

## APPENDICES

### APPENDIX A

#### SELF CONFIDENCE QUESTIONNAIRE

S.N	QUESTIONNAIRE	TRUE / FALSE
1	It always happens to you that you cannot come to a first decision/conclusion to the last moment of your work.	
2	Whenever a subject is brought to you/or asked about the subject you don't hesitate to give answer to it.	
3	Whenever you have a meeting with the public you experience self-confidence.	
4	Your feeling sometimes hurt other	
5	Whenever you don't want to meet some people you change your route	
6	You always fear that others don't like you	
7	Without any distress you confuse on any difficult problems	
8	For a silly thing people unjustly blame	
9	You always deny to play certain games because you know you are not good at it	
10	You always worry/think more an ever subject matter	
11	You don't plainly explain your feeling	
12	You think everyone is always interested to get the best out of you	
13	Whenever you start a work you have the fear of loosing/not succeeding it	
14	At times when needed you feel that you are unable to give the correct answer that express your feeling	
15	You feel life is very strenuous	
16	You get yourself back to face any problems	
17	To keep yourself concentrate on a subject is very difficult	
18	Most of the times you have neglected to do the work the assignment has given to you. Because you feel that you are incapable of doing it.	
19	You feel that you are not facing the problems in an orderly manner.	

S.N	QUESTIONNAIRE	TRUE / FALSE
20	You spend most of your time, simply thinking of your future.	
21	You have lost some of your golden chances because you are unable to take a quick and final decision.	
22	It is believed that you always live in a depressed mood.	
23	You make friendship in no time as other do.	
24	Whenever you're feelings do not match with others you feel much discouraged.	
25	It is believed that you are satisfied with (your imaginary thoughts)your impossible wishes.	
26	You don't have a positive way to take an any job.	
27	You get discouraged immediately.	
28	Whenever you get upset in takes more time for you to back to normality.	
29	You feel that nobody understands you.	
30	Sometimes you feel discomfort (or) uneasy to sit quietly in one place.	
31	When you are single you experience yourself courage and boldness.	
32	You are simple and you feel yourself that there is no one for you.	
33	You feel difficult to have conversation with your superiors.	
34	You face difficulty in making new friends.	
35	At any social gathering discussion instead of active participation you keep yourself aloof/ away.	
36	You face difficulty in making new friends.	
37	It is difficult for you're to speak before a large gathering.	
38	Whenever same one looks at you, you can't do better than normally you do the job.	
39	Whenever someone comments either favorably or unfavorably you feel distressed.	
40	You admire a man of success.	
41	You always feel that whatever you want to do , you can do it.	
42	You feel difficult to take a firm decision of your own.	
43	Whenever you want to move a coin against your enemy you feel you have done it.	
44	You make your decision knowing fully what should be the next step.	

S.N	QUESTIONNAIRE	TRUE / FALSE
45	You keep yourself mentally relaxed by not storming the brain.	
46	You feel much against with those who humiliate the atmosphere.	
47	You feel thinking that a large man is not a worthy man.	
48	You are so sensitive, that you start crying immediately.	
49	You experience nervousness before you enter a meeting hall.	
50	You get frustrated because whatever you (think or work) want to do, you feel unable to do it.	
51	You feel your friend had done something good for his life or living or he is doing well better than you.	
52	You always live in a state of confusion.	
53	When you get a chance to become a good leader, or a good politician, you avail it.	
54	You feel that no promises in your natural style in any party or a good gathering.	
55	You feel back yourself in your natural style in any party or a good gathering.	
56	Whenever you are to face a difficult task or to face a tough time you feel that you do not do it what is necessary.	

### Self Confidence:

Self-confidence was assessed by Agnihotri's Self Confidence Inventory (ASCI) developed by Dr. Rekha Agnihotry. Agnihotri's Self Confidence Inventory (ASCI) consists of 56 questions which includes items for the assessment of self-confidence.

The author has given the following classification criteria:

Raw score Explanation

7and below Very high Self-confidence

8-19 High Self-confidence

20-32 Average Self-confidence

33-44 Low Self-confidence

45 and above Very low Self-confidence

**Scoring:**

The inventory can be scored by hand. A score of one is awarded for a response indicative of lack of Self-Confidence, i.e. for making cross (X) to wrong' response to item nos. 2,7,23,31,40,41,43,44,45,53,54,55 and for making cross (X) to right' response to the rest of the items. Thus each item has a maximum score of "1" and minimum of "0" and response value of which extend from 0 – 56. Hence the lower the score, the higher would be the level of Self-Confidence and vice-versa.

## APPENDIX B

## DYADIC ADJUSTMENT SCALE

Most persons have disagreements in their relationships. Please indicate below the approximate extent of agreement or disagreement between you and your partner for each item on the following list.

	Always Agree	Almost Always Agree	Occa- sionally Disagree	Fre- quently Disagree	Almost Always Disagree	Always Disagree
1. Handling family finances	0	0	0	0	0	0
2. Matters of recreation	0	0	0	0	0	0
3. Religious matters	0	0	0	0	0	0
4. Demonstrations of affection	0	0	0	0	0	0
5. Friends	0	0	0	0	0	0
6. Sex relations	0	0	0	0	0	0
7. Conventionality (correct or proper behavior)	0	0	0	0	0	0
8. Philosophy of life	0	0	0	0	0	0
9. Ways of dealing with parents or in-laws	0	0	0	0	0	0
10. Aims, goals, and things believed important	0	0	0	0	0	0
11. Amount of time spent together	0	0	0	0	0	0
12. Making major decisions	0	0	0	0	0	0
13. Household tasks	0	0	0	0	0	0
14. Leisure time interests and activities	0	0	0	0	0	0
15. Career decisions	0	0	0	0	0	0

  

	All the time	Most of the time	More often than not	Occa- sionally	Rarely	Never
16. How often do you discuss or have you considered divorce, separation, or terminating your relationship?	0	0	0	0	0	0
17. How often do you or your mate leave the house after a fight?	0	0	0	0	0	0
18. In general, how often do you think that things between you and your partner are going well?	0	0	0	0	0	0
19. Do you confide in your mate?	0	0	0	0	0	0
20. Do you ever regret that you married? ( <i>or lived together</i> )	0	0	0	0	0	0
21. How often do you and your partner quarrel?	0	0	0	0	0	0
22. How often do you and your mate "get on each other's nerves?"	0	0	0	0	0	0

	Every Day	Almost Every Day	Occa- sionally	Rarely	Never
23. Do you kiss your mate?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	All of them	Most of them	Some of them	Very few of them	None of them
24. Do you and your mate engage in outside interests together?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How often would you say the following events occur between you and your mate?

	Never	Less than once a month	Once or twice a month	Once or twice a week	Once a day	More often
25. Have a stimulating exchange of ideas	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
26. Laugh together	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
27. Calmly discuss something	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
28. Work together on a project	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

These are some things about which couples sometimes agree and sometime disagree. Indicate if either item below caused differences of opinions or were problems in your relationship during the past few weeks. (Check yes or no)

	Yes	No
29. <input type="radio"/> <input type="radio"/> Being too tired for sex.	<input type="radio"/>	<input type="radio"/>
30. <input type="radio"/> <input type="radio"/> Not showing love.	<input type="radio"/>	<input type="radio"/>

31. The circles on the following line represent different degrees of happiness in your relationship. The middle point, "happy," represents the degree of happiness of most relationships. Please fill in the circle which best describes the degree of happiness, all things considered, of your relationship.

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Extremely Unhappy	Fairly Unhappy	A Little Unhappy	Happy	Very Happy	Extremely Happy	Perfect

32. Which of the following statements best describes how you feel about the future of your relationship?

- I want desperately for my relationship to succeed, and *would go to almost any length* to see that it does.
- I want very much for my relationship to succeed, and *will do all I can* to see that it does.
- I want very much for my relationship to succeed, and *will do my fair share* to see that it does.
- It would be nice if my relationship succeeded, but *I can't do much more than I am doing now* to help it succeed.
- It would be nice if it succeeded, but I *refuse to do any more than I am doing now* to keep the relationship going.
- My relationship can never succeed, and *there is no more that I can do* to keep the relationship going.

## ADJUSTMENT

Purpose: The purpose of this test was to measure the Adjustment level of the subjects

Equipment: Dyadic Adjustment Scale (DAS) developed by Spanier, G. B. (1979)

Procedure :-The questionnaire administered in group setting and the subjects were seated comfortably. The researcher would be explained about the questionnaire and made them to fill up the questionnaire.

The following instructions would be given to the subjects. Questionnaire has 32 statements, each statement describe some personal experience. Each statement would be evaluated on few some different options. The researcher would be requested them to read each statement carefully and decide to what extent each statement would be true asked them to put tick mark at the appropriate option

**Scoring:**

## Questions 1- 15

- 5 = Always Agree
- 4 = Almost Always Agree
- 3 = Occasionally Disagree
- 2 = Frequently Disagree
- 1 = Almost Always Disagree
- 0 = Always Disagree

## Questions 16-22

- 0 = All the time
- 1 = Most of the time
- 2 = More often than not
- 3 = Occasionally
- 4 = Rarely
- 5 = Never

## Question -23

- 0 = Never
- 1 = Rarely
- 2 = Occasionally
- 3 = Almost Every Day
- 4 = Every Day

## Question -24

- 0 = None of them
- 1 = Very few of them
- 2 = Some of them
- 3 = Most of them

4 = All of them

Question 25-28

0 = Never

1 = Less than once a month

2 = Once or twice a month

3 = Once or twice a week

4 = Once a day

5 = More often

Questions 29 and 30

YES --0 NO ---1

Question 31

Extremely Unhappy -----0

Fairly Unhappy-----1

A little Unhappy-----2

Happy-----3

Very Happy-----4

Extremely Happy -----5

Perfect-----6

Question 32

Statement 1 -----5

Statement 2-----4

Statement 3-----3

Statement 4-----2

Statement 5-----1

Statement 6-----0

Affectional expression subscale = items 4, 6, 29, 30

Cohesion subscale = items 24, 25, 26, 27, 28

Consensus subscale = items 1, 2, 3, 5, 7, 8, 9, 10, 11, 12, 13, 14, 15

Satisfaction subscale = items 16, 17, 18, 19, 20, 21, 22, 23, 31, 32

The maximum possible score is 152. Giving a score from 0 to 152 with the higher the score representing a higher level of adjustment

Norms :-Adjustment level

Higher the score higher the adjustment and vice versa.