APPENDIX - 1
RAW FORM OF LEARNED HELPLESSNESS SCALE

ATTRIBUTE - 1
ATTRIBUTION OF SUCCESS TO EXTERNAL FACTORS

1. You have stood first in the class because:
   
   I. Your parents helped you.
   II. Your teachers guided you to study well.
   III. Your friends helped you.
   IV. You studied well on your own.
   V. You were just lucky.

2. You have been selected for Khul Ja Sim Sim because:
   
   I. You answered the questions very well.
   II. Your parents were known to someone there.
   III. Your friends helped you to prepare.
   IV. God helped you.
   V. You have a sweet smile which was liked.

3. The teacher tells you that you are the head boy because:
   
   I. Your teacher likes you very much.
   II. You are an all rounder.
   III. Your friends all voted to make you that.
   IV. You wear nice clothes.
   V. You are known to the principal.
4. You have been selected the best athlete in your school because:

   I. Your sports teacher helped you.
   II. The other children did not do well.
   III. You are very good in sports.
   IV. Your parents wanted you to do well so gave you support.
   V. It was God’s will.

5. You have been selected to act in a drama company because:

   I. Your parents were known to the producer.
   II. Your best friend had suggested your name.
   III. You wished on Sanju’s magic pencil and your wish came true.
   IV. You resemble the character you were supposed to play.
   V. You were performing well in your dramatics classes since your childhood.

6. You have won the black belt in karate, the reason for this is:

   I. Your instructor was very good.
   II. You practiced very hard.
   III. The judges liked you very much.
   IV. You were just very lucky.
   V. You performed very well that time.

7. You have been selected to represent your state in cricket because:

   I. You played cricket very well.
   II. You knew the person who did the selection.
   III. You worked very hard.
   IV. Your parents gave money for that.
   V. It was God’s wish.
8. You have been selected for the painting competition because:
   I. Your painting teacher inspired you.
   II. You were having good interest in painting.
   III. Your friends motivated you.
   IV. Your design for painting was unique.
   V. You have used bright colours for painting.

9. You have learnt French and have done very well because:
   I. You liked this language.
   II. You were having an urge to learn new languages.
   III. Somebody’s lecture inspired you to do new things.
   IV. Your parents expected from you to be good in French also.
   V. You were dealing with some international matters.

10. You have taken the responsibility of organizing Maths Club in your school because:
    I. Maths was your favourite subject.
    II. You considered yourself able enough to perform your duty.
    III. You were interested in doing further research in Mathematics.
    IV. Your maths teacher inspired you to take this responsibility.
    V. You were always ready to do the tasks of responsibility.

11. You excelled in Open Book Exam because:
    I. You were not well prepared.
    II. You were not confident.
    III. You were not taught very well in the class.
12. You were good in communicating with others because

I. Somebody inspired you.
II. Your parents helped you to develop good communicating skills.
III. You were having good social relationships.
IV. You participated in debates, symposium etc. in your school regularly.
V. You were in a habit of reading newspapers, books, magazines daily.

13. You have got first prize in making flashcards because:

I. You used your visual memory to recall accurately the size and shape relationships in a quick exposure.
II. You were able to manipulate and reproduce patterns.
III. You were able to decode and encode messages quickly.
IV. You have used combinations of singles, twos and threes of each item.
V. You have used geometric designs like arrows, letters, numbers, tic-tac-toe and domino designs.

14. You were expert in making various types of balls because:

I. You developed familiarity with balls in a variety of situations.
II. You were very creative in the use of balls.
III. You were very interested in sport and game playing skills.
IV. You were using different body parts to move the ball and stay in your own space.
V. You were changing the directions while making the balls.
15. You have arranged the spelling lists in a good way because:

I. You have used words from your own vocabulary.
II. You have used maximof simple to complex.
III. You have developed auditory association.
IV. You have used sequence of three or four words and repeated it in the same order.
V. You have made the spoken or written sentence starting with these words.

ATTRIBUTE – II
BELIEF THAT FAILURE IS A RESULT OF LACK OF ABILITY

1. You have not been selected for quiz competition in school because:

(i) You are not capable of being selected.
(ii) Your General Knowledge was poor.
(iii) You did not put much efforts to prepare.
(iv) You were participating in some other activity so did not give attention to it.
(v) You were not lucky.

2. You have not been chosen the caption of the cricket team in junior school because:

(i) Your sports teacher did not help you.
(ii) You did not perform well.
(iii) You are not capable of performing well to be selected.
(iv) Your parents did not co-operate you.
(v) Your physical characteristics were inappropriate.
3. You have not been selected to act in a dance team for performing on DD channel because:

(i) Your performance was poor in dance.
(ii) You never participated in any co-curricular activity.
(iii) Your parents did not allow you.
(iv) Your instructor did not mention your name.
(v) You do not have ability to dance well.

4. You have not been taken in school band team because:

(i) You did not give attention to it.
(ii) You teacher did not guide you well.
(iii) Your parents did not take interest in it.
(iv) You did not perform well at the time of selection.
(v) You can’t synchronise band.

5. You did not pass the examination, the reason for that is:

(i) Your parents did not help you.
(ii) Your teachers did not make you study well.
(iii) You did not work hard.
(iv) Your retention ability is not that good.
(v) You were preparing examination by remming.

6. You have a hundred piece puzzle, you were not able to make it, the reason for that is:

(i) The complete pieces were not there.
(ii) It was too difficult.
(iii) The time was not enough.
(iv) You did not practice enough.
(v) You did not concentrate enough.

7. You have not been selected as the monitor of your class because:

(i) Your teacher did not want you to be the monitor.
(ii) You did not behave well in class.
(iii) You did not get enough marks.
(iv) Your class mates did not like you.
(v) It was not your turn.

8. You were unable to make friends in the school because:

(i) You were very reserved nature.
(ii) You have inferiority complex.
(iii) You were very proud.
(iv) You were lacking qualities like sympathy, cooperation, tolerance, etc.
(v) We were having irritating nature.

9. You failed to come in good books of your teachers because:

(i) You were not responsive in the class.
(ii) You were unable to express yourself.
(iii) You never participated in the co-curricular activities in the school.
(iv) Your teacher was impartial.
(v) You were able to do all the activities but your fate did not favour you.

10. You did not win the elections for headboy of the primary school because:

(i) You did not get cooperation.
(ii) You were not able to discharge your duty.
(iii) You were not so famous in school.
(iv) Your anti-party was strong.
(v) You were not in good books of your principal.

11. You failed to achieve first position in handwriting competition because:

(i) You did not practice well.
(ii) Your speed was slow.
(iii) You were not aware of the rules of competition.
(iv) You are unable to produce clear writing.
(v) You got late for participating in competition, so did not perform well.

12. You were not selected in folk song team for annual function of the school because:

(i) You are not good at folk songs.
(ii) You were ill at the time of selection.
(iii) You were not having sufficient time for practice.
(iv) Your music teacher did not cooperate you.
(v) Your did not get good music instructor for guidance.

13. You did not get first prize in plastic bottles making competition in your school because:

(i) You did not develop your eye-hand and eye-foot co-ordination.
(ii) You did not get a proper materials i.e. half-gallon, gallon milk containers, bleach bottles for making plastic bottles.
(iii) You were not feeling well at the time of competition.
(iv) You did not use bright colours to paint the bottles.
(v) You were not able to give proper shape to bottle, while cutting the material because you were lacking spatial sense.

14. You did not win blow-competition, the reason for that is:

(i) You have not used your body parts well.
(ii) You have not been able to blow the bubbles in the air in different ways.
(iii) You were not keeping a record for the most bubbles on one try.
(iv) You did not have spatial awareness.
(v) Lack of eye-hand coordination.
(vi) You did not purchase proper bubble blower.

15. You have not stood first in 100 meters race competition, the reason for that is:

(i) You did not vary the speed of the running step, fast or slow.
(ii) You are not good at sprint.
(iii) You are not too well on the day of competition.
(iv) You did not practice well.
(v) The judge were partial.

ATTRIBUTE -III
SUCCESS/FAILURE DUE TO FACTORS BEYOND CONTROL

1. You were to take part in declamation contest. You were sure you will get first prize but you didn’t get it because :-

i) You forgot everything on the stage.
ii) The others were better than you.
iii) The judges were partial.
iv) You were not lucky enough.
v) You've never been on the stage before this.

2) You wanted to go to a boarding school but you were not able to clear the interview because:
   
i) You were not very good in speaking English.
   
ii) The interview board/panel didn't like you.
   
iii) You were not wearing designer clothes or latest dress.
   
iv) Other children had very good background like rich families and good schools.
   
v) You did not qualify the written test first.

3) You wanted to be the best in badminton but you were not able to achieve this because:
   
i) You did not have time to practice.
   
ii) Your parents did not send you for extra practice.
   
iii) The others were better than you.
   
iv) The coach did not give time to you for practice.
   
v) You were not serious while doing practice.

4) You were unable to prepare for the test given by your class teacher because:
   
i) Noise in your neighbourhood or at your home.
   
ii) Children playing outside.
   
iii) Not finding things on time.
   
iv) Feeling hungry, thirsty or need for going to the bathroom again and again.

   v) Lesson being very tough.

5) You wanted to participate in the science fair but was not selected because:
   

   x
i) Your class teacher did not help you.
ii) Material required was not available in the laboratory.
iii) Books related to your project were not available in the library.
iv) Your parents could not afford to pay.
v) You could not formulate any project.

6) You did not become the class leader in sports because :-
   i) It rained very heavily on the selection day.
   ii) Your teacher did not want you to be the class leader.
   iii) You were sick that day.
   iv) You did not practice enough.
   v) You were absent too often.

7) Your project was not accepted for the science fair because :-
   i) The project was not good enough.
   ii) You submitted it late.
   iii) The teacher did not like it.
   iv) You were not lucky enough.
   v) You did not know how to explain the project.

8) You felt that you were having talent of posture making but you did not do progress in it because :-
   i) Nobody encouraged you.
   ii) Your talent was not properly recognized by your teacher.
   iii) You were not having enough time for practice.
   iv) Your financial situation was not sound enough to purchase the material for it.
   v) You had other important things to do.
9) You wanted to get first position in exams but did not get it because :-

i) You forgot all questions in the exams.
ii) Your teacher was partial.
iii) You fell severely ill just one day before the exams.
iv) You were very tensed on the day of examination due to family problem.
v) You got very less marks in maths so you did not stand first in your class.

10) You were going for a quiz competition and were confident enough that you will win but did not because :-

i) You ran into an accident on the way.
ii) You got confused.
iii) You were not well prepared.
iv) Your competitors were very intelligent.
v) You took extra time for answering the questions so some of your answers were disqualified.

11) You wanted to win three legged race but did not get success in it because :-

i) The environment there was not encouraging.
ii) You were physically weak.
iii) You were not feeling well on the sports day or on the athletic meet.
iv) The judges were partial.
v) Your friends cheated during competition.

12) You attempted to do best in story telling competition but did not get it because :-

i) You did not follow the directions regarding story telling.
ii) You did not understand the theme of the story.
iii) You did not develop curiosity to learn things about various objects and people.

iv) Your style of story telling was not entertaining.

v) You did not choose the suitable story i.e. stories of birds, animals, boys and girls for children.

13) You were to construct spring board in your school but you could not construct it because:

i) You did not develop great balancing skills.

ii) You were having earth bound problems.

iii) You did not bend your knees, ankles and hips to absorb the force and stop.

iv) You were not jumping on the board a specific number of times and then to stop.

v) You were not having space sense.

14) Your teacher said to you to design (Chinese puzzles) in the class but you were not successful because:

i) You did not take five different basic geometric forms.

ii) You did not assemble the puzzle pieces into various numbers, letters and/or figures.

iii) You did not have pictures of puzzles with you.

iv) You did not get any auditory clue for constructing puzzles.

15) You were to form words and numbers but you could not form it because:

i) You did not use same paper, cloth textures and paper glued with glitter.

ii) You did not learn to recognize letters and numbers.

iii) You did not trace over the letters or numbers with your eyes open.
iv) You were not aware of the direction to draw it.

v) You did not classify all the letters or numbers — i.e. “A’s”, “b’s”, “3’s”, “vowels” and so on.

ATTRIBUTE – IV

AN ATTITUDE OF ‘GIVING UP’ e.g. I CAN’T DO IT OR SOMETHING CLOSE TO IT

1) During your Maths exam, the first question is very difficult, you don’t know how to attempt it. What do you do?

i) Leave it and finish the other question and then come back to it.

ii) Think that the whole paper is very tough and give it up.

iii) Give up that question and do the other questions first.

iv) You will think over that question.

2) You have been given a spelling list to learn in two days but the spellings are very difficult, what do you do?

i) Divide the words in parts to learn.

ii) Learn as many as you can.

iii) Not try to learn as they are too difficult.

iv) Give up before starting.

3) You have to play a game on the computer in which you have to complete the mission of killing the enemy. What do you do?

i) Keep playing till you achieve the mission.

ii) Give up playing because the computer will not allow you to win.

iii) Ask someone how to win the game.

iv) You think you are weak and you leave it.
4) You are learning how to skate and you keep falling down, what will you do?
   i) You keep on trying till you master it.
   ii) You want to buy new skates because you think your skates are not good for you.
   iii) You give up because you think you can’t learn how to skate.
   iv) You will try after a gap of a month.

6) You want to improve your handwriting so you buy notebooks to improve your handwriting, but on the next day your teacher says in the class that you can never improve your handwriting. What do you do?
   i) Try harder to improve your handwriting.
   ii) Tell her that you are trying to improve your handwriting.
   iii) Get convinced that you can’t improve and give up.
   iv) You will write as many pages as possible everyday even if it is less than five.

6) You want to learn to swim but you are scared of the water. What do you do?
   i) Try to swim in a bath tub so that your fear of water will go.
   ii) Go to the swimming pool everyday putting your feet in the water to get rid of fear of water.
   iii) Decide that you did not want to learn to swim.
   iv) Ask your parents to get you a good coach.

7) You wanted to learn to play the guitar but you did not learn it because
i) You did not get a good teacher.
ii) You hurt your fingers while playing.
iii) That was too expensive.
iv) Look for a person who could teach you.

9) You wanted to learn activities involving jump but you were feeling fear to learn. What do you do?

i) Your speed was not varying, so try to set it, fast or slow.
ii) Try to vary the height and length of the jump.
iii) Change the intensity of the jump - light or heavy.
iv) Jump as high as possible from a crouched position.
v) Jump and land on one foot (alternate) so that you can get rid of the fear of jumping.

Q) You wanted to help the children to arrange the buttons on a shirt but could not arrange it. What do you do?

i) To help children develop visual figure-ground perception.
ii) To help children learn to classify objects according to size, shape, colour, texture and so on.
iii) To help them to play a game similar to Tiddly Winks with the buttons.
iv) Flip the buttons with your fingers as you would flip a coin.
v) Arrange the buttons into various geometric shapes, letters, numbers or simple pictures.

10) You want to do paper and pencil activities by concentrating on specific letters but could not do, what do you do?

i) To develop concepts of spatial awareness, including laterality, directionality, midline position in space and spatial relationships.
ii) To develop fine motor co-ordination.
iii) Find all the words on the page that begin with "p". Draw a circle around all of them.

iv) Draw a connecting line from one "a" on the page to another until you’ve connected all of them. Repeat this procedure with other letters.

v) To develop the systematic process of scanning from left to right.

11) You were sure that you’ll arrange newspaper with the large pieces of papers but you did not. What do you do?
   i) Develop awareness of one’s body parts.
   ii) Give freedom to the child in drawing skills.
   iii) By strengthening eye-hand co-ordination.
   iv) By using a projector and shining the light on a wall, assume your favourite sports position.
   v) Developing awareness of colour, shape, texture, smell and the like.

12) You wanted to make alphabet blocks but did not get success, what do you do?
   i) To develop concepts of balance.
   ii) To enhance development of visual and auditory memory.
   iii) Arrange the block pieces into numbers or pictures.
   iv) Make a pattern, letter or number with some blocks.
   v) Have the child look at a design close his eyes and reproduce it through visual memory.

13) The teacher asked you to assist other children in the class to form puzzles but they could not do it. What do you do?
   i) Place the puzzle at the edge of a table.
   ii) Use the puzzle pieces without the index cards.
   iii) Describe the children, the position of puzzle on the table verbally.
   iv) To assist children in developing form perception.
   v) Tell the children to make a design.
14) You were asked to make charts or transparencies but could not make it. What do you do?

i) Place the chart in front of you or see the transparency on a screen.
ii) Ready to learn left and right and perform the same previous activities by keeping in mind “right, left, up or down”.
iii) Increase your awareness of rhythm.
iv) Keep in mind the concept of directionality.
v) Choose the arrow design and use one or more body parts to point in the direction of the arrows.

15) You were using bread wrappers to fasten the balloons but did not do it. What do you do?

i) To develop eye-hand and eye-foot co-ordination.
ii) Awareness of position in space and spatial relationships.
iii) Put a penny or other similar weight inside the balloon and blow it up.
iv) Tap the balloon into air with one hand. Then, use the other hand.
v) Tap the balloons into the air from various body positions. Lie down, sit down, kneel down and stand up.