praise please you more than the work knowledge?
85. (c) Do you disregard others sentiments to achieve any important goal (or object)?
86. (e) Do you think that your teachers have no interest in you?
87. (d) Do people take advantage of you sometimes?
88. (e) Does it worry you that your teachers think of you less than you really are.
89. (c) Do you come forward and bring life into a dead party or function?
90. (d) Does your mind sometimes wonder or get confused so much that you forget
     the order of the work that you are doing?
91. (c) Do you like to work in groups?
92. (d) Do you get sometimes pleasing and sad thoughts one after the other without
     any reason?
93. (e) Do you think that you have chosen subjects that are most appropriate for you?
94. (e) Is it difficult for you to keep up with the progress in class?
95. (d) Do you think that after you have finished studying you will not get the kind of
     job you like?
96. (d) Do you sometimes feel that you should not have been born?
97. (c) Do you have many friends in college in whom you trust?
98. (d) Do you sometimes do some things unknowingly?
99. (c) Do you quarrel with your classmates over little things?
100. (a) Do you have to be often out to have peace at home?
101. (d) Does n't it grieve you when a teacher praises any student?
102. (d) Are you often lost so much in thinking that you do not know what is happening
     around you?
## SCORING TABLE

<table>
<thead>
<tr>
<th>Adjustment Area</th>
<th>a</th>
<th>b</th>
<th>c</th>
<th>d</th>
<th>e</th>
<th>Total</th>
<th>Interpretation</th>
</tr>
</thead>
</table>

PERSONAL DATA

Name (Block Letters) .................................................................
Class .............................................. College ..........................................
University .............................................. Age ...........................................
Participation in game (Hockey): One Year ( )
Two Years ( )
Three years and more ( )
Level of Participation:
Senior National ( )
Junior National ( )
Combined Universities ( )
Inter-Zonal Intervarsity ( )
Zonal-Intervarsity ( )
U.P. Intervarsity ( )
University

Length of Training: .............................................. Years
Highest Achievement: Tournament Position
(Mention Winner/Runners-up) ..............................................
Parental Education:
High School ( )
Intermediate ( )
Graduate ( )
Post Graduate ( )
Father's Profession .................................................................
Father's Income (Per month) ............................................................
Father's Sports Background ............................................................
Do parents encourage participation in Hockey: Yes ( ) No. ( )
Order of birth: I ( ) II ( ) III ( ) IV ( ) V ( )
Number of dependents .................................................................