QUESTIONNAIRE FOR THE ADOLESCENTS

(A). **Personal Profile:**

1. **Name:**

2. **Name of the School:**

3. **Nature of the School:**
   a. Girls
   b. Boys
c. Co-Education

4. **Medium taught:**
   a. Kannada
   b. English
c. Any other

5. **Syllabus followed:**
   a. State
   b. Central
c. ICSE
d. Any Other

6. **Age:**
   a. 13-15
   b. 16-18

7. **Sex:**
   a. Male
   b. Female

8. **Religion:**
   a. Hindu
   b. Muslim
c. Christian
d. Any other specify

9. **Studying in:**
   a. 8th Std
   b. 9th Std
c. 10th Std

10. **Mother’s Qualification:**

11. **Father’s Qualification:**

12. **Occupation of Father:**

13. **Occupation of Mother:**
14. *Background:*
   a. Rural
   b. Urban
   c. Semi-urban

15 (a). *Information regarding working Parents:*
   a. One working at distant place
   b. Both working at distant places
   c. Locally working
   d. Not applicable

15 (b). *Relation:*
   a. My parents are living together
   b. Separated
   c. Divorced
   d. Widow Mother
   e. Widower Father.

(B)

16. *Where do you stay?*
   a. With your parent’s
   b. With the relative’s
   c. Hostel
   d. Paying guest

17. *When you return from your school who will receive you at home?*
   a. Any of the parent
   b. Grandparent
   c. Any of the relative
   d. No one

18. *Which type of family you are coming from?*
   a. Joint family
   b. Nuclear family
   c. Extended family

19. *Your attachment to your family*
   a. Highly attached to the family
   b. Attached
   c. Less attached
   d. Not at all attached

20. *Do you feel comfortable to express your personal problems to your father?*
   a. Very comfortable
   b. Comfortable
   c. Less comfortable
   d. Not at all comfortable
21. Do you feel comfortable to express your personal problems to your mother?  
   a. Very comfortable  
   b. Comfortable  
   c. Less comfortable  
   d. Not at all comfortable

22. Do you feel comfortable to express your personal problems to any other family member specify....  
   a. Very comfortable  
   b. Comfortable  
   c. Less comfortable  
   d. Not at all comfortable

23. Is there any difference in your performance from primary to High School?  
   a. Better than primary school  
   b. Less than primary school  
   c. No change

24. If Negative, why?  
   a. Emotional problems  
   b. Financial problems  
   c. Changes in your personality  
   d. Increased problems in the family  
   e. No idea  
   f. Any other specify

25. Who do you think is responsible for your problems?  
   a. Oneself  
   b. Teachers  
   c. Parents  
   d. Society  
   e. Friends  
   f. Any other  
   g. Nobody

26. Do you have Sex Education at school?  
   a. Yes  
   b. No

27. How do you wish your teachers should treat you?  
   a. Friendly –disciplined  
   b. Strict-very disciplined  
   c. Ignore you  
   d. Pay a lot of attention to you  
   e. Passive (aware but not caring)
28. Do you feel comfortable to express your personal problems to your Teachers?
   a. Very comfortable  b. Comfortable  
c. Less comfortable  d. Not at all comfortable

29. Who offered you guidance when you needed?

30. Were you satisfied with the guidance?

31. Do you have any idea about Counselling?
   a. Yes  b. No

32. Have you ever taken any help from a Counselor?
   a. Yes  b. No

   (If Yes)
33. Do you notice any changes after taking the help of a Counselor?
   a. Several changes  b. Some changes  c. Less changes  d. No changes

34. In what areas you notice the changes?
   a. Confidence  b. Improved in studies  
c. Isolated  d. Any other specify..........................

35. How much time do you spend in TV viewing?

36. Specify the kind of TV Programme you enjoy.
37. **Specify the kind of extra reading.**
   a. Violence  
   b. Horror  
   c. Romance  
   d. Any other specify.................

38. **Any other pressing personal problem you have?**
   a. Emotional  
   b. Inter personal  
   c. Family  
   d. Any other specify.................

(C). This inventory consists statements about your attitude towards counselling; I request you to give your honest responses and do not omit any statements. Your response will be strictly kept confidential. Read each statement and decide on any of the 5 choices of response given below. (Please indicate the number against each statement)

- Strongly Disagree- 1:  Disagree- 2:  Undecided -3:  Agree- 4:  Strongly Agree- 5:

**Attitudes Towards School and Teachers:**

- 1. I like my school.
- 2. I like the people and activities at school.
- 3. It keeps me busy in school.
- 4. I feel safe at school.
- 5. My teachers teach me to be the best that I can.
- 6. My teachers have concern for me.
- 7. I understand my school rules and consequences.
- 8. I find the rules not very harsh on the students.
- 9. My teachers encourage me in studies as well as in extracurricular activities.
- 10. I am trying to do the best that I can in the school.
- 11. I enjoy good facilities in the school which support my learning.
- 12. There are people at school with whom I can share my difficulties.
13. I like my friends guiding and advising me.
14. I have a very good relationship with my teachers.
15. We are given good career guidance at school.
16. Method of punishment is reasonable.
17. There is lack of freedom at school.
18. School is boring.
19. My teachers are biased.
20. I feel school life is stressful.
**QUESTIONNAIRE FOR THE SCHOOL AUTHORITIES**

1. *Name of the school:*

2. *Medium of instruction:*
   - English [ ]
   - Kannada [ ]
   - Kannada & English [ ]
   - Any other specifies [ ]

3. *Management:*
   - Government school [ ]
   - Private [ ]

4. *Aid/Grant:*
   - Aided [ ]
   - Semi- Aided [ ]
   - Non - Aided [ ]

5. *Syllabus followed/taught:*
   - State [ ]
   - Central [ ]
   - ICSE [ ]
   - -Any other specify [ ]

6. *The area of school situated in:*
   - Urban [ ]
   - Semi-urban [ ]
   - Rural [ ]

7. *Nature of the School:*
   - Girls [ ]
   - Boys [ ]
   - Co-Education [ ]

8. *Number of students studying in High School:*

---

Problems of Adolescents and the effectiveness of Counselling
9. **Number of sections in each class:**

10. **Number of students per class/section:**

11. **Number of Teachers:**

12. **Performance of the students (result):**

<table>
<thead>
<tr>
<th>Last SSLC Exam</th>
<th>100 %</th>
<th>76 – 99 %</th>
<th>51 – 75 %</th>
<th>26 – 50 %</th>
<th>0 - 25 %</th>
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13. **Number of drop-outs in**

<table>
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<tr>
<th>8th std:</th>
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<tr>
<th>9th std:</th>
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</table>

14. **Reasons for Drop-Out:**

15. **Majority of the students come from:**

   - Urban areas
   - Semi Urban areas
   - Rural areas

16. **Number of boys and girls:**

<table>
<thead>
<tr>
<th>Boys</th>
<th>Girls</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</tbody>
</table>

17. **To how many students these Facilities are provided?**

   - Concession
   - Scholarship
   - Sponsorship

18. **What extra curricular activities performed at school?**

   - Sports
   - Craft work
   - Fine arts
   - Others
19. Do you have a library facility?  
   Yes □  No □

20. How often do the students utilize the library?  
   - Regularly □  
   - Sometimes □  
   - Rarely □  
   - Never □

21. If Yes:  
   - By force □  
   - Voluntarily □  
   - Both □

22. Do you have following facilities for the students at your school?  
   a. Computer education:  Yes □  No □
   b. Career guidance:  Yes □  No □
   c. Tour/picnic:  Yes □  No □
   d. Activity groups or programme clubs:  Yes □  No □
   e. Value Education:  Yes □  No □
   f. Social service activities by school and students:  Yes □  No □
   g. Opportunity to participate in inter-school competition:  Yes □  No □
   h. Personality Development training:  Yes □  No □
   i. Counselling facility for the students:  Yes □  No □
j. Life skill Education:  
Yes  No

k. Sex Education:  
Yes  No

23. Have your teachers attempted to counsel the problematic students?
   a. All of them  
   b. Some of them  
   c. Most of them  
   d. None of them

24. If yes, what do you think is the outcome of such Counselling?
   a. Highly successful  
   b. Less successful  
   c. Successful  
   d. Not successful

25. Do you have the below mentioned facilities for teaching:
   (if yes, how many?)
   a. Lab  
   b. Blackboard Projectors  
   c. Computers

26. Do your teachers participate in orientation/in-service courses regularly?
   a. All of them  
   b. Some of them  
   c. Most of them  
   d. None of them

27. Do they update their Teaching techniques?
   a. All the time  
   b. Some of the time  
   c. Most of the time  
   d. Never
28. The relation between Teachers and Students:
   a. Very friendly
   b. Friendly
   c. Less friendly
   d. Never

29. The coordination/cooperation between the teachers:
   a. Very good
   b. Good
   c. Not so good
   d. Bad

30. Do you regularly hold parent teacher meetings?  Yes  No

31. How many times you conduct these meetings?
   a. Yearly
   b. Half yearly
   c. Quarterly
   d. Monthly

32. Have you organized any programmes to educate the parents?
   Yes  No

33. Have you found the effect of programmes on parents?
   Yes  No

34. Do you have a parent teacher Association?
   Yes  No

35. Is the Parent Teacher Association Active in your school?
   Yes  No

36. Do you face the problem of Turnover of Staff?
   a. More frequently
   b. Frequently
   c. Less frequently
   d. Never
37. Have you been able to identify the problematic Adolescents in school, through your teachers?
   Yes ☐ No ☐

38. Have you referred these Adolescents to any counselling centre?
   Yes ☐ No ☐

39. Specify the Problems of Adolescents of your school brought to your notice.

40. What type of counselor does your school have?
   - Full time ☐
   - Part time ☐
   - Counselor attached to the school ☐

41. Is School counselling able to do the following: Yes/No
   a. Teach social skills to students. ☐
   b. Helped in discipline problems. ☐
   c. Has it influenced positively on the behaviour of the children. ☐
   d. Children who have experienced family problems are helped by the school counselors. ☐
   e. Reduction in victimization. ☐
   f. Help in career guidance. ☐
   g. Reduction in suicide attempts. ☐
   h. Changes in behaviour and attitudes among students. ☐
   i. Reduction in adjustment problems. ☐
   j. Any other effect of counselling. ☐

42. Please describe anything that you may think might have helped to make the Counselling services more effective for Adolescents.
**QUESTIONNAIRE FOR PARENTS**

(A). **Personal Profile:**

1. *Name (initial):*

2. *Age:*
   - a. 25-35
   - b. 36-45
   - c. 45-58
   - d. 59 and above

3. *Sex:*
   - a. Male
   - b. Female

4. *Religion:*
   - a. Hindu.
   - b. Muslim.
   - d. Any other, specify.

5. *Qualification:*
   - a. Illiterate.
   - b. Primary.
   - c. SSLC.
   - d. Pre-University.
   - e. Degree and above.

6. *Occupation:*
   - b. Agriculture.
   - c. Any Government service.
   - d. Business.
   - e. Professionals.
   - f. Household work.

7. *Place of work:*
   - a. Local.
   - b. Within the state.
   - c. Within the country.
   - d. Abroad.
   - e. Not applicable.
8. **Annual Income:**
   a. 50,000/- - 1, 00,000. 
   b. Above 1 lakh – 2 lakhs. 
   c. Above 2 lacks - 5 lakhs. 
   d. Above 5 lakhs – 10 lakhs. 

9. **Background:**
   a. Rural. 
   b. Urban. 
   c. Semi-Urban. 

10. **Marital Status:**
    a. Not married. 
    b. Married. 
    c. Separated. 
    d. Divorced. 
    e. Widow/ widower. 

B.

11. The following inventories consists of various Adolescent problems. I request you to give your honest responses as to how frequently you observe these problems among the Adolescents. Your response will be strictly kept confidential. Read each statement and decide on any of the 5 choices of response given below. (Please indicate the number against each statement)


☐ 1. Purpose of attending school is not clear.
☐ 2. Doubting if school prepares them to work.
☐ 3. No cordial relationship with teachers.
☐ 4. Lack of ethical values as a student.
☐ 5. Lack of values towards education.
☐ 7. Too easily led by other people.
☐ 8. Dislike the religion practices.
9. Lack of moral values.
10. Worried about their physical appearance.
11. Ideas about committing suicide.
12. Communal feelings are sprouting among the Adolescents.
13. No closer relationship with the parents.
15. Clash of opinion between the Adolescents and their parents.
16. Parents expect too much from them.
17. Choice of very bad role models.
18. Craving for freedom.
20. Not knowing what they really want.
22. Problems of love affair.
23. Cannot forget an unpleasant experience.
24. Desire to become more popular.
25. Dislike financial dependence on others.
27. Too less money for recreation.
28. Desiring to have money for self.
29. Not knowing the way to spend their money wisely.
30. Take up jobs during vacations.

C.

12. How is your relation with your children?
   a. Affectionate   b. Cordial   c. Hatred   d. distance

13. Do your children share very personal problems with you?
   a. Yes   b. No
14. If no what may be the reason according to you
   d. Block from your side. e. Any other, specify.

15. How often do you participate in your child's school activities?
   a. Sometimes b. Regularly c. Once in a while d. Never

16. In which way do you think the problematic students should be helped?
   a. Severe punishment b. Tell teachers c. Expert to handle (counselling)
   d. No suggestion

17. i) Do you have any idea about counselling ?
   a. Vague idea b. Heard about it c. never heard d. Experienced it

   (If the answer is‘d’, then)

   ii) Are you satisfied with the counselling facilities?

18. Did your child take any counselling help?
   a. Yes b. No

*If yes

   Do you notice any changes after taking the help of a counselor?
   a. Confidence. b. Improved in studies/behaviour.
   c. Self actualization. d. Isolated

19. Do you think TV viewing habit of Adolescent; has something to do with their problems?
   a. To a larger extent b. To some extent
   c. To a lower extent d. Not at all
D.

20. This inventory consists statements about your attitude towards counselling; I request you to give your honest responses and do not omit any statements. Your response will be strictly kept confidential. Read each statement and decide on any of the 5 choices of response given below. (Please indicate the number against each statement)

Strongly Disagree-1: Disagree-2: Undecided-3: Agree-4: Strongly Agree-5:

**Attitudes/Opinion of Parents towards Adolescents:**

1. They do not have any problems.
2. Their needs are been provided by their parents; therefore, they should obey the elders.
3. Adolescents are tough to handle.
4. Schools have problems.
5. It is the whole and sole responsibility of the teachers to educate the Adolescents.
6. Adolescent life (at present) is the same as it was for you.
7. Counselling & guidance is one of the important need of the Adolescents.
8. We expect too much from our children.
9. Keep them busy with the studies, they will not get deviated.
10. Limited freedom also spoils the children.
11. Whatever we decide for the Adolescents is always ‘the best’.
12. Adolescents‘ mistakes should be reminded to them.
13. Fear of punishment alone can change them.
14. Do not give them any pocket money.
15. Grown up children are horrible.
16. Adolescents need appropriate sex education.
17. Adolescents of nuclear family face more problems.
18. Communal feelings are sprouting among Adolescents.
QUESTIONNAIRE FOR TEACHERS

A). Personal Profile:

1. Name:

2. Age:
   a. 25-35   c. 46-58
   b. 36-45   d. 59 and above

3. Sex:
   a. Male   b. Female

4. Religion:
   a. Hindu   c. Christian
   b. Muslim   d. Any other specify

5. Qualification:
   a. Bachelors degree in any subject   c. M.Ed
   b. B.Ed   d. Ph. D

6. Background:

7. Marital Status:
   a. Single   d. Divorced
   b. Married   e. Widow/ widower
   c. Separated

B.

8. Which group of students is vulnerable to get emotional?
   Disturbances / Psychological problems?
   a. Those that come from poor families
   b. those who have all their needs met
   c. those who come from rich families
   d. those with increased amount of stress
   e. any other category specify
9. Whom did you first consult to find out the problem of your students?

10. Help taken from any was useful?
   a. Yes  b. No

11. Do you have sufficient idea about counselling?
   a. Adequate  b. partially adequate  c. Inadequate

12. Counselling will be an extra burden on you, if delegated
   a. Yes  b. No

13. Have you ever attempted to advise/counsel your students?
   a. All the time  b. Most of the time  c. Sometimes  d. Never

14. If yes were you successful in dealing /solving their problems:
   a. Highly successful  b. Successful
   c. Less successful  d. Not successful

   (if the answer is C/D)

15. What are the reasons for your failure in dealing with problems of the students?
   a. Students will not be open with their problems to their own teachers
   b. You cannot provide sufficient time for counselling due to teaching work
   c. Lack of professional skills
   d. Any other

16. What in your opinion are the reasons for students drop out?
17. Do you think that government has taken enough measures to help the school drop-outs?
   a. Yes          b. No

18. If yes which way?

19. Has government taken any steps to help the students with emotional problems?
   a. Yes          b. No

20. Do you feel that you need counselling to help you out with your own personal as well as career problems?
   a. Yes          b. No

21. What are the major problems faced by the Adolescents?
   a. Financial (status)  b. Emotional
   c. Social             d. Personal
   e. All the above      f. Any other

22. i) Is counselling provided in your school?
       a. Yes          b. No
   ii) If yes, what type of counselling provided?
   iii) Is it worth or beneficial to students?
       a. Yes          b. No
   iv) If 'No' what are the reasons?

23. To what extent did you notice the changes in among your students who have undergone counselling?
   a. Large extent    b. Medium level
   c. Very minor level d. Not at all
24. *Do you provide sex education at school?*
   - a. Yes
   - b. No

25. *Is life skill education taught in your school?*
   - a. Yes
   - b. No

26. *Do you think it will have a good impact on the behaviour/studies of the students?*
   - a. Large extent
   - b. Medium level
   - c. Very minor level
   - d. Not at all

27. *Do you think T.V. Viewing habit of students have any impact on their behaviour?*
   - a. Large extent
   - b. Medium level
   - c. Very minor level
   - d. Not at all

28. *What are the results when the parents with low economic status admit their children in more expensive schools?*
   - a. Children improve in studies
   - b. Not at all a problem
   - c. Children try to maintain their standard by any means
   - d. Any other problems

29. *Are parents usually available to consult with teachers and other members of staff?*
   - a. All the time
   - b. Sometime
   - c. Most of the time
C.

30. This inventory consists statements about your attitude towards counselling; I request you to give your honest responses and do not omit any statements. Your response will be strictly kept confidential. Read each statement and decide on any of the 5 choices of response given below. (Please indicate the number against each statement)

1: Strongly Disagree  2: Disagree  3: Undecided  4: Agree  5: Strongly Agree

Attitude towards Counselling and Adolescents:

○ 1. I have succeeded in counselling my own students.

○ 2. I do not find time to counsel my students with my other works.

○ 3. I have not noticed any change in the student in spite of my initiation to talk over the problem.

○ 4. I feel that I have professional skills of counselling.

○ 5. I feel that there is a block between the student and teacher for counselling, as they know each other well.

○ 6. I feel that it is the sole responsibility of the parents to guide their children.

○ 7. Adolescent life (at Present) is the same as it was.

○ 8. Adolescents do not have any problems.

○ 9. Adolescents who have strong financial background do not have any problem.

○ 10. There is no need for a school counselor.

○ 11. School counselor is a burden on the school.

○ 12. Only high scoring in the exam is very important for the Adolescents.

○ 13. The life of an Adolescent is totally depended on the marks they score.

○ 14. Parents should not visit the school.

○ 15. I don’t find any changes among the students who have taken professional help.

○ 16. Adolescents need good guidance towards life and career.
QUESTIONNAIRE FOR THE COUNSELORS

A. Personal Profile:

1. Name:

2. Age:
   a. 25-35
   b. 36-45
   c. 45-58
   d. 59 and above

3. Sex:
   a. Male
   b. Female

4. Religion:
   a. Hindu
   b. Muslim
   c. Christian
   d. Any other specify

5. Qualification:
   a. Bachelors in __________
   b. Masters in __________
   c. M’Phil
   d. PhD

6. Background:
   a. Rural
   b. Urban
   c. Semi-Urban

7. Marital Status
   a. Not married
   b. Married
   c. Separated
   d. Divorced
   e. Widow/ widower

B. The following inventories consists of various Adolescent problems, I request you to give your honest responses as to how frequently you observe these problems among the Adolescents. Your response will be strictly kept confidential. Read each statement and decide on any of the 5 choices of response given below. (Please indicate the number against each statement)

*1. Always,  2. Very Frequently,  3. Occasionally,  4. Rarely,
5. Very Rarely,  6. Never
1. Purpose of attending school is not clear.
2. Doubting if school prepares them to work.
3. No cordial relationship with Teachers.
4. Lack of ethical values as a student.
5. Lack of values towards Education.
7. Too easily led by other people.
8. Dislike the religion practices.
9. Lack of moral values.
10. Worried about their physical appearance.
11. Ideas about committing suicide.
12. Communal feelings are sprouting among the Adolescents.
13. No closer relationship with the parents.
15. Clash of opinion between the Adolescents and their parents.
16. Parents expect too much from them.
17. Choice of very bad role models.
18. Craving for freedom.
20. Not knowing what they really want.
22. Problems of love affair.
23. Cannot forget an unpleasant experience.
24. Desire to become more popular.
25. Dislike financial dependence on others.
27. Too less money for recreation.
28. Desiring to have money for self.
29. Not knowing the way to spend their money wisely.
30. Take up jobs during vacations.
8. Your experience as a counselor for about _________ yrs.

9. Service as a school counselor:
   a. serving as a SC
   b. served as a SC earlier
   c. Indirectly serving students outside the campus

10. As a counselor, how many Adolescents you have offered individual Counselling services (approximately)
    a. Too many       b. Many       c. Some       d. Very few

11. How did you identify these Adolescents, cases?
    a. Referred by the teacher/ school
    b. Referred by the parents
    c. Personal approach
    d. Above three
    e. Any other source

B.

12. Is there any other technique followed by the school to help the students with problem?
    a. Yes                b. No

* If yes specify--------------------------

13. Adolescents belonging to which types of family face more emotional problems?
    a. Extended       b. Joint       c. Nuclear

14. What is the result when the parents with low economic status admit their children in more expensive schools?
    a. Children improve in studies       b. Not at all a problem
    c. Children try to maintain their standard by any means
    d. Any other
15. Which according to you is the common problem of Adolescents?

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<tr>
<th></th>
<th>Many</th>
<th>Some</th>
<th>Few</th>
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<tbody>
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<td>a. Psychological</td>
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<td>d. Physical</td>
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16. What are the techniques used by you to help the Adolescents with problems:

17. Have tried to help the Adolescents with the following activities

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<th>Yes</th>
<th>No</th>
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<tbody>
<tr>
<td>a. Personality development activities/ training</td>
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<tr>
<td>b. Career guidance program</td>
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<td></td>
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<tr>
<td>c. Extra coaching</td>
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<td></td>
</tr>
<tr>
<td>d. Extracurricular activities</td>
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18. Have you been successful in re-admitting the drop outs?

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<tr>
<td>a. Very successful</td>
<td>b. Successful</td>
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19. Have you been helpful through counselling to the academically weak students?

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<td>a. To a large extent</td>
<td>b. To some extent</td>
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20. Please describe anything that you may think might have helped to make counselling more effective for Adolescents?

C. This inventory consists statements about your attitude towards counselling; I request you to give your honest responses and do not omit any statements. Your response will be strictly kept confidential.
Read each statement and decide on any of the 5 choices of response given below. (please indicate the number against each statement)

- Strongly Disagree-1: Disagree-2: Undecided -3:
- Agree- 4: Strongly Agree- 5:

**Attitude towards Counselling and Adolescents:**

1. Adolescents have many problems.
2. Adolescents problem are manageable.
3. Media misleads them.
4. Personal problems disturb them in their studies.
5. High expectations by the parents cause stress in them.
6. Lack of proper guidance and education leads them into conflicts.
7. Many Adolescents are deviated due to lack of love and attention.
8. Parents and teachers play the major role in helping the Adolescents.
9. At present the stress on the family life affects the Adolescent.
10. Adolescents need good guidance towards life and career.
11. It is easy for a professional to understand the Adolescent problems.
12. Social work skills do help in dealing with Adolescent problems.
13. Early intervention in Adolescent problem is of much use.
15. Adolescents could change their life patterns.