

APPENDIX K

PERSONALITY DEVELOPMENT INDEX

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

- 1) Strongly Disagree 2) Disagree 3) Uncertain
4) Agree 5) Strongly agree

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 balanced 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.

APPENDIX L

ACHIEVEMENT MOTIVATION QUESTIONNAIRE (Deo Mohan)

Name:

Age:

S.No.	Items	Always	Fre- quently	Some- times	Rarely	Never
1.	I shall be very much pleased if I have to miss the classes for some days.					
2.	I pay full attention to the work in the class.					
3.	I mind much if I reach late in the class.					
4.	I love to read more and more to find unknown regions of knowledge.					
5.	I love to have a personal library, not counting text-books.					
6.	I set standards for myself and then strive to achieve them.					
7.	I wish to specialize and become top most in the field of my liking.					
8.	I like to experiment and create new things and surprise people.					
9.	I work hard for hours together to be successful in whatever I undertake.					
10.	I have a tendency to find solution to problems and puzzles other people fail at.					
11.	I aspire to get excellent results in all academic competitions.					
12.	I am ready to leave the job half done and try to new one.					
13.	I get nervous in the examination of one or two questions are not from the syllabus.					
14.	I prefer to go to a party rather than prepare for an examination next week.					
15.	On getting low marks, I feel disappointed and determine to work hard to do better next time.					
16.	I think, I find my lessons meaningful and interesting.					
17.	While studying, my mind wanders off					

	the lesson and I get lost in imagination.					
18.	I think, it is better to gossip away in the canteen than to attend the classes.					
19.	When the teacher is teaching, I like to read stories/novels/comics or make cartoons in the class.					
20.	The school/college haunts me and I want to leave it at the very first opportunity.					
21.	It irritates me a lot if I have to stay late in the school/college for some lectures.					
22.	I want to go to college/university because there is a plenty of opportunity to enjoy life.					
23.	I think studies, sports and other activities can go together.					
24.	I agree that the present course of my study will help making my future life a success.					
25.	I feel very much frustrated if I do not get a chance to complete in the field of my choice.					
26.	I regularly take down notes in the class and complete my assignments.					
27.	I plan to study carefully all the year round in an effort to get good marks in all the tests.					
28.	I believe in an important work first and other work later.					
29.	I do a lot of preparation at home for the next day's work in the class.					
30.	I like to ask questions regarding every information given in tables and charts in the books rather than leave them as such and read further.					
31.	I think my teachers are competent in their work.					
32.	I like to create nuisance in the class and annoy the teacher.					
33.	I try my utmost to please my teacher through work and not through flattery.					
34.	My friends consider me dull and shirker.					
35.	It is true that my teachers think of me as a sincere and hard working student.					

36.	I feel hurt if others (parents, teachers and friends) criticize me and I try to improve upon my weaknesses.					
37.	My parents advise me to take life easy and never bother too much for studies or far future life.					
38.	I wish to carry my mission forward in spite of facing a lot of criticism.					
39.	I think of life to be an intellectual challenge.					
40.	I am interested in organizing the activities of a group team/class/committee.					
41.	I try to get associated with top most person in the field of my choice.					
42.	I love to have some adventure in my leisure hour.					
43.	I would like to watch a surgical operation being performed.					
44.	I like to compete in dramatics.					
45.	I think of dancing and music to be good hobbies for students.					
46.	I have a strong desire to be a champion in games/sports/athletics.					
47.	I have tried to get in the sports team of my school/college, to represent my team in other states or countries.					
48.	I believe sports develop initiative, leadership and discipline.					
49.	Hill climbing and mountaineering are a welcome challenge, I would like to take.					
50.	On a holiday, I prefer going for cycling, swimming or boating to sitting at home without much work.					

Score:

APPENDIX M

SELF CONCEPT QUESTIONNAIRE

Mukta Rani Rastogi (1979)

Name

College

Self concept is an important proposition for you as a student as well as player of some Game/Sport.

This is meant to make you understand this proposition as well as know more in this direction.

Below are given certain statements to which you have respond with any of five answer viz Strongly Agree, Agree, Undecided, Disagree, and Strongly Disagree by making a tick mark in the appropriate box.

This has nothing to do with your examination. Your response will be kept Secret . Complete all the statements without hesitation. Finish the test as early as possible without boring too much over a statement.

1. I like and feel pretty good towards myself.
Strongly Agree/ Agree/Undecided/Disagree/Strongly Disagree
2. I often feel that my movements are clumsy
Strongly Agree/ Agree/Undecided/Disagree/Strongly Disagree
3. If given a chance, I could do something that would be of much benefit to the world.
Strongly Agree/ Agree/Undecided/Disagree/Strongly Disagree
4. I think of myself as a successful person.
Strongly Agree/ Agree/Undecided/Disagree/Strongly Disagree
5. At times I am uncharitable to those who love men
Strongly Agree/ Agree/Undecided/Disagree/Strongly Disagree
6. I often feel I get blamed or punished when I don't deserve it.
Strongly Agree/ Agree/Undecided/Disagree/Strongly Disagree
7. I find it hard to continue work when I do not get enough encouragement.
Strongly Agree/ Agree/Undecided/Disagree/Strongly Disagree
8. When upset emotionally, I take much time to recover.
Strongly Agree/ Agree/Undecided/Disagree/Strongly Disagree

9. Those who feel I am unwanted are important to me.
Strongly Agree/ Agree/Undecided/Disagree/Strongly Disagree
10. I am good as anyone else.
Strongly Agree/ Agree/Undecided/Disagree/Strongly Disagree
-2
- .2.
11. If I was young again I would try to the things which I could not do earlier.
Strongly Agree/ Agree/Undecided/Disagree/Strongly Disagree
12. The members of my family of ten take advice and suggestion from me for over all matters.
Strongly Agree/ Agree/Undecided/Disagree/Strongly Disagree
13. When things go wrong I pity or blame myself.
Strongly Agree/ Agree/Undecided/Disagree/Strongly Disagree
14. I spend much of the time worrying over the future.
Strongly Agree/ Agree/Undecided/Disagree/Strongly Disagree
15. I have several time given up doing a thing because I thought too little of my ability.
Strongly Agree/ Agree/Undecided/Disagree/Strongly Disagree
16. I see it is a bad mistake to spend most of my time worrying for the future instead of I prefer to try to find some pleasure in a very pleasure moment.
Strongly Agree/ Agree/Undecided/Disagree/Strongly Disagree
17. I enjoy mixing with people.
Strongly Agree/ Agree/Undecided/Disagree/Strongly Disagree
18. At times I feel a painful sense of loneliness and want very much to share an experience with some one else.
Strongly Agree/ Agree/Undecided/Disagree/Strongly Disagree
19. When luck turns against me, I pray GOD to make it in favor of me.
Strongly Agree/ Agree/Undecided/Disagree/Strongly Disagree
20. I can recover easily and quickly from social blunders.
Strongly Agree/ Agree/Undecided/Disagree/Strongly Disagree