

APPENDIX – A

HEALTH HISTORY QUESTIONNAIRE

Research Title: EFFECT OF DIFFERENT PACKAGES OF PSYCHO-SOMATIC REGULATIVE PROGRAMMES ON SELECTED PSYCHOLOGICAL AND PHYSIOLOGICAL VARIABLES AMONG ENGINEERING COLLEGE WOMEN.

Investigator: **E. KUILY**
 Part Time Ph.D. Scholar
 Tamil Nadu Physical Education and Sports University
 Chennai – 600127.

This questionnaire is designed to obtain information on the health status of the subjects participating for the research study. The information will be kept strictly confidential.

I. Demographic Information

Date _____
 Subject's Name _____
 Phone (Home) _____
 Address: _____
 _____ Pin Code: _____
 Personal Physician _____
 Phone _____
 Age _____ Date of Birth ____ Month ____ Day ____ Year
 Class _____
 Institution _____
 Phone (____) _____
 In case of emergency, contact: _____
 _____ Phone _____
 Health Insurance Carrier _____
 Policy Number _____

II. Medical History

Identify any medical problems (cardiovascular, respiratory, neuromuscular, metabolic) that you had:

III. Surgical History

Indicate any operation that you had (Be Specific)

_____	Date _____
_____	Date _____
_____	Date _____

IV. Medications

Are you taking any prescription medicines? If so, name them below:

Name of the Drug

Dosage

_____	_____
_____	_____
_____	_____

V. Indicate any other risk factors:

Signature : _____

Name of the Subject: _____

APPENDIX – B
PHYSICAL ACTIVITY QUESTIONNAIRE
Tamil Nadu Physical Education and Sports University
Chennai 600127

E. KUILY

Investigator's Name _____

Code _____

Subject's Name _____

Age _____

Years _____

What type of physical activity/activities do you participate in? Please check the activities that you compete in.

Running Walking Endurance or Short

Distance Training

Others (please specify) _____

State the number of years you have been training in Handball.

(years and months)

How many hours per week do you train or participate in your sport?

(hours per week)

Have you recently stopped your training due to an injury or for any other reason(s)? Yes / No.

If yes, for how long? _____

I, _____ certify that the information given above is correct.

Date_____
Signature of the subject

APPENDIX – C**CONSENT TO PARTICIPATE VOLUNTARILY IN
RESEARCH INVESTIGATION
Tamil Nadu Physical Education and Sports University,
Chennai 600 127.**

Investigator's Name: **E. KUILY**
Supervisor: **DR. C. ARUMUGAM**

THESIS TITLE:

EFFECT OF DIFFERENT PACKAGES OF PSYCHO-SOMATIC REGULATIVE PROGRAMMES ON
SELECTED PSYCHOLOGICAL AND PHYSIOLOGICAL VARIABLES AMONG ENGINEERING
COLLEGE WOMEN.

You are being asked to participate in a research investigation as described in this form below. All such investigating projects carried out are governed by the regulations for research on human beings. These regulations require that the investigator obtain from you a signed agreement (consent) to participate in this project.

The investigator will explain to you in detail the purpose of the project, the procedures to be used, the potential benefits and the possible risks of participation. You can ask the investigator any questions that you may have about the investigation, and expect to receive satisfactory answers regarding the same. A basic explanation of the project is summarized below.

After discussion, if you agree to participate in the project, please sign this form in the presence of a witness and the investigator. You may discontinue at any time from the investigation if you choose to do so.

I. Purpose and Procedures:

The purpose of this research project is to improve the selected psychological and physiological variables.

The subjects involved in this project will be one hundred and twenty five engineering college women students. Participation in this project would require you to perform a certain tests to measured psychological and physiological variables.

The procedures used to collect data are routinely conducted and will not represent a new experimental method.

II. Risks and the Safeguards:

The risks of this project are small. While administering the tests you may experience localized muscle fatigue in your thighs. You might feel some muscle soreness and fatigue during and after the cessation of the exercise tests.

We do not expect any unusual risks as a direct result of this project. Should any unexpected physical injury occur, appropriate first aid will be provided, but no financial compensations will be given.

III. Confidentiality:

The information obtained about you will be kept in confidence, although you are free to release it to your own physician. The information will be used only for scientific purposes without identifying you as an individual. Any significant new findings will be brought to your attention.

I CERTIFY THAT I HAVE READ AND FULLY UNDERSTAND THE ABOVE PROJECT. I WILLINGLY CONSENT TO PARTICIPATE.

Signature of Witness
Name:
Address:
Date:

Signature of Subject
Name:
Address:
Date:

I CERTIFY THAT I HAVE EXPLAINED FULLY TO THE ABOVE SUBJECT THE NATURE, THE PURPOSE, THE POTENTIAL BENEFITS AND THE POSSIBLE RISKS INVOLVED IN THIS INVESTIGATION.

Date:

Signature of Investigator

APENDIX D
RAW SCORE OF SELF CONFIDENCE

S. No.	YPG		JRTG		PEG		CTG		CG	
	Pre test	Post test	Pre test	Post test	Pre test	Post test	Pre test	Post test	Pre test	Post test
1	21	26	12	24	19	22	12	24	22	21
2	18	22	13	20	14	21	13	23	21	20
3	21	23	15	22	22	24	15	24	20	21
4	22	23	12	20	18	24	12	25	18	19
5	14	23	16	21	20	23	16	28	19	19
6	18	23	18	21	18	20	18	26	15	19
7	20	24	14	22	19	21	16	21	16	18
8	18	23	16	18	15	24	15	25	17	19
9	15	23	17	18	16	22	18	26	19	19
10	18	20	18	21	14	18	19	25	18	21
11	15	24	19	18	15	21	14	24	19	19
12	16	23	18	16	12	24	18	24	15	18
13	16	20	19	18	16	25	19	24	16	19
14	18	21	15	22	18	24	15	23	14	16
15	15	22	16	22	19	22	16	23	15	16
16	18	21	14	18	15	22	14	24	14	17
17	14	24	15	19	22	23	19	23	18	22
18	18	21	18	20	21	24	21	21	19	21
19	16	23	20	20	12	19	17	23	22	20
20	14	21	18	21	15	27	22	25	17	18
21	12	22	18	19	14	20	22	25	22	15
22	15	24	19	22	13	18	21	24	14	16
23	18	22	13	18	18	24	14	26	18	17
24	18	21	14	22	17	20	19	25	15	19
25	19	23	14	22	19	22	22	25	16	15

APENDIX E

RAW SCORE OF EMOTIONAL ADJUSTMENT

S. No.	YPG		JRTG		PEG		CTG		CG	
	Pre test	Post test	Pre test	Post test	Pre test	Post test	Pre test	Post test	Pre test	Post test
1	44	39	58	57	44	39	40	36	33	55
2	42	49	44	45	48	47	48	39	45	50
3	51	41	48	48	42	39	48	38	38	55
4	44	41	40	48	45	37	55	44	30	45
5	41	38	50	49	41	39	41	35	41	48
6	55	51	43	43	44	42	45	38	45	49
7	47	46	46	45	47	46	48	40	48	47
8	52	50	51	49	52	51	50	41	50	51
9	54	52	52	51	54	41	55	44	55	54
10	60	51	59	58	60	50	60	44	48	55
11	50	44	49	48	50	48	50	41	50	49
12	45	48	44	41	45	44	45	41	45	57
13	48	44	47	43	48	46	48	41	48	46
14	41	37	44	41	58	50	38	35	44	42
15	40	38	39	40	47	46	40	33	40	46
16	55	44	47	46	46	45	44	38	44	45
17	48	41	47	45	47	48	48	44	41	51
18	53	49	51	50	57	46	52	42	52	51
19	55	46	52	55	52	48	55	48	55	53
20	55	44	59	50	54	48	55	44	55	53
21	52	51	51	50	50	48	48	41	48	48
22	50	41	49	46	49	45	50	44	45	48
23	62	50	55	51	48	41	55	42	55	54
24	61	55	61	58	54	50	60	48	55	55
25	51	47	63	58	55	44	50	45	48	46

APENDIX F

RAW SCORE OF ASSERTIVENESS

S. No.	YPG		JRTG		PEG		CTG		CG	
	Pre test	Post test	Pre test	Post test	Pre test	Post test	Pre test	Post test	Pre test	Post test
1	19	24	22	23	22	25	16	28	19	20
2	19	27	21	22	23	28	17	24	23	22
3	25	27	21	22	22	24	20	25	22	21
4	22	21	19	23	21	26	22	28	21	20
5	20	22	19	20	21	26	20	19	25	18
6	22	24	19	21	20	25	18	18	23	22
7	17	22	21	24	22	21	17	22	22	22
8	24	25	23	22	19	25	21	32	20	20
9	22	28	21	23	18	24	22	29	24	18
10	18	26	25	21	16	19	18	30	17	21
11	19	22	14	22	16	22	19	31	18	14
12	17	24	22	25	25	24	16	25	17	21
13	21	26	24	20	22	23	22	33	22	22
14	24	25	19	24	20	22	21	32	20	18
15	19	22	20	21	18	22	19	28	20	21
16	18	27	17	26	25	19	18	26	24	21
17	17	24	22	22	24	21	17	31	19	20
18	17	27	22	25	22	19	17	29	22	18
19	18	24	20	24	18	24	18	27	25	17
20	19	22	18	22	19	22	19	25	19	18
21	21	27	17	20	23	23	21	29	22	21
22	24	25	19	24	21	25	24	28	21	20
23	18	24	20	21	24	22	18	33	18	21
24	19	27	24	20	19	21	19	29	19	20
25	25	28	22	20	22	23	25	28	22	18

APENDIX G

RAW SCORE OF INTER PERSONAL RELATION SHIP

S. No.	YPG		JRTG		PEG		CTG		CG	
	Pre test	Post test	Pre test	Post test	Pre test	Post test	Pre test	Post test	Pre test	Post test
1	14	22	16	24	18	25	16	28	18	20
2	15	21	17	21	21	28	17	24	21	22
3	18	27	14	24	22	28	14	25	22	21
4	19	28	15	23	20	26	15	28	15	20
5	21	22	21	20	14	26	21	19	22	18
6	22	24	22	24	17	25	22	18	15	20
7	20	22	20	22	18	27	24	22	23	22
8	15	25	23	22	19	28	23	32	18	15
9	16	23	18	18	18	24	18	29	20	18
10	21	26	17	19	17	23	17	30	20	21
11	19	22	14	21	19	22	14	31	18	14
12	24	29	15	21	15	24	15	25	22	20
13	15	23	16	20	21	23	16	33	21	21
14	16	25	23	24	17	22	20	32	20	18
15	18	26	22	23	15	22	22	28	21	22
16	19	27	21	22	19	28	21	26	21	21
17	22	21	14	17	17	25	14	31	15	18
18	16	27	15	24	24	22	15	29	15	18
19	19	24	18	22	22	24	14	27	22	17
20	19	22	15	22	23	22	18	25	18	18
21	20	23	22	24	15	23	16	29	15	19
22	21	25	24	24	20	25	14	28	14	15
23	24	22	21	24	21	22	18	33	21	21
24	15	25	20	20	15	25	14	29	15	18
25	24	28	20	20	14	23	15	28	22	18

APENDIX H

RAW SCORE OF STRESS MANAGEMENT

S. No.	YPG		JRTG		PEG		CTG		CG	
	Pre test	Post test	Pre test	Post test	Pre test	Post test	Pre test	Post test	Pre test	Post test
1	23	40	25	28	24	29	22	38	31	33
2	24	42	24	33	25	39	28	41	25	28
3	31	41	31	33	30	34	25	48	30	27
4	30	35	30	30	30	35	23	41	30	26
5	29	44	31	38	31	34	28	41	31	32
6	27	42	27	34	34	36	25	46	34	28
7	26	42	31	32	31	35	24	42	31	31
8	24	36	34	44	34	39	29	38	34	30
9	25	34	33	45	30	40	25	38	30	32
10	28	41	28	34	24	44	31	39	34	34
11	34	41	27	32	23	38	30	45	23	25
12	35	39	29	33	25	35	28	43	25	27
13	28	29	30	44	27	33	27	46	27	30
14	31	38	31	35	28	24	26	45	28	29
15	23	36	23	33	29	33	25	41	29	30
16	25	41	25	33	31	34	28	42	35	32
17	26	39	26	40	24	32	26	46	32	28
18	24	40	24	32	26	45	28	44	26	27
19	30	41	21	36	30	35	24	46	30	33
20	27	44	27	29	27	41	30	47	27	32
21	31	41	26	33	26	29	32	48	26	28
22	29	34	29	35	28	34	31	41	28	29
23	26	38	26	25	26	35	30	44	26	28
24	31	35	22	35	22	28	28	34	28	29
25	28	41	28	31	27	33	28	48	27	28

APENDIX I

RAW SCORE OF VITAL CAPACITY

S. No.	YPG		JRTG		PEG		CTG		CG	
	Pre test	Post test	Pre test	Post test	Pre test	Post test	Pre test	Post test	Pre test	Post test
1	2800	3300	2500	3400	2800	3800	2500	3200	3300	3400
2	2900	3400	2600	3200	3000	3500	2600	3900	3200	2900
3	2700	3500	2700	3200	3200	3300	2700	3800	3400	3400
4	2600	3400	2700	3500	3500	3500	2700	3400	3000	2800
5	2700	3000	2800	3400	2900	3500	2800	3700	3400	3100
6	2800	3200	3000	3500	2500	3600	3000	3600	2800	2900
7	2900	3300	3000	3500	2800	3200	3000	3600	2900	2500
8	3000	3300	3100	3600	2800	3300	3100	3700	3100	3200
9	2900	3500	2800	3600	2500	3500	2800	3800	3100	3000
10	2800	2900	3900	3500	2600	3500	3100	4100	3000	3100
11	2700	3400	2700	2800	2700	2800	3200	4000	3500	3200
12	2500	3300	2400	2900	2400	3600	2400	4200	3600	3100
13	2800	3500	3300	2500	3300	3500	3300	4000	3400	3100
14	2900	3400	3500	3200	2800	3600	3100	3800	3000	2800
15	2800	3500	2900	3500	2900	3800	2900	4100	2900	3700
16	3100	3300	3100	3300	3100	3600	3100	3900	3500	3600
17	2500	3400	3000	3300	3000	3400	2800	3700	2800	2500
18	2600	3500	2900	3600	2900	3200	2900	3600	2900	2600
19	2700	3600	2700	2800	2700	3800	2700	3700	2700	2400
20	2900	3800	2800	2900	2800	3800	2800	3800	2800	2500
21	3000	3300	300	2700	3000	3400	3000	3800	3000	2400
22	2900	3500	3200	2900	3200	3500	2800	3600	2800	2600
23	3100	3700	3500	2800	2900	3400	2800	3600	2800	2700
24	3600	3800	3600	2900	2900	3600	2700	3500	2700	2500
25	3400	3800	3400	2400	2800	3400	2900	3300	2800	2900

APENDIX J

RAW SCORE OF RESTING PLUSE RATE

S. No.	YPG		JRTG		PEG		CTG		CG	
	Pre test	Post test	Pre test	Post test	Pre test	Post test	Pre test	Post test	Pre test	Post test
1	70	68	70	70	73	70	71	66	76	72
2	69	70	69	77	72	68	79	72	74	75
3	73	72	73	71	75	71	76	71	73	71
4	72	67	72	72	78	69	77	72	73	72
5	81	65	81	74	69	66	75	73	77	72
6	74	70	74	73	75	72	68	65	77	78
7	80	70	73	73	80	74	76	69	75	77
8	75	68	72	72	75	70	81	70	76	78
9	79	72	75	69	79	73	71	64	74	77
10	70	68	78	72	70	67	79	70	73	75
11	68	73	70	72	68	69	73	65	78	78
12	71	72	73	70	71	70	69	65	81	80
13	75	71	72	68	75	70	68	65	81	78
14	68	72	75	73	68	68	76	67	77	78
15	70	71	79	75	70	70	70	67	68	67
16	69	72	69	74	69	69	71	69	69	70
17	73	71	75	72	73	68	70	67	75	75
18	72	62	80	71	72	72	70	67	79	78
19	81	69	75	72	81	71	79	71	78	78
20	73	70	79	78	73	69	74	70	80	75
21	73	69	70	71	73	71	71	66	76	75
22	72	73	68	74	72	72	79	62	74	75
23	75	72	71	73	75	66	76	64	72	78
24	78	69	75	72	78	70	77	65	73	72
25	77	71	68	68	69	69	75	66	71	72

APENDIX K

RAW SCORE OF BLOOD PRESSURE

S. No.	YPG		JRTG		PEG		CTG		CG	
	Pre test	Post test	Pre test	Post test	Pre test	Post test	Pre test	Post test	Pre test	Post test
1	100	92.55	100.3	94.21	99	90.12	94.12	89.45	102	105.2
2	99.45	92.1	98.4	94.12	98	90.11	100	89.45	104.5	99.45
3	95.14	92.45	97.45	90.11	100.45	90.15	102.5	88	87.5	105.44
4	99.5	92.45	99.5	92.44	99.5	89.07	98	80.41	89	100.01
5	100.23	94.23	100.47	91.22	100	92.11	101	88.99	101.5	104.55
6	99.45	90.12	99	93.55	98.45	90.11	99	89.88	98.44	99.99
7	99.45	92.11	95	92	95	96.55	98.5	89.99	91	101.5
8	100	90.01	100	91.22	100	92	102.45	85.41	98.5	104.5
9	98.45	92	98	92.01	94	90.11	96	89.45	101.5	109.88
10	97.5	89.12	97.5	92.45	97.5	94.22	95.5	90.12	90.5	99.55
11	101	90.02	101	91.55	101	94.77	98	90.45	104.5	100
12	99	90.02	99	92	99	92.14	99.12	90.01	95	105.44
13	97.5	97.55	97.5	94.22	97.5	90.12	97.52	90.11	99.5	107.44
14	96.45	90.11	99.45	92.11	93.5	92.44	98	91.11	105	104
15	95.5	90.12	95.5	90.31	95.5	97.44	98	88.98	99	104.22
16	100	91.02	100	91.11	98.45	95.44	94.12	87.45	92	105.44
17	95.5	91.22	95.5	92.11	95.5	90.11	96.5	90.12	93.5	101
18	94.51	90.12	99	94.58	99	94.22	101	88.88	91	101.5
19	97.36	92.11	97.5	90.11	97.5	91	98.5	89.97	100.5	104.5
20	100.7	94.25	103	94.58	103	91.25	95.12	90.12	95	103.5
21	101.4	95.41	101.4	92.41	99.4	90.12	97.41	89.14	90	104.22
22	99	93.45	93.8	92.45	94.77	89.99	98.24	88.45	95	101.5
23	96.44	95.56	94.5	93.56	99.45	90.09	98.75	88.01	101.5	103.5
24	98.45	94.56	97.4	94.11	102.78	90.01	95.12	89.12	100.5	101.5
25	94.12	94.22	98	94.52	94.22	90.12	98.41	90.23	89	10.5

APENDIX L

RAW SCORE OF BREATH HOLDING TIME

S. No.	YPG		JRTG		PEG		CTG		CG	
	Pre test	Post test	Pre test	Post test	Pre test	Post test	Pre test	Post test	Pre test	Post test
1	38	48	39	41	33	52	33	55	34	35
2	32	45	32	41	54	55	52	58	55	55
3	54	55	51	54	53	58	53	65	54	50
4	52	56	52	55	50	54	49	66	48	49
5	33	52	52	55	52	59	51	64	52	55
6	45	50	45	48	35	45	33	62	41	44
7	47	56	47	57	33	48	45	67	40	38
8	45	58	45	50	44	55	41	61	44	49
9	42	51	35	51	42	52	42	58	42	44
10	53	55	51	55	36	55	32	51	45	50
11	50	55	54	54	39	49	44	54	37	39
12	41	49	50	45	41	52	35	56	45	47
13	40	54	41	49	47	54	32	58	49	51
14	56	59	35	50	50	57	50	52	50	50
15	53	58	33	44	52	58	52	50	52	51
16	42	55	32	46	38	45	38	51	38	38
17	35	51	43	54	43	59	43	51	43	42
18	38	53	41	53	41	53	41	45	55	48
19	45	54	50	51	50	54	39	51	50	51
20	39	52	54	54	54	57	36	58	54	55
21	51	55	51	52	51	56	41	60	51	45
22	50	58	50	41	50	57	46	64	50	51
23	40	55	40	45	40	49	51	61	40	41
24	48	54	48	49	48	54	49	62	48	45
25	50	59	50	54	50	61	47	58	55	51

APENDIX M

RAW SCORE OF RESPIRATORY RATE

S. No.	YPG		JRTG		PEG		CTG		CG	
	Pre test	Post test	Pre test	Post test	Pre test	Post test	Pre test	Post test	Pre test	Post test
1	24	39	25	33	24	35	24	48	30	33
2	25	37	27	34	26	33	25	41	26	24
3	33	35	30	33	28	44	33	42	28	29
4	30	37	33	36	35	41	24	40	29	36
5	29	39	32	39	31	33	29	40	31	35
6	24	38	28	41	30	44	24	48	30	33
7	31	36	29	33	34	36	31	44	31	35
8	33	38	30	32	31	31	33	40	24	33
9	25	38	24	33	31	33	25	43	31	31
10	24	35	25	31	24	35	24	45	31	30
11	26	26	31	33	25	45	26	46	25	22
12	28	42	28	28	28	40	28	48	28	29
13	33	41	27	35	29	31	29	39	29	22
14	31	43	33	34	24	33	24	38	29	30
15	32	41	34	31	30	43	26	40	30	24
16	30	36	31	33	31	35	24	48	31	25
17	29	37	24	33	34	36	30	37	34	33
18	24	39	26	41	33	38	24	40	33	26
19	27	41	26	29	24	29	27	44	31	33
20	30	38	33	28	30	36	30	38	30	25
21	32	45	31	38	27	39	32	44	27	22
22	33	46	34	36	29	57	33	43	24	31
23	28	38	30	35	26	30	28	44	30	28
24	27	35	29	36	30	31	27	41	29	31
25	28	36	28	39	31	33	28	44	30	30

APPENDIX -N

PERSONALITY DEVELOPMENT INDEX (PDI) QUESTIONNAIRE

(By Dr. K.V. KALIAPPAN)

Please read the statements carefully and give your first response towards the views expressed. You may choose any of the responses given below:

S.No	Questions	Strongly Disagree	Disagree	Uncertain	Agree	Strongly Agree
1	People running Old Age home, Orphanages, Destitute Homes and Night shelters for street children render better service than scientists					
2	I am disturbed because my education is neither helpful neither to my life nor in getting a job					
3	I feel that others usually dominate me.					
4	Individual liberty of American Culture is better than Indian Culture					
5	I have leadership qualities					
6	I listen patiently to what others say and understand clearly					
7	I am aware of my weaknesses					
8	I strongly feel that I am better than others are					
9	People consider me as a courteous person					
10	I take things positively					
11	Running health institution, educational institution is in no way superior to running an industry					
12	Examination is a stressful event in one's life					
13	I have difficulty in asking a help/favor					
14	Rarely I utter a lie					

15	In order to achieve results a leader should command rather than be democratic					
16	Usually I ask questions and also encourage others to ask questions					
17	I am not fully aware of my strengths					
18	I don't get easily discouraged					
19	I respect individuals even if have some follies					
20	I have the habit of consulting and getting guidance from experts for success in a work.					
21	Revenue loss to the government and impossibility of curbing illicit trade and liquor are valid reasons for not enforcing the prohibition					
22	There is no financial difficulty in my family					
23	I am always standing for my rights even though I have to face hardships					
24	Family institution in India compared to developed countries is not leading to prosperity to the members.					
25	Whenever needed people willingly do things for me.					
26	I usually illustrate a point by examples and anecdotes					
27	My abilities (Memory, Intelligence and Creativity) are adequate					
28	I am confident that I can achieve what I want to achieve					
29	I don't get use harsh words with other people					
30	I try to get more knowledge for doing things in better ways.					
31	Poverty is the main reason for crimes in India					
32	It disturbs me that my family members are not getting along well with each other					
33	I don't usually complement others.					
34	Mostly I go by my conscious					

35	I always consult and take decisions.					
36	I usually make my communication interesting by making jokes and showing necessary emotions					
37	I am an emotionally balance person					
38	I have an optimistic outlook of life					
39	Without any hesitation people come to me for help.					
40	Creative ways will always solve your problems					
41	Crime can be controlled by social control (i.e. People working together, immediate and effective punishment)					
42	My family gives me security					
43	I can firmly say no when I want to say no, Eg. Boozing/smoking					
44	Faith in supreme power or nature does not lead to scientific development as compared to the developed countries.					
45	I mostly work for my power and status (Position)					
46	I usually analyse and evaluate the communication coming from the other sources.					
47	My life ambition is not yet crystallized.					
48	I realize that I have developed adequately.					
49	Even if people are ungrateful I can accept them.					
50	Physical activities like jogging, walking, swimming relaxes me.					
51	The corruption in the society disturbs me.					
52	I am disturbed about my physical appearance.					
53	I don't mind encouraging in others domain in getting my work done.					
54	I hate people who are after power and wealth.					
55	Moving with others create problems for me.					

56	I usually talk in a persuasive tone with moderate pitch and with proper gesture.					
57	I am realistic in understanding people and events.					
58	My skills and knowledge have improved in recent years.					
59	I am very careful in not disturbing others feelings.					
60	I enjoy singing, dancing, praying, painting etc.					
61	Discrimination due to caste, religion, rural-urban, sex disturbs me.					
62	I am disturbed about my physical illness like headache, common cold.					
63	You will get more dividends when you are aggressive.					
64	I like people who are having high moral standards.					
65	I never hesitate in complementing others appropriately.					
66	I have the habit of doing transcendental Meditation and Relaxation exercises					
67	Politics in the society is disturbing me.					
68	I don't have any mental health problems					
69	Contentment will not lead to prosperity					
70	I enjoy difficult task since they give me better experience					
71	My emotions (anxiety, fear, guilt and depression) lead me to difficulties					
72	Stealing from rich is not a crime					
73	Failures are stepping stones for success					
74	Meager resources in India make one's life stressful					
75	There are ways and means to achieve things even without corruption					
76	I seem to be more anxious of others but of me.					

77	Good or Bad are not because of others but by me.					
78	I have less fears compared to many people					
79	Satisfying self and family should be given priority than developing others.					
80	At times I get depressed for no obvious reason.					
81	At the most one can refrain from taking bribe but not refrain from giving bribe in this society					
82	Even for trivial things I feel guilty					
83	I am the cause for my happiness and sorrows					
84	Sometimes I feel jealous of people					
85	Often I use harsh words and get irritated with others.					