Appendix C

Appendix C-1 Personality Word List
Appendix C-2 State Trait Anxiety Inventory (STAI)
Appendix C-3 Self-Esteem Inventory (SEI)
Please read the directions carefully before writing anything on this card.

1. Please fill in the following particulars.
   - Name
   - College/School/Department
   - Age
   - Class
   - Sex
   - Residence
   - Roll No.

2. Do not leave any word unanswered and respond to all the words.

3. The information collected through this list will be kept strictly confidential and will never be used to your disadvantage. The purpose of this list is to try to help you.

4. Please be frank and honest in your responses, because the results are likely to be useful in your quick development and do not spend too much time on any single word.

5. There is no time limit and no right and wrong answers.

6. Work quickly and do not spend too much time on any single word.

7. Read the first word and try to think how that word describes yourself. If you feel that you are very much like that put your response in the first column. If you think that you are much like that put your response in the second column. If you are uncertain put your response in the third column. If you think that you are not like that give your response in the fourth column. If you feel that you are not at all like that give your response in the fifth column. In this way mark all the words.

8. On the other side of this card there is a list of common adjectives. This will help you in finding out what you think of yourself.

9. Read the first word and try to think how other people think of yourself. If you feel that others think of you very much like that put your response in the first column. If you think that others think of you much like that put your response in the second column. If you think that others are uncertain put your response in the third column. If you feel that others think of you not like that give your response in the fourth column. If you feel that others think of you not at all give your response in the fifth column. In this way mark all other words.

NOW TURN THE CARD AND GO AHEAD.
<table>
<thead>
<tr>
<th>Positive</th>
<th>Neutral</th>
<th>Negative</th>
<th>Discrepancies</th>
</tr>
</thead>
<tbody>
<tr>
<td>graceful</td>
<td>cheerful</td>
<td>intelligent</td>
<td>greedy</td>
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<td>kind</td>
<td>happy</td>
<td>artistic</td>
<td>those</td>
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<td>brave</td>
<td>likable</td>
<td>systematic</td>
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</tbody>
</table>

**Score:**

- Positive (P)
- Neutral (N)
- Negative (W)
- Discrepancies (L)

**DISCREPANCIES:**
P-I P-K I-X S-P S-I S-R

**Total:**

cl
APPENDIX C-2

SELF-EVALUATION QUESTIONNAIRE

Developed by Charles D. Spielberger
in collaboration with
R. L. Gorsuch, R. Luthene, P. R. Vagg, and G. A. Jacobs

STAI Form Y-1

Name ____________________________ Date __________ S __________

Age ________ Sex: M ______ F ______

DIRECTIONS: A number of statements which people have used to describe themselves are given below. Read each statement and then blacken in the appropriate circle to the right of the statement to indicate how you feel right now, that is, at this moment. There are no right or wrong answers. Do not spend too much time on any one statement but give the answer which seems to describe your present feelings best.

1. I feel calm ____________________________ ○ ○ ○ ○
2. I feel secure ____________________________ ○ ○ ○ ○
3. I am tense ____________________________ ○ ○ ○ ○
4. I feel strained ____________________________ ○ ○ ○ ○
5. I feel at ease ____________________________ ○ ○ ○ ○
6. I feel upset ____________________________ ○ ○ ○ ○
7. I am presently worrying over possible misfortunes ____________________________ ○ ○ ○ ○
8. I feel satisfied ____________________________ ○ ○ ○ ○
9. I feel frightened ____________________________ ○ ○ ○ ○
10. I feel comfortable ____________________________ ○ ○ ○ ○
11. I feel self-confident ____________________________ ○ ○ ○ ○
12. I feel nervous ____________________________ ○ ○ ○ ○
13. I am jittery ____________________________ ○ ○ ○ ○
14. I feel indecisive ____________________________ ○ ○ ○ ○
15. I am relaxed ____________________________ ○ ○ ○ ○
16. I feel content ____________________________ ○ ○ ○ ○
17. I am worried ____________________________ ○ ○ ○ ○
18. I feel confused ____________________________ ○ ○ ○ ○
19. I feel steady ____________________________ ○ ○ ○ ○
20. I feel pleasant ____________________________ ○ ○ ○ ○

Consulting Psychologists Press
577 College Avenue, Palo Alto, California 94306
SELF-EVALUATION QUESTIONNAIRE
STAI Form Y-2

DIRECTIONS: A number of statements which people have used to describe themselves are given below. Read each statement and then blacken in the appropriate circle to the right of the statement to indicate how you generally feel. There are no right or wrong answers. Do not spend too much time on any one statement but give the answer which seems to describe how you generally feel.

21. I feel pleasant ......................................
22. I feel nervous and restless ...........................
23. I feel satisfied with myself ...........................
24. I wish I could be as happy as others seem to be
25. I feel like a failure ...................................
26. I feel rested .......................................
27. I am "calm, cool, and collected" ....................
28. I feel that difficulties are piling up so that I cannot overcome them
29. I worry too much over something that really doesn't matter
30. I am happy ...........................................
31. I have disturbing thoughts ..........................
32. I lack self-confidence ..............................
33. I feel secure ......................................
34. I make decisions easily .............................
35. I feel inadequate ..................................
36. I am content ......................................
37. Some unimportant thought runs through my mind and bothers me
38. I take disappointments so keenly that I can't put them out of my mind ..........................
39. I am a steady person ...............................
Coopersmith Inventory

Stanley Coopersmith, Ph.D.
University of California at Davis

Please Print

Name _____________________________ Age ______

School _____________________________ Sex: M F

Grade _____________________________ Date ______

Directions

On the next pages, you will find a list of statements about feelings. If a statement describes how you usually feel, put an X in the column "Like Me." If the statement does not describe how you usually feel, put an X in the column "Unlike Me." There are no right or wrong answers.