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THE JUNG SELF-RATING SCALE DEPRESSION (SDS)

Name    age    occupation

On this questionnaire are 20 statements. Please read each statement carefully and decide how much you agree or disagree with the statement. There are four alternatives given in front of each statement on the answer sheet in the following fashion (1=not at all, II=moderately often, III= often and IV= all the time)

<table>
<thead>
<tr>
<th>S. No.</th>
<th>Items</th>
<th>Not at all</th>
<th>Moderately often</th>
<th>Often</th>
<th>All the time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>I feel down hearted and blue.</td>
<td>I</td>
<td>II</td>
<td>III</td>
<td>IV</td>
</tr>
<tr>
<td>2.</td>
<td>Morning is when I feel the best.</td>
<td>I</td>
<td>II</td>
<td>III</td>
<td>IV</td>
</tr>
<tr>
<td>3.</td>
<td>I have crying spells or feel like it.</td>
<td>I</td>
<td>II</td>
<td>III</td>
<td>IV</td>
</tr>
<tr>
<td>4.</td>
<td>I have trouble sleeping at night.</td>
<td>I</td>
<td>II</td>
<td>III</td>
<td>IV</td>
</tr>
<tr>
<td>5.</td>
<td>I eat as much I used to.</td>
<td>I</td>
<td>II</td>
<td>III</td>
<td>IV</td>
</tr>
<tr>
<td>6.</td>
<td>I still enjoy sex.</td>
<td>I</td>
<td>II</td>
<td>III</td>
<td>IV</td>
</tr>
<tr>
<td>7.</td>
<td>I notice that I am listing weight.</td>
<td>I</td>
<td>II</td>
<td>III</td>
<td>IV</td>
</tr>
<tr>
<td>8.</td>
<td>I have trouble with constipation.</td>
<td>I</td>
<td>II</td>
<td>III</td>
<td>IV</td>
</tr>
<tr>
<td>9.</td>
<td>My heart beats faster than usual.</td>
<td>I</td>
<td>II</td>
<td>III</td>
<td>IV</td>
</tr>
<tr>
<td>10.</td>
<td>I get tired for no reason.</td>
<td>I</td>
<td>II</td>
<td>III</td>
<td>IV</td>
</tr>
<tr>
<td>11.</td>
<td>My mind is as clear as it used to.</td>
<td>I</td>
<td>II</td>
<td>III</td>
<td>IV</td>
</tr>
<tr>
<td>12.</td>
<td>I find it easy to do things I used to.</td>
<td>I</td>
<td>II</td>
<td>III</td>
<td>IV</td>
</tr>
<tr>
<td>13.</td>
<td>I am restless and can not keep still.</td>
<td>I</td>
<td>II</td>
<td>III</td>
<td>IV</td>
</tr>
<tr>
<td>14.</td>
<td>I feel hopeful about the future.</td>
<td>I</td>
<td>II</td>
<td>III</td>
<td>IV</td>
</tr>
<tr>
<td>15.</td>
<td>I am more irritable than usual.</td>
<td>I</td>
<td>II</td>
<td>III</td>
<td>IV</td>
</tr>
<tr>
<td>16.</td>
<td>I find it easy to make decision.</td>
<td>I</td>
<td>II</td>
<td>III</td>
<td>IV</td>
</tr>
<tr>
<td>17.</td>
<td>I feel that I am useful and decision.</td>
<td>I</td>
<td>II</td>
<td>III</td>
<td>IV</td>
</tr>
<tr>
<td>18.</td>
<td>My Life is pretty full.</td>
<td>I</td>
<td>II</td>
<td>III</td>
<td>IV</td>
</tr>
<tr>
<td>19.</td>
<td>I feel that others would be better off if I were dead.</td>
<td>I</td>
<td>II</td>
<td>III</td>
<td>IV</td>
</tr>
<tr>
<td>20.</td>
<td>I still enjoy the things I used to do.</td>
<td>I</td>
<td>II</td>
<td>III</td>
<td>IV</td>
</tr>
</tbody>
</table>
O.R.S. SCALE

People have different feelings about their roles. Please read each statement given below and check how often you have the feeling expressing. Please be frank.

a) If you occasionally (a few times) feel this way.
b) If you sometimes feel this way.
c) If you frequently feel this way.
d) If you very frequently or always feel this way.

1. I have to do things in my role that are against my better judgement.
2. My role tends to interfere with my family life.
3. I am afraid I am not learning enough in my present role for taking up higher responsibility.
4. I am not clear on the scope and responsibilities of my (hole) job.
5. My workload is too heavy.
6. Other role occupants do not give enough attention and time to my role.
7. My role has recently been reduced in importance.
8. I have too little authority to carry out the responsibilities assigned to me.
9. I am able to use my training and expertise in my role.
10. My role does not allow me to have enough time with my family.
11. I am too preoccupied with my present role responsibilities to be able to prepare for taking higher responsibility.
12. I am not able to satisfy the conflicting demands of various people over me.
13. The amount of work I have to do may interfere with how well it gets done.
14. There is not enough interaction between my role and other roles.
I would like to take more responsibilities that I am handling at present.

I do not have adequate knowledge to handle the responsibilities in my role.

The responsibilities I have are of not relate to my interest.

I have various other interests (social, religious, etc) which remain neglected because I do not get time to all end to there.

I am quite affective in my present role but have apprehension about being effective when given another role.

I am not able to satisfy the conflicting demands of the various peer level people – subordinates.

To much authority and responsibility has been delegated to me.

I wish there was more consult between my role and other role.

What I should and can do in my roles is being done by other role occupants.

I do not get information needed to carry out responsibilities assigned to me.

What I do in my role is what I would have done if I had the full freedom to device my role.

My organizational responsibilities inter for with my extra organizational roles.

I wish there was more attention given to my preparation for taking higher responsibility.

I do not know what the people I work with expect of me.

To many people expect too much from me.

Involvement of several roles (including my role) in joint problem of solving or planning is not much evident.

Many functions of that should be a part of my role have been assigned to some other role.
32. I do not have sufficient time to resources to do all the things I feel should be done.

33. I experience conflict between my value and what I have to do in my role.

34. My family and friends complain that I do not spend time with them due to heavy demands of my work role.

35. My role is tangent, I wish it increase more.

36. I am not able to satisfy all the demands of clients and others having expectations from my role.

37. There is a need to reduce some parts of my role.

38. Even when I take initiative for discursions help, there is not much response from other roles.

39. The organization gives more importance to none other role than my role.

40. I wish I had more skills to handles the responsibilities of my role.

41. My family and friends complain that I do not spend time with them due to heavy demands of my work role.

42. I feel stagnant in my role.

43. I am bothered with the contradictor expectation different people have from my role.

44. I wish I had been given more challenging tasks to do.

45. I feel over bordered in my role.

46. Even when I take initiative for discursions or help, there is not much response from other roles.

47. In needed more taking and preparation to be effective in my work role.

48. I experience conflict between my values and what I have to do in my role.

49. I am not clear as to what are priorities in my role.

50. I wish I had more financial resources for the work assigned to me.
S-D EMPLOYEES INVENTORY

Carefully read the questions given below against each question you have to respond either by “Yes” or “No”. Please put a mark in the appropriate space provided with each statement.

1. Do you work with good tools, materials and equipments? Yes No
2. Do your supervisors reward good workers?
3. Do you think that good people are respected in society?
4. Does the thought of future mishaps make you worried?
5. Are most of your acquaintances reliable?
6. Do your supervisors sympathetically listen to your difficulties?
7. Does this job provide good opportunities for promotion?
8. Do you feel that due to poor health you could not get ahead in your job?
9. Do your neighbors help you when you are in some difficulties?
10. Do you some times think that you do not have those qualities which others have?
11. Do you have to work with some such people whom you do not like much?
12. Do you often feel that you are alone in this wide world?
13. Do you feel satisfied with the over-time rules of your organization on of NPA?
14. Do your supervisors think that most of the people are hardworking?
15. Do you sometimes feel that there is none in whom you can confided?
16. Do you often get such ideas at the time of going to bad which keep you awake?
17. Do your supervisors behave well with the doctors?
18. Do you think that the work you are doing is interesting?
19. Do you think that promotions to doctors are given impartially?
20. Do you get upset for a long time when criticized by somebody?
21. Do you feel satisfied with the condition of the place where you work?
22. Do you believe that in case of emergency (such as illness or marriage) the management would help you?
23. Do you hesitate in accepting the responsibilities of social functions?
24. Are you frequently worried due to illness of your family members?
25. Are most of your neighbors gently and worth mixing with you?
26. Do your supervisors invite suggestions from you for the welfare of your company?
27. Do you think that you have selected the right job for yourself?
28. Do you sometimes think that your family members do not care for you sufficiently?
29. Do you sometimes think of changing your house due to the neighbors?
30. Are these any such members in your family whose presence causes you annoyance?
31. Do you sometimes think that you can earn more in some other job?
32. Do you think that bad people outnumber good people in the society?
33. Does your job allow you sufficient time for rest and recreation?
34. Do your superiors respect your skills and abilities?
35. Do you think that most people exploit the weaknesses and shortcoming of others?
36. Do small things also hurt you?
37. Do your superiors harshly punish employees for simple mistakes?
38. Do your fellow workers help you?
39. Do you think that people get promotions due to personal pulls?
40. Do your relatives frequently bother or trouble you?
41. If you are offered elsewhere the same facilities which you are enjoying in your present job, would you like to change your job?
42. Are the doctors dismissed from the job in simple and trivial matters?
43. Do you feel hesitation in talking to strangers?
44. Do you offer have to tasks unfinished?
45. Do you think your friends are sincere to you?
46. If you were an officer, would you treat your subordinators the same way as your officers do?
47. Do you think that you have to work too much here?
48. Has there been some unpleasant experience in your childhood, which you cannot forget?
49. Do you believe that most of the social customs and traditions are troublesome?
50. Do you pass your time pleasantly in your home?
51. Do you think that your work in her and difficult?
52. Are most of the people in society selfish?
53. Is your profession respected by others?
54. Do your superiors believe that the worker’s welfare is their own welfare?
55. Do you think that people do not make lasting friendships with you?
56. Do the members of your family often do things against your wishes?
57. Do most of your colleagues work under duress and fear?
58. Would you advise any of your close relatives to do the job which your are doing?
59. Do you think that the employees are treated here the way they should be treated?
60. Do you sometimes get worried without any apparent cause?
61. Do you sometimes feel like giving up this job and taking up some other job?
62. Do your superiors praise good worker?
63. Do most of the people misunderstand you?
64. Do you earn enough money so that you don’t have to seek help from others?
65. Are you troubled by feelings of cast and creed in society?
66. Are you often given such orders by your supervisors which are difficult to carry out?

67. Do you think that this work provides you support initiates to display your talent and skills?

68. Do you generally feel tired after doing ordinary job?

69. Do you think that your fellow workers generally avoid you company?

70. Do you think that things go wrong without any fault of yours?

71. Do you think that you need some more training on this job?

72. Do you feel hesitant in seeking advice from others?

73. Do you think that inspite of your lacking of interest in this job, you work because you get good money?

74. Are you often asked to work at odd hours?

75. Do you easily make friendship with new people?

76. Do you supervisors think that their employees are efficient?

77. Do the members of your family live cordially?

78. Do you think that your present job is respectable job for person like you?

79. Do you think that you can place your problems before your superiors without any hesitations?

80. Do you get worried often thinking about the goal or purpose of life?