

Appendix IV

ADOLESCENT COPING STRATEGIES

Checklist II (B)

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Instructions: There are number of situations in life when you feel things are not going as they should. You feel you are at a stretch and strain situation, which you may call a stressful situation. In such situation what do you do? That is how you handle the situation? Do you take any of the following activities as has been mentioned below? You go through all the statements and see which all activities you engage yourself in, during stressful situations. Please give your responses by ticking in the column YES/ NO as it suits you.

| Srl. No. | Statements | YES | NO |
|----------|---|-----|----|
| 1. | Talk to a family member who can help me out. | | |
| 2. | Accept it since nothing can be done. | | |
| 3. | Seek for online counselling. | | |
| 4. | Speak to a close friend. | | |
| 5. | Engage in physical exercises. | | |
| 6. | Retreat to a quiet, favourite spot to think over things | | |
| 7. | Go for long walks. | | |
| 8. | Make myself feel better by smoking/drinking. | | |
| 9. | Pray to God. | | |
| 10. | Listen to music for comfort. | | |
| 11. | Try to forget about the whole thing. | | |
| 12. | Read novels, magazines etc. more than usual. | | |
| 13. | Keep my feelings to myself. | | |
| 14. | Take a big chance and do something very risky along with the members. | | |
| 15. | Write to 'question /answer columns' in various teen magaz | | |
| 16. | Seek professional help and do as they recommend. | | |

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|-----|---|--|--|
| 17. | Discuss everything with mother/ father openly (please tick speak to). | | |
| 18. | Become more aggressive and violent. | | |
| 19. | Avoid being with people , seek complete isolation. | | |
| 20. | Seek sexual comfort. | | |

If there are others things which you do, then, please specify:

1).....

2).....

3).....

4).....

Thank you for your cooperation.