Personal Data Sheet

Name of the Athlete: ____________________________________________

Events: Track: _________________________________________________

Field: ________________________________________________________

Gender: Male _______ Female____________________________________

University: ____________________________________________________

Best Performance (Previous): ____________________________________

Present Performance: high_______ low ____________________________

Date of Birth: _________________________________________________

Training Age: _________________________________________________
Sensation Seeking and Anxiety State Test (SSAST)

Directions: The following statements describe various moods and feeling. Please read each statement and indicate on the 1 to 5 Scale the degree to which the statement describes how you feel now at this time.

**Sensation Seeking**

1. I feel interested.
   (i) Not at all  (ii) Slightly  (iii) Somewhat  (iv) Definitely  (v) very much

4. I feel elated.
   (i) Not at all  (ii) Slightly  (iii) Somewhat  (iv) Definitely  (v) very much

7. I feel Adventurous.
   (i) Not at all  (ii) Slightly  (iii) Somewhat  (iv) Definitely  (v) very much

8. I feel pleased.
   (i) Not at all  (ii) Slightly  (iii) Somewhat  (iv) Definitely  (v) very much

10. I feel Lucky.
    (i) Not at all  (ii) Slightly  (iii) Somewhat  (iv) Definitely  (v) very much

13. I feel daring.
    (i) Not at all  (ii) Slightly  (iii) Somewhat  (iv) Definitely  (v) very much

16. I feel enthusiastic.
    (i) Not at all  (ii) Slightly  (iii) Somewhat  (iv) Definitely  (v) very much
17. I feel amused.
   (i) Not at all   (ii) Slightly   (iii) Somewhat   (iv) Definitely   (v) very much

19. I feel imaginative.
   (i) Not at all   (ii) Slightly   (iii) Somewhat   (iv) Definitely   (v) very much

   (i) Not at all   (ii) Slightly   (iii) Somewhat   (iv) Definitely   (v) very much

24. I feel zany.
   (i) Not at all   (ii) Slightly   (iii) Somewhat   (iv) Definitely   (v) very much

26. I feel curious.
   (i) Not at all   (ii) Slightly   (iii) Somewhat   (iv) Definitely   (v) very much

28. I feel cooperative.
   (i) Not at all   (ii) Slightly   (iii) Somewhat   (iv) Definitely   (v) very much

32. I feel joyful.
   (i) Not at all   (ii) Slightly   (iii) Somewhat   (iv) Definitely   (v) very much

34. I feel playful.
   (i) Not at all   (ii) Slightly   (iii) Somewhat   (iv) Definitely   (v) very much

Anxiety State

2. I feel afraid.
   (i) Not at all   (ii) Slightly   (iii) Somewhat   (iv) Definitely   (v) very much

3. I feel thoughtful.
   (i) Not at all   (ii) Slightly   (iii) Somewhat   (iv) Definitely   (v) very much
5. I feel Secure.
   (i) very much   (ii) Definitely   (iii) Somewhat   (iv) Slightly   (v) Not at all

6. I feel desperate.
   (i) Not at all   (ii) Slightly   (iii) Somewhat   (iv) Definitely   (v) very much

9. I feel steady.
   (i) very much   (ii) Definitely   (iii) Somewhat   (iv) Slightly   (v) Not at all

11. I feel upset.
   (i) Not at all   (ii) Slightly   (iii) Somewhat   (iv) Definitely   (v) very much

12. I feel loving.
   (i) Not at all   (ii) Slightly   (iii) Somewhat   (iv) Definitely   (v) very much

   (i) very much   (ii) Definitely   (iii) Somewhat   (iv) Slightly   (v) Not at all

15. I feel nervous.
   (i) Not at all   (ii) Slightly   (iii) Somewhat   (iv) Definitely   (v) very much

18. I feel frightened.
   (i) Not at all   (ii) Slightly   (iii) Somewhat   (iv) Definitely   (v) very much

20. I feel tense.
   (i) Not at all   (ii) Slightly   (iii) Somewhat   (iv) Definitely   (v) very much

22. I feel shaky.
   (i) Not at all   (ii) Slightly   (iii) Somewhat   (iv) Definitely   (v) very much
23. I feel pleasant.
   (i) Not at all  (ii) Slightly  (iii) Somewhat  (iv) Definitely  (v) very much

25. I feel calm.
   (i) very much  (ii) Definitely  (iii) Somewhat  (iv) Slightly  (v) Not at all

27. I feel fearful.
   (i) Not at all  (ii) Slightly  (iii) Somewhat  (iv) Definitely  (v) very much

29. I feel cheerful.
   (i) Not at all  (ii) Slightly  (iii) Somewhat  (iv) Definitely  (v) very much

30. I feel terrified.
   (i) Not at all  (ii) Slightly  (iii) Somewhat  (iv) Definitely  (v) very much

31. I feel mischievous.
   (i) Not at all  (ii) Slightly  (iii) Somewhat  (iv) Definitely  (v) very much

33. I feel panicky.
   (i) Not at all  (ii) Slightly  (iii) Somewhat  (iv) Definitely  (v) very much

45. I feel happy.
   (i) Not at all  (ii) Slightly  (iii) Somewhat  (iv) Definitely  (v) very much

36. I feel worried.
   (i) Not at all  (ii) Slightly  (iii) Somewhat  (iv) Definitely  (v) very much
Multidimensional Health Locus of Control Scale (MHLC)

Instructions: Each item below is a belief statement about your condition with which you may agree or disagree. Beside each statement is a scale, which ranges from strongly disagree (1) to strongly agree (6). For each item, we would like you to circle the number that represents the extent to which you agree or disagree with that statement. The more you agree with a statement, the higher will be the number you circle; the more you disagree with a statement, the lower will be the number you circle. Please make sure that you answer EVERY ITEM and that you circle ONLY ONE number per item. This is a measure of your personal beliefs; obviously, there is No Right or Wrong Answers.

Form A

1. If I get sick, it is my own behaviour which determines how soon I get well again.
   1. Strongly Disagree 4. Slightly Agree
   2. Moderately Disagree 5. Moderately Agree
   3. Slightly Disagree 6. Strongly Agree

2. No matter what I do, if I am going to get sick, I will get sick.
   1. Strongly Disagree 4. Slightly Agree
   2. Moderately Disagree 5. Moderately Agree
   3. Slightly Disagree 6. Strongly Agree
Appendices (III)

3. **Having regular contact with my physician is the best way for me to avoid illness.**
   1. Strongly Disagree
   2. Moderately Disagree
   3. Slightly Disagree
   4. Slightly Agree
   5. Moderately Agree
   6. Strongly Agree

4. **Most things that affect my health happen to me by accident.**
   1. Strongly Disagree
   2. Moderately Disagree
   3. Slightly Disagree
   4. Slightly Agree
   5. Moderately Agree
   6. Strongly Agree

5. **Whenever I don't feel well, I should consult a medically trained professional.**
   1. Strongly Disagree
   2. Moderately Disagree
   3. Slightly Disagree
   4. Slightly Agree
   5. Moderately Agree
   6. Strongly Agree

6. **I am in control of my health.**
   1. Strongly Disagree
   2. Moderately Disagree
   3. Slightly Disagree
   4. Slightly Agree
   5. Moderately Agree
   6. Strongly Agree

7. **My family has a lot to do with my becoming sick or staying healthy.**
   1. Strongly Disagree
   2. Moderately Disagree
   3. Slightly Disagree
   4. Slightly Agree
   5. Moderately Agree
   6. Strongly Agree
8. When I get sick, I am to blame.
   1. Strongly Disagree  4. Slightly Agree
   2. Moderately Disagree  5. Moderately Agree
   3. Slightly Disagree  6. Strongly Agree

9. Luck plays a big part in determining how soon I will recover from an illness.
   1. Strongly Disagree  4. Slightly Agree
   2. Moderately Disagree  5. Moderately Agree
   3. Slightly Disagree  6. Strongly Agree

10. Health professionals control my health.
    1. Strongly Disagree  4. Slightly Agree
    2. Moderately Disagree  5. Moderately Agree
    3. Slightly Disagree  6. Strongly Agree

11. My good health is largely a matter of good fortune.
    1. Strongly Disagree  4. Slightly Agree
    2. Moderately Disagree  5. Moderately Agree
    3. Slightly Disagree  6. Strongly Agree

12. The main thing, which affects my health, is what I myself do.
    1. Strongly Disagree  4. Slightly Agree
    2. Moderately Disagree  5. Moderately Agree
    3. Slightly Disagree  6. Strongly Agree

13. If I take care of myself, I can avoid illness.
    1. Strongly Disagree  4. Slightly Agree
    2. Moderately Disagree  5. Moderately Agree
    3. Slightly Disagree  6. Strongly Agree
14. Whenever I recover from an illness, it's usually because other people (for example, doctors, nurses, family, and friends) have been taking good care of me.

1. Strongly Disagree 4. Slightly Agree
2. Moderately Disagree 5. Moderately Agree
3. Slightly Disagree 6. Strongly Agree

15. No matter what I do, I'm likely to get sick.

1. Strongly Disagree 4. Slightly Agree
2. Moderately Disagree 5. Moderately Agree
3. Slightly Disagree 6. Strongly Agree

16. If it's meant to be, I will stay healthy.

1. Strongly Disagree 4. Slightly Agree
2. Moderately Disagree 5. Moderately Agree
3. Slightly Disagree 6. Strongly Agree

17. If I take the right actions, I can stay healthy.

1. Strongly Disagree 4. Slightly Agree
2. Moderately Disagree 5. Moderately Agree
3. Slightly Disagree 6. Strongly Agree

18. Regarding my health, I can only do what my doctor tells me to do.

1. Strongly Disagree 4. Slightly Agree
2. Moderately Disagree 5. Moderately Agree
3. Slightly Disagree 6. Strongly Agree
Form B

1. If I become sick, I have the power to make myself well again.
   1. Strongly Disagree 4. Slightly Agree
   2. Moderately Disagree 5. Moderately Agree
   3. Slightly Disagree 6. Strongly Agree

2. Often I feel that no matter what I do, if I am going to get sick, I will get sick.
   1. Strongly Disagree 4. Slightly Agree
   2. Moderately Disagree 5. Moderately Agree
   3. Slightly Disagree 6. Strongly Agree

3. If I see an excellent doctor regularly, I am less likely to have health problems.
   1. Strongly Disagree 4. Slightly Agree
   2. Moderately Disagree 5. Moderately Agree
   3. Slightly Disagree 6. Strongly Agree

4. It seems that my health is greatly influenced by accidental happenings.
   1. Strongly Disagree 4. Slightly Agree
   2. Moderately Disagree 5. Moderately Agree
   3. Slightly Disagree 6. Strongly Agree

5. I can only maintain my health by consulting health professionals.
   1. Strongly Disagree 4. Slightly Agree
   2. Moderately Disagree 5. Moderately Agree
   3. Slightly Disagree 6. Strongly Agree
6. I am directly responsible for my health.
   1. Strongly Disagree  4. Slightly Agree
   2. Moderately Disagree  5. Moderately Agree
   3. Slightly Disagree  6. Strongly Agree

7. Other people play a big part in whether I stay healthy or become sick.
   1. Strongly Disagree  4. Slightly Agree
   2. Moderately Disagree  5. Moderately Agree
   3. Slightly Disagree  6. Strongly Agree

8. Whatever goes wrong with my health is my own fault.
   1. Strongly Disagree  4. Slightly Agree
   2. Moderately Disagree  5. Moderately Agree
   3. Slightly Disagree  6. Strongly Agree

9. When I am sick, I just have to let nature run its course.
   1. Strongly Disagree  4. Slightly Agree
   2. Moderately Disagree  5. Moderately Agree
   3. Slightly Disagree  6. Strongly Agree

10. Health professionals keep me healthy.
    1. Strongly Disagree  4. Slightly Agree
    2. Moderately Disagree  5. Moderately Agree
    3. Slightly Disagree  6. Strongly Agree

11. When I stay healthy, I'm just plain lucky
    1. Strongly Disagree  4. Slightly Agree
    2. Moderately Disagree  5. Moderately Agree
    3. Slightly Disagree  6. Strongly Agree
12. My physical well-being depends on how well I take care of myself.
   1. Strongly Disagree  4. Slightly Agree
   2. Moderately Disagree  5. Moderately Agree
   3. Slightly Disagree  6. Strongly Agree

13. When I feel ill, I know it is because I have not been taking care of myself properly.
   1. Strongly Disagree  4. Slightly Agree
   2. Moderately Disagree  5. Moderately Agree
   3. Slightly Disagree  6. Strongly Agree

14. The type of care I receive from other people is what is responsible for how well I recover from an illness.
   1. Strongly Disagree  4. Slightly Agree
   2. Moderately Disagree  5. Moderately Agree
   3. Slightly Disagree  6. Strongly Agree

15. Even when I take care myself, it's easy to get sick.
   1. Strongly Disagree  4. Slightly Agree
   2. Moderately Disagree  5. Moderately Agree
   3. Slightly Disagree  6. Strongly Agree

16. When I become ill, it's a matter of fate.
   1. Strongly Disagree  4. Slightly Agree
   2. Moderately Disagree  5. Moderately Agree
   3. Slightly Disagree  6. Strongly Agree
17. I can pretty much stay healthy by taking good care of myself.
   1. Strongly Disagree  4. Slightly Agree
   2. Moderately Disagree 5. Moderately Agree
   3. Slightly Disagree  6. Strongly Agree

18. Following doctor's orders to the letter is the best way for me to stay healthy.
   1. Strongly Disagree  4. Slightly Agree
   2. Moderately Disagree 5. Moderately Agree
   3. Slightly Disagree  6. Strongly Agree

Scoring

<table>
<thead>
<tr>
<th>Sub scale</th>
<th>Form(s)</th>
<th>Items</th>
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<td>HLC</td>
<td>A, B</td>
<td>1, 6 8, 12, 13, 17</td>
</tr>
<tr>
<td>PHLC</td>
<td>A, B</td>
<td>2, 4, 9, 11, 15, 16</td>
</tr>
<tr>
<td>CHLC</td>
<td>A, B</td>
<td>3, 5, 7, 10, 14, 18</td>
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TO WHOM SO EVER IT MAY CONCERN

This is to certify that Mr. ABDUL AZEEJ KHAN of Aligarh Muslim University, Aligarh, U.P., Research Student has been permitted to collect the data of participating 67th All India Inter-University Athletic Championship, 2007, held at Bangalore from 25th Jan., to 29th Jan., 2007.

I am happy to state that he has obtain the all the datas from the Athletes who took part in the above said meet.

I wish him all the success.

(Dr. R. MUNIREDDY)