Self-Concept Scale

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Instructions:

Here are given fifty-one statements. Below each statement are given five responses (Strongly Agree, Agree, Undecided and Strongly Disagree). Please read each statement carefully and respond to it by marking a tick (✓) on any of the five responses given “If you really strongly agree with the statement, mark (✓) on ‘Strongly Agree’; if you only agree with the statement mark (✓) on ‘Agree’ and so on.”

Example:

(✓)

Strongly Agree Agree Undecided Disagree Strongly Disagree

Here the individual ‘x’ agrees with the statement and therefore has marked (✓) response ‘Agree’.

There is no right or wrong response. Try to give your response according to what you feel about yourself in reference to that statement. Your answers will be kept confidential.

1. In general I believe, I am a fairly worthwhile person.
   Strongly Agree Agree Undecided Disagree Strongly Disagree

2. I like and feel pretty good towards myself.
   Strongly Agree Agree Undecided Disagree Strongly Disagree

3. I worry over humiliating situations more than most persons.
   Strongly Agree Agree Undecided Disagree Strongly Disagree

4. I can perform my best in a vocation or job against an opponent who is much superior to me.
   Strongly Agree Agree Undecided Disagree Strongly Disagree

5. I often feel that my movements are clumsy.
   Strongly Agree Agree Undecided Disagree Strongly Disagree

6. I think I have an attractive personality.
   Strongly Agree Agree Undecided Disagree Strongly Disagree
7. If given a change, I could do something that would be of much benefit to the world.
   Strongly Agree  Agree  Undecided  Disagree  Strongly Disagree

8. I tend to be quick and certain in my actions.
   Strongly Agree  Agree  Undecided  Disagree  Strongly Disagree

9. I think of myself as a successful person.
   Strongly Agree  Agree  Undecided  Disagree  Strongly Disagree

10. At times I am uncharitable to those who love me.
    Strongly Agree  Agree  Undecided  Disagree  Strongly Disagree

11. Sometime I feel depressed for no apparent reason at all.
    Strongly Agree  Agree  Undecided  Disagree  Strongly Disagree

12. I frequently feel thwarted because I am unable to do as I desire.
    Strongly Agree  Agree  Undecided  Disagree  Strongly Disagree

13. I often feel I get blamed or punished when I don't deserve it.
    Strongly Agree  Agree  Undecided  Disagree  Strongly Disagree

14. I find it hard to continue work when I do not get enough encouragement.
    Strongly Agree  Agree  Undecided  Disagree  Strongly Disagree

15. When upset emotionally I take much time to recover.
    Strongly Agree  Agree  Undecided  Disagree  Strongly Disagree

16. I find it hard to do my best when people are watching.
    Strongly Agree  Agree  Undecided  Disagree  Strongly Disagree

17. At times I indulge in false excuses to get out of things.
    Strongly Agree  Agree  Undecided  Disagree  Strongly Disagree

18. I prefer not to spend much time dwelling on the past.
    Strongly Agree  Agree  Undecided  Disagree  Strongly Disagree

19. I am unwanted by those, I feel, are important to me.
    Strongly Agree  Agree  Undecided  Disagree  Strongly Disagree

20. I am satisfied to a large extent about my sex matters.
    Strongly Agree  Agree  Undecided  Disagree  Strongly Disagree

21. I become upset by criticism even if it is good or meant well.
    Strongly Agree  Agree  Undecided  Disagree  Strongly Disagree

22. I look forward to prepare myself to attend what I intended to.
    Strongly Agree  Agree  Undecided  Disagree  Strongly Disagree

23. My greatest weakness is that I find difficult to complete my work without assistance from others.
    Strongly Agree  Agree  Undecided  Disagree  Strongly Disagree
24. It is my conviction that people in general tend to grow more conservative after the age of forty.
   Strongly Agree Agree Undecided Disagree Strongly Disagree

25. I am as good as anyone else.
   Strongly Agree Agree Undecided Disagree Strongly Disagree

26. If I were young I would try to do the thing which I could not do earlier.
   Strongly Agree Agree Undecided Disagree Strongly Disagree

27. The members of my family often take advice and suggestion from me for overall matters.
   Strongly Agree Agree Undecided Disagree Strongly Disagree

28. When things go wrong I pity or blame myself.
   Strongly Agree Agree Undecided Disagree Strongly Disagree

29. I sometimes think or imagine of performing sexual act that many people consider unnatural.
   Strongly Agree Agree Undecided Disagree Strongly Disagree

30. I certainly feel useless at times.
   Strongly Agree Agree Undecided Disagree Strongly Disagree

31. I spend much of the time worrying over the future.
   Strongly Agree Agree Undecided Disagree Strongly Disagree

32. I find difficult to control my weight.
   Strongly Agree Agree Undecided Disagree Strongly Disagree

33. I can always hear and see things as well as most other people.
   Strongly Agree Agree Undecided Disagree Strongly Disagree

34. I don’t get invited out by friends as often as I would really like.
   Strongly Agree Agree Undecided Disagree Strongly Disagree

35. At times I brag about my qualities before others.
   Strongly Agree Agree Undecided Disagree Strongly Disagree

36. I am fairly able to recall the significant events of my early childhood.
   Strongly Agree Agree Undecided Disagree Strongly Disagree

37. I can recover easily and quickly from social blunders.
   Strongly Agree Agree Undecided Disagree Strongly Disagree

38. I frequently fail to recollect several things which I am to do.
   Strongly Agree Agree Undecided Disagree Strongly Disagree

39. I have several times given up doing a thing because I thought too little of my ability.
   Strongly Agree Agree Undecided Disagree Strongly Disagree
40. I see it is a bad mistake to spend most of my time worrying of the future, instead I prefer to try, to find some pleasure in every present moment.
   Strongly Agree  Agree  Undecided  Disagree  Strongly Disagree

41. I am often in low spirit.
   Strongly Agree  Agree  Undecided  Disagree  Strongly Disagree

42. It is very important to me to feel that what I am doing is very worthwhile or meaningful.
   Strongly Agree  Agree  Undecided  Disagree  Strongly Disagree

43. I enjoy mixing with people.
   Strongly Agree  Agree  Undecided  Disagree  Strongly Disagree

44. I can tackle new situations with reasonable degree of assurance.
   Strongly Agree  Agree  Undecided  Disagree  Strongly Disagree

45. At times I feel a painful sense of loneliness and want very much to share an experience with someone else.
   Strongly Agree  Agree  Undecided  Disagree  Strongly Disagree

46. I can almost always go to sleep at night without any difficulty.
   Strongly Agree  Agree  Undecided  Disagree  Strongly Disagree

47. When luck turns against me I pray God to make it in favor of me.
   Strongly Agree  Agree  Undecided  Disagree  Strongly Disagree

48. Sometimes I would become a respectable person of society.
   Strongly Agree  Agree  Undecided  Disagree  Strongly Disagree

49. I believe that everyone is responsible for what he is as for what he does.
   Strongly Agree  Agree  Undecided  Disagree  Strongly Disagree

50. I deserve severe punishment for my sins.
   Strongly Agree  Agree  Undecided  Disagree  Strongly Disagree

51. I usually prefer to do things in tried way rather then experimenting new and different ways.
   Strongly Agree  Agree  Undecided  Disagree  Strongly Disagree