APPENDIX-II

FINAL FORM OF LEARNED HELPLESSNESS SCALE

Dear student,

This is a test to know more about your personality. You are being presented with some situations. Assume that you have gone through these situations. Read the options carefully and tick mark (✓) according to your choice in each item.

- You could have more than one choice in each of them.
- There are no correct or incorrect options.
- Your responses will not be shown to anybody.
- Do not skip any item as far as possible.

Rajni Nagpal
Researcher
Section – I

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.

2. You have been selected for Khul Ja Sim Sim show because:
   i) You answered the questions very well.
   ii) God helped you.
   iii) Your parents were known to someone there.
   iv) You have a sweet smile which was liked.

3. The teacher tells you that you are now the head boy because:
   i) Your teacher likes you very much.
   ii) You are an all rounder.
   iii) All your friends voted to make you that.
   iv) 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 supported you.
5. You have been selected to act in a drama company because:
   
i) Your best friend had suggested your name.
   
ii) You wished on Sanju's magic pencil and your wish came true.
   
iii) You resemble the character, you were supposed to play.
   
iv) You were performing well in your dramatics classes since your childhood.

6. You have won the black belt in Karate because:
   
i) Your instructor was very good.
   
ii) You practised very hard.
   
iii) The judges liked you very much.
   
iv) 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) Your coach supported you.
   
iv) It was God's wish.

8. You have been selected for painting competition because:
   
i) Your painting teacher inspired you.
   
ii) Your friends motivated you.
   
iii) The design for painting was unique.
   
iv) You have used bright colours for painting.

9. You have learnt a new language e.g French because:
i) You liked this language.
ii) You were having an urge to learn new languages.
iii) Somebody’s lecture inspired you.
iv) Your parents expected from you to be good in French.

10. You have taken the responsibility of organising a primary Maths club in your school because:

i) Maths is your favourite subject.
ii) Your Maths teacher chose you for this responsibility.
iii) You were interested in doing higher study in Maths.
iv) You were having sufficient time to perform this duty.

11. You have arranged the spelling lists in the best way because:

i) Your teacher trained you to arrange spelling lists.
ii) You read a book related to it in your library.
iii) You have seen a TV programme related to arranging spelling lists.
iv) You have inherent skill of organising words.

12. You have got the first prize in flower arrangement competition because:

i) Your parents motivated you for the competition.
ii) Your fine arts teacher gave you demonstration for flower arrangement.
iii) You learnt flower arrangement in holidays.
iv) You have used fine material for flower arrangement.

13. You are good in making flashcards because:

i) You attended a competition for making flashcards in another school.
ii) Your teacher uses flashcards while teaching.
iii) You read books in your school library on making flashcards.
iv) Your teacher gave attention to you while making flashcards.

14. You were successful in extempore speech because:

i) The judges found you very charming & pretty.
ii) You participate in debate, symposium etc. in your school regularly.
iii) Your ideas/thoughts were authentic not bookish.
iv) You keep looking for chances to use new phrases.

15. You got first position in Yoga competition because:

i) Your friend helped you in some asanas.
ii) You practised very well.
iii) Your Yoga teacher inspired you.
iv) Judge chose easy asanas for you to perform.

Section – II

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

i) You were 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.

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

i) Your sports teacher didn’t like you.
ii) You did not perform well.

iii) You were not capable of performing well to be selected.

iv) Your physical characteristics were inappropriate.

3. You have not been selected to act in a dance team for performing on TV channel because:

i) Your performance was poor in dance.

ii) You never participated in any co-curricular activity.

iii) Your instructor did not recommend your name.

iv) You cannot do better than this.

4. You have not been taken in school band team, the reason for that is:

i) Your teacher did not guide you well.

ii) You did not perform well at the time of selection.

iii) You can not synchronise band.

iv) Your parents did not take interest in it.

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

i) You did not work hard.

ii) Your retention ability is not good.

iii) You prepared for examination only by cramming.

iv) You were ill on the day of examination.

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

i) All the hundred pieces were not there.

ii) It was too difficult.
iii) The time was not enough.
iv) You can not concentrate enough.

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

i) Your classmates did not want you to be the monitor.
ii) You cannot control the class as a monitor.
iii) You did not get enough marks.
iv) It was not your turn.

8. You were unable to make friends in the school, the reason for that is:

i) Those whom you like were very reserve natured.
ii) You have an inferiority complex.
iii) You were very proud.
iv) You are not able to win the confidence of other students in the class.

9. You did not win bubble blow competition, the reason for that is:

i) You have not been able to blow the bubbles in the air in different ways.
ii) You have breathing problem.
iii) You are unable to concentrate at the time of competition.
iv) You did not purchase proper bubble blower.

10. You did not win the elections for headboy of the primary school, the reason for that is:

i) You did not deliver good speeches.
ii) You were not so famous in the class.
iii) You were competing with strong party.
iv) You are not having leadership qualities.
11. You were not selected in folk song team for annual function of the school because:

i) You were 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 support you.

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

i) You did not vary the speed of the running step.
ii) You are not good at sprint.
iii) You could not practise well.
iv) Your dress for running was not proper.

13. You failed to come in good book of your teacher, the reason for that is:

i) You were not responsible in the class.
ii) You were unable to express yourself.
iii) You never participated in the co-curricular activities in school.
iv) Your luck did not favour you.

14. You did not do well in open book exams, the reason for that is:

i) You like regular exams.
ii) You are unable to select right material in less time.
iii) This pattern was new to you.
iv) Books given to you for exams were totally new.
Section – III

1. You took part in declamation contest. You were sure you’ll get first prize but did not get it because:
   i) You forgot everything on the stage.
   ii) The others were better than you.
   iii) The judges were partial.
   iv) You’ve never been on the stage before this.

2. You wanted to go to a boarding school but you have not been 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 & good schools.

3. You wanted to be the best in badminton but you were not able to achieve this because:
   i) You did not get good time for practice.
   ii) You were not serious while doing practice.
   iii) Your parents did not send you for extra practice.
   iv) Paint color of court boundaries disturbed you.

4. You were unable to prepare for the test given by your class teacher, the reason for that is:
   i) Noise in the neighbourhood or at home.
   ii) You needed to go to the bathroom again and again.
iii) Lesson being very tough & you did not understand it properly.
iv) You kept on postponing it and in the end did not have time for it.

5. You did not become the class leader in sports because:

i) You were absent due to heavy rain on selection day.
ii) You were frequently absent from school.
iii) You did not show enough interest.
iv) You were sick that day.

6. Your project was not accepted for the science fair because:

i) The project was not good enough.
ii) You submitted it late.
iii) You did not know how to explain the project.
iv) You were not lucky enough.

7. You felt that you were having talent of poster 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 had other important things to do.
iv) Your financial position was not sound enough to purchase the materials for it.

8. You wanted to get first position in exams but did not get it, the reason for that is:

i) You forgot all the answers in the exams.
ii) You were very tense on the day of examination
due to a family problem.

iii) Before exams, you suffered from examination phobia.
iv) Some questions in the papers were out of syllabus.

9. You were going for a quiz competition and were confident enough that you will win but did not, the reason for that is:

i) You ran into an accident on the way.
ii) Your competitors were very intelligent.
iii) You took extra time for answering the questions, so some of your answers were disqualified.
iv) Others were prepared on different lines, so you got confused.

10. 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) Your friends cheated during competition.
iv) You were not feeling well on the athletic meet.

11. The teacher told you to design Chinese puzzles in the class but you were not successful, the reason for that is:

i) You did not assemble the puzzle pieces with regard to various numbers, letters and/or figures.
ii) You did not get a set with clear pictures of puzzles.
iii) You did not get any clue/help for constructing puzzles.
iv) It was your first experience to design a puzzle.
12. Your teacher asked you to participate in poetical/poem recitation competition but you were not getting ready for participating in it, because:

i) You would not be able to pay attention to the competition due to family problem.

ii) Only self-composed poems were allowed but you could not compose a poem.

iii) You were getting nervous because you never participated in any competition.

v) You were to study for annual exams.

Section - IV

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 & finish the other questions & then come back to it.

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

iii) Give up that question & do the other questions.

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 a strong enemy, what do you do?

i) Keep playing till you achieve the mission.

ii) Give up playing because it is difficult to win on a computer.

iii) Ask someone how to win the game.

iv) Read the instructions for winning the game carefully.

4. You are learning how to skate. If you keep falling down, what do you do?

i) You want to buy new skates because you think your skates are not good for you.

ii) You keep on trying till you master it.

iii) You leave it completely because you think you can’t learn how to skate.

iv) You will try after a gap of a month.

5. Your handwriting needs to be improved, so your parents bought note books meant for that. Next day your teacher instructs you to complete five pages daily, what do you do?

i) Try to improve your handwriting as instructed.

ii) Tell her that you will start work next week.

iii) You are convinced that you can’t improve your handwriting & 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 big bath tub so that your fear of water will go.
   ii) Go to the swimming pool many times, everytime putting your body a little more in water to get rid of fear of water.
   iii) Ask your parents to get you a good coach.
   iv) Decide that you will not learn to swim because you can’t do it.

7. You have to learn playing the guitar because it is in your syllabus. You do not know it. what do you do?
   
i) Try to arrange a good teacher to learn playing the guitar.
   ii) You give up on first day itself because you think you can’t do it.
   iii) Devote sufficient time for playing the guitar.

8. You want to learn activities involving high jump somehow, you fear high jump, how will you learn it?
   
i) Initially jump not so high.
   ii) Run & jump under the supervision.
   iii) You will jump as high as you thought you can.
   iv) You will try for the sake of trying & leave after a day or two since ‘you can’t learn’

9. Your mother asks you to stitch the buttons on a shirt. You could not manage it, because:

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i) Buttons kept on slipping down.
ii) Stitching buttons with needle hurts.
iii) You give up since it is tedious.
iv) Mother does not allow enough time.

10. You wanted to do paper and pencil activities involving various designs of alphabets but you could not do it, what do you do?

i) Keep on trying till you are satisfied.
ii) Consult alphabet design books.
iii) Ask for assistance from your friend.
iv) Abandon the activity if you find it elaborate.

11. Your father was sure that you will arrange a newspaper with the large papers in order easily but you did not, why?

i) When papers kept falling, you left it, thinking you can’t do it.
ii) Papers were too many.
iii) Dates of newspapers were not readable.
iv) Some papers were missing, so you could not arrange them in sequence.

12. You are asked to make charts, but you do not know how to make it, what would you do?

i) Seek the help of senior fellows.
ii) Collect the relevant information for making the charts.
iii) You are not confident and you give up the job.
iv) See the already prepared charts and try to make like them.

13. You want to participate in ‘on the spot’ painting competition, what will you do?
   i) Plan the colour scheme for using in painting.
   ii) Practice on a few painting themes.
   iii) Consult the painting expert.
   iv) You think your speed is slow, you can’t do it and leave the idea to participate.