Appendices

Developmental Problems and Coping Skills among Urban and Rural Adolescents

I. Socio-Demographic data:

1.1. Age:
   1.12y 2.13y 3.14y 4.15y 15.16y

1.2. Sex:
   1. Boy 2. Girl

1.3. Religion:

1.4. Residence:
   1. Urban 2. Rural

1.5. Education status:
   1. Literate 2. Illiterate

1.6. School Status:
   1. School going 2. Non School going

1.7. If not school going are you:
   1. Working 2. Not working

1.8. Marital Status:
   1. Married 2. Unmarried
1.9. Education status of Parents:
   a. Father 1. Literate 2. Illiterate
   b. Mother 2. Literate 2. Illiterate

1.10. Occupation Status of Parents:
   b. Mother 2. Working 2. Not working

1.11. Family system:
   1. Joint Family 2. Nuclear Family

1.12. Annual family income:
   1. Rs.10,000 2. Rs.10,000 – Rs. 25,000
   3. Rs.25,000 – Rs. 50,000 4. Rs. 50,000 and above

1.13. Having property:
   1. Yes 2. No

1.14. Having modern facilities at home:
   1. Yes 2. No

1.15. Having separate reading and sleeping rooms:
   1. Yes 2. No

1.16. Ordinal birth status:
   a. First
   b. Middle
   c. Last

1.17. You are the only girl/boy child for your parents:
   a. Yes  b. No
1.18. Nature of your parents:
   a. Open minded/ Friendly
   b. Traditional/ Authoritative

1.19 Experience of developmental changes
   a. Early               b. Late

1.20. You have received the support from sources you had relied upon regarding your developmental concerns.
   a. Yes                b. No
**II. Developments during Adolescence:** There are six developmental domains mentioned with its special features. This section measures the overall development by assessing each dimension. Therefore features with respect to each dimension can help in assessing the stage of development. Kindly understand the concept and respond appropriately.

2. **A. Physical Development**

2. A.1. The physical changes you have experienced

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<thead>
<tr>
<th>Category</th>
<th>Yes</th>
<th>No</th>
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<tbody>
<tr>
<td>a. Body height</td>
<td></td>
<td></td>
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<tr>
<td>b. Body weight</td>
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<td></td>
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<tr>
<td>c. Facial signs</td>
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<td></td>
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<tr>
<td>d. Muscles</td>
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<tr>
<td>e. Breast enlargements</td>
<td></td>
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<tr>
<td>f. Genital</td>
<td></td>
<td></td>
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<tr>
<td>g. Pubic hair</td>
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<tr>
<td>h. Menstruation</td>
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2. **B. Psychological/ Cognitive Development:**

The psychological changes you have experienced

<table>
<thead>
<tr>
<th>Category</th>
<th>Yes</th>
<th>No</th>
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<tbody>
<tr>
<td>a. Thinking</td>
<td></td>
<td></td>
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<tr>
<td>b. Planning</td>
<td></td>
<td></td>
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<tr>
<td>c. Decision making</td>
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<tr>
<td>d. Judgements / Analysis</td>
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<tr>
<td>e. Information processing</td>
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<tr>
<td>f. Intelligence</td>
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<tr>
<td>g. Memory</td>
<td></td>
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<tr>
<td>h. Concentration</td>
<td></td>
<td></td>
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<tr>
<td>i. Self confidence</td>
<td></td>
<td></td>
</tr>
<tr>
<td>j. Creativity</td>
<td></td>
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<tr>
<td>k. Bravery</td>
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</tbody>
</table>
2. C. Emotional Development:
The emotional changes you have experienced

a. Attachment with people 1. Yes 2. No
b. Belongingness 1. Yes 2. No
c. Being attracted by opposite sex 1. Yes 2. No
d. Desire for achievement/ success 1. Yes 2. No
e. Need for identity 1. Yes 2. No
f. Need for freedom 1. Yes 2. No
g. Need for more love and affection 1. Yes 2. No
h. Fear of being rejected from dear ones 1. Yes 2. No

2. D. Social Development:
The social changes you have experienced

a. Social roles and responsibilities 1. Yes 2. No
b. Freedom to participate in decision making
   1. Yes 2. No
c. Social relationship with your parents and other elders
   1. Yes 2. No
d. Social interests
   1. Yes 2. No
e. Selection of friends 1. Yes 2. No
f. Your relationship with people of opposite gender
   1. Yes 2. No
g. Freedom to participate in social activities
1. Yes 2. No

h. Your social interactions
1. Yes 2. No

i. Your feeling that you are grown enough to shoulder your responsibilities
1. Yes 2. No

2. E. Sexual Development:
The sexual changes you have experienced
a. Physical attraction towards opposite sex 1. Yes 2. No
b. Increased feeling for sex 1. Yes 2. No
c. Increased sexual curiosities 1. Yes 2. No
d. Wet dreams/ masturbation 1. Yes 2. No
e. Sexual relationships 1. Yes 2. No

2. F. Moral Development:
The moral changes you have experienced
a. Good control over your behaviour 1. Yes 2. No
b. Change in your conduct and behaviour 1. Yes 2. No
c. Change in your personality 1. Yes 2. No
d. Increased ability to adopt morality 1. Yes 2. No
e. Increased ability to follow moral values 1. Yes 2. No
f. Increased spirituality 1. Yes 2. No
3. Reactions and difficulties with the developmental changes

3.1 Your reaction towards the developmental changes experienced by you

   a. Extreme curiosity
   b. Worry
   c. Depression
   d. Confusion
   e. Anxiety
   f. Shyness

3.2. The problems/difficulties experienced by you during this stage (the answer for this question should be based on the nature of problems. Mark your answer based on the dominating challenges had been or being experienced.

   a. Physical     (any experiences related to physical dimensions)
   b. Psychological (any experiences related to psychological dimensions)
   c. Social       (any experiences related to social dimensions)
   d. Emotional    (any experiences related to emotional dimensions)
   e. Sexual       (any experiences related to sexual dimensions)
   f. Moral        (any experiences related to moral dimensions)
   g. Legal        (any experiences related to legal aspects)
4. A. **Knowledge towards Development**: (Tick the appropriate answer for all questions. Here yes answers will be given as score 1 and no answers score 0. The knowledge level will be estimated with two levels such as below average and above average. Respondents scored less than 5(0-5) will be considered as having poor level of knowledge and 6-10 as having good level of knowledge towards the developmental issues.)

4. A.1. You were aware about your developmental changes.

1. Yes  
2. No

4. A.2. You were aware about the problems/difficulties related to this stage

1. Yes  
2. No

4. A.3. The changes during this stage is natural

1. Yes  
2. No

4. A.4. The changes during adolescence differ from individual to individual

1. Yes  
2. No

4. A.5. The information source towards development needs to selected carefully with proper supervision

1. Yes  
2. No

4. A.6. You were able to receive the right support at right time

1. Yes  
2. No

4. A.7. There are development management interventions

1. Yes  
2. No

4. A.8. Developmental problems are not permanent

1. Yes  
2. No

4. A.9. Adolescents have all right to attain a successful development.

1. Yes  
2. No

4. A.10. There are adolescence clinics to guide the developmental issues.

1. Yes  
2. No
4. **B. Attitude of adolescents towards the stage**: (Tick the appropriate answer for all questions. Here yes answers will be given as score 1 and no answers score 0. The attitude level will be estimated with two levels such as positive and negative attitude. Respondents scored less than 15(0-15) will be considered as having poor level of attitude and 16-30 as healthy attitudinal level.) (No answers having full score=q.no:4.b.1,4.b.3,4.b.5,4.b.6,4.b.7,4.b.8,4.b.9,4.b.10,4.b.11,4.b.12,4.b.13,4.b.14,4.b.15,4.b.16,4.b.17,4.b.18,4.b.19,4.b.20,4.b.21,4.b.22,4.b.24,4.b.25,4.b.28,4.b.29,4.b.30) and ‘yes’ answer given full score=q.no:4.b.2,4.b.4,4.b.23,4.b.26,4.b.27)

4. b.1. I had a greater expectation towards my development 1. Yes 2. No

4. b.2. I am happy about my development 1. Yes 2. No

4. b.3. I always expect appreciation from my friends 1. Yes 2. No

4. b.4. I am proud of myself 1. Yes 2. No

4. b.5. I don’t require help from others 1. Yes 2. No

4. b.6. My plans and actions are always right 1. Yes 2. No

4. b.7. My people do not like me because they are jealous of me 1. Yes 2. No

4. b.8. My mistakes need not be pointed out by others 1. Yes 2. No

4. b.9. To be a complete man / woman there is need of good physical development 1. Yes 2. No

4. b.10. Only I am facing the problems during this stage 1. Yes 2. No

4. b.11. The development problems are due to the life sins 1. Yes 2. No
4. b.12. Hence I am grown up I need to be given freedom to do anything I want to do
   1. Yes   2. No
4. b.13. It's the duty of parents to fulfill all our needs and wants
   1. Yes   2. No
4. b.14. If I discuss my problems with others it is my weakness
   1. Yes   2. No
4. b.15. The social customs are barriers for our enjoyment
   1. Yes   2. No
4. b.16. One must not develop physical attraction towards opposite sex at this stage
   1. Yes   2. No
4. b.17. Only our friends will understand our personal problems
   1. Yes   2. No
4. b.18. Wet dreams/ masturbation / other sexual ideations at this age is wrong
   1. Yes   2. No
4. b.19. It is right to cultivate habits like smoking, drinking etc at this stage.
   1. Yes   2. No
4. b.20. Getting involved in anti social behaviours like cheating others, theft etc needed to gratify our wants at this age
   1. Yes   2. No
4. b.21. Committing suicide is only the solution for all our problems
   1. Yes   2. No
4. b.22. Substance intake will really are stress relievers.
   1. Yes   2. No
4. b.23. We will be liked by all our people if we are always lawful.
   1. Yes   2. No
4. b.24. It is ok to do mistake, without others knowledge
   1. Yes   2. No
4. b.25. Society is the reason for my condition
   1. Yes   2. No
4. b.26. We are safe and secured due to the norms and values of Society.
1. Yes 2. No

4. b.27. You can be friendly with opposite gender at this age.
1. Yes 2. No

4. b.28. It is must to have a group identity
1. Yes 2. No

4. b.29. Gender is a determinant for the social treatment you receive
1. Yes 2. No

4. b.30. Adolescence had created an identity crisis
1. Yes 2. No

4. C. Coping skills among adolescents: (Tick the appropriate answer for all questions. Here yes answers will be given as score 1 and no answers score 0. The coping level will be estimated with three levels such as below average, average, above average. Respondents scored less than 15(0-15) will be considered as having lower level of coping skills, and 15-29 as high level.)(Yes answers for positive score : Question No.s- 1,3,4,8,9,14,15,17,20,22,25,27. No answers for positive score: Question No.s- 11,12,13,16,18,19,21,23,24,26,28,29.)

4.c.1. Try to understand the problem
1. Yes 2. No

4.c.2. Feel nothing can be done
1. Yes 2. No

4.c.3. Discuss with family members
1. Yes 2. No

4.c.4. Compare yourself with others and feel you are better than them
1. Yes 2. No
| 4.C.5. Wish if situation can be changed | 1. Yes | 2. No |
| 4.C.8. Predict the problem before hand and prepare yourself | 1. Yes | 2. No |
| 4.C.10. You will blame your fate | 1. Yes | 2. No |
| 4.C.11. You prefer to be alone | 1. Yes | 2. No |
| 4.C.12. Expect miracle to happen | 1. Yes | 2. No |
| 4.C.13. Seek advice from faith healers | 1. Yes | 2. No |
| 4.C.14. Try to divert your mind by doing other work | 1. Yes | 2. No |
| 4.C.15. Feel everything happened for good | 1. Yes | 2. No |
| 4.C.16. Lose hopes about future | 1. Yes | 2. No |
| 4.C.17. Try to get solution by reading | 1. Yes | 2. No |
| 4.C.18. Try to be away from problems by increased sleep | 1. Yes | 2. No |
A Study on
“Developmental Problems and Coping Skills among Urban and Rural Adolescents”
with reference to Dharwad district

Intervention guidelines:
Pre /Post Interventional Phase

Personal Details:
1. Sex: a) boy  b) girl

2. Residal: a) urban  b) rural

Knowledge Towards Development: (Tick the appropriate answer for all questions. Here yes answers will be given as score 1 and no answers score 0. The)

4.c.19. Try to keep your feeling by yourself  1. Yes  2. No
4.c.20. Try to forget the problem by joining new group  1. Yes  2. No
4.c.21. Increase watching T V/ Movies  1. Yes  2. No
4.c.22. Seek advice from experienced people  1. Yes  2. No
4.c.23. You will compare yourself with others and feel guilty about yourself  1. Yes  2. No
4.c.24. You will blame others for your problem  1. Yes  2. No
4.c.25. You will wait for new opportunity  1. Yes  2. No
4.c.26. You will find relief by crying  1. Yes  2. No
4.c.27. Discuss with teachers  1. Yes  2. No
4.c.28. You will project your anger on others  1. Yes  2. No
4.c.29. Think of ending life by committing suicide  1. Yes  2. No

5. Need for intervention programmes to develop problem solving skills

5.1. There is need for intervention programmes to develop problem solving skills
6. You were able to receive the right support at right time  
   1. Yes  2. No
7. There are development management interventions  
   1. Yes  2. No
8. Developmental problems are not permanent  
   1. Yes  2. No
9. Adolescents have all right to attain a successful development.  
   1. Yes  2. No
10. There are adolescence clinics to guide the developmental issues.  
    1. Yes  2. No

**Attitude of adolescents towards the stage:** (Tick the appropriate answer for all questions. Here yes answers will be given as score 1 and no answers score 0. The attitude level will be estimated with two levels such as positive and negative attitude. Respondents scored less than 15(0-15) will be considered as having poor level of attitude and 16-30 as healthy attitudinal level.)

1. I had a greater expectation towards my development  
   1. Yes  2. No
2. I am happy about my development  
   1. Yes  2. No
3. I always expect appreciation from my friends  
   1. Yes  2. No
4. I am proud of myself  
   1. Yes  2. No
5. I don’t require help from others  
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8. My mistakes need not be pointed out by others  
   1. Yes  2. No
9. To be a complete man / woman there is need of good physical development  
   1. Yes  2. No
10. Only I am facing the problems during this stage  
    1. Yes  2. No
11. The development problems are due to the life sins 1. Yes 2. No

12. Hence I am grown up I need to be given freedom to do anything I want to do
    1. Yes 2. No

13. It’s the duty of parents to fulfill all our needs and wants
    1. Yes 2. No

14. If I discuss my problems with others it is my weakness
    1. Yes 2. No

15. The social customs are barriers for our enjoyment
    1. Yes 2. No

16. One must not develop physical attraction towards opposite sex at this stage
    1. Yes 2. No

17. Only our friends will understand our personal problems
    1. Yes 2. No

18. Wet dreams/ masturbation / other sexual ideations at this age is wrong
    1. Yes 2. No

19. Is it right to cultivate habits like smoking, drinking etc at this stage.
    1. Yes 2. No

20. Getting involved in anti social behaviours like cheating others, theft etc
    Needed to gratify our wants at this age
    1. Yes 2. No

21. Committing suicide is only the solution for all our problems
    1. Yes 2. No

22. We are experiencing stress substance intake (toxication) will really provides relief.
    1. Yes 2. N

23. We will be liked by all our people if we are always lawful.
    1. Yes 2. No
24. It is ok to do mistake, without others knowledge 1. Yes 2. No

25. Society is the reason for my condition 1. Yes 2. No

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1. Try to understand the problem 1. Yes 2. No

2. Feel nothing can be done 1. Yes 2. No

3. Discuss with family members 1. Yes 2. No

4. Compare yourself with others and feel you are better than them 1. Yes 2. No
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<tr>
<td>5. Wish if situation can be changed</td>
<td>1. Yes</td>
<td>2. No</td>
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<tr>
<td>6. Develop bad habits</td>
<td>1. Yes</td>
<td>2. No</td>
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<td>7. Believe in God</td>
<td>1. Yes</td>
<td>2. No</td>
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<td>8. Predict the problem before hand and prepare yourself</td>
<td>1. Yes</td>
<td>2. No</td>
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<tr>
<td>9. Seek assurance from friends</td>
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<td>2. No</td>
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<td>17. Try to get solution by reading</td>
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<td>18. Try to be away from problems by increased sleep</td>
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<td>2. No</td>
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19. Try to keep your feeling by yourself  1. Yes  2. No

20. Try to forget the problem by joining new group  1. Yes  2. No

21. Increase watching TV/Movies  1. Yes  2. No

22. Seek advice from experienced people  1. Yes  2. No

23. You will compare yourself with others and feel guilty about yourself  1. Yes  2. No

24. You will blame others for your problem  1. Yes  2. No

25. You will wait for new opportunity  1. Yes  2. No

26. You will find relief by crying  1. Yes  2. No

27. Discuss with teachers  1. Yes  2. No

28. You will project your anger on others  1. Yes  2. No

29. Think of ending life by committing suicide  1. Yes  2. No
“When I Asked God for Strength
He Gave Me Difficult Situations to Face

When I Asked God for Brain & Brown
He Gave Me Puzzles in Life to Solve

When I Asked God for Happiness
He Showed Me Some Unhappy People

When I Asked God for Wealth
He Showed Me How to Work Hard

When I Asked God for Favors
He Showed Me Opportunities to Work Hard

When I Asked God for Peace
He Showed Me How to Help Others

God Gave Me Nothing I Wanted
He Gave Me Everything I Needed”

- Swami Vivekananda