WHAT TO DO: You have a Booklet and an Answer Sheet. Write your name, age, etc., on the Answer Sheet where it tells you to.

The Booklet before you has in it questions about your interests and your likes and dislikes. Although you are to the questions in this Booklet, you must put your answers on the Answer Sheet, making sure that the number of your answer matches the number of the question in the Booklet.

First, we shall give you two examples so that you will know exactly what to do. After each of the questions there are three answers. Read the following examples and fill in the right boxes where it says Example 1 and Example 2, on the Answer Sheet, below your name. Fill in the left-hand box if your answer choice is the "a" answer, the middle box if your choice is the "b" answer, and the right-hand box if you choose the "c" answer.

EXAMPLES:

1. Which would you rather do:
   a. visit a zoo,
   b. uncertain,
   c. go up in an airplane?

2. If you have a quarrel, do you make friends again quickly?
   a. yes, b. in between, c. no.

As you see from these examples, there are usually no right or wrong answers, although sometimes a correct answer is expected. Each person is different and you should say only what is true for you. You can always find one answer that suits you a little better than the others, so never leave a question without marking one of the answers.

Inside you will find more questions like the ones above. When you are told to turn the page, begin with number 1 and go on until you finish all the questions. In answering them, please keep these four points in mind:

1. Answer the questions frankly and truthfully. There is no advantage in giving an untrue answer about yourself because you think it is the "right thing to say."

2. Answer the questions as quickly as you can. Don't spend too much time thinking about them. Give the first, natural answer that comes to you. Some questions may seem much like others, but no two are exactly alike so your answers will often be different too.

3. Use the middle answer only when it is absolutely impossible to decide on one of the other choices. In other words, the "a" or the "c" answer should be used most of the time.

4. Don't skip any questions. Sometimes a statement may not seem to apply to you, but answer every question, somehow.

If there is anything you don't understand, please ask your questions now. If you have no question now, but later on come across a word you don't know, ask the examiner then.

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DO NOT TURN PAGE UNTIL TOLD TO DO SO

1. Have you understood the instructions?
   a. yes,
   b. uncertain,
   c. no.

2. At a picnic would you rather spend some time
   a. exploring the woods alone,
   b. uncertain,
   c. playing around the campfire with the crowd?

3. In a group discussion, do you like to tell what you think?
   a. yes,
   b. sometimes,
   c. no.

4. When you do a foolish thing, do you feel so bad that you wish the earth
   would just swallow you up?
   a. yes,
   b. perhaps,
   c. no.

5. Do you find it easy to keep an exciting secret?
   a. yes,
   b. sometimes,
   c. no.

6. When you decide something, do you:
   a. wonder if you may want to change your mind,
   b. in between,
   c. feel sure you are satisfied with it?

7. Can you work hard on something, without being bothered if there’s a lot of
   noise around you?
   a. yes,
   b. sometimes,
   c. no.
8. If friends’ ideas differ from yours, do you keep from saying yours are better, so as not to hurt their feelings?
   a. yes,
   b. sometimes,
   c. no.

9. Do you usually ask someone else to help you when you have a hard problem?
   a. seldom,
   b. sometimes,
   c. often.

10. Would you say that some rules and regulations are stupid and out of date?
    a. yes, and I don’t bother with them if I can help it,
    b. uncertain,
    c. no, most rules are necessary and should be obeyed.

11. Which of these says better what you are like?
    a. a dependable leader,
    b. in between,
    c. charming, good looking.

12. Do you sometimes feel, before a big party or outing, that you are not so interested in going?
    a. yes,
    b. perhaps,
    c. no.

13. When you rightly feel angry with people, do you think it’s all right for you to shout at them?
    a. yes,
    b. perhaps,
    c. no.
14. When classmates play a joke on you, do you usually enjoy it as much as others without feeling at all upset?
   a. yes,
   b. perhaps,
   c. no.

15. Are there times when you think, “People are so unreasonable, they can’t even be trusted to look after their own good”?
   a. true,
   b. perhaps,
   c. false,

16. Can you stay cheerful even when things go wrong?
   a. yes,
   b. uncertain,
   c. no.

17. Do you try to keep up with the fads of your classmates?
   a. yes,
   b. sometimes,
   c. no.

18. Do most people have more friends than you do?
   a. yes,
   b. uncertain,
   c. no.

19. Would you rather be
   a. a travelling TV actor,
   b. uncertain,
   c. a medical doctor?

20. Do you think that life runs more smoothly and more satisfyingly for you than for many other people?
   a. yes,
   b. perhaps,
21. Do you have trouble remembering someone’s joke well enough to tell it yourself?
   a. yes,
   b. sometimes,
   c. no.

22. Have you enjoyed being in drama, such as school plays?
   a. yes,
   b. uncertain,
   c. no.

23. "Mend" means the same as:
   a. repair,
   b. heal,
   c. patch.

24. "Truth" is the opposite of:
   a. fancy,
   b. falsehood,
   c. denial.

25. Do you completely understand what you read in school?
   a. yes,
   b. usually,
   c. no.

26. When chalk screeches on the blackboard does it "give you the shivers"?
   a. yes,
   b. perhaps,
   c. no.

27. When something goes all wrong, do you get very angry with people before you start to think what can be done about it?
   a. often,
   b. sometimes,
   c. seldom.
28. When you finish school, would you like to:
   a. do something that will make people like you, though you are poor,
   b. uncertain,
   c. make a lot of money?
29. Do you avoid going into narrow caves or climbing to high places?
   a. yes,
   b. sometimes,
   c. no.
30. Are you always ready to show, in front of everyone, how well you can do things compared with others?
   a. yes,
   b. perhaps,
   c. no.
31. Do you ask advice from your parents about the best things to do at school?
   a. often,
   b. sometimes,
   c. seldom.
32. Can you talk to a group of strangers without stammering a little or without finding it hard to say what you want to?
   a. yes,
   b. perhaps,
   c. no.
33. Do some types of movies upset you?
   a. yes,
   b. perhaps,
   c. no.
34. Would you enjoy more watching a boxing match than a beautiful dance?
   a. yes,
   b. perhaps,
   c. no.
35. If someone has been unkind to you, do you soon trust him again and give him another chance?
   a. yes,
   b. perhaps,
   c. no.
36. Do you sometimes feel you are not much good, and that you never do anything worthwhile?
   a. yes,
   b. perhaps
   c. no.
37. When a group of people are doing something, do you:
   a. take an active part in what they are doing,
   b. in between,
   c. usually only watch?
38. Do you tend to be quiet when out with a group of friends?
   a. yes,
   b. sometimes,
   c. no.
39. Do people say you are a person who can always be counted on to do things exactly and properly?
   a. yes,
   b. perhaps,
   c. no.
40. When you read an adventure story, do you:
   a. just enjoy the story as it goes along,
   b. uncertain,
   c. get bothered whether it's going to end happily?
41. Does it bother you if you have to sit still and wait for something to begin?
   a. yes,
   b. in between,
42. Do you feel hurt if people borrow your things without asking you?
   a. yes,
   b. perhaps,
   c. no.
43. "Firm" is the opposite of:
   a. easy,
   b. kind,
   c. loose.
44. "Rich" is to "money" as "sad" is to:
   a. trouble,
   b. friends,
   c. land.
45. Have you always got along really well with your parents, brothers, and sisters?
   a. yes,
   b. in between,
   c. no.
46. If your classmates leave you out of a game, do you:
   a. think it just an accident,
   b. in between,
   c. feel hurt and angry?
47. Do people say you are sometimes excitable and scatterbrained though they think you are a fine person?
   a. yes,
   b. perhaps,
   c. no.
48. When you are on a bus or train, do you talk:
   a. in your ordinary voice,
   b. in between,
   c. as quietly as possible?
49. Which would you rather be:
   a. the most popular person in school,
   b. uncertain,
   c. the person with the best grades?

50. In a group of people, are you generally one of those who tells jokes and funny stories?
   a. yes,
   b. perhaps,
   c. no.

51. Do you like to tell people to follow proper rules and regulations?
   a. yes,
   b. sometimes,
   c. no.

52. Are your feelings easily hurt?
   a. yes,
   b. perhaps,
   c. no.

53. In a play, would you rather act the part of a famous teacher of art than that of a tough pirate?
   a. yes,
   b. perhaps,
   c. no.

54. Which course would you rather take:
   a. Practical mathematics,
   b. uncertain,
   c. foreign language or drama?

55. Would you rather spend free time:
   a. by yourself, on a book or stamp collection,
   b. uncertain,
   c. working under others in a group project?
56. Do you feel that you are getting along well, and that you do everything that could be expected of you?
   a. yes,
   b. perhaps,
   c. no.

57. Do you have trouble acting like or being like other people expect you to be?
   a. yes,
   b. uncertain,
   c. no.

58. If you found you had nothing to do some evening, would you:
   a. call up some friends and do something with them,
   b. not sure,
   c. read a good book or work on a hobby?

59. Would you like to be extremely good-looking, so that people would notice you wherever you go?
   a. yes,
   b. perhaps,
   c. no.

60. When something important is coming up, such as a test or a big game, do you:
   a. stay very calm and relaxed,
   b. in between,
   c. get very tense and worried?

61. If someone puts on noisy music while you are trying to work, do you feel you must get away?
   a. yes,
   b. perhaps,
   c. no.

62. In dancing or music, do you pick up a new rhythm easily?
   a. yes,
b. sometimes,
c. no.

63. "Run" is to "pant" as "eat" is to:
   a. exercise,
   b. indigestion,
   c. sleep.

64. If Joan's mother is my father's sister, what relation is Joan's father to my brother?
   a. second cousin,
   b. grandfather,
   c. uncle.

65. Do you often make big plans and get excited about them, only to find that they just won't work out?
   a. yes,
   b. occasionally,
   c. no.

66. When things go wrong and upset you, do you believe in:
   a. just smiling,
   b. in between,
   c. making a fuss?

67. Do you often remember things differently from other people, so that you have to disagree about what really happened?
   a. yes,
   b. perhaps,
   c. no.

68. Are there times when you feel so pleased with the world that you just have to sing and shout?
   a. yes,
   b. perhaps,
   c. no.
69. When you are ready for a job, would you like one that:
   a. is steady and safe, even if it takes hard work,
   b. uncertain,
   c. has lots of change and meetings with lively people?
70. Do you like doing really unexpected and startling things to people?
   a. yes,
   b. once in a while,
   c. no.
71. If everyone were doing something you think is wrong, would you:
   a. go along with them,
   b. uncertain,
   c. do what you think is right?
72. Can you work just as well, without feeling uncomfortable, when people
    are watching you?
   a. yes,
   b. perhaps,
   c. no.
73. Would you rather spend a free afternoon:
   a. in a place with beautiful pictures and gardens,
   b. uncertain,
   c. in a duck shooting match?
74. Would you rather spend an afternoon by a lake:
   a. watching dangerous speed boat racing,
   b. uncertain,
   c. walking by the lovely shore with a friend?
75. When you are in a group, do you spend more time:
   a. enjoying the friendship,
   b. uncertain,
   c. watching what happens?
76. Can you always tell what your real feelings are, for example, whether you are tired or just bored?
   a. yes,
   b. perhaps,
   c. no.

77. When things are going wonderfully, do you:
   a. actually almost "jump with joy,"
   b. uncertain,
   c. feel good inside, while appearing calm?

78. Would you rather be:
   a. a builder of bridges,
   b. uncertain,
   c. a member of a traveling circus?

79. When something is bothering you a lot, do you think it's better to:
   a. try to ignore it until you cool off,
   b. uncertain,
   c. blow off steam?

80. Do you sometimes say silly things, just to see what people will say?
   a. yes,
   b. perhaps,
   c. no.

81. When you do poorly in an important game, do
   a. say, "This is just a game,"
   b. uncertain,
   c. get angry and "kick yourself"?

82. Do you go out of your way to avoid crowded buses and streets?
   a. yes,
   b. perhaps,
   c. no.
83. "Usually" means the same as:
   a. sometimes,
   b. always,
   c. generally.

84. The grandmother of the daughter of my brother's sister is my:
   a. mother,
   b. sister-in-law,
   c. niece.

85. Are you almost always contented?
   a. yes,
   b. in between,
   c. no.

86. If you keep breaking and accidentally wasting things when you are making something, do you keep calm just the same?
   a. yes,
   b. perhaps,
   c. no, I get furious.

87. Have you ever felt dissatisfied and said to your self, "I bet I could run this school better than the teachers do"?
   a. yes,
   b. perhaps,
   c. no.

88. Would you rather be:
   a. someone who plans homes and parks,
   b. uncertain,
   c. a singer or member of a dance band?

89. If you had a chance to do something really wild and adventurous, but also rather dangerous would you:
   a. probably not do it,
   b. not sure,
c. certainly do it?

90. When you have homework to do, do you:
   a. very often just not do it,
   b. in between,
   c. always get it done on time?

91. Do you usually discuss your activities with your parents?
   a. yes,
   b. sometimes,
   c. no.

92. When the class is discussing something, do you usually have something to say?
   a. almost never,
   b. once in a while,
   c. always.

93. Do you stand up before your class without looking nervous and ill-at-ease?
   a. yes,
   b. perhaps,
   c. no.

94. Which would you rather watch on a fine evening:
   a. car racing,
   b. uncertain,
   c. an open-air musical play?

95. Have you ever thought what you would do if you were the only person left in the world?
   a. yes,
   b. not sure,
   c. no.

96. Do you learn games quickly?
   a. yes,
   b. in between,
   c. no.
97. Do you wish you could learn to be more carefree and lighthearted about your school work?
   a. yes,
   b. perhaps,
   c. no.

98. Are you, like a lot of people, slightly afraid of lightning?
   a. yes,
   b. perhaps,
   c. no.

99. Do you ever suggest to the teacher a new subject for the class to discuss?
   a. yes,
   b. perhaps,
   c. no.

100. Would you rather spend a break between morning and afternoon classes in:
   a. a card game,
   b. uncertain,
   c. catching up on homework?

101. When you are walking in a quiet street in the dark, do you often get the feeling you are being followed?
   a. yes,
   b. perhaps,
   c. no.

102. In talking with your classmates, do you dislike telling your most private feelings?
   a. yes,
   b. sometimes,
   c. no.

103. When you go into a new group, do you:
   a. quickly feel you know everyone,
   b. in between,
c. take a long time to get to know people?

104. Look at these five words: mostly, gladly, chiefly, mainly, highly. The word that does not belong with the others is:
   a. mostly,
   b. gladly,
   c. highly.

105. Do you sometimes feel happy and sometimes feel depressed without real reason?
   a. yes,
   b. uncertain,
   c. no.

106. When people around you laugh and talk while you are listening to radio or TV:
   a. are you happy,
   b. in between,
   c. does it spoil things and annoy you?

107. If you accidentally say something odd in company, do you stay uncomfortable a long time and find it hard to forget?
   a. yes,
   b. perhaps,
   c. no.

108. Which would you rather read about:
   a. how to win at basketball,
   b. uncertain,
   c. how to be nice to everyone?

109. Are you best thought of as a person who:
   a. thinks,
   b. in between,
   c. acts?
110. Do you spend most of your weekly allowance for fun (instead of saving some for future needs) ?
   a. yes,
   b. perhaps,
   c. no.

111. Do other people often get in your way ?
   a. yes,
   b. in between,
   c. no.

112. How would you rate yourself?
   a. inclined to be moody,
   b. in between,
   c. not at all moody.

113. How often do you go places or do things with a group of friends:
   a. very often,
   b. sometimes,
   c. hardly ever.

114. What kind of movie do you like best?
   a. musicals,
   b. uncertain,
   c. war stories.

115. Do you get in trouble more often by saying to a group that wants to do something:
   a. "Let's go!"
   b. uncertain,
   c. "I'd rather not join in"?

116. When you were growing up, did you expect the world to be:
   a. kinder and more considerate than it is,
   b. uncertain,
   c. tougher and harder than it is?
117. Do you find it easy to go up and introduce yourself to an important person?
   a. yes,
   b. perhaps,
   c. no.

118. Do you think that often a committee of your classmates takes more time and makes poorer decisions than one person would?
   a. yes,
   b. perhaps,
   c. no.

119. Do you feel you are doing pretty much what you should be doing in life?
   a. yes,
   b. uncertain,
   c. no.

120. Do you sometimes feel so mixed up that you don't know what you are doing?
   a. yes,
   b. perhaps,
   c. no.

121. When someone is disagreeing with you, do you:
   a. let him say all he has to say,
   b. uncertain,
   c. tend to interrupt before he finishes?

122. Would you rather live:
   a. in a deep forest, with only the song of birds,
   b. uncertain,
   c. on a busy street corner, where a lot happens?

123. If you were to work on a railroad, would you rather:
   a. be a conductor and talk to the passengers,
   b. uncertain,
c. be the engineer and run the train?

124. Look at these five words: below, beside, above, behind, between. The word that does not belong with the others is:
   a. below,
   b. between,
   c. beside

125. If someone asks you to do a new and difficult job, do you:
   a. feel glad and show what you can do,
   b. in between,
   c. feel you will make a mess of it?

126. When you raise your hand to answer a question in class, and many others raise their hands too, do you get excited?
   a. sometimes
   b. not often,
   c. never.

127. Would you rather be:
   a. a teacher,
   b. uncertain,
   c. a scientist?

128. On your birthday, do you prefer:
   a. to be asked beforehand to choose the present you want,
   b. uncertain,
   c. to have the fun of getting a present that's a complete surprise?

129. Are you very careful not to hurt anyone's feelings or startle anyone, even in fun?
   a. yes,
   b. perhaps,
   c. no.

130. If you were working with groups in class, would you rather:
   a. walk around to carry things from one person to another,
   b. uncertain,
c. specialize in showing people how to do one difficult part?

131. Do you take trouble to be sure you are right before you say anything in class?
   a. always,
   b. generally,
   c. not usually.

132. Are you so afraid of what might happen that you avoid making decisions one way or the other?
   a. often,
   b. sometimes,
   c. never.

133. When things are frightening, can you laugh and not be bothered?
   a. yes,
   b. perhaps,
   c. no.

134. Do some books and plays almost make you cry?
   a. yes, often,
   b. sometimes,
   c. no, never.

135. Would you like better, when in the country:
   a. running a class picnic,
   b. uncertain,
   c. learning to know all the different trees in the woods?

136. In group discussions, do you often find yourself:
   a. taking a lone stand,
   b. uncertain,
   c. agreeing with the group?

137. Do your feelings get so bottled up that you feel you could burst?
   a. often,
   b. sometimes,
   c. seldom.
138. Which kind of friends do you like? Those who like to:
   a. "kid around."
   b. uncertain
   c. be more serious?
139. If you were not a human being, would you rather be:
   a. an eagle on a far mountain,
   b. uncertain,
   c. a seal, in a seal colony by the seashore?
140. Are you usually a very careful person?
   a. yes,
   b. in between,
   c. no.
141. Do small troubles sometimes "get on your nerves" even though you know that they are not very important?
   a. yes,
   b. perhaps,
   c. no.
142. Are you sure you have answered every question?
   a. yes,
   b. perhaps,
   c. no.
Consumable Booklet of
Bell's Adjustment Inventory
(Indian Adaptation)
Revised Edition
R. K. Ojha (Moradabad)

Please fill in the following informations:
Name ................................................ Class ................................................
Sex ................................................ Age ................................................
Father's Occupation .................................................................
Monthly income ........................................ Education .................................

INSTRUCTIONS
If you answer each statement properly of this inventory honestly and devotedly then I can tell you whether you possess complete adjustment personality or some short-comings. If you are not living with your parents, then answer such statement keeping in view the persons with whom you are living.

This inventory consists of four parts. 35 statements are given in each part. Two alternatives 'Yes' and 'No' are given against each statement. If you wish to answer the statement in 'Yes' i.e. you agree with the facts given in the statement then put a cross (x) in the box given below 'Yes'. If your answer is negative i.e. you do not agree with the facts given in the statement then put a cross (x) in the box given below 'No'. Though there is not time limit, still try to answer all the statements quickly.

SCORING TABLE

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<th>Area</th>
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Estd. 1983
Phone No. (0522) 354807
ANKUR PSYCHOLOGICAL AGENCY
22/481, INDIRA NAGAR, LUCKNOW-226 016
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<th>S. No.</th>
<th>STATEMENT</th>
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<tr>
<td><strong>PART I</strong></td>
<td><strong>HOME</strong></td>
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<tr>
<td>1.</td>
<td>Have you ever had a firm idea of absconding the home?</td>
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<td>2.</td>
<td>Do you ever feel that your parents are not satisfied with you?</td>
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<td>3.</td>
<td>Are you sad with the works done by your father to run your family?</td>
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<td>4.</td>
<td>Do your mother have supremacy in your family?</td>
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<td>5.</td>
<td>Has anyone among your mother-father ever condemn you in vain?</td>
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<td>6.</td>
<td>Do you think that there is no true affection in the family?</td>
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<td>7.</td>
<td>Do you always have good relations with your father?</td>
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<td>8.</td>
<td>Do your parents stress upon obeying them instead of paying attention to your matters.</td>
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<td>9.</td>
<td>Being your family life sorrowful, has anyone in your family become ill or died?</td>
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<td>10.</td>
<td>Do your home appears to you sorrowful because of shortage of money?</td>
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<td>11.</td>
<td>Have your parents ever suspected upon your character?</td>
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<td>12.</td>
<td>Do your parents forbid you to remain with such type of friends you remain with?</td>
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<td>13.</td>
<td>Do your mother or father irritate soon?</td>
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<td>14.</td>
<td>Do you mostly remain disagree with your parents regarding the process of work at home?</td>
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<td>15.</td>
<td>Do family quarrels usually occur between your relations?</td>
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<td>☐</td>
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<td>16.</td>
<td>Do you mostly keep on quarrelling with your brothers and sisters?</td>
<td>☐</td>
<td>☐</td>
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<tr>
<td>17.</td>
<td>Do your parents understand you to be a child and do not think that you have grown up now?</td>
<td>☐</td>
<td>☐</td>
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<td>18.</td>
<td>Do you feel that your parents are unnecessarily strict with you?</td>
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<td>19.</td>
<td>Do any of your parents have any peculiar habit which</td>
<td>☐</td>
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<td>S. No.</td>
<td>STATEMENT</td>
<td>YES</td>
<td>NO</td>
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<tr>
<td>20.</td>
<td>Do you love your mother more than your father?</td>
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<td>21.</td>
<td>Have you to leave your house or keep quiet for maintaining peace in the family?</td>
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<td>22.</td>
<td>Have your parents created great fear in your mind for any specific work?</td>
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<td>23.</td>
<td>Do you sometime feel angry and sometime happy upon your family members according to the time?</td>
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<td>24.</td>
<td>Do your mother love you very much?</td>
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<td>25.</td>
<td>Do your mother or father gets angry soon?</td>
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<td>26.</td>
<td>Do all the essential things exist in your house?</td>
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<td>27.</td>
<td>Do the ideals of life of your father match with your ideals?</td>
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<td>28.</td>
<td>Have your parents ever provoked you for your personal figure and colour?</td>
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<td>29.</td>
<td>Do the ideas of your mother-father not match with each other?</td>
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<td>30.</td>
<td>Did your parents oftenly beat you between the age of 10 and 15 years?</td>
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<td>31.</td>
<td>Are you not in agreement with the ideas of your parents regarding your aims of life?</td>
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<td>32.</td>
<td>Is any of your mother-father of irritant habit?</td>
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<td>33.</td>
<td>Do your mother or father keep you in strict control?</td>
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<td>34.</td>
<td>Do you ever think that your parents are unable to understand you?</td>
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<td>35.</td>
<td>Do you feel that the family life of your friends is more pleasant than your?</td>
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<td>S. No.</td>
<td>STATEMENT</td>
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<td></td>
<td><strong>PART II</strong></td>
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<td></td>
<td><strong>HEALTH</strong></td>
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<tr>
<td>1.</td>
<td>Do you get afraid soon with others?</td>
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<td>2.</td>
<td>Do your eyes feel difficulty in facing very bright light?</td>
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<td>3.</td>
<td>Are you a patient of asthama or malaria etc.?</td>
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<td>4.</td>
<td>Have you ever had Diphtheria or high fever in childhood?</td>
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<td>5.</td>
<td>Do you always remain afflict by headache?</td>
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<td>6.</td>
<td>Do you feel difficulty in sleeping when there is any kind of noise in house?</td>
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<td>7.</td>
<td>Do you usually feel more tired at the end of the day?</td>
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<td>8.</td>
<td>Have you reduced some of your body weight these days?</td>
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<td>9.</td>
<td>Have you ever had serious injury in any accident?</td>
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<td>10.</td>
<td>Have you ever had any surgical operation?</td>
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<td>11.</td>
<td>Do you feel much cold?</td>
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<td>12.</td>
<td>Do you usually get afflict with influenza?</td>
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<td>13.</td>
<td>Did you ever become serious ill during last ten years</td>
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<td>14.</td>
<td>Are you suffering from the problem of gas?</td>
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<td>15.</td>
<td>Do you feel giddiness?</td>
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<td>16.</td>
<td>Do your eyes pain usually?</td>
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<td>17.</td>
<td>Do you feel tiredness when you wake-up in the morning?</td>
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<td>18.</td>
<td>Do you oftenly take medicines?</td>
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<td>19.</td>
<td>Do you usually feel like tired?</td>
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<td>20.</td>
<td>Do you usually get indigestion problem?</td>
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<td>21.</td>
<td>Do you usually get sour throat?</td>
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<td>22.</td>
<td>Do you usually have disease of vomiting or diarrhorea?</td>
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<td>23.</td>
<td>Do you have much problem of constipation?</td>
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<td>24.</td>
<td>Have you been too much ill during your childhood?</td>
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<td>S. No.</td>
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<td>25</td>
<td>Do you feel difficulty in breathing with nose?</td>
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<td>26</td>
<td>Do you ever have sharp headache?</td>
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<td>27</td>
<td>Is your body weight less than an average?</td>
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<td>28</td>
<td>Do you usually take your food before feeling hungry?</td>
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<td>29</td>
<td>Do you use spectacles?</td>
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<td>30</td>
<td>Do you think necessary to take care of your health?</td>
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<td>31</td>
<td>Are you usually absent because of illness?</td>
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<td>32</td>
<td>Are your teeth such that you feel necessary for medication?</td>
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<td>33</td>
<td>Do you have any trouble in heart, lungs or kidney?</td>
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<td>34</td>
<td>Have you ever had skin disease?</td>
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<td>35</td>
<td>Do you have trouble in getting rid of cold?</td>
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**PART III**

**SOCIAL**

1. Do you enjoy social gatherings just to meet the persons?   
2. Do you like to meet the chief guest while attending any reception function?   
3. Do you take responsibility of introducing persons while attending such functions?   
4. Do you feel difficulty in giving proper answer while taking part in group conversation?   
5. Have you been leader of any party?   
6. Do you hesitate in going any meeting when all the persons have seated?   
7. Can you deliver speech in the presence of all in the class?   
8. Do you keep on talking with your fellow travellers while travelling by rail or bus?   
9. Do you feel easy in asking help from others?   
10. Do you get harrass with your shyness?   
11. Do you enjoy in starting conversation in public?
<table>
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<tr>
<th>S. No.</th>
<th>STATEMENT</th>
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<th>NO</th>
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<tbody>
<tr>
<td>12.</td>
<td>Do you have experience of planning and directing the works of public?</td>
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<td>13.</td>
<td>Do you feel difficulty in talking with any new known person?</td>
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<td>14.</td>
<td>Do you find yourself unable in answering in the class even remembering the answer?</td>
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<td>15.</td>
<td>Do you feel easy in having friendship with opposite sex person?</td>
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<td>16.</td>
<td>Would you like to do work for others instead of asking others to do work for you if you are given a dinner?</td>
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<td>17.</td>
<td>Do you have experience in delivering speech in meetings?</td>
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<tr>
<td>18.</td>
<td>Do you have difficulty in delivering speech in presence of persons?</td>
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<td>19.</td>
<td>Do you enjoy more social dances?</td>
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<td>20.</td>
<td>Will you prefer to go personally and take something you want from an unknown person instead of writing a letter or asking any other person to bring it?</td>
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<td>21.</td>
<td>Do you feel self-respect in living with the persons you admire most and not known fully?</td>
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<td>22.</td>
<td>Have you ever been a leader of any social programme?</td>
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<td>23.</td>
<td>Do you move sideways on road to side the eye-sight of any specific person?</td>
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<td>24.</td>
<td>Will you prefer to stand or come back on reaching late in any meeting instead of sitting infront?</td>
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<td>25.</td>
<td>Do you make friends with readiness?</td>
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<td>26.</td>
<td>Are you leader in any party?</td>
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<td>27.</td>
<td>Do you prefer to have heartily friendship with some specific persons instead of having acquaintance with more persons?</td>
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<td>28.</td>
<td>Do you feel dishearted in seeking permission for leaving any specific party of persons if you wish to leave it?</td>
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<td>29.</td>
<td>Do you lag behind in social functions?</td>
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<td>S. No.</td>
<td>STATEMENT</td>
<td>YES</td>
<td>NO</td>
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<td>30.</td>
<td>Do you get perplex altogether, if any teacher calls you all of a sudden?</td>
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<td>31.</td>
<td>Do you feel difficult to talk with a stranger?</td>
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<td>32.</td>
<td>Are you delighted in taking part in fairs and gatherings?</td>
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<td>33.</td>
<td>Do you understand self-respected in speaking on any subject in the class?</td>
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<td>34.</td>
<td>Do you hesitate in speaking in the class?</td>
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<td>35.</td>
<td>Do you hesitate in entering the room if some persons are talking with each other there?</td>
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</table>

**PART IV**

**EMOTIONAL**

1. Do you day-dream?                             
2. Is testing by doctor for any disease frighten you? 
3. Do you sometimes get sad for unknown reasons?   
4. Have you ever felt that someone may hypnotise you and make you work against your will?  
5. Do you feel lonely while staying in a crowd?    
6. Do you feel tired at the end of the day?        
7. Do you get frighten with the idea of earthquake or fire?  
8. Do tears in your eyes come soon?                
9. Do you get frightened on seeing a snake?        
10. Are you held convicted even if you are not guilty? 
11. Does lightening frighten you?                  
12. Do you get discourage repeatedly on securing less marks in examinations?  
13. Do you feel jealous of others being happy?     

<table>
<thead>
<tr>
<th>S. No.</th>
<th>STATEMENT</th>
<th>YES</th>
<th>NO</th>
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<tbody>
<tr>
<td>14.</td>
<td>Do you loose courage very easily?</td>
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<td>15.</td>
<td>Do you usually feel sad upon your acts?</td>
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<td>16.</td>
<td>Have you ever got frighten of falling down after climbing a high mountain?</td>
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<tr>
<td>17.</td>
<td>Do you get angry very soon?</td>
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<td>18.</td>
<td>Do you usually remain sad?</td>
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<td>19.</td>
<td>Do you get perplexed with the feeling of inferiority?</td>
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<td>20.</td>
<td>Do you understand yourself strong?</td>
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<td>21.</td>
<td>Do you easily get shy?</td>
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<td>22.</td>
<td>Do you feel troubled with any hearsay?</td>
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<td>23.</td>
<td>Do your feeling get hurt with any hearsay?</td>
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<td>24.</td>
<td>Do you become troubled with probable difficulties?</td>
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<td>25.</td>
<td>Do you ever get worried for the persons may not read your ideas?</td>
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<td>26.</td>
<td>Do you ever have an idea that persons are sepoying you on the road?</td>
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<td>27.</td>
<td>Do you get much troubled on hearing your complaints?</td>
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<td>28.</td>
<td>Do you usually get irritated?</td>
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<td>29.</td>
<td>Do you sometimes have useless ideas in your brain and feel distressed with them?</td>
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<td>30.</td>
<td>Do you get agitated soon?</td>
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<td>31.</td>
<td>Do you get too much distressed with your experiences of poverty?</td>
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<td>S. No.</td>
<td>STATEMENT</td>
<td>YES</td>
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<tr>
<td>32.</td>
<td>Do you get too much frightened with a person even knowing that he cannot harm you?</td>
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<td>33.</td>
<td>Do you get happy and sad on and of without any specific reason?</td>
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<td>34.</td>
<td>Do you ever have an idea of your being unable to sleep?</td>
<td>☐</td>
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<td>35.</td>
<td>Do you fear in living alone in dark?</td>
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</table>
Please fill in the following:

- Name
- Age
- Sex
- Class
- Name of the School
- Occupation of Father
- Monthly Income
- Rural/Urban
- Date

**INSTRUCTIONS**

1. The main objective of this inventory is to know your vocational interest so that you can be guided for your vocation.

2. Two vocations are mentioned in each box of this inventory. You can mention your choice from the two vocations given in each box, keeping in view their salary, prestige and future. You have to mark your vocational choice in the following way:

   (a) If you like first vocation of the box, then make a tick mark (✓) against No. 1 in the box e.g.

   ![Journalist 1 ✓ Scientist 2 □]

   (b) If you like second vocation of the box, then make a tick mark (✓) against No. 2 in the box e.g.

   ![Judge 1 Teacher 2 □]

   (c) If you like both the vocations of the box, then make a tick mark (✓) against both the Nos. 1 & 2 in the box e.g.

   ![Doctor 1 Lawyer 2 □]

   (d) If you dislike both the vocations of the box, then make a cross mark (✗) against both the Nos. 1 & 2 e.g.

   ![Lawyer 1 Doctor 2 □]

   In this way you have to mark your like/dislike regarding the vocation of each box and have to leave no box blank. If you have any doubt in this respect, please ask.

3. Though there is no time-limit for this inventory even then answer quickly. Usually 7 to 10 minutes are required to complete this.

4. After marking your vocational choice of every box return this inventory record.

Now open the page and start your work!
### Raw scores of different areas of Interest

<table>
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<tr>
<th>Stanine</th>
<th>Interest area→</th>
<th>Raw Scores</th>
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<th>SC</th>
<th>E</th>
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<td>High Interest</td>
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<td>VIII</td>
<td>Interest above average</td>
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<td>Interest below average</td>
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(A) General Report
1. Main interest area ..................
2. Second interest area ..............
3. Third interest area ..............
4. Least interest area ..............

(B) Special Report
1. High interest .....................
2. Interest above average...........
3. Average interest ................
4. Interest below average..........
Please fill in the following informations:

Name ..............................................................................................................................
Age .............................................................................................................................. Sex
Family Income ............................................................................................................

INSTRUCTIONS

This booklet contains some statements. These Statements are about your family, you have to decide which of these statements are applicable to you about your family and which are not. Alongside the statements have FIVE cells (□). If you strongly agree with the statement, mark tick (✓) under the cell labelled 'Strongly Agree'. If you strongly disagree with the statement, mark tick under the cell labelled 'Strongly Disagree'. For in between preferences mark accordingly 'Agree', 'Neutral' or 'Disagree'.

Give us your general impression of your family. There are no right or wrong answers to any statement. Your responses will be kept in strict confidence and will be used only for research purposes.

Please respond to each statement and do not leave any statement unanswered. Your help will be duly acknowledged.
<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Statements</th>
<th>Strongly Agree</th>
<th>Agree</th>
<th>Neutral</th>
<th>Disagree</th>
<th>Strongly Disagree</th>
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</thead>
<tbody>
<tr>
<td>1.</td>
<td>We enjoy doing things together.</td>
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<td>2.</td>
<td>Family members often do not express their feelings</td>
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<td>3.</td>
<td>Breaking things in anger is quite common in our family.</td>
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<td>4.</td>
<td>Making decisions independently is strongly encouraged in our family.</td>
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<td>5.</td>
<td>In our family everyone is encouraged to play and interact with neighbours.</td>
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<td>6.</td>
<td>Responsibilities are not taken seriously in our family.</td>
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<td>7.</td>
<td>All members of the family are expected to be together for at least one meal in a day.</td>
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<td>8.</td>
<td>Affection is expressed openly, quite often in our family.</td>
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<td>9.</td>
<td>Togetherness is the basic feeling of our family.</td>
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<td>10.</td>
<td>Our feelings of happiness are shared openly with others in our family.</td>
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<td>11.</td>
<td>Beating up people in anger is not seen in our family.</td>
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<td>12.</td>
<td>There are a lot of restrictions in our family.</td>
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<td>13.</td>
<td>Friends and guests are always welcome in our family.</td>
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<td>14.</td>
<td>Everyone in our family is well aware of their responsibilities.</td>
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<td>15.</td>
<td>Nobody in our family is bothered about rules of any kind.</td>
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<td>16.</td>
<td>Everyone in our family listens to what each one of us has to say.</td>
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<td>17.</td>
<td>Whenever any work comes up, everyone tries to get out of the situation.</td>
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<tr>
<td>Sr. No.</td>
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<td>18</td>
<td>It is difficult to express ourselves openly for fear of someone reacting to it angrily.</td>
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<td>19</td>
<td>Everyone tries to sort things out if there is a disagreement in the family.</td>
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<td>20</td>
<td>Thinking for ourselves is not encouraged in our family.</td>
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<td>21</td>
<td>We often go out together for movies in our family.</td>
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<td>22</td>
<td>Going for programmes without informing at home is not accepted in our family.</td>
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<td>23</td>
<td>Nobody bothers to look after anyone else in our family.</td>
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<td>24</td>
<td>Any new situation that arises is discussed openly in the family in order to get ideas and suggestions from every body.</td>
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<td>25</td>
<td>We talk about our personal problems to each other in our family.</td>
<td>☐</td>
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<td>26</td>
<td>When members are angry, they do not talk to each other for days together.</td>
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<td>27</td>
<td>In our family, members ask for what they need, quite openly.</td>
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<td>28</td>
<td>Having hobbies is encouraged in our family.</td>
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<td>29</td>
<td>Quite often members of our family stay out without informing at home.</td>
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<td>30</td>
<td>Only when we do something well we get praise and attention from others in our family.</td>
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<td>31</td>
<td>Family members do not get along with each other.</td>
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<td>32</td>
<td>Complaining about something that we don't like is not accepted in our family.</td>
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<td>Finding faults with each other is quite common in our family.</td>
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<td>34</td>
<td>It is difficult to do something on your own in our family, without someone feeling rejected or left out.</td>
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<td>35</td>
<td>Watching T.V. is our only form of entertainment.</td>
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<td>36</td>
<td>There is plenty of time and attention for everyone in our family.</td>
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<td>37</td>
<td>Everyone comes together to sort out any new situation that may arise in our family.</td>
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<td>38</td>
<td>At home we feel free to anything we want to.</td>
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<td>39</td>
<td>Shouting in anger is not common in our family.</td>
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<td>40</td>
<td>Everyone is expected to accept all decisions made in the family, whether they like it or not.</td>
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<td>41</td>
<td>Our family members are just confined to either work or school</td>
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<td>42</td>
<td>We are careful not to hurt anyone in the family by making thought-less remarks.</td>
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<td>43</td>
<td>Whenever something needs to be done in the house, everyone joins in, happily.</td>
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<td>44</td>
<td>When any member is feeling upset, he/she talks to some one in the family.</td>
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<td>45</td>
<td>The members of our family constantly keep bickering over small matters.</td>
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<td>46</td>
<td>Whenever a marriage takes place in our family the person concerned is asked his/her views.</td>
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<td>47</td>
<td>We go out often to visit friends or relations.</td>
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<td>48</td>
<td>In our family if anyone is upset, there is always some one to comfort them.</td>
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<td>49</td>
<td>There is no sense of closeness in our family.</td>
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<td>50</td>
<td>Family Members often keep their feelings to themselves.</td>
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<td>Sr. No.</td>
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<td>51</td>
<td>Whenever anyone in our family is angry with another member, he makes sure to sort out things with him.</td>
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<td>52</td>
<td>The decision to take on or continue a particular job is taken by the family members concerned in consultation with other family members.</td>
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<td>53</td>
<td>Joking and laughing is not encouraged in our family.</td>
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<td>54</td>
<td>When things get tough there is always someone in the family whom we can turn to.</td>
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<td>55</td>
<td>When someone is sick in our family everyone participates in looking after the person.</td>
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<td>56</td>
<td>Expressing an opinion about matters at home is strongly encouraged in our family.</td>
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<td>57</td>
<td>Whenever a family member does something well, the other members feel upset about it.</td>
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<td>58</td>
<td>All major decisions in our family are taken by the elders in our family, without asking anyone else’s opinion.</td>
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<td>59</td>
<td>There is a lot of affection amongst our family members.</td>
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<tr>
<td>60</td>
<td>When a family vacation is planned we all give our suggestions.</td>
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<tr>
<td>61</td>
<td>Our family believes in not letting differences continue unsorted out.</td>
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<td>62</td>
<td>If any member gets into trouble he/she gets help and sympathy from other family members.</td>
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<tr>
<td>63</td>
<td>When in trouble, all of us stand up for our family member.</td>
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<td>64</td>
<td>Quite often members of our family fail to arrive at a mutually acceptable solution.</td>
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<tr>
<td>65</td>
<td>When anyone makes a mistake, the other members ridicule him.</td>
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<tr>
<td>66</td>
<td>In our family, we enjoy sitting together and talking to each other.</td>
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<td>67</td>
<td>Showing anger by banging doors is rarely seen in our family.</td>
<td></td>
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<td>68</td>
<td>Members of our family are very critical of each other</td>
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<tr>
<td>69</td>
<td>All of us participate together in family functions/programmes.</td>
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</tbody>
</table>
Consumable Booklet
of
SESCI
(English Version)

Dr. (Mrs.) Renuka Kumari Sinha (Chapra)
Mrs. Rajni Bhargava (Agra)

Please fill in the following informations:

Name ................................................................. Age .................................................
Ses ........................................ Class ................. Business...........................................
Name of the School ..........................................................

INSTRUCTIONS

Some questions are given on the following pages which are related with the atmosphere of your school. Two alternatives 'Yes' and 'No' are given against each question. Read each question and put a cross mark (x) on the box of the alternative which is applicable to you. If 'Yes' is correct regarding you then put a cross mark (x) in the box (☐) of 'Yes' and if 'No' is proper then put a cross mark (x) in the box (☐) of 'No'.

Answer all the questions without hesitation. Your answer will be kept confidential. Though there is no time restriction even then try to complete the work earliest possible.

SCORING TABLE

<table>
<thead>
<tr>
<th>Part -1 (Social)</th>
<th>Part - 2 (Emotional)</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</table>

Estd. 1983

ANKUR PSYCHOLOGICAL AGENCY
22/481, INDIRA NAGAR, LUCKNOW-226 016
# PART - 1

<table>
<thead>
<tr>
<th></th>
<th>Statement</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>My school is famous in the city for studies.</td>
<td></td>
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<tr>
<td>2</td>
<td>Teachers of my school have good dignity.</td>
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<td>3</td>
<td>Teachers of my school have full knowledge of their subjects.</td>
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<td>4</td>
<td>My school is in advance to other schools of the city in sports and cultural programmes.</td>
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<tr>
<td>5</td>
<td>Parents are also invited in sports and cultural programmes of my school.</td>
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<tr>
<td>6</td>
<td>Teachers of my school like to meet the parents of students.</td>
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<tr>
<td>7</td>
<td>My principal pays attention towards different facilities of the students.</td>
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<tr>
<td>8</td>
<td>Cordial relations exists between the teachers of my school and students.</td>
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<tr>
<td>9</td>
<td>Teachers of my school are always ready to help the students.</td>
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<tr>
<td>10</td>
<td>Teachers of my school helps in matters of study even out of the class.</td>
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<tr>
<td>11</td>
<td>I like to remain more among students than alone.</td>
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<tr>
<td>12</td>
<td>Students of my class helps each other in difficulty.</td>
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<tr>
<td>13</td>
<td>In library of my school all types of books are there.</td>
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<td>14</td>
<td>Facility of fans in provided in my class.</td>
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<tr>
<td>15</td>
<td>Students of my school take part in voluntary labour.</td>
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<tr>
<td>16</td>
<td>Social activities are also held in my school.</td>
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<td>17</td>
<td>Garden of my school is beautiful.</td>
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<tr>
<td>18</td>
<td>Sufficient facility of urinal and lavatory is there in my school.</td>
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<tr>
<td>No.</td>
<td>Statement</td>
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<tr>
<td>19</td>
<td>In my school, students are given information regarding health from time to time.</td>
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<tr>
<td>20</td>
<td>Much attention is given on cleanliness in my school.</td>
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<td>21</td>
<td>There is a health centre in my school.</td>
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<tr>
<td>22</td>
<td>Health of the students is examined from time to time in my school.</td>
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<td>23</td>
<td>There is a canteen in my school.</td>
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<td>24</td>
<td>There is a cycle-stand in my school.</td>
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<td>25</td>
<td>Science exhibition and other exhibitions are held in my school from time to time for promotion of knowledge of the students.</td>
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<td>26</td>
<td>* Much noise is there around my school.</td>
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<td>27</td>
<td>There are good laboratories in my school.</td>
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<td>28</td>
<td>Most of the students of my school take part in sports.</td>
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<td>29</td>
<td>Groups of students of my school with teachers go to different places for tourism from time to time.</td>
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<tr>
<td>30</td>
<td>Groups of students of my school go for picnic from time to time in which teachers are also included.</td>
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<td>31</td>
<td>Teachers help the students in cultural programmes of the school.</td>
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<td>32</td>
<td>Debate competitions are held from time to time in my school.</td>
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<tr>
<td>33</td>
<td>There are plenty of means for sports and recreation in my school.</td>
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<tr>
<td>34</td>
<td>Prizes are given to the students who take part in sports and cultural programmes in my school.</td>
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<tr>
<td>35</td>
<td>There is an annual function of sports, drama etc. in my school.</td>
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<tr>
<td>Part</td>
<td>Statement</td>
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<tr>
<td>36</td>
<td>Students respect teachers in my school.</td>
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<tr>
<td>37</td>
<td>There are good laboratories in my school.</td>
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<tr>
<td>38</td>
<td>Teachers of my school encourage the students according to their intellect to lead in the constructive fields.</td>
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<tr>
<td>39</td>
<td>In my school teachers teach in class with their old notes.</td>
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<td>40</td>
<td>Managing committee of my school use to interfere in internal problems of school.</td>
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<td>41</td>
<td>All students are fear of the principal.</td>
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<tr>
<td>42</td>
<td>Behaviour of some teachers of my school is partial.</td>
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<tr>
<td>43</td>
<td>Students of my class are displeased with the behaviour of class-teacher.</td>
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<td>44</td>
<td>My principal likes the atmosphere of dictatorship.</td>
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<td>45</td>
<td>After knowing the dispute of students completely, teachers of my school take any decision.</td>
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<tr>
<td>46</td>
<td>Teachers of my school compel students for tuition.</td>
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<tr>
<td>47</td>
<td>Groupism exists between students of my school.</td>
<td></td>
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<tr>
<td>48</td>
<td>Students of my school tries to overcome the other.</td>
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<tr>
<td>49</td>
<td>There is always tension between teachers and students of my school.</td>
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<tr>
<td>50</td>
<td>I do not feel bad when my friends criticize me regarding educational matters.</td>
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<tr>
<td>51</td>
<td>There are some students in my class who do not meet with anyone.</td>
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<td>52</td>
<td>Quarrel use to take place between students of my class.</td>
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<tr>
<td>53</td>
<td>I have become fed-up with other students of my class.</td>
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<tr>
<td>54</td>
<td>Principal becomes displeased when the workers of school come late.</td>
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</tbody>
</table>
*55 Behaviour of librarian of my school is harsh with the students.

*56 Librarian of my school does not work properly.

57 Students remain very happy with the behaviour of peons of my school.

58 Teachers of my school respect the principal.

59 My principal do not like of teachers coming late in the class.

*60 The atmosphere in my school is not of studies because of mutual quarrels.

*61 I do not like to remain in school even for a moment.

62 I am proud of my school.

*63 I do not desire to go to school.

*64 Atmosphere of studies in my school is satisfactory.

65 Good students are being praised in my school.

66 Results in my school are based on the ability of the students.

67 Teachers in my school are honest towards students in respect to studies.

*68 My teachers do not teach by explaining properly.

69 My principal is very careful for discipline.

*70 No attention is paid for sports and other competitions in my school.