Appendices
Demographic Information Sheet

Name:

Age:

Sex:

Class:

Percentage of Marks in SSC/High School Examination:

Stream: (Science/Arts/Soc.)

No. of Brothers:

No. of Sisters:

Family: (Nuclear or Joint)

Father’s Qualification:

Mother’s Qualification:
Appendix-I

PPE-SCALE

**Instruction:** Below are given some statements. Please read them carefully and indicate how strong you perceive the following expectations from your parents.

- Put [5] if your parents expect **very strongly** from you.
- Put [4] if your parents expect **strongly** from you.
- Put [3] if your parents expect **moderately** from you.
- Put [2] if your parents expect **to some extent** from you.
- Put [1] if your parents expect **not at all** from you.

In the future my parent expect me that

1. I should be the best student among my classmates. (Ac.ach.)
2. I should get very good job after completing my education. (Ac.ach.)
3. I should successfully compete in my professional courses. (Ac.ach.)
4. I should be absorbed in job after completing my studies. (Ac.ach.)
5. I should be able to solve routine problems. (G.ach.)
6. I should be able to face criticism. (P.m)
7. I should learn how to adjust easily in any situation. (G.ach.)
8. I should learn how to overcome failures in life. (G.ach.)
9. I should make good impression on people. (social)
10. I should achieve higher social status as compared to that of my parents. (G.ach.)
11. I should outshine our neighbour’s children (Ac.ach.)
12. I should achieve status and power in society. (G.ach.)
13. I should be more highly educated than my parents. (Ac.ach.)
14. I should select a spouse as desired by my parents. (social)
15. I should lead a more luxurious life than my parents. (G.ach.)
16. I should pay respect to the parent’s desires. (Social)
17. I should get a job as desired by my parents. (Ac.ach.)
18. I should adapt according to their socio-cultural milieu. (Social)
19. I should be highly competitive. (Ac.ach.)
20. I should be able to accomplish the goals of life. (Ac.ach.)
21. I should be competent in learning new things. (G.ach.)
22. I should not experience failures in life. (G.ach.)
23. I should excel in all endeavors that I desire. (G.ach.)
24. I should strive to succeed at most things in my life. (G.ach.)
25. I should attain the career goals as parents have set for me. (Ac.ach)
26. I should achieve recognition in my profession. (Ac.ach)
27. I should try best to achieve that parents expect me to achieve. (Ac.ach)
28. I should do those things that make my parents feel good. (P.m)
29. I should discharge my responsibilities successfully. (P.m)
30. I should be successful in working out personal life.(G.ach)
31. I should accomplish what my parents could not achieve. (Ac.ach)
32. I should excel in sports. (Ex. cur)
33. I should successfully compete in extra curricular activities. (Ex. cur)
34. I should choose courses and careers as my parents want. (Ac.ach)
35. I should fulfill the dreams of my parents. (Ac.ach)
36. I should appreciate the efforts that parents are making for me. (P.m)
37. I should not offend parents verbally/vocally. (P.m)
38. I should not do the kind of things that may disappoint the parents. (P.m)
39. I should behave maturely. (P.m)
40. I should not embarrass the parents. (P.m)
41. I should spend money wisely. (P.m)
42. I should not waste money on unnecessary things. (P.m)
43. I should be modest and polite. (P.m)
44. I should have excellent academic performance to make the parents proud. (Ac.ach)
45. I should honor parents and family’s ancestors. (Ac.ach)
46. I should study at parents ideal college/university. (Ac.ach)
47. I should pursue parents ideal careers [doctors, teacher…]. (Ac.ach)
48. I should study as per the parents program/subjects. (Ac.ach)
49. I should myself take crucial decisions about the future. (G.ach)
50. I should leave home for seeking higher education. (Ac.ach)
51. I should be brave. (G.ach)
52. I should be bold. (G.ach)
53. I should be frank. (G.ach)
54. I should be the best at everything. (G.ach)
55. I should fulfill very high standard which parents have set for me. (Ac.ach)
56. I should have very high expectations for my future. (Ac.ach)
57. I should change or control my bad temper. (P.m)
58. I should take care of my physical health. (P.m)
59. I should share the financial burden of the family. (Ac.ach)

1. Ac.ach- Academic achievement
2. G.ach - General achievement
3. Social – social conformity
4. P.M. – Personal maturity
5. Extra curricular activity
Appendix-II

ASQ

Instruction:

1. Read each situation and vividly imagine it happening to you.
2. Decide what you believe would be the one major cause of the situation if it happened to you.
3. Write this cause in the blank provided.
4. Answer three question about the cause by circling one number per question. Do not circle the words.
5. Go on the next situation.

Situations:

You meet a friend who compliments you on your appearance.

1. Write down the one major cause:

2. Is the cause of your friend’s compliment due to something about you or something about other people or circumstances?

   Totally due to other people   1 2 3 4 5 6 7   Totally due to me or circumstance?

3. In the future when you are with your friend, will this cause again be present?

   Will never again be   1 2 3 4 5 6 7   Will always be present.

4. Is the cause something that just affects interacting with friends or does it also other areas of your life?

   Influence just this particular situation   1 2 3 4 5 6 7   Influences all situations in my life.

You have been looking for a job unsuccessfully for sometime.

5. Write down the one major cause:

6. Is the cause of your unsuccessful job search due to something about you or something about other people or circumstances?
7. In the future when you look for a job, will this cause again be present?

Will never again be present.  
1  2  3  4  5  6  7  Will always be present

8. Is the cause something that just influences looking for a job, or does it also influence other areas of your life?

Influence just this particular situation  
1  2  3  4  5  6  7  Influences all situations in my life

You become very rich

9. Write down the one major cause: ____________________________

10. Is the cause of you becoming rich due to something about you or something about other people or circumstances?

Totally due to other people or circumstance?  
1  2  3  4  5  6  7  Totally due to me

11. Is your financial future, will this cause again be present?

Will never again be present.  
1  2  3  4  5  6  7  Will always be present

12. Is the cause something that just affects obtaining money, or does it also influence other areas of your life?

Influence just this particular situation  
1  2  3  4  5  6  7  Influences all situations in my life

A friend comes to you with a problem and you don’t try to help him/her

13. Write down the one major cause: ____________________________

14. Is the cause of your not helping your friend due to something about you or something about other people or circumstances?
15. In future when a friend comes to you with a problem will this cause again be present?

Will never again be present. 1 2 3 4 5 6 7 Will always be present.

16. Is the cause something that just affects what happens when a friend comes to you with a problem, or does it also influence other areas of your life?

Influence just this particular situation 1 2 3 4 5 6 7 Influences all situations in my life

You give an important talk in front of a group and the audience reacts negatively.

17. Write down the one major cause: ____________________________________________

18. Is the cause of the audience’s negative reaction due to something about you or something about other people or circumstances?

Totally due to other people or circumstance 1 2 3 4 5 6 7 Totally due to me

19. In future when you give talks, will this cause again be present?

Will never again be present. 1 2 3 4 5 6 7 Will always be present.

20. Is the cause something that just influence giving talks, or does it also influence other areas of your life?

Influence just this particular situation 1 2 3 4 5 6 7 Influences all situations in my life

You do a project which is highly praised.

21. Write down the one major cause: ____________________________________________

22. Is the cause of your being praised due to something about you or something about other people or circumstances?
23. In future when you do a project, will this cause again be present?
   Will never again be present.  1 2 3 4 5 6 7 Will always be present

24. Is the cause something that just affects doing projects, or does it also influence other areas of your life?
   Influence just this particular situation  1 2 3 4 5 6 7 Influences all situations in my life

25. Write down the one major cause: __________________________________________

26. Is the cause of your friend acting hostile due to something about you or something about other people or circumstances?
   Totally due to other people or circumstance  1 2 3 4 5 6 7 Totally due to me

27. In future when interacting with friends, will this cause again be present?
   Will never again be present.  1 2 3 4 5 6 7 Will always be present

28. Is the cause something that just influences interacting with friends, or does it also influence other areas of your life?
   Influence just this particular situation  1 2 3 4 5 6 7 Influences all situations in my life

29. Write down the one major cause: __________________________________________

30. Is the cause of your not getting the work done due to something about you or something about other people or circumstances?
31. In future when doing work that others expect, will this cause again be present?

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<tr>
<th>1</th>
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<th>4</th>
<th>5</th>
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<th>7</th>
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<tbody>
<tr>
<td>Will never again be present.</td>
<td>1</td>
<td>2</td>
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32. Is the cause something that just affects doing work that others expect of you, or does it also influence other areas of your life?

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<tr>
<td>Influence just this particular situation</td>
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**Your friend has been treating you more lovingly.**

33. Write down the one major cause: ____________________________________________

34. Is the cause of your friend treating you more lovingly due to something about you or something about other people or circumstances?

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<tbody>
<tr>
<td>Totally due to other people or circumstance</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
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35. In future interactions with friend, will this cause again be present?

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<th>7</th>
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<tbody>
<tr>
<td>Will never again be present.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
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</table>

36. Is the cause something that just affects how your friend treats you, or does it also influence other areas of your life?

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<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
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<tbody>
<tr>
<td>Influence just this particular situation</td>
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<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
</tbody>
</table>

**You apply for a position that you want very badly (e.g. important job, graduate school admission, etc.) and you get it.**

37. Write down the one major cause: ____________________________________________
38. Is the cause of your getting the position due to something about you or something about other people or circumstances?

- Totally due to other people or circumstance
- Totally due to me or circumstance

39. In the future when you apply for a position will this cause again be present?

- Will never again be present
- Will always be present

40. Is the cause something that just influences applying for a position, or does it also influence other areas of your life?

- Influence just this particular situation
- Influences all situations in my life

41. Write down the one major cause: ____________________________________________

42. Is the cause of the tour going badly due to something about you or something about other people or circumstances?

- Totally due to other people or circumstance
- Totally due to me or circumstance

43. In the future when you go on a tour, will this cause again be present?

- Will never again be present
- Will always be present

44. Is the cause something that just influences tour, or does it also influence other areas of your life?

- Influence just this particular situation
- Influences all situations in my life

45. Write down the one major cause: ____________________________________________

46. You go on a tour and it goes badly.

47. You are awarded a prestigious scholarship.
46. Is the cause of your getting a scholarship due to something about you or something about other people or circumstances?

Totally due to other people  1  2  3  4  5  6  7  Totally due to me or circumstance

47. In the future in your academic career, will this cause again be present?

Will never again be present.  1  2  3  4  5  6  7  Will always be present

48. Is the cause something that just affects getting a scholarship, or does it also influence other areas of your life?

Influence just this particular situation  1  2  3  4  5  6  7  Influences all situations in my life
Appendix-III

COPE-SCALE

Instructions: we are interested in how people respond when they confront difficult or stressful events in their lives. There are lots of ways to try to deal with stress. This questionnaire asks you to indicate what you generally do and feel when you experience stressful events. Obviously, different events bring out somewhat different responses, but think about what you usually do when you are under a lot of stress.

Please give your responses as indicated below:

Encircle (1) if you usually don’t do this ‘at all’ (never)
Encircle (2) if you usually do this ‘sometime’.
Encircle (3) if you usually do this ‘often’.
Encircle (4) if you usually do this ‘most of the time’.

<table>
<thead>
<tr>
<th></th>
<th>Never</th>
<th>Sometime</th>
<th>Often</th>
<th>Most of the time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. I take additional action to try get rid of the problem.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
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<tr>
<td>2. I concentrate my efforts on doing something about it.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>3. I do what has to be done, one step at a time.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>4. I take direct action to get around the problem.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
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<tr>
<td>5. I try to come up with a strategy about what to do.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>6. I make plan of action.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>7. I think hard about what step to take.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
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<tr>
<td>8. I think about how I might best handle the problem.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
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<tr>
<td>9. I put aside other activities in order to concentrate on this.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>10. I focus on dealing with this</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
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</table>
problem, and if necessary let other things slide a little.

11. I keep myself from getting distracted by other thoughts or activities.

12. I try hard to prevent other things from interfering with my efforts at dealing with this.

13. I force myself to wait for the right time to do something.

14. I hold off doing anything about it until the situation permits.

15. I make sure not to make matters worse by acting too soon.

16. I restrain myself from doing anything too quickly.

17. I ask people who have had similar experiences what they did.

18. I try to get advice from someone about what to do.

19. Talk to someone to find out more about the situation.

20. I talk someone who could something concrete about the problem.

21. I talk to someone about how I feel.

22. I try to get emotional support from friends or relatives.

23. Discuss my feelings with someone.

24. I get sympathy and understanding from someone.
25. I look for something good in what is happening.

26. I try to see it in a different light, to make it seem more positive.

27. I learn something from the experience.

28. I try to grow as a person as a result of the experience.

29. I learn to leave with it.

30. I accept that this has happened and that it cannot be changed.

31. I get to the idea that it happened.

32. I accept reality of the fact that it cannot be changed.

33. I seek God's help.

34. I put my trust in God.

35. I try to find comfort in my religion.

36. I pray more than unusual.

37. I get upset and let my emotions out.

38. I let my feelings out.

39. I feel a lot of emotional distress and I find myself expressing those feelings a lot.

40. I get upset from and am really aware of it.
41. I refuse to believe that it has happened.  
42. I pretend that it has not really happened.  
43. I act as though it has not even happened.  
44. I say to myself (this is not real).  
45. I give up the attempt get what I want.  
46. I just give up trying to reach my goal.  
47. I admitted to myself that I can’t deal with it, and quit trying.  
48. I reduce the amount of effort I’m putting into solving the problem.  
49. I turned to work or other substitute activities to take my mind off things.  
50. I go to movies or watch TV, to think about it less.  
51. I dream about things other than this.  
52. I sleep more than usual.
**PGI Health Questionnaire N-1**  
**Area-A**

**DIRECTIONS:** Here are few questions about your physical and mental health. Read them carefully and tick [✓] those items which are applicable on you.

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<thead>
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<tbody>
<tr>
<td>1.</td>
<td>I get tired easily.</td>
<td>[ ]</td>
</tr>
<tr>
<td>2.</td>
<td>I often remain sick.</td>
<td>[ ]</td>
</tr>
<tr>
<td>3.</td>
<td>I am much worried.</td>
<td>[ ]</td>
</tr>
<tr>
<td>4.</td>
<td>I worry a lot about my health.</td>
<td>[ ]</td>
</tr>
<tr>
<td>5.</td>
<td>My appetite is always poor.</td>
<td>[ ]</td>
</tr>
<tr>
<td>6.</td>
<td>I frequently suffer from headaches.</td>
<td>[ ]</td>
</tr>
<tr>
<td>7.</td>
<td>I frequently have colds.</td>
<td>[ ]</td>
</tr>
<tr>
<td>8.</td>
<td>I have to clear my throat frequently.</td>
<td>[ ]</td>
</tr>
<tr>
<td>9.</td>
<td>I often have giddiness.</td>
<td>[ ]</td>
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<tr>
<td>10.</td>
<td>I have to go frequently for passing urine.</td>
<td>[ ]</td>
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<tr>
<td>11.</td>
<td>I have difficulty in falling a sleep.</td>
<td>[ ]</td>
</tr>
<tr>
<td>12.</td>
<td>I suffer from breathlessness.</td>
<td>[ ]</td>
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<tr>
<td>13.</td>
<td>I suffer from frequent indigestion.</td>
<td>[ ]</td>
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<tr>
<td>14.</td>
<td>I often have thumping of heart.</td>
<td>[ ]</td>
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<tr>
<td>15.</td>
<td>I have body aches.</td>
<td>[ ]</td>
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<tr>
<td>16.</td>
<td>I pass worms in stool.</td>
<td>[ ]</td>
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<tr>
<td>17.</td>
<td>I am of shy nature.</td>
<td>[ ]</td>
</tr>
<tr>
<td>18.</td>
<td>I am very sensitive.</td>
<td>[ ]</td>
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</tbody>
</table>
19. I get easily upset. [ ]
20. I worry a lot. [ ]
21. I usually ask for advice. [ ]
22. I cannot take decision quickly. [ ]
23. I get upset by slight criticism. [ ]
24. I get upset if I am asked to hurry. [ ]
25. I deliberately work slowly because of fear of mistakes in my work. [ ]
26. I get disturbed meeting new persons or going to new place. [ ]
27. I usually feel depressed. [ ]
28. I cry easily. [ ]
29. I feel hopeless and in despair. [ ]
30. I am fearful of loud noise. [ ]
31. I get upset easily when someone appears suddenly before me. [ ]
32. I feel nervous and anxious before superiors. [ ]
33. I get easily irritated. [ ]
34. I often lose my temper. [ ]
35. I am afraid of the darkness. [ ]
36. I get frightening dreams. [ ]
37. My life seems useless. [ ]
38. It is better to die than to live. [ ]