APPENDICES
ASSESSMENT OF SUBJECTIVE WELL-BEING

The subjective well-being inventory (SUBI)

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Subjective Well – being Inventory

INSTRUCTIONS

People are different. They live in a variety of situations and they do not feel the same way about life and the world around them. From a practical viewpoint, it is important to know how different persons feel with regard to their day-to-day concerns like their health or family. Such knowledge is necessary if an improvement in the quality of life of people is to be brought about.

This is a questionnaire on how you feel about some aspects of your life. Each question may be answered by any one of the given categories by putting a circle (using a black pencil) around the number which seems to represent your feelings in the best possible manner. At times, you may find that your feelings is not represented perfectly by any of the given response categories. In such cases, just choose the category closest to what you think.

All information given by you will be treated as strictly confidential.

Name:
Age:
Gender:

1. Do you feel your life is interesting?
   - Very much  1
   - To some extent  2
   - Not so much  3

2. Do you think you have achieved the standard of living and the social status that you had expected?
   - Very much  1
   - To some extent  2
   - Not so much  3

3. How do you feel about the extent to which you have achieved success and are getting ahead?
   - Very good  1
   - Quite good  2
   - Not so much  3
4. Do you normally accomplish what you want to?
   - Most of the time 1
   - Sometimes 2
   - Hardly ever 3

5. Compared with the past, do you feel your present life is:
   - Very happy 1
   - Quite happy 2
   - Not so happy 3

6. On the whole, how happy are you with the things you have been doing in recent years?
   - Very happy 1
   - Quite happy 2
   - Not so happy 3

7. Do you feel you can manage situations even when they do not turn out as expected?
   - Most of the time 1
   - Sometimes 2
   - Hardly ever 3

8. Do you feel confident that in the case of a crisis (anything which substantially upsets your life situation) you will be able to cope with it/face it boldly?
   - Very much 1
   - To some extent 2
   - Not so much 3

9. The way things are going now, do you feel confident in coping with the future?
   - Very much 1
   - To some extent 2
   - Not so much 3

10. Do you sometimes fell that you and the things around you belong very much together and are integral parts of a common force?
    - Very much 1
    - To some extent 2
    - Not so much 3

11. Do you sometimes experience moments of intense happiness almost like a kind of ecstasy or bliss?
    - Quite often 1
    - Sometimes 2
    - Hardly ever 3
12. Do you sometimes experience a joyful feeling of being part of mankind as of one large family?
   - Quite often: 1
   - Sometimes: 2
   - Hardly ever: 3

13. Do you feel confident that relatives and/or friends will help you out if there is an emergency, e.g., if you lose what you have by fire or theft?
   - Very Much: 1
   - To some extent: 2
   - Not so much: 3

14. How do you feel about the relationship you and your children have?
   - Very good: 1
   - Quite good: 2
   - Not so good: 3
   - Not applicable: 4

15. Do you feel confident that relatives and/or friends will look after you if you are severely ill or meet with an accident?
   - Very Much: 1
   - To some extent: 2
   - Not so much: 3

16. Do you get easily upset if things don’t turn out as expected?
   - Very Much: 1
   - To some extent: 2
   - Not so much: 3

17. Do you sometimes feel sad without reason?
   - Very Much: 1
   - To some extent: 2
   - Not so much: 3

18. Do you feel too easily irritated, too sensitive?
   - Very Much: 1
   - To some extent: 2
   - Not so much: 3
19. Do you feel disturbed by feelings of anxiety and tension?
   - Most of the time 1
   - Sometimes 2
   - Hardly ever 3

20. Do you consider it a problem for you that you sometimes lose your temper over minor things?
   - Very Much 1
   - To some extent 2
   - Not so much 3

21. Do you consider your family a source of help to you in finding solutions to most of the problems you have?
   - Very Much 1
   - To some extent 2
   - Not so much 3

22. Do you think that most of the members of your family fell closely attached to one another?
   - Very Much 1
   - To some extent 2
   - Not so much 3

23. Do you think you would be looked after well by your family in case you were seriously ill?
   - Very Much 1
   - To some extent 2
   - Not so much 3

24. Do you feel your life is boring/uninteresting?
   - Very Much 1
   - To some extent 2
   - Not so much 3

25. Do you worry about your future?
   - Very Much 1
   - To some extent 2
   - Not so much 3

26. Do you feel your life is useless?
   - Very Much 1
   - To some extent 2
   - Not so much 3
27. Do you sometimes worry about the relationship you and your wife/husband have?
   - Very Much 1
   - To some extent 2
   - Not so much 3
   - Not applicable 4

28. Do you feel your friends/relatives would help you out if you were in need?
   - Very Much 1
   - To some extent 2
   - Not so much 3

29. Do you sometimes worry about the relationship you and your children have?
   - Very Much 1
   - To some extent 2
   - Not so much 3
   - Not applicable 4

30. Do you feel that minor things upset you more than necessary?
   - Very Much 1
   - To some extent 2
   - Not so much 3

31. Do you get easily upset if you are criticized?
   - Most of the time 1
   - Sometimes 2
   - Hardly ever 3

32. Would you wish to have more friends than you actually have?
   - Very much 1
   - To some extent 2
   - Not so much 3

33. Do you sometimes feel that you miss a real close friend?
   - Very much 1
   - To some extent 2
   - Not so much 3

34. Do you sometimes worry about your health?
   - Very much 1
   - To some extent 2
   - Not so much 3
35. Do you suffer from pains in various parts of your body?
   Most of the time  1
   Sometimes        2
   Hardly ever      3

36. Are you disturbed by palpitations/a thumping heart?
   Most of the time  1
   Sometimes        2
   Hardly ever      3

37. Are you disturbed by a feeling of giddiness?
   Most of the time  1
   Sometimes        2
   Hardly ever      3

38. Do you feel you get tired too easily?
   Most of the time  1
   Sometimes        2
   Hardly ever      3

39. Are you troubled by disturbed sleep?
   Most of the time  1
   Sometimes        2
   Hardly ever      3

40. Do you sometimes worry that you do not have close personal relationship with other people?
   Very much         1
   To some extent    2
   Not so much       3
SCORING KEY OF SUBJECTIVE WELL-BEING INVENTORY (SUBI)

Out of a total of 40 questions, 19 are positive ones and 21 are negative ones. There are 3 responses with 1, 2, 3 numbers for each question.

The scores may be directly entered on the answer sheets by attributing the values 3, 2 and 1 to response categories of the positive items, and 1, 2 and 3 to the negative items. Accordingly, a subject’s total score was found out and assessed.

Positive item numbers: 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 21, 22, 23, 28.

Negative item numbers: 16, 17, 18, 19, 20, 24, 25, 26, 27, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40.
NEO – FFI

NEO Five – Factor Inventory

By:

Paul T. Costa Jr., Ph. D.

Robert R. Mc crae, Ph.D.

Psychological Assessment Resources
NEO –FFI

NEO Five – Factor Inventory

(Paul, T. Costa Jr., Ph. D. & Robert R. Mcrae, Ph.D.)

INSTRUCTIONS

This questionnaire contains 60 statements. Read each statement carefully. For each statement, darken the box (using a black pencil) with the response that best represents your opinion. Make sure that your answer is marked in the correct box.

(A) Fill in SD if you Strongly Disagree or the statement is definitely false.
(B) Fill in D if you Disagree or the statement is false.
(C) Fill in N if you are Neutral on the statement, if you cannot decide or if the statement is equally true and false
(D) Fill in A if you Agree or the statement is true.
(E) Fill is SA if you Strongly Agree or the statement is definitely true.

Name:
Age:
Gender:

1) I am not a worrier.
2) I like to have a lot of people around me.
3) I don’t like to waste my time daydreaming.
4) I try to be courteous to everyone I meet.
5) I keep my belongings neat and clean.
6) I often feel inferior to others.
7) I laugh easily.
8) Once I find the right way to do something, I stick to it.
9) I often get into argument with my family and co-workers.
10) I am pretty good about pacing myself so as to get things done in time.
11) When I am under a great deal of stress, sometimes I feel like I’m going to pieces.
12) I don’t consider myself especially “light hearted.”
13) I am intrigued by the patterns I find in around nature.
14) Some people thing I am selfish and egotistical.
15) I am not a very methodical person.
16) I rarely fell lonely or blue.
17) I really enjoy talking to people.
18) I believe letting students hear controversial speakers can only confuse and mislead them.
19) I would rather cooperate with others than compete with them.
20) I try to perform all the tasks assigned to me conscientiously.
21) I often fell tense and jittery.
22) I like to be where the action is.
23) Poetry has little or no effect on me.
24) I tend to be cynical and sceptical of the intentions of other people.
25) I have a clear set of goal and work towards them in an orderly fashion.
26) Sometimes I fell completely worthless.
27) I usually prefer to do things alone.
28) I often try new and foreign foods.
29) I believe that most people will take advantage of you if you allow them to do so.
30) I waste a lot of time before settling down to work.
31) I rarely feel fearful or anxious.
32) I often fell as if I am bursting with energy.
33) I seldom notice the moods or feelings that different environments produce.
34) Most people I know like me.
35) I work hard to accomplish my goals.
36) I often get angry at the way people treat me.
37) I am a cheerful, high –spirited person.
38) I believe we should look to our religious authorities for decisions on moral issues.
39) Some people think of me as cold and calculating.
40) When I make a commitment, I can always be counted on to follow through.
41) Too often, when things go wrong, I get discouraged and feel like giving up.
42) I am not a cheerful optimist.
43) Sometimes when I am reading poetry or looking at a work of art, I feel a chill or wave of excitement.
44) I am hard-headed and tough –minded in my attitudes.
45) Sometime I am not as dependable or reliable as I should be.
46) I am seldom sad or depressed.
47) My life is fast-paced.
48) I have little interest in speculating on the nature of the universe or the human condition.
49) I generally try to be thoughtful and considerate.
50) I am productive person who always gets the job done.
51) I often feel helpless and want someone else to solve my problems.
52) I am a very active person.
53) I have a lot of intellectual curiosity.
54) If I don’t like people, I let them know it.
55) I never seem to be able to get organized.
56) At times I have been so ashamed I just want to hide.
57) I would rather go my own than be a leader of others.
58) I often enjoy playing with theories or abstract ideas.
59) If necessary, I am willing to manipulate people to get what I want.
60) I strive for excellence in everything I do.

SD = Strongly Disagree; D = Disagree; N = Neutral; A = Agree; SA = Strongly Agree

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<td>4</td>
</tr>
<tr>
<td>27</td>
<td>4</td>
<td>3</td>
<td>2</td>
<td>1</td>
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</tr>
<tr>
<td>28</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
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<tr>
<td>29</td>
<td>4</td>
<td>3</td>
<td>2</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>30</td>
<td>4</td>
<td>3</td>
<td>2</td>
<td>1</td>
<td>0</td>
</tr>
</tbody>
</table>
SELF – ESTEEM INVENTORY
(SEI)

Coopersmith Inventory, 1981

Stanley Coopersmith, Ph.D.
University of California at Davis

Consulting Psychologists Press, Inc.
**SELF – ESTEEM INVENTORY (SEI)**  
*(Stanley Coopersmith, 1981)*

**DIRECTIONS**

In this form, you will find a list of statements about feelings. If a statement describes how you usually feel, put a tick mark in the column ‘Like Me’. If a statement describes how you don’t feel, put a tick mark in the column ‘Unlike Me’. There are no right or wrong answers. Begin at the top of the page and mark all 25 answers.

Name: 
Age: 
Gender: 

<table>
<thead>
<tr>
<th>S. No</th>
<th>Item</th>
<th>Like Me (True)</th>
<th>Unlike Me (False)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Things usually don’t bother me.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>I find it very hard to talk in front of a group</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>There are lots of things about myself I would change if I could do so.</td>
<td></td>
<td></td>
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<tr>
<td>4</td>
<td>I can make up my mind without too much trouble.</td>
<td></td>
<td></td>
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<tr>
<td>5</td>
<td>I am a lot of fun to be with &amp; people like my company.</td>
<td></td>
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<tr>
<td>6</td>
<td>I get upset easily at home.</td>
<td></td>
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<tr>
<td>7</td>
<td>It takes me a long time to get used to anything new.</td>
<td></td>
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<tr>
<td>8</td>
<td>I am popular with persons of my own age.</td>
<td></td>
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<tr>
<td>9</td>
<td>My family usually considers my feelings.</td>
<td></td>
<td></td>
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<tr>
<td>10</td>
<td>I give in very easily. I lose heart &amp; accept defeat.</td>
<td></td>
<td></td>
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<tr>
<td>11</td>
<td>My family expects too much of me.</td>
<td></td>
<td></td>
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<tr>
<td>12</td>
<td>It’s pretty tough to be a person like me.</td>
<td></td>
<td></td>
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<tr>
<td>13</td>
<td>Things are all mixed up in my life.</td>
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<td></td>
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<tr>
<td>14</td>
<td>People usually follow my ideas.</td>
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<tr>
<td>15</td>
<td>I have a low opinion of myself.</td>
<td></td>
<td></td>
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<tr>
<td>16</td>
<td>There are many times when I would like to leave home.</td>
<td></td>
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<tr>
<td>17</td>
<td>I often feel upset with my work.</td>
<td></td>
<td></td>
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<tr>
<td>18</td>
<td>I am not as nice looking as most people are.</td>
<td></td>
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<tr>
<td>19</td>
<td>If I have something to say, I usually say it.</td>
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<tr>
<td>20</td>
<td>My family understands me.</td>
<td></td>
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<tr>
<td>21</td>
<td>Most people are better liked than I am.</td>
<td></td>
<td></td>
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<tr>
<td>22</td>
<td>I usually feel as if my family is pushing me.</td>
<td></td>
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<tr>
<td>23</td>
<td>I often get discouraged with what I am doing.</td>
<td></td>
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<tr>
<td>24</td>
<td>I often wish I were someone else.</td>
<td></td>
<td></td>
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<tr>
<td>25</td>
<td>I can’t be depended on. I am not a reliable person.</td>
<td></td>
<td></td>
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</tbody>
</table>
SCORING KEY OF SELF – ESTEEM INVENTORY (SEI)

This inventory contained 25 questions having statements that describe one's feelings related to self-esteem. These items are in the form of generally favourable (positive) or unfavourable (negative) statements about the “self.” The respondent have to respond by ticking “Like Me” or “Unlike Me” to each item on the form. For positive statements, numerical values of 4 and 0 are given to “Like Me” or “Unlike Me” respectively. In case negative statements, the scores are reversed i.e. 0 for “Like Me” and 4 for “Unlike Me”.

The total score for each individual should be determined by summing his/her responses to all the items.
PERSONAL INFORMATION
DATA SHEET

By: Researcher
PERSONAL INFORMATION DATA SHEET

Name:
Age:
Gender:
Period of Conviction or Imprisonment (minimum 5 years):
Marital Status: Married / Unmarried / Divorcee / Widow:
Residential Background: Rural / Urban:
Size of Family: Small (up to 5) / Large (more than 5)
Type of Family: Joint / Nuclear
Educational Status: Illiterate / Literate
Employment Status: Unemployed / Employed