Dear Sir/Madam,

I am happy to meet you to collect information from you as a part of my research work. I am doing research on the topic "A study of self-confidence and mental health in relation to emotional intelligence of college students" for the DOCTOR OF PHILOSOPHY.

Please go through every item of each tool in detail and give your frank responses without any hesitation. Your response will be strictly kept confidential and no information will be revealed.

The received information will be used only for the purpose of research work.

Thanking you,

Friendly yours,

M.NEE.IMA

Research Scholar

Research Director,

Dr. Smt. G.BHUVA NESWARA LAKSHMI
M.Sc.,M.Ed.,Phd.,
Principal,
Y.V.Rao college of education,
Kanuru, Vijayawada.

PERSONAL DATA

1. Gender : M/F

2. Name of the Course Studying :

3. Area : Rural/Urban
Appendix-A

SELF-CONFIDENCE INVENTORY

1. I can be natural while at a party.
2. I am never at conflict with myself.
3. I enjoy mixing with people.
4. I can usually find a ready answer for remarks made to me.
5. When things go wrong I pity or blame myself.
6. I have a horror of failing in anything I want to accomplish.
7. I find it hard to do my best when people are watching.
8. I can recover easily and quickly from social blunders.
9. I have difficulty in saying the right thing at the right time.
10. I feel embarrassed to enter into assembly when all are already seated.
11. I think of myself as a successful person.
12. I can face a difficult situation without worry.
13. I can tackle new situations with a reasonable degree of assurance.
14. I tend to be quick and certain in my actions.
15. I always feel that I can achieve things I wish.
16. I feel no obstacle can stop me from achieving my final goal.
17. I frequently feel unworthy.
18. I find it hard to continue work when I do not get enough encouragement.
19. I can play my best in a game/contest against an opponent who is much superior to me.
20. I can adjust readily to new situations.
21. I don't have initiative.
22. I am often confused.
23. I need someone to push me through things.
24. I usually feel well and strong.
25. I can usually make up my mind and stick to it.
## Appendix – A

### ANSWERSHEET

Kindly go through the questions and put a mark against TRUE (or) FALSE which ever you choose.

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25. True  False
Appendix-B

MENTAL HEALTH INVENTORY

1. I get excited very easily
2. I am not able to take quick decision on any subject
3. I have affection and attachment with my neighbors.
4. I feel that circumstances are changing against me.
5. I mould myself according to circumstances,
6. I feel that I am losing self-respect.
7. I use to worry even about trivial matter for a long time
8. I am not able to take decision about my next step
9. I hesitate in meeting with others.
10. I do my duty well even in adverse circumstances.
11. I feel that I am not able to fully utilize my abilities in performing my different duties.
12. In adverse circumstances, I act without keeping in view of the real facts.
13. I feel irritation
15. I am much worried about my responsibilities.
16. I play important role in social ceremonies.
17. I utilize my reasoning even in difficult times
18. I feel that my relations with others are not satisfactory.
19. I am used to be lost in world of imagination
20. I am anxious about my future
21. My friends/relatives remain ready to help me in the difficult times.
22. I make definite plans about my future.
23. I am enraged even by the slightest unfavorable talks.

24. I take decision easily even in difficult circumstances.

25. I am not able to behave in such a way as my friends expect from me.

26. I am satisfied with most of the aspects of my life.

27. My friends and colleagues hale respect for me.

28. I am always ready to fight the problems.

29. I make impressions about people or issue even in absence of facts and grounds.

30. I am not able to concentrate fully in my works.

31. I solve my Problems myself.

32. I am perplexed with my contradictory thoughts.

33. I fully cooperate in the important functions of my community.

34. I take decisions on the basis of facts even though they are contrary to my wish.

35. I do not become hopeless even when I fail.

36. I consider myself useful for society.

37. I aspire for something without having in view of my short comings.

38. I do not get influenced even by reasonable arguments.

39. I feel that this world is a place good enough for passing life.

40. I feel full of enthusiasm to think that I will certainly achieve my objectives.

41. My mood changes momentarily.

42. I myself decide what and how I should do.

43. I feel that my intimacy with my group community is decreasing gradually.

44. I feel pleasure in taking responsibilities.
Appendix-B

Put mark against any one of the four alternatives given against the statement. Please see that the alternative you choose is the nearest of your opinion of the statement.

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Appendix-C

EMOTIONAL INTELLIGENCE SCALE

1. I know when to speak about my personal problems to others
2. When I am faced with obstacles, I remember times I faced similar obstacle, and over come them.
3. I expect that I will do well on most things I try.
4. I know why my emotions change
5. When I am in a positive mood, I am able to come up with new ideas.
6. I have control over my emotions.
7. I easily recognize my emotions as I experience.
8. I motivate myself by imagining a good outcome to task I take on.
9. I complement others when they have done something well.
10. I am aware of the non-verbal messages other people send.
11. When another person tells me about an important event in his or her life, I almost feel as though I have experienced this event myself.
12. When I feel a change in emotions, I tend to come up with new ideas.
13. When I am faced with a challenge, I give up because I believe I will fail.
14. I know what other people are feeling just by looking at them.
15. I help other people feel better when they are down.
16. I used good moods to help myself keep trying in the face of obstacles.
17. I can tell how people are feeling by listening to the tone of their voice.
18. It is difficult for me to understand why people feel the way they do.
19. Other people find it easy to confide in me.
20. I find it hard to understand the non-verbal messages of other people.
21. Some of the major events of my life have led me to re-evaluate what is important and non-important.
22. When my mood changes, I see new possibilities
23. Emotions are one of the things that make my life worth living.
24. I am aware of my Emotions as I Experience them.
25. I expect good things to happen.
26. I like to share my emotions with others.
27. When I experience a positive emotion, I know how to make it last.
28. I arrange events others enjoy.
29. I seek out activities that make me happy.
30. I am aware of the non-verbal massages I send to others.
31. I present myself in a way that makes a good impression on others.
32. When I am in a positive mood, solving problems is easy for me.
33. By looking at their facial expressions, I recognize the emotions people are experiencing.
Appendix-C

Put mark against any one of the four alternatives given against the statement. Please see that the alternative you choose is the nearest of your opinion of the statement.

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