APPENDIX-A

BIBLIOGRAPHY

BOOKS


Germer, (2005), Mindfulness and Psychotherapy, The Guilford Press,


223


APPENDIX-B

TOOL-1

QUESTIONNAIRE FOR ANXIETY

Anxiety was measured through the sports competition anxiety questionnaire. The anxiety questionnaire was designed to measure the degree of anxiety experience prior to the competition.

It was developed by spielberger. Spielbergers trait anxiety questionnaire was giving to all subjects. Twenty items were adopted from spiebers trait anxiety questionnaire for this investigation. The complete questionnaire scores are as follows.

<table>
<thead>
<tr>
<th>Sl.No.</th>
<th>Response</th>
<th>Score of positive statements</th>
<th>Scores of negative statements</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Not at all</td>
<td>1</td>
<td>4</td>
</tr>
<tr>
<td>2</td>
<td>Somewhat</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>3</td>
<td>Moderately so</td>
<td>3</td>
<td>2</td>
</tr>
<tr>
<td>4</td>
<td>Very much</td>
<td>4</td>
<td>1</td>
</tr>
</tbody>
</table>

POSITIVE STATEMENTS

1, 2, 5, 8, 10, 11, 15, 16, 19, 20.

NEGATIVE STATEMENTS

3, 4, 6, 7, 9, 12, 13, 14, 17, 18.

DIRECTIONS:

Numbers of statements which people have used to describe themselves are given below. Read each statement and then tick in the relevant place.
There is no right or wrong answer. So not spend too much time for any one statement but given the answer which seems to describe your present feelings best:

<table>
<thead>
<tr>
<th></th>
<th>Not at all</th>
<th>Somewhat</th>
<th>Moderately</th>
<th>Very much</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>I feel clam</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>I feel secure</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>I feel tensed</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>I am regretful</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>I feel at ease</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>I feel upset</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>I am presently worrying over possible misfortunes</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>I feel rested</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>I feel anxious</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10</td>
<td>I feel comfortable</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11</td>
<td>I feel self confident</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12</td>
<td>I feel nervous</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>13</td>
<td>I am jittery</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>14</td>
<td>I feel high string</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>15</td>
<td>I am relaxed</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>16</td>
<td>I am content</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>17</td>
<td>I am worried</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>18</td>
<td>I feel over excited and rattled</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>19</td>
<td>I feel joyful</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>20</td>
<td>I feel pleasant</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
TOOL-2
THE ARDELL WELLNESS STRESS TEST

Don Ardell developed a stress assessment that is unique in its holistic approach to stress. In chapter one, you learned about the importance of incorporating all dimensions of health in your understanding of stress. The Ardell Wellness Stress Test incorporates physical, mental, emotional, spiritual, and social aspects of health for a balanced assessment.

Rate your satisfaction with each of the following items by using this scale:

+ 3 = Ecstatic -1 = Mildly disappointed
+ 2 = Very happy - 2 = Very disappointed
+ 1 = Mildly happy - 3 = Completely dismayed
0 = Indifferent

1. Choice of career
2. Present school
3. Marital status
4. Primary relationships
5. Capacity to have fun
6. Amount of fun experienced in last month
7. Financial prospects
8. Current income level
9. Spirituality
10. Level of self-esteem
11. Prospects for having impact on those who know you and possibly others
12. Body, how it looks and performs
14. Home life
_____ 15. Life skills and knowledge of issues and facts unrelated to your job or profession
_____ 16. Learned stress management capacities
_____ 17. Nutritional knowledge, attitudes, and choices
_____ 18. Ability to recover from disappointment, hurts, setbacks, and tragedies
_____ 19. Confidence that you currently are, or will in the future be, reasonably close to your highest potential
_____ 20. Achievement of a rounded or balanced quality in your life
_____ 21. Sense that life for you is on an upward curve, getting better and fuller all the time
_____ 22. Level of participation in issues and concerns beyond your immediate interests
_____ 23. Choice whether to parent or not and with the consequences or results of that choice
_____ 24. Role in some kind of network of friends, relatives, and/or others about whom you care deeply and who reciprocate that commitment to you
_____ 25. Emotional acceptance of the inescapable reality of aging
Total _____
## Geriatric Depression Scale—GDS

### Choose the best answer for how you have felt over the past week:

<table>
<thead>
<tr>
<th>Question</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Are you basically satisfied with your life?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. Have you dropped many of your activities and interests?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. Do you feel that your life is empty?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4. Do you often get bored?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5. Are you in good spirits most of the time?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6. Are you afraid that something bad is going to happen to you?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7. Do you feel happy most of the time?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8. Do you often feel helpless?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9. Do you prefer to stay at home, rather than going out and doing new things?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10. Do you feel you have more problems with memory than most?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>11. Do you think it is wonderful to be alive now?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>12. Do you feel pretty worthless the way you are now?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>13. Do you feel full of energy?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>14. Do you feel that your situation is hopeless?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>15. Do you think that most people are better off than you?</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Scoring

"Yes" to questions 1, 5, 7, 11, 13; "NO" to other questions  
Score: ____/15  
Normal is scores above 5, 0-5 suggest depression