



T. M. No. 458715

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Reusable Booklet
of
S J O A I
(English Version)

INSTRUCTIONS

Questions related with the problems created in old age are given here. By these questions you can know yourself very well. If you answer the questions given in the following pages properly then you will be able to know yourself well.

There is no possibility of your answers being wrong. You can give your answer in the box () of 'Yes', 'No' or '?'. Put a cross mark (\times) on the box () on the answer sheet against relative question number. Put cross mark (\times) on '?' when you are certain that you cannot answer in 'Yes' or 'No'. There is no time limit, even then try to complete this earliest possible.

If some questions are not related with you, then do not answer. Do not start answering until you are not told to do so. Turn the page only when you are instructed to do so.

Estd. 1971

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1. (b) Do you feel yourself being respected and honoured in your house as before?
2. (c) Do you feel yourself respected in the society even in this age?
3. (e) Do you think old age to be without any feeling?
4. (d) Do you feel attraction even in this age towards your marriage relation?
5. (a) Do you describe old age as a disease?
6. (c) Have you ever experienced that your social circle is decreasing?
7. (a) Do you think that a person becomes physically weak in the old age?
8. (d) Do you feel like this that your life is incomplete without your life-partner?
9. (e) Have you ever thought of committing suicide in your mind?
10. (a) Do you feel alike that in this age anxiety of disease remains always greater than disease?
11. (b) Do your children have relation with you as before?
12. (d) Do you feel that you are more dependent on your life-partner than before?
13. (e) Do you feel that you cannot laugh or weep without obstruction in old age?
14. (c) Do the persons of society expect from you about your experiences and ideas?
15. (a) Do you always find yourself encompassed in tension and perplexity which causes you the complaint of high blood-pressure?

16. (d) Whether any doubt is not created in the mind of your life-partner that your interest has diminished in him/her with the growing age?
17. (e) Do you possess more anxiety of your honour in your home or outside now.
18. (f) Are you still economically free in yourself?
19. (c) Do you feel yourself more safe by living amongst the persons.
20. (b) Do the members of your family not take you as a burden after your retirement from service?
21. (d) Do you like each other more to keep your relations strong?
22. (a) Do you get discouraged soon even by an ordinary physical disease?
23. (c) Do you usually not feel so due to which you hesitate in going into social gatherings?
24. (e) Do you remain terrorised by any long disease going to happen in old age?
25. (a) Do you feel that whatever time have you are unable to pass it?
26. (f) Do you depend on your family members when you are in need of money?
27. (a) Do you depend more on medicines?
28. (b) Do you children serve you in the expectation of your money?
29. (c) Do you greet cheerfully the persons when they come to your house?
30. (e) Do you keep yourself worried for what will happen tomorrow?
31. (d) Do you do any work after having opinion of your life-partner?
32. (e) Do you heart starts palpitating much even by a very small thing?

33. (b) Are you ready to help in any matter in the house but the family members are not ready to accept your help?
34. (a) Do you like to remain ill always so that persons are engaged in looking after you?
35. (e) Do you feel sometimes weeping on yourself?
36. (f) Do you possess the habit of saving more of your wealth, pension, provident fund money?
37. (d) Do you (husband and wife) not let anybody know about antagonism amongst each other?
38. (c) Has your interest in persons gone decreased after retirement or being separated from employment?
39. (b) If you have sufficient money and wealth then do you allow your children utilize it?
40. (a) Do you start expecting more of every thing from the persons in the state of being ill?
41. (c) Do you sometime become so disheartened and want to remain lonely?
42. (f) In spite of having money do you like to spend very less in this age?
43. (c) Do you take interest in small children and give them moral teachings by telling stories or reading books?
44. (d) Do you care for the liking of your life-partner?
45. (a) Do you keep on regularly anxious that any type of disease can affect in old age?
46. (f) Do you like it good to depend on your children for money?

47. (d) Do you feel alike that your wife should not take much interest in outside matters and she should limit herself to household affairs only?
48. (b) Do you feel alike that your family members have your need?
49. (a) Do you keep your behaviour in your illness such that nobody comes to know that you are ill?
50. (e) Do you anger on your ownself?
51. (d) Do you (husband and wife) have so much faith on each other even now as you had before?
52. (c) Do persons in the society categorise you as an experienced and matured person and honour you?
53. (a) Do you not put the family members in trouble because of your unhealthiness?
54. (f) Do you like that you should go on earning something by self even after retirement?
55. (d) Do you practice artificial methods to keep yourself attractive?
56. (a) Do you like to lie down alone even in a little illness?
57. (f) Do you not remain in fear that you will fall down?
58. (c) Do you become more troubled now with the crowd of people outside the house?
59. (a) Do you become too much desperate with any disease?
60. (f) Have you aquired sufficient capital and you are fully satisfied?
61. (b) Do you wish that your children should remain ever obedient, and you remain anxious due to it?
62. (e) Do you like to sleep alone in the room keeping the door closed?
63. (a) Do you feel yourself tired like ill every day from the morning?

64. (b) Do you allow freedom to children to discharge their responsibilities independently?
65. (c) Whenever you sit among your friends do you give them a chance to speak or you get the advantage of it by self?
66. (a) Do you give importance to this during illness that you can reduce your disease by your self confidence?
67. (b) Do you feel that if you die, the future of your husband / wife will be safe in the hands of your children?
68. (e) Do you remain troubled thinking that this life has not given you much?
69. (c) Do you discuss your problems or difficulties more with your friends in comparison to before?
70. (d) Do you give more importance to outer attraction of colour and complexion in your married life?
71. (f) Have you already distributed your wealth, provident fund or any other savings among your children due to which you feel now helpless?
72. (c) Keeping your life optimistic, do you some exemplary work for the people in society?
73. (b) Do you cooperate in making home atmosphere cheerful?
74. (e) Do you always remain in fear of loosing something?
75. (d) If your wife is well educated and efficient in her work, do you not feel jealous of her?
76. (a) Have you been ill regularly for some years past?
77. (b) Do you fear of getting sick because of persons will not serve you?

78. (e) Do you like it better to engage yourself in any work because loneliness tortures you?
79. (d) If your wife is an earning member, do you not have the feeling of proudness in yourself?
80. (e) Do you feel alike that there is no charm in your life in comparison to others?
81. (c) Being an old person, do you want to make a separate entity among persons?
82. (f) Do you have responsibilities of children such as marriage, education etc. on you even after retirement?
83. (a) Keeping yourself at home, do you like to have services of a nurse during sickness?
84. (a) Do you give importance to it that in old age unhealthiness is a regular feature so why to worry?
85. (b) Do you get your meals available at home according to your choice and taste?
86. (e) Do you become more sad and anxious remembering death of your friends and relatives so because you fear of your death?
87. (f) Do you think alike that you have fulfilled the requirements of your children so they being grown up ought to fulfil your requirements from their income?
88. (b) Do the family members like your presence in front of other persons?
89. (a) Do you like to go to your children if you are alone and fallen sick?
90. (f) Because you do not earn your bread, so do you ever feel yourself very inferior?

91. (d) Do you respect the feelings of your life-partner?
92. (a) Do you bear all types of physical troubles without any fear?
93. (a) Do you forget any thing very soon?
94. (c) Do you have strong will to share joy and sorrow of others?
95. (e) Do you ever become very sad thinking that you are dependent on others?
96. (f) Do you believe in that without independent income or money there is no social prestige?
97. (d) Has not any scatteredness or bitterness crept in the relations of husband /wife due to growing age?
98. (a) Do you feel yourself very lonely and insecure during sickness?
99. (b) Do you like more hearing radio, seeing T.V. alongwith family members?
100. (c) Do you like to play some games with family children for passing time?
101. (b) Do you like to give your suggestion for solving any family problem?
102. (e) Do you still perform the works of daily life in routine way?
103. (c) Do you see every body with suspicion?
104. (d) Do you think not to leave your wife as a burden on anyone lifelong and after your death?
105. (a) Do you have less sleep?
106. (c) Are you so social in this age too as you were before?
107. (b) Do you share your personal experiences with your family members?

108. (b) Do you hesitate in telling your personal problem to family members?
109. (f) Do you think that your hands are bound because of your limited personal income?
110. (e) Do you get frightened by loud voice and sharp light?
111. (c) Do you not feel happy on coming of any guest at home?
112. (a) Do you not think of committing suicide being perplexed by your sickness?
113. (b) Do you have affection with any special person in the house?
114. (f) Do you like to do any part time job to have earning for fulfilling your requirements?
115. (e) Do you usually get up in night and start walking because of your uneasiness of mind?
116. (a) Do you tell about your disease exaggerately whenever you go to your doctor?
117. (b) Do family members praise of your thoughts?
118. (d) Do you like to hear problem of any member of your family?
119. (c) Do you feel so that family members remain away from you because you have become more irritable?
120. (e) Do you not like even to hear news of any accident?
121. (f) Do you think this that yourself being economically prosperous, will remain under your control?
122. (b) Are you able to spend your time joyfully in your house?
123. (b) In spite of fulfilling your responsibility towards family do you seldom become anxious without any reason?

124. (a) Do you remain more anxious for your medicine, meals and daily requirements in this age?
125. (b) Do you feel that your house is prosperous and joyful in all respect?

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