APPENDICES
SECTION A

Directions: Hassles are irritants that can range from minor annoyance to fairly major pressures, problems or difficulties. They occur few or many times.

Listed in the following pages are a number of ways in which a person can feel hassled. First, circle the hassles that have happened to you in the past month. Then look at the numbers on the right of the items you encircled. Indicate by circling a 1, 2 or 3 how severed each of the circled hassles has been for you in the past month. If a hassle did not occur in the last month do not circle it.

SEVERITY
1. Somewhat severe
2. Moderately severe
3. Extremely severe

1. Misplacing or losing things  1 2 3
2. Troublesome neighbours  1 2 3
3. Social Obligations  1 2 3
4. Health of family member  1 2 3
5. Not enough money for clothing  1 2 3
6. Not enough money for housing  1 2 3
7. Concern about owing/ earning money  1 2 3
8. Concern about getting credit  1 2 3
9. Concern about money for emergencies  1 2 3
10. Cutting down on electricity, water etc.  1 2 3
11. Smoking too much  1 2 3
12. Use of alcohol  1 2 3
13. Personal drug of abusive drugs  1 2 3
14. Too many responsibilities  1 2 3
15. Non-family member living in your house  1 2 3
16. Planning meals  1 2 3
17. Trouble making decisions  1 2 3
18. Problems getting along with fellow workers  1 2 3
19. Home maintenance (inside)  1 2 3
20. Concern about job security  1 2 3
21. Don't like fellow workers  1 2 3
22. Not enough money for basic necessities  1 2 3
23. Not enough money for food  1 2 3
24. Too many interruptions  1 2 3
25. Having too wait  1 2 3
26. Being lonely  1 2 3
27. Not enough money for health care  1 2 3
28. Financial security  1 2 3
29. Silly practical mistake  1 2 3
30. Physical illness  1 2 3
31. Concern about medical treatment  1 2 3
32. Physical appearance  1 2 3
33. Difficulties with getting pregnant  1 2 3
34. Sexual problems that results from physical problem  1 2 3
35. Sexual problems other than those resulting from physical problem  1 2 3
36. Friends or relatives too far away
37. Preparing meals
38. Neighbourhood deterioration
39. Problems on job due to being a woman
40. Declining physical abilities
41. Being exploited
42. Rising prices of common goods
43. Not getting enough rest
44. Not getting enough sleep
45. Problems with ageing parents
46. Problem with your family members
47. Difficulties seeing or hearing
48. Burdened with family responsibilities
49. Too many things to do
50. Worries about decisions to change jobs
51. Trouble with reading, writing, or spelling abilities
52. Problems with divorce or separation
53. Trouble with arithmetic skills
54. Gossip
55. Concern about weight
56. Not enough time to do the things you need to do
57. Menstrual (Period Problems)
58. The weather
59. Nightmares
60. Hassles from boss and supervisors
61. Difficulties with friends
62. Not enough time for family
63. Transpiration problems
64. Not enough money for transformation
65. Not enough money for entertainment and recreation
66. Shopping
67. Property investments or taxes
68. Not enough time for entertainment and recreation
69. Yard work or outside home maintenance
70. Concern about news events
71. Noise
72. Crime
73. Traffic
74. Pollution

Have you missed any of your hassles? If so? Write them below as:

75.———

1 2 3
SECTION B

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 brackets.
If you agree put 4 in the bracket.
If undecided put 3 in the bracket.
If you disagree put 2 in the bracket and, 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 a good job. ( )
2. My spouse /family remind me that my job does not carry much social prestige. ( )
3. It is distressing to know people consider my job to be inadequate for the expression of my talent. ( )
4. My family members often remind me that this job is not fit for me. ( )
5. The member of my family often complains that I am under-paid. ( )
6. My family member 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 go under mental tension at home due to my job. ( )
9. The members of my family get irritated when I do my pending job at home. ( )
10. Hard working people frequently appreciate the role that I play. ( )
11. I often realize that my job-relate responsibilities lead to 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 member complains that my health is deteriorating due to my 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 colleagues at home as 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 function. ( )
19. Difference between me and my family members pertaining to my work often leads to a difficult situation. ( )
20. I do not entertain the recommendation 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 inversion towards my acceptance if 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 developing opportunities. ( )
Listed below are series of statement that represent those present possible feelings that individuals might have about the company or organization for which they work. Please, indicate the degree of your agreement or disagreement with each statement in the bracket ( ) provided against each statement. Response to each item is to be measured on a 7-point scale with points labeled as:

1. Strongly Disagree 1  
2. Moderately Disagree 2  
3. Slightly Disagree 3  
4. Neither Disagree nor Agree 4  
5. Slightly Agree 5  
6. Moderately Agree 6  
7. Strongly Agree 7

1. I feel proud to being attached to my organization. (a)  
2. I feel that I would be at loss when I would be leaving this organization. (b)  
3. I have a firm conviction of not leaving in this job in his organization because this organization has helped me to stand on my fee. (c)  
4. I can never think of leaving this organization even if my promotion is delayed. (b)  
5. Real pleasure comes to me only when I accomplish the task. (c)  
6. I live, eat and breathe my job in this organization. (a)  
7. I feel sorry and dissatisfied when I fail to utilize my utmost efforts for meeting the goals for this organization. (c)  
8. I don't leave the work place unless I complete my task/ work. (a)  
9. My organization is sufficiently fulfilling my needs which other organization cannot do. (b)  
10. I love to work for my organization. (c)  
11. What status I am enjoying here, I could not have found it in other organization. (a)  
12. Personal benefit is most important to help promote organization development. (a)  
13. I do not delay my work because I cannot take any risk of being kicked out from my organization. (b)  
14. I believe one should never over-stay in the organization at the cost of family affairs. (a)  
15. My organization has provided me to live with dignity on this earth. So I can never think to switch over to other organization/ company. (c)