

APPENDIX -L
ANXIETY QUESTIONNAIRE

Name :

Age:

University :

Sl. No	Details of Statements	Not at all Somewhat	Moderately so	Very much
1	I feel calm			
2	I feel secure			
3	I feel tensed			
4	I feel regretful			
5	I feel at easy			
6	I feel upset			
7	I am presently worrying over Possible misfortunes			
8	I feel rested			
9	I feel anxious			
10	I feel comfortable			
11	I am self confident			
12	I feel nervous			
13	I feel jittery			
14	I feel 'high string'			
15	I am relaxed			
16	I am content			
17	I am worried			
18	I feel over excited and ratted			
19	I feel joyful			
20	I feel pleasant			

APPENDIX - M

AGGRESSION QUESTIONNAIRE

Name :

Age:

University :

Instructions:

Using the 5 point scale shown below, indicate how uncharacteristic or characteristic each of the following statements is in describing you. Place your rating in the box to the right of the statement.

1 = extremely uncharacteristic of me

2 = somewhat uncharacteristic of me

3 = neither uncharacteristic nor characteristic of me

4 = somewhat characteristic of me

5 = extremely characteristic of me

- | | | |
|----|---|--------------------------|
| 1. | Some of my friends think I am a hothead. | <input type="checkbox"/> |
| 2. | If I have to resort to violence to protect my rights, I will. | <input type="checkbox"/> |
| 3. | When people are especially nice to me I wonder what they want. | <input type="checkbox"/> |
| 4. | I tell my friends openly when I disagree with them. | <input type="checkbox"/> |
| 5. | I have become so mad that I have broken things. | <input type="checkbox"/> |
| 6. | I can't help getting into arguments when people disagree with me. | <input type="checkbox"/> |
| 7. | I wonder why sometimes I feel so bitter about things. | <input type="checkbox"/> |
| 8. | Once in a while, I can't control the urge to strike another person. | <input type="checkbox"/> |

- 9.* I am an even-tempered person.
- 10. I am suspicious of overly friendly strangers.
- 11. I have threatened people I know.
- 12. I flare up quickly but get over it quickly.
- 13. Given enough provocation, I may hit another person.
- 14. When people annoy me, I may tell them what I think of them.
- 15. I am sometimes eaten up with jealousy.
- 16.* I can think of no good reason for ever hitting a person.
- 23. I sometimes feel like a powder keg ready to explode.
- 24. Other people always seem to get the breaks.
- 25. There are people who pushed me so far that we came to blows.
- 26. I know that “friends’ talk about me behind my back.
- 27. My friends say that I’m somewhat argumentative.
- 28. Sometimes I fly off the handle for no good reason.
- 29. I get into fights a little more than the average person.