FRUSTRATION SCALE
(after factor analysis)

INSTRUCTIONS: Below are 15 statements which may or may not be related to events in your life. There are five alternatives answers given against each statement viz, not at all/never, rarely, sometimes, usually and always. You requested to put a ('•') tick mark at the appropriate place which represent your style of behaviour.

1. Do you resent if you are not allowed to go out with other children.
   Never    Rarely    Sometimes    Usually    Always

2. Do you ever feel that your parents liked your brother/sister more than you.
   Always    Usually    Sometimes    Rarely    Not at all

3. Would you feel miserable in a situation which is out of control.
   Not at all    Rarely    Sometimes    Usually    Always

4. Would you get upset if somebody said that he did not like you.
   Not at all    Rarely    Sometimes    Usually    Always

5. Do you feel bad if there is no source of enjoyment at home (like T.V., radio)
   Not at all    Rarely    Sometimes    Usually    Always

6. Do you feel bad when you don’t get enough time to play with friends.
   Always    Usually    Sometimes    Rarely    Not at all

7. Do you have a long list of things to be unhappy about.
   Not at all    Rarely    Sometimes    Usually    Always

8. Do you believe that if need be one should breatc all the rules and regulations of the society.
   Not at all    Rarely    Sometimes    Usually    Always

9. Do you remember your past and can not forget some memories.
   Not at all    Rarely    Sometimes    Usually    Always

10. If there is not enough to eat would you fight with your parents.
    Always    Usually    Sometimes    Rarely    Not at all

11. Would you feel humiliated if your father just sat at home and did nothing.
    Always    Usually    Sometimes    Rarely    Not at all

12. Do you hate anyone?
    Not at all    Rarely    Sometimes    Usually    Always

13. Do you go by your own rules least bothering about the society.
    Never    Rarely    Sometimes    Usually    Always
14. How do you feel when your parents scold you in front of others.
   1. Does not matter, 2. Got used to scolding,
   3. Feel depressed, 4. Feel humiliated,
   5. Very hurt.

15. Would you hate if things were not going according to your plan.
   Not at all  Rarely  Sometimes  Occasionally  Very much