APPENDIX – C

TEACHER’S MENTAL HEALTH SCALE

1. My remarks full of wit and humour have won me many friends
2. Do you feel contended that you belong to the noble profession of teaching.
3. Are you generally keeping good health?
4. Do you remain worried about catching diseases?
5. Do you feel lonely even when you are in the company of others?
6. Does worrying continuously get you down?
7. Do you worry a lot after you realize you have committed a slight mistake?
8. Are you confident in front of your students?
9. Do you often feel miserable for no good reason?
10. Do you get depressed over small matters?
11. Do you often feel tired for no good reason?
12. My mood usually changed due to apparent causes.
13. Do you make up your mind easily?
14. Sometimes I get too angry that I cannot perform my teaching duties effectively
15. I always feel highly discouraged when my views differ from others
16. Do things sometimes look as if they were not real?
17. I often worry over possible but luck.
18. Do you feel that you are becoming quite forgetting
19. Do you on many occasions find yourself late for your job or an appointment
20. Do you feel it hard to keep your mind on what you are doing?
21. Do you often feel a sinking of heart when about to introduce your lesson?
22. Do you feel depressed while teaching for no reason at all?
23. Do you often feel that you are not interested in teaching your lessons?
24. Are you often worried about the difficulties you may face in time to
25. Do you tremble and perspire when nervous?  Yes/No
26. Do you often find teaching a dull job?  Yes/No
27. Do you try to avoid meeting your superiors?  Yes/No
28. I am confident about my teaching abilities.  Yes/No
29. Do you often feel that your hard work is often appreciated?  Yes/No
30. Do you feel that you have sufficient opportunities for self expression?  Yes/No
31. Can you admit a mistake to your student?  Yes/No
32. Are you often worried that your students will see some of your mistakes?  Yes/No
33. Do you often shout at your students?  Yes/No
34. Do you often get irritated when students pose a question?  Yes/No
35. Do people often annoy and irritate you?  Yes/No
36. Do you find it hard to show your feelings?  Yes/No
37. I easily upset by a small event of disappointment.  Yes/No
38. Do you get sound sleep?  Yes/No
39. Do you tremble or feel weak whenever someone shouts at you?  Yes/No
40. Did you ever have a nervous breakdown?  Yes/No
41. Do you often feel depressed?  Yes/No
42. Do you continue feeling miserable over some past failures?  Yes/No
43. Do you get highly upset by criticism?  Yes/No
44. Do you worry that nobody appreciates you?  Yes/No
45. Do you experience enthusiasm while preparing your lessons?  Yes/No
46. Are your feelings easily hurt?  Yes/No
47. Do you easily tend to weep?  Yes/No
48. Does life look entirely hopeless?  Yes/No
49. Do you feel like running away from the life you live?  Yes/No
50. Do you wish you were dead and away from it all?  Yes/No