APPENDICES

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APPENDIX 'D'
APPENDIX 'E'
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BIBLIOGRAPHY

I BOOKS


*** ** * * * **


III REPORT AND MANUALS


IV ENCYCLOPAEDIA


V. DICTIONARY


*** *** *** *** ***
*** *** *** *** ***
WHAT TO DO: You have a Booklet and an Answer Sheet. Write your Age, Name etc., on the answer sheet where it tells you to.

We want to know what sort of a person you are. The paper before you has questions about your interests, likes and dislikes. First, we shall give you two Examples, so that you will know exactly what to do. After each question there are three answers. Although you are to read the questions in this Booklet, you must put your answers on the answer sheet, along side the same number as in the Booklet. Read the following examples and mark an X for your answers on the Answer sheet where indicated.

EXAMPLES: 1. Which would you rather do.
   a. Visit a Zoo
   b. Uncertain
   c. Go up in aeroplane

   2. If you have a quarrel, do you make friends again quickly.
   a. Yes
   b. in between
   c. No

As you see from these examples, there are usually no right and wrong answers. Each person is different and has only to say what is true for him. You can always find one answer that suits you a little better than others, so never leave a question without marking one of the answers.

Inside you will find more questions like ones above. When you are told to turn the page begin with No 1 and go on until you finish all the questions.

In answering them please keep these five points in mind:

1. Answer the question frankly and truthfully. There is no advantage in giving the wrong impression. Never give an untrue answer about yourself because you think it is the right thing to say. There are ways of detecting such unfair answers.

2. Please answer the question as quickly as you can. Do not spend time puzzling over them. Give the first natural answer as it comes to you.

3. Use the middle Answer only when it is ABSOLUTELY IMPOSSIBLE to lean toward the other of the answer choices. In other words the YES (or "a") or the "no" (or "c") answer should be used for MOST cases.

4. Do not skip any questions. Occasionally a statement may not seem to apply to you or your interests, but answer every question, somehow.

5. After you finish answering for all questions, check once as to whether you have left out any question Unanswered. After you are sure that you have answered every question hand over the Answer Sheet to the investigator along with the Booklet.
1. Have you understood the Instructions?

2. At a picnic would you rather spend Some Time
   a) Exploring the locality alone.
   b) Uncertain.
   c) Playing around the campfire with the crowd.

3. When you write an essay about your personal thought and feeling, do you:
   a) Enjoy telling about your self.
   b) Uncertain.
   c) Prefer to keep some ideas Yourself.

4. Have you enjoyed being in drama, such as School plays?
   a) Yes   b) Uncertain   c) No.

5. Do you feel hurt if people borrow your things without asking you?

6. In Dancing or Music, do you pick up a rhythm easily?

7. Do you go out of your way to avoid crowded buses and Street?
   a. Yes   b. Perhaps   c. No

8. In talking with your classmates do you dislike telling your most private feelings?

9. When you go into a new group do you:
   a) Quickly feel you know every one.
   b) In between.
   c) Take a long time to know people.

10. When a new teacher comes to your class, does he or she soon notice who you are and remember you?

11. Look at these five words: below, above, beside, behind, between. The word that does not belong with the others is
12] When you do a foolish thing do you feel so badly that you wish the earth would just swallow you up?

13] Do you find it easy to keep an exciting secret?

14] Compared to other people do you make up your mind;
   a. With hesitation
   b. In between
   c. With certainty

15] Do you completely understand what you read in school?

16] When chalk screeches on the blackboard does it make you feel queer.

17] Have you always got along really well with your parents, brothers, and sisters?

18] Do you often make big plans and get excited about them, only to find that they just won’t work out?

19] Are you satisfied that you come up to what people expect from someone of your age?

20] Do you sometimes feel happy and sometimes feel depressed without real reason?

21] If someone asks you to do a new and difficult job, do you;
   a) Feel glad and show what you can do.
   b) In between
   c) Feel you will make a mess of it.
22] If friends' ideas differ from yours, do you keep from saying yours are better so as not to hurt their feelings?

23] Do you laugh with your friends more in class than other people do?

24] When you finish School, would you like to:
   a) do something that will make people like you thought you are poor.
   b) Uncertain
   c) make a lot of money

25] Have you ever told your parents that some teachers are too old-fashioned to understand modern young people like you and your friends?

26] Do you prefer having teachers tell you how things should be done?

27] In a trip with naturalists, would you find it more fun to
   a. Catch birds and preserve them in a collection.
   b. Uncertain
   c. Make artistic photos and paintings of birds on the wing?

28] If you accidentally say something odd in company, do you stay uncomfortable a long time and find it hard to forget?

29] Are you known among your friends for going “all out” for things that take your fancy?

30] In School would you rather be:
   a. Librarian, looking after the reading books
   b. Uncertain
   c. an athletic coach

31] On your birth day, do you prefer:
32] Do you sometimes feel, before a big party or outing, that you are not so interested in going?

33] Can you talk to a group of strangers without stammering a little or without finding it hard to say what you want to?

34] Are you feeling easily hurt?

35] Can you work just as well without making more mistakes, when people are watching you?

36] Do you sometimes feel unwilling to try something though you know it is not really dangerous?

37] Do you stand up before class without looking nervous and ill-at-ease?

38] How would you rate yourself?
   a. inclined to moody,
   b. in between,
   c. not at all moody.

39] In School do you feel your teachers,
   a. approve of you,
   b. uncertain,
   c. Hardly know you are there.

40] Are you so afraid of consequences that you avoid making decisions one way or the other?
   a. often
   b. sometimes
   c. never

41] Do you have periods of feeling just "rundown"?
   a. seldom
42] When you rightly feel angry with people, do you think it is all right for you to shout at then?
   a. Yes    b. Perhaps    c. No

43] Do some type of movies upset you?
   a. Yes    b. Perhaps    c. No

44] Would you enjoy more watching a bouring match than a beautiful match?
   a. Yes    b. Perhaps    c. No

45] In a play would you rather act the part of a famous teacher of art than a tough pirate.
   a. Yes    b. Perhaps    c. No

46] Which course would you rather take:
   a. Practical mathematics
   b. Uncertain
   c. Foreign language or drama

47] When you see something very sad in a ply, do you
   a. Find it difficult (hard) to keep the tears away
   b. In between
   c. Say, "on, this is just a lot of make believe."

48] Would you spend an afternoon by a lake
   a. Watching dangerous speed boat racing
   b. Uncertain
   c. Walking by the lovely shore with a friend

49] Which would you rather watch on a fine evening
   a. Car racing
   b. Uncertain
   c. An open air musical play

50] Do your interests
   a. Roam widely over manythings
   b. In between
   c. Settle strongly on one or two important things

51] When a close friend prefers some one else's company to yours on a special day, do you
   a. Complain to him for neglecting you
52] Can you always tell what your real feelings are, for example whether you are tired or just bored?
   a. true    b. perhaps    c. false

53] Do you sometimes feel you are not much good, and that you never do anything worth while?
   a. Yes    b. Perhaps    c. No

54] Do you feel that you are getting along well and that you do everything that could be expected of you?
   a. Yes    b. Perhaps    c. No

55] Do you find yourself humming tunes some one started?
   a. Yes    b. Perhaps    c. No

56] Which of these changes in the school, would you rather vote for:
   a. Putting people in classes of their own
   b. Uncertain
   c. Doing away with necessary equipment

57] When things are going wonderfully, do you?
   a. Actually almost “Jump for joy”
   b. Uncertain
   c. Feel good inside while appearing calm

58] When you have to wait in line, do you often:
   a. Wait patiently
   b. Uncertain
   c. Fidget and think of going instead of waiting

59] Do you wish you could learn to be more care free and lighter hearted about your school work?
   a. Yes    b. Perhaps    c. No

60] Do you find it easy to go up and introduce yourself to an important person.
   a. Yes    b. Perhaps    c. No

61] Do your feelings get so bottled up that you feel you could burst
   a. Often    b. Sometimes    c. Seldom
APPENDIX 'C'

MOONEY PROBLEM CHECK LIST

BOY / GIRL

Age: ........................................ Name of School: ..................................................
Name: ........................................
Grade in School: ........................................................ (Percentage of Marks)

Date: ............................

DIRECTIONS

This is not a test. It is a list of problems which are often troubling students of your age—problems of health, money, social life, home relations, religion, vocation, school work, and the like. Some of these problems are likely to be troubling you and some are not. As you read the list, pick out the problems which are troubling you. There are 2 steps in what you do.

First Step: Read through the list slowly, and where you come to a problem which suggests something which is troubling you, underline it. For example, if you are troubled by the fact that you are under weight, underline the first item like this:

1. "Being underweight". Go through the whole list in this way, marking the problems which are troubling you.

Second Step: When you have completed the first step, look back over the problems you have underlined and pick out the ones which you feel are troubling you most. Show these problems by making a circle around the numbers in front of them. For example, if, as you look back over all the problems you have underlined you decide that "Being underweight" is one of those which troubles you most make a circle around the number in front of the item like this.

1) Being underweight.
I step: Read the list slowly and as you come to a problem which troubles you, underline it.

1 Being underweight.
2 Being overweight.
3 Not getting enough exercise.
4 Getting sick too often.
5 Tiring very easily.
6 Needing to learn how to save money.
7 Not knowing how to spend my money wisely.
8 Having less money than my friends have.
9 Having to ask parents for money.
10 Not getting pocket money.
11 Feeling shy to meet people.
12 Feeling uncomfortable at social affairs.
13 Cannot take part in conversations.
14 Not confident about my manners & conduct.
15 Feeling embarrassed to meet the opposite sex.
16 Not mixing well with the opposite sex.
17 Not being attractive to the opposite sex.
18 Not allowed to mix with the opposite sex.
19 Getting into arguments with others.
20 Hurting peoples feelings.
21 Being talked about by others.
22 Being made fun of by others.
23 Being different from others.
24 Losing my temper very easily.
25 Taking some things too seriously.
26 Feeling uneasy: Too easily irritated.
27 Getting excited too easily.
28 Too many worries.
29 Not going to temple/church/Mosque, often enough.
30 Don’t know what is good & what is bad.
31 Doubting some religious things I am told.
32 Confused on some of my religious beliefs.
33 Listening to dirty stories.
34 Worried about a member of the family.
35 Sickness in the family.
36 Parents sacrificing too much for me.
37 Parents not understanding me.
38 Having to be careful about every pais I spend.
39 Having to leave the school to work.
40 Wanting to be independent.
41 Unable to get desired job in life.
42 Wanting advice on what to do after H: school.
43 Missing too many days of school.
44 Not really interested in books.
45 Not really interested in books.
46 Frequent Headaches.
47 Weak eyes.
48 Many times don’t feel like taking my meals.
49 Not eating the right food.
50 Gradually losing weight.
51 Feeling tired very easily.
52 Not having enough energy.
53 Not knowing how to spend my money wisely.
54 Having less money than my friends have.
55 Not knowing how to save money.
56 Not knowing how to talk to the opposite sex.
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98 Not knowing how to talk to the opposite sex.
99 Not knowing how to talk to the opposite sex.
100 Not knowing how to talk to the opposite sex.
Not as strong and healthy as I should be.
Not getting fresh air, water and sunlight.
Not getting enough sleep.
Frequent colds.
Frequent sore throat.
Wanting to earn some of my own money.
Not having many things I desire.
Needing money for education after highschool.
Needing to find a part time job now.
Needing a job during holidays.
Nothing interesting to do in my leisure time.
Too little chance to go to movies.
Too little chance to listen to radio.
Too little chance to pursue a hobby.
Nothing interesting to do in Holidays.
Disappointed in a love affair.
Girl friend is a problem.
Boy friend is a problem.
wanting if I will find a suitable friend of opposite sex.
Slow in making friends.
Bring shy in social situations.
Feelings too easily hurt.
Getting embarrassed too easily.
Feeling inferior to others of my age.
Moodiness: Not happy always, low spirits.
Trouble in taking decisions.
Afraid of making mistakes.
Too easily discouraged.
Sometimes wishing I'd never been born.
Wondering how to tell right from wrong.
Confused on some moral questions.
Parents old fashioned in their ideas.
Wanting to understand more about my religion.
Wondering what becomes of people when they die.
Being criticized by my parents.
Parents favouring a brother or sister.
Mother is a problem.
Father is a problem.
Death in the family.
Choosing best subjects to prepare for college.
Choosing best subjects to prepare for a job.
Getting needed training for a given job.
Wanting to learn a trade.
Not studying regularly.
Not liking school.
Poor complexion or skin trouble.
Awkward way of sitting, standing & walking.
Too short.
Too tall.
Not very attractive physically.
Living too far from school.
Relatives living with us.
Not having a room of my own.
Having no place to entertain friends.
No vehicle in the family (cycle, scooter, Car).
Not being allowed to use the cycle/scooter/car.
Not allowed to go around with the people I like.
So often not allowed to go out at night.
Not taking part in student activities.
Not having many friends.
Being in love.
Loving some one who doesnot love me.
Deciding whether I am in love.
Deciding whether to become engaged.
Needing advice about marriage.
Being criticized by others.
Being called a'proud peacock.
Being watched by others.
Friends avoiding me.
Having feelings of extreme loneliness.
Afraid to be left alone.
Too easily moved to tears.
Failing in so many things I tried to do.
Can't see the value of so many things I do.
Feeling unhappy most of the time.
Can't forget some mistakes I have made.
Bothered by ideas of heaven and hell.
Afraid God is going to punish me.
Troubled by the bad things others do.
Being tempted to cheat in tests & exams.
Being the only child.
Not getting along with a brother or sister.
Parents making too many decisions for me.
Parents not trusting me.
Wanting more freedom at home.
Deciding whether or not to go to college.
Needing to know more about colleges.
Needing to decide on a particular college.
Afraid I won't be admitted to a college.
Afraid I will never be able to go to college.
Trouble with mathematics.
221 Trouble with my hearing
222 Speech handicap (stuttering etc)
223 Allergies (Hay fever, Asthma, Sneezing colds etc)
224 Frequent stomach aches
225 Menstrual or female disorders
226 Parents working too hard
227 Not having a radio at home
228 Not liking the people in my neighbourhood
229 Wanting to live in a different locality
230 Ashamed of the home we live in
231 Wanting to learn music dance
232 Wanting to learn how to entertain others
233 Wanting to Know more about Karnataka (Art, Music, Dance, Architecture, Painting, Poetry, sculpture, drama)
234 Wanting to improve my appearance
235 Too careless with my clothes & books
236 Going with someone my family won't accept
237 Afraid of losing the one I love
238 Breaking up a love affair
239 Wondering how far to go with the opposite sex
240 Wondering if I will ever get married
241 Wanting to be more popular
242 Disliking someone around me
243 Being disliked by some one
244 Avoiding someone I don't like
245 Sometimes acting childish
246 Being stubborn
247 Tending to exaggerate too much
248 Having bad luck
249 Not having any fun in life
250 Lacking self-confidence
251 Sometimes lying without knowledge
252 Using dirty language
253 Having a certain bad habit
254 Being unable to break a bad habit
255 Lacking self-control
256 Clash of opinions between me & my parents
257 Arguing with my parents
258 Parents expecting too much of me
259 Wanting love and affection
260 Wishing I had a different family background
261 Lacking training for a job
262 Lacking work experience
263 Afraid of unemployment after graduation
264 Doubting ability to handle a good job
265 Don't know how to look for a job
266 Don't like to study
267 Poor memory
268 Slow in reading
276 Bad teeth
277 Nose or sinus trouble
278 Smoking affecting health
279 Trouble with my feet (cramps, pains, ingrown nails etc)
280 Bothered by a physical handicap
281 Borrowing money
282 Working too much outside of school hours
283 working for most of my own expenses
284 Getting low pay for my work
285 Disliking my present job
286 Too little chance to do what I want to do
287 Too little chance to get into sports
288 No good place for sports around home
289 Lacking skill in sports & games
290 Not using my leisure time well
291 Thinking too much about sex matters
292 Concerned over proper sex behavior
293 Not able to control my desire to be in the company of the opposite sex
294 Worried about sex diseases
295 Needing information about sex matters
296 Being too envious or jealous of somebody
297 Speaking or acting without thinking
298 Feeling that nobody understands me
299 Finding it hard to talk about my troubles
300 No one to tell my troubles to
301 Too many personal problems
302 Having unhappy memories of childhood
303 Bothered by bad dreams
304 Sometimes bothered by thoughts of insanity
305 Thought of suicide
306 Sometimes not being as honest as I should be
307 Getting into trouble
308 Getting into temptations
309 Having a troubled or guilty feeling
310 Being punished for something I didn't do
311 Friends not welcomed at home
312 Frequent quarrels in the family
313 Unable to discuss certain problems at home
314 Wanting to leave home
315 Not telling parents my secrets
316 Not knowing what greatly want to do in future
317 Needing to plan ahead for the future
318 Family opposing some of my plans
319 Afraid of failure
320 Concerned about N. C. E training
321 Getting low marks
322 Just can't understand some subjects
323 Not smart enough
APPENDIX 'D'

The analysis of data was done in the following ways:

I. STEP:

The completed answer sheet for the Junior Senior High School personality questionnaire of each student along with each of the Mooney problem check list were taken and numbered serially from 1 to 500.

II. STEP:

The Sten Scores of each of the student for the six personality factors was noted down. The Sten Score distribution of the sample for the six selected personality factors was tabulated as below:

<table>
<thead>
<tr>
<th>STEN SCORES</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
<th>9</th>
<th>10</th>
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</thead>
<tbody>
<tr>
<td>Serial Numbers of the Students</td>
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</table>

For Example, The Sten Score distribution of the Sample given in (Factor 'A') Appendix 'E'.

III. STEP:

For each factor the low Sten scores (those who have scored 1, 2 or 3) and the high Sten scores (8, 9 or 10) were derived from Table of Step II.
IV STEP

The problems of adjustment of high school students for each of the two factor descriptions were found out in all the eleven areas. To find the frequency of each problem the data was analysed by setting up tables. The first row in the table gives the problem numbers in a particular area. For example: the problem Numbers in the area HPD are, 1, 2, 3, 4, 5, 56, 57 ... etc. In the first column of the table, students who are assigned to a particular factor description are represented serially. Such a table for analysing the problems of "Reserved" students in the area HPD, can be represented as follows:

<table>
<thead>
<tr>
<th>Problem Number</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>56</th>
<th>57</th>
<th>Total</th>
<th>Normal</th>
<th>Serious</th>
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<tbody>
<tr>
<td>Serial No. of Students</td>
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</table>

The frequency of each problem is as follows:

<table>
<thead>
<tr>
<th>Frequency of each Problem</th>
<th>Total</th>
<th>Normal</th>
<th>Serious</th>
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</thead>
<tbody>
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</tbody>
</table>
The last three columns in the table gives problems of adjustment of each of the "Reserved" student under three categories:

1. Problems underlined (considered as Total)
2. Problems underlined and Encircled (considered as Serious)
3. Problems underlined but not encircled (Normal)

The last three rows at the bottom of the table gives the frequency of each problem of adjustment in each area. After this, the problems of adjustment of students who are Outgoing were found out in the same way so as to yield the frequency of each problem in that area.

The problems which are underlined but not encircled (i.e., Normal) were not considered for analysis and for interpretation.

**V. Step**

The frequency of each problem of adjustment at the two descriptions of each factor were represented in a table as follows:

<table>
<thead>
<tr>
<th>Factor Description</th>
<th>RESERVED</th>
<th>OUTGOING</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Total %</td>
<td>Serious %</td>
</tr>
<tr>
<td>Problem Number</td>
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<td></td>
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<tr>
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<td>50</td>
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<td>76</td>
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<td>136</td>
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</tbody>
</table>
Since, the frequencies are known, the percentage frequency can be found out. As for example: Out of 60 "Reserved" students if 15 students have marked a problem the percentage of students for which it is a problem would be \( \frac{100 \times 15}{60} \) 25.00%. Like this percentages for each frequency was calculated and filled up in the columns. This yields tables as from VI(a) to XII(k) which represent the problems of adjustment of students at the two descriptions of each personality factor.

**VI STEP**

Since for interpretation only the first five problems underlined (Total) and the first three problems encircled (Serious) in the descending order of frequency were taken. Tables were derived from Step V and on the basis of such tables interpretation was done.

<table>
<thead>
<tr>
<th>Problem</th>
<th>RESERVED</th>
<th>% R</th>
<th>OUTGOING</th>
<th>% R</th>
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</thead>
<tbody>
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<td>TOTAL PROBLEMS</td>
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<td>TOTAL PROBLEMS</td>
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| SERIOUS PROBLEM |          |    | SERIOUS PROBLEM |     |
| .................. |         |    | .................. |    |
APPENDIX 'F'

LIST OF STATISTICAL FORMULAE USED


Page No's indicated in the brackets are the Page No's where this formulae are found in the above Source.

1. Calculation of the Mean by short method (P.36)

\[ M = AM + Ci \]

Where, \( M \) = Mean of distribution,
\( AM \) = Assumed mean.
\( C \) = Correction in terms of class intervals,
\( Ci \) = Correction in terms of scores
\( i \) = the size of each class interval.

2. Correction in terms of Class intervals is given by the Formula (P.37)

\[ C = \frac{\sum f x^1}{N} \]

Where \( f \) = frequency at each class interval,
\( x^1 \) = Deviation from the Assumed Mean in terms of class intervals.
\( N \) = Number of cases in the distribution.

3. Standard Deviation from a frequency distribution when deviations are taken from an assumed mean is given by the formula, (P.52)

\[ \sqrt{\frac{\sum f x^{12}}{N} - C^2} \]
Where

\( i = \) Size of the Class Interval,

\( fx^2 = \) Sum of the squared deviations in units of class intervals

\( N = \) Number of cases

\( C = \) Correction in units of class intervals.

4. The Standard error of the difference between two Means.

\[
\begin{align*}
\sigma_D &= \frac{(M_1 - M_2) \sqrt{\frac{2}{N_1} + \frac{2}{N_2}}}{\sqrt{\frac{\sigma_1^2}{N_1} + \frac{\sigma_2^2}{N_2}}} \\
\bar{D} &= \sqrt{\frac{1}{N_1} + \frac{2}{N_2}}
\end{align*}
\]

in which \( M_1 = \) the SE of the mean of the first distribution.

\( M_2 = \) The SE of the mean of the Second distribution.

\( \bar{D} = \) The SE of the difference between two sample means.

and \( N_1 \) & \( N_2 \) = the size of the two distributions

5. To test the significance of the difference between two means. The critical ratio is given the formula. (P.215)

\[
CR = \frac{D}{\bar{D}}
\]

Where \( D = M_1 - M_2 = \) the difference between two means

and \( \bar{D} = \) Standard error of the difference.

The difference between any two means to be significant at 0.05 and 0.01 levels, the CR's must be 1.96 and 2.58 respectively.