

## APPENDIX A

### Perceived Stress Scale

Athlete's Name:

1. In the last month, how often have you been upset because of something that happened unexpectedly?  
0=never 1=almost never 2=sometimes 3=fairly often 4=very often
2. In the last month, how often have you felt that you were unable to control the important things in your life?  
0=never 1=almost never 2=sometimes 3=fairly often 4=very often
3. In the last month, how often have you felt nervous and "stressed"?  
0=never 1=almost never 2=sometimes 3=fairly often 4=very often
4. In the last month, how often have you felt confident about your ability to handle your personal problems?  
0=never 1=almost never 2=sometimes 3=fairly often 4=very often
5. In the last month, how often have you felt that things were going your way?  
0=never 1=almost never 2=sometimes 3=fairly often 4=very often
6. In the last month, how often have you found that you could not cope with all the things that you had to do?  
0=never 1=almost never 2=sometimes 3=fairly often 4=very often
7. In the last month, how often have you been able to control irritations in your life?  
0=never 1=almost never 2=sometimes 3=fairly often 4=very often
8. In the last month, how often have you felt that you were on top of things?  
0=never 1=almost never 2=sometimes 3=fairly often 4=very often
9. In the last month, how often have you been angered because of things that were outside of your control?  
0=never 1=almost never 2=sometimes 3=fairly often 4=very often
10. In the last month, how often have you felt difficulties were piling up so high that you could not overcome them?  
0=never 1=almost never 2=sometimes 3=fairly often 4=very often

**Appendix - B**  
**Agnihotri Rekha Self-Confidence Questionnaire**

|     |  |     |    |
|-----|--|-----|----|
| 1.  | It always happens to you that you cannot come to a first decision / conclusion to the last moment of your work | Yes | No |
| 2.  | Whenever a subject is brought to you/or asked about the subject you don't hesitate to give answer to it        | Yes | No |
| 3.  | Whenever you have a meeting with the public you experience self-confidence                                     | Yes | No |
| 4.  | Your feeling sometimes hurt other  | Yes | No |
| 5.  | Whenever you don't want to meet some people you change your route  | Yes | No |
| 6.  | You always fear that others don't like you   | Yes | No |
| 7.  | Without any distress you confuse on any difficult problems   | Yes | No |
| 8.  | For a silly thing people unjustly blame  | Yes | No |
| 9.  | You always deny to act against certain situation because you know you are not good at it.                      | Yes | No |
| 10. | You always worry / think more on every subject matter  | Yes | No |
| 11. | You don't plainly explain your feeling   | Yes | No |
| 12. | You think every one is always interested to get the best out of you  | Yes | No |
| 13. | Whenever you start a work you have the fear of losing/not succeeding it.                                       | Yes | No |
| 14. | At times when needed you feel that you are unable to give the correct answer that express your feelings        | Yes | No |
| 15. | You feel life is very strenuous  | Yes | No |
| 16. | You get yourself back to face any problems   | Yes | No |
| 17. | To keep yourself concentrate on a subject is very difficult  | Yes | No |

|     |  |     |    |
|-----|--|-----|----|
| 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 | Yes | No |
| 19. | You feel that you are not facing the problems in an orderly manner   | Yes | No |
| 20. | You spend most of your time, simply thinking of your future  | Yes | No |
| 21. | You have lost some of your golden chances because you are unable to take a quick and final decision                                      | Yes | No |
| 22. | It is believed that you always live in a depressed mod   | Yes | No |
| 23. | You make friendship in no time as other do   | Yes | No |
| 24. | Whenever your feelings do not match with others you feel much discouraged  | Yes | No |
| 25. | It is believed that you are satisfied with (your imaginary thoughts) your impossible wishes  | Yes | No |
| 26. | You don't have a positive way to take an any job   | Yes | No |
| 27. | You get discouraged immediately  | Yes | No |
| 28. | Whenever you get upset in takes more time for you to get back to normality   | Yes | No |
| 29. | You feel that nobody understands you   | Yes | No |
| 30. | Some times you feel discomfort (or) uneasy to sit quietly in one place   | Yes | No |
| 31. | When you are single you experience yourself courage and boldness   | Yes | No |
| 32. | You are simple and you feel yourself that there is no one for you  | Yes | No |
| 33. | You feel difficult to have conversation with your superiors  | Yes | No |
| 34. | You face difficulty in making new friends  | Yes | No |

|     |   |     |    |
|-----|---|-----|----|
| 35. | At any social gathering discussion instead of active participation you keep yourself aloof/away         | Yes | No |
| 36. | You feel yourself insecure  | Yes | No |
| 37. | It is difficult for you to speak before a large gathering   | Yes | No |
| 38. | Whenever some one looks at you, you can't do better than normally you do the job                        | Yes | No |
| 39. | Whenever some one comments either favorably or unfavorably you feel distressed                          | Yes | No |
| 40. | You admire yourself a woman of success  | Yes | No |
| 41. | You always feel that whatever you want to do, you can do it   | Yes | No |
| 42. | You feel difficult to take a firm decision of your own  | Yes | No |
| 43. | Whenever you want to move a coin against your enemy you feel you have done it                           | Yes | No |
| 44. | You make your decisions knowing fully what should be the next step                                      | Yes | No |
| 45. | You keep yourself mentally relaxed by not storming the brain  | Yes | No |
| 46. | You feel much against with those who humiliate the atmosphere   | Yes | No |
| 47. | You feel thinking that a large man is not a worthy men  | Yes | No |
| 48. | You are so sensitive, that you start crying immediately   | Yes | No |
| 49. | You experience nervousness before you enter a meeting hall  | Yes | No |
| 50. | You get frustrated because whatever you (think or work) want to do, you feel unable to do it            | Yes | No |
| 51. | You feel your friend had done something good for his life or living or he is doing well better than you | Yes | No |
| 52. | You always live in a state of confusion   | Yes | No |

|     |  |     |    |
|-----|--|-----|----|
| 53. | When you get a chance to become a good leader, or a good politician, you avail it                                  | Yes | No |
| 54. | You feel that no promises can stop you to achieve in any party or a good gathering                                 | Yes | No |
| 55. | You feel back yourself in your natural style in any party  | Yes | No |
| 56. | Whenever you are to fact a difficult task or to fact a tough time you feel that you do not do it what is necessary | Yes | No |

## APPENDIX C

## RAW SCORES ON RESTING PULSE RATE

| S.NO. | VTG      |           | YTG      |           | CG       |           |
|-------|----------|-----------|----------|-----------|----------|-----------|
|       | Pre Test | Post Test | Pre Test | Post Test | Pre Test | Post Test |
| 1     | 80.00    | 76.00     | 77.00    | 72.00     | 80.00    | 78.00     |
| 2     | 74.00    | 70.00     | 76.00    | 74.00     | 74.00    | 72.00     |
| 3     | 76.00    | 72.00     | 78.00    | 76.00     | 74.00    | 74.00     |
| 4     | 80.00    | 76.00     | 80.00    | 78.00     | 76.00    | 78.00     |
| 5     | 76.00    | 74.00     | 80.00    | 76.00     | 76.00    | 76.00     |
| 6     | 70.00    | 68.00     | 78.00    | 74.00     | 78.00    | 76.00     |
| 7     | 72.00    | 68.00     | 80.00    | 76.00     | 76.00    | 76.00     |
| 8     | 74.00    | 70.00     | 82.00    | 80.00     | 80.00    | 78.00     |
| 9     | 78.00    | 74.00     | 78.00    | 76.00     | 80.00    | 80.00     |
| 10    | 74.00    | 72.00     | 78.00    | 74.00     | 76.00    | 74.00     |
| 11    | 72.00    | 70.00     | 78.00    | 76.00     | 78.00    | 76.00     |
| 12    | 72.00    | 68.00     | 80.00    | 78.00     | 76.00    | 76.00     |
| 13    | 72.00    | 68.00     | 78.00    | 76.00     | 80.00    | 80.00     |
| 14    | 70.00    | 68.00     | 80.00    | 78.00     | 80.00    | 80.00     |
| 15    | 72.00    | 64.00     | 80.00    | 78.00     | 82.00    | 80.00     |
| 16    | 74.00    | 70.00     | 78.00    | 76.00     | 80.00    | 78.00     |
| 17    | 78.00    | 72.00     | 76.00    | 74.00     | 82.00    | 80.00     |
| 18    | 74.00    | 72.00     | 78.00    | 76.00     | 76.00    | 76.00     |
| 19    | 72.00    | 68.00     | 76.00    | 74.00     | 80.00    | 78.00     |
| 20    | 80.00    | 76.00     | 82.00    | 78.00     | 76.00    | 74.00     |
| 21    | 80.00    | 76.00     | 78.00    | 76.00     | 78.00    | 78.00     |
| 22    | 76.00    | 72.00     | 78.00    | 74.00     | 70.00    | 70.00     |
| 23    | 70.00    | 68.00     | 76.00    | 74.00     | 74.00    | 74.00     |
| 24    | 72.00    | 68.00     | 76.00    | 72.00     | 74.00    | 74.00     |
| 25    | 74.00    | 70.00     | 72.00    | 70.00     | 76.00    | 76.00     |
| 26    | 78.00    | 76.00     | 72.00    | 70.00     | 76.00    | 76.00     |
| 27    | 74.00    | 70.00     | 76.00    | 70.00     | 78.00    | 78.00     |
| 28    | 72.00    | 68.00     | 78.00    | 72.00     | 78.00    | 80.00     |
| 29    | 80.00    | 78.00     | 76.00    | 72.00     | 80.00    | 78.00     |
| 30    | 76.00    | 72.00     | 70.00    | 66.00     | 78.00    | 78.00     |

## APPENDIX D

## RAW SCORES ON SYSTOLIC BLOOD PRESSURE

| S.NO. | VTG      |           | YTG      |           | CG       |           |
|-------|----------|-----------|----------|-----------|----------|-----------|
|       | Pre Test | Post Test | Pre Test | Post Test | Pre Test | Post Test |
| 1     | 125.00   | 120.00    | 125.00   | 120.00    | 130.00   | 128.00    |
| 2     | 120.00   | 120.00    | 125.00   | 123.00    | 125.00   | 122.00    |
| 3     | 130.00   | 125.00    | 135.00   | 131.00    | 128.00   | 125.00    |
| 4     | 125.00   | 120.00    | 125.00   | 122.00    | 126.00   | 125.00    |
| 5     | 120.00   | 118.00    | 120.00   | 120.00    | 125.00   | 125.00    |
| 6     | 125.00   | 122.00    | 130.00   | 124.00    | 123.00   | 125.00    |
| 7     | 122.00   | 120.00    | 130.00   | 125.00    | 125.00   | 120.00    |
| 8     | 120.00   | 118.00    | 135.00   | 120.00    | 123.00   | 125.00    |
| 9     | 125.00   | 120.00    | 125.00   | 122.00    | 125.00   | 125.00    |
| 10    | 125.00   | 123.00    | 128.00   | 124.00    | 130.00   | 128.00    |
| 11    | 130.00   | 124.00    | 126.00   | 124.00    | 124.00   | 125.00    |
| 12    | 122.00   | 120.00    | 130.00   | 127.00    | 125.00   | 120.00    |
| 13    | 130.00   | 126.00    | 123.00   | 120.00    | 128.00   | 132.00    |
| 14    | 125.00   | 121.00    | 125.00   | 123.00    | 125.00   | 125.00    |
| 15    | 120.00   | 119.00    | 130.00   | 128.00    | 130.00   | 130.00    |
| 16    | 130.00   | 120.00    | 126.00   | 124.00    | 125.00   | 122.00    |
| 17    | 130.00   | 122.00    | 125.00   | 122.00    | 120.00   | 125.00    |
| 18    | 125.00   | 120.00    | 125.00   | 122.00    | 128.00   | 132.00    |
| 19    | 130.00   | 124.00    | 125.00   | 123.00    | 135.00   | 131.00    |
| 20    | 125.00   | 125.00    | 131.00   | 128.00    | 125.00   | 122.00    |
| 21    | 122.00   | 120.00    | 125.00   | 121.00    | 128.00   | 128.00    |
| 22    | 125.00   | 120.00    | 130.00   | 126.00    | 126.00   | 124.00    |
| 23    | 130.00   | 120.00    | 125.00   | 123.00    | 125.00   | 128.00    |
| 24    | 125.00   | 120.00    | 125.00   | 122.00    | 130.00   | 125.00    |
| 25    | 120.00   | 118.00    | 125.00   | 121.00    | 129.00   | 126.00    |
| 26    | 136.00   | 128.00    | 125.00   | 122.00    | 126.00   | 123.00    |
| 27    | 125.00   | 120.00    | 130.00   | 125.00    | 132.00   | 128.00    |
| 28    | 135.00   | 125.00    | 120.00   | 120.00    | 130.00   | 128.00    |
| 29    | 130.00   | 120.00    | 122.00   | 120.00    | 135.00   | 130.00    |
| 30    | 125.00   | 123.00    | 130.00   | 126.00    | 125.00   | 130.00    |

## APPENDIX E

## RAW SCORES ON DIASTOLIC BLOOD PRESSURE

| S.NO. | VTG      |           | YTG      |           | CG       |           |
|-------|----------|-----------|----------|-----------|----------|-----------|
|       | Pre Test | Post Test | Pre Test | Post Test | Pre Test | Post Test |
| 1     | 85.00    | 80.00     | 90.00    | 86.00     | 85.00    | 85.00     |
| 2     | 80.00    | 80.00     | 85.00    | 82.00     | 85.00    | 82.00     |
| 3     | 80.00    | 80.00     | 82.00    | 80.00     | 90.00    | 86.00     |
| 4     | 85.00    | 80.00     | 90.00    | 85.00     | 90.00    | 86.00     |
| 5     | 80.00    | 80.00     | 85.00    | 80.00     | 85.00    | 82.00     |
| 6     | 85.00    | 80.00     | 90.00    | 88.00     | 80.00    | 80.00     |
| 7     | 80.00    | 72.00     | 80.00    | 80.00     | 80.00    | 80.00     |
| 8     | 80.00    | 80.00     | 85.00    | 82.00     | 85.00    | 82.00     |
| 9     | 85.00    | 80.00     | 85.00    | 80.00     | 85.00    | 88.00     |
| 10    | 88.00    | 84.00     | 80.00    | 82.00     | 80.00    | 80.00     |
| 11    | 80.00    | 80.00     | 80.00    | 80.00     | 85.00    | 85.00     |
| 12    | 80.00    | 80.00     | 80.00    | 78.00     | 86.00    | 85.00     |
| 13    | 85.00    | 80.00     | 85.00    | 80.00     | 85.00    | 85.00     |
| 14    | 85.00    | 80.00     | 88.00    | 86.00     | 90.00    | 88.00     |
| 15    | 80.00    | 78.00     | 80.00    | 80.00     | 80.00    | 80.00     |
| 16    | 85.00    | 80.00     | 80.00    | 80.00     | 85.00    | 85.00     |
| 17    | 80.00    | 74.00     | 85.00    | 82.00     | 80.00    | 80.00     |
| 18    | 85.00    | 80.00     | 84.00    | 80.00     | 80.00    | 82.00     |
| 19    | 80.00    | 80.00     | 84.00    | 80.00     | 85.00    | 85.00     |
| 20    | 85.00    | 80.00     | 85.00    | 80.00     | 85.00    | 85.00     |
| 21    | 84.00    | 80.00     | 80.00    | 80.00     | 85.00    | 84.00     |
| 22    | 82.00    | 80.00     | 70.00    | 80.00     | 80.00    | 80.00     |
| 23    | 85.00    | 80.00     | 85.00    | 80.00     | 85.00    | 85.00     |
| 24    | 88.00    | 80.00     | 80.00    | 78.00     | 86.00    | 84.00     |
| 25    | 82.00    | 80.00     | 85.00    | 82.00     | 85.00    | 85.00     |
| 26    | 84.00    | 80.00     | 80.00    | 80.00     | 80.00    | 80.00     |
| 27    | 84.00    | 80.00     | 90.00    | 88.00     | 80.00    | 84.00     |
| 28    | 85.00    | 80.00     | 92.00    | 85.00     | 90.00    | 85.00     |
| 29    | 85.00    | 80.00     | 88.00    | 86.00     | 85.00    | 85.00     |
| 30    | 85.00    | 80.00     | 90.00    | 88.00     | 90.00    | 85.00     |



## APPENDIX F

## RAW SCORES ON TOTAL CHOLESTEROL

| S.NO. | VTG      |           | YTG      |           | CG       |           |
|-------|----------|-----------|----------|-----------|----------|-----------|
|       | Pre Test | Post Test | Pre Test | Post Test | Pre Test | Post Test |
| 1     | 190.00   | 185.00    | 204.00   | 200.00    | 191.00   | 192.00    |
| 2     | 196.00   | 191.00    | 200.00   | 195.00    | 180.00   | 178.00    |
| 3     | 188.00   | 183.00    | 192.00   | 189.00    | 195.00   | 193.00    |
| 4     | 190.00   | 185.00    | 194.00   | 192.00    | 190.00   | 185.00    |
| 5     | 200.00   | 195.00    | 205.00   | 203.00    | 190.00   | 185.00    |
| 6     | 185.00   | 180.00    | 196.00   | 192.00    | 197.00   | 195.00    |
| 7     | 206.00   | 200.00    | 201.00   | 196.00    | 196.00   | 195.50    |
| 8     | 205.00   | 200.00    | 200.00   | 196.00    | 206.00   | 204.00    |
| 9     | 206.00   | 202.00    | 196.00   | 192.00    | 190.00   | 191.00    |
| 10    | 205.00   | 200.00    | 203.00   | 200.00    | 197.00   | 197.00    |
| 11    | 195.00   | 191.00    | 199.00   | 196.00    | 196.00   | 194.00    |
| 12    | 190.00   | 185.00    | 192.00   | 190.00    | 180.00   | 178.00    |
| 13    | 196.00   | 191.00    | 201.00   | 197.00    | 195.00   | 193.00    |
| 14    | 185.00   | 180.00    | 200.00   | 195.00    | 190.00   | 188.00    |
| 15    | 195.00   | 190.00    | 196.00   | 190.00    | 197.00   | 195.00    |
| 16    | 190.00   | 185.00    | 200.00   | 197.00    | 196.00   | 193.00    |
| 17    | 196.00   | 193.00    | 196.00   | 193.00    | 200.00   | 200.00    |
| 18    | 185.00   | 183.00    | 188.00   | 185.00    | 200.00   | 198.00    |
| 19    | 200.00   | 193.00    | 199.00   | 196.00    | 190.00   | 188.00    |
| 20    | 202.00   | 196.00    | 192.00   | 187.00    | 197.00   | 195.00    |
| 21    | 206.00   | 200.00    | 187.00   | 183.00    | 196.00   | 193.00    |
| 22    | 180.00   | 175.00    | 177.00   | 175.00    | 202.00   | 200.00    |
| 23    | 177.00   | 173.00    | 180.00   | 178.00    | 200.00   | 198.00    |
| 24    | 190.00   | 185.00    | 175.00   | 170.00    | 190.00   | 188.00    |
| 25    | 166.00   | 162.00    | 165.00   | 162.00    | 184.00   | 183.00    |
| 26    | 187.00   | 183.00    | 155.00   | 152.00    | 200.00   | 198.00    |
| 27    | 175.00   | 170.00    | 177.00   | 175.00    | 155.00   | 153.00    |
| 28    | 160.00   | 155.00    | 185.00   | 180.00    | 188.00   | 188.00    |
| 29    | 155.00   | 152.00    | 185.00   | 181.00    | 182.00   | 190.00    |
| 30    | 188.00   | 185.00    | 190.00   | 185.00    | 188.00   | 190.00    |

## APPENDIX G

## RAW SCORES ON BLOOD GLUCOSE

| S.NO. | VTG      |           | YTG      |           | CG       |           |
|-------|----------|-----------|----------|-----------|----------|-----------|
|       | Pre Test | Post Test | Pre Test | Post Test | Pre Test | Post Test |
| 1     | 140.00   | 135.00    | 166.00   | 164.00    | 145.00   | 144.00    |
| 2     | 150.00   | 145.00    | 170.00   | 165.00    | 148.00   | 146.00    |
| 3     | 143.00   | 140.00    | 162.00   | 159.00    | 150.00   | 156.00    |
| 4     | 138.00   | 133.00    | 152.00   | 149.00    | 152.00   | 150.00    |
| 5     | 150.00   | 144.00    | 155.00   | 153.00    | 160.00   | 162.00    |
| 6     | 170.00   | 166.00    | 169.00   | 166.00    | 165.00   | 163.00    |
| 7     | 160.00   | 155.00    | 144.00   | 142.00    | 177.00   | 175.00    |
| 8     | 144.00   | 140.00    | 135.00   | 133.00    | 148.00   | 146.00    |
| 9     | 155.00   | 151.00    | 138.00   | 135.00    | 135.00   | 138.00    |
| 10    | 138.00   | 133.00    | 142.00   | 140.00    | 142.00   | 140.00    |
| 11    | 150.00   | 146.00    | 160.00   | 157.00    | 139.00   | 142.00    |
| 12    | 166.00   | 160.00    | 155.00   | 152.00    | 135.00   | 140.00    |
| 13    | 145.00   | 141.00    | 170.00   | 168.00    | 142.00   | 140.00    |
| 14    | 160.00   | 156.00    | 135.00   | 133.00    | 155.00   | 152.00    |
| 15    | 158.00   | 153.00    | 165.00   | 163.00    | 160.00   | 158.00    |
| 16    | 143.00   | 139.00    | 155.00   | 153.00    | 152.00   | 150.00    |
| 17    | 166.00   | 162.00    | 142.00   | 139.00    | 166.00   | 164.00    |
| 18    | 155.00   | 151.00    | 150.00   | 147.00    | 144.00   | 142.00    |
| 19    | 152.00   | 149.00    | 135.00   | 132.00    | 135.00   | 140.00    |
| 20    | 135.00   | 131.00    | 142.00   | 139.00    | 177.00   | 175.00    |
| 21    | 155.00   | 151.00    | 155.00   | 151.00    | 160.00   | 158.00    |
| 22    | 166.00   | 162.00    | 160.00   | 155.00    | 135.00   | 138.00    |
| 23    | 162.00   | 157.00    | 160.00   | 158.00    | 133.00   | 135.00    |
| 24    | 168.00   | 163.00    | 166.00   | 164.00    | 140.00   | 142.00    |
| 25    | 153.00   | 149.00    | 177.00   | 172.00    | 139.00   | 140.00    |
| 26    | 142.00   | 139.00    | 158.00   | 156.00    | 142.00   | 141.00    |
| 27    | 133.00   | 123.00    | 167.00   | 160.00    | 155.00   | 153.00    |
| 28    | 155.00   | 150.00    | 158.00   | 155.00    | 166.00   | 165.00    |
| 29    | 160.00   | 155.00    | 154.00   | 150.00    | 166.00   | 162.00    |
| 30    | 155.00   | 151.00    | 142.00   | 139.00    | 150.00   | 145.00    |

**APPENDIX H**  
**RAW SCORES ON STRESS**

| S.NO. | VTG      |           | YTG      |           | CG       |           |
|-------|----------|-----------|----------|-----------|----------|-----------|
|       | Pre Test | Post Test | Pre Test | Post Test | Pre Test | Post Test |
| 1     | 38.00    | 34.00     | 24.00    | 20.00     | 36.00    | 35.00     |
| 2     | 23.00    | 19.00     | 16.00    | 14.00     | 32.00    | 33.00     |
| 3     | 36.00    | 32.00     | 36.00    | 33.00     | 35.00    | 33.00     |
| 4     | 38.00    | 33.00     | 30.00    | 27.00     | 33.00    | 30.00     |
| 5     | 35.00    | 31.00     | 28.00    | 25.00     | 26.00    | 24.00     |
| 6     | 23.00    | 19.00     | 33.00    | 30.00     | 18.00    | 24.00     |
| 7     | 33.00    | 30.00     | 34.00    | 32.00     | 20.00    | 24.00     |
| 8     | 36.00    | 34.00     | 29.00    | 27.00     | 26.00    | 24.00     |
| 9     | 38.00    | 34.00     | 36.00    | 34.00     | 22.00    | 26.00     |
| 10    | 23.00    | 19.00     | 34.00    | 32.00     | 33.00    | 32.00     |
| 11    | 35.00    | 31.00     | 31.00    | 29.00     | 36.00    | 33.00     |
| 12    | 28.00    | 26.00     | 36.00    | 34.00     | 28.00    | 26.00     |
| 13    | 26.00    | 22.00     | 37.00    | 35.00     | 29.00    | 26.00     |
| 14    | 24.00    | 20.00     | 28.00    | 25.00     | 30.00    | 26.00     |
| 15    | 34.00    | 31.00     | 35.00    | 33.00     | 37.00    | 35.00     |
| 16    | 27.00    | 22.00     | 28.00    | 25.00     | 33.00    | 31.00     |
| 17    | 32.00    | 28.00     | 30.00    | 28.00     | 26.00    | 26.00     |
| 18    | 35.00    | 30.00     | 36.00    | 34.00     | 34.00    | 34.00     |
| 19    | 29.00    | 26.00     | 33.00    | 30.00     | 35.00    | 34.00     |
| 20    | 36.00    | 32.00     | 30.00    | 28.00     | 36.00    | 35.00     |
| 21    | 18.00    | 16.00     | 36.00    | 34.00     | 34.00    | 33.00     |
| 22    | 24.00    | 20.00     | 36.00    | 34.00     | 30.00    | 30.00     |
| 23    | 25.00    | 20.00     | 35.00    | 33.00     | 32.00    | 32.00     |
| 24    | 36.00    | 30.00     | 28.00    | 26.00     | 36.00    | 33.00     |
| 25    | 33.00    | 30.00     | 33.00    | 29.00     | 33.00    | 33.00     |
| 26    | 30.00    | 25.00     | 33.00    | 30.00     | 35.00    | 34.00     |
| 27    | 28.00    | 23.00     | 36.00    | 35.00     | 35.00    | 34.00     |
| 28    | 34.00    | 30.00     | 33.00    | 30.00     | 28.00    | 30.00     |
| 29    | 36.00    | 32.00     | 35.00    | 29.00     | 35.00    | 33.00     |
| 30    | 24.00    | 20.00     | 38.00    | 36.00     | 36.00    | 33.00     |

## APPENDIX I

## RAW SCORES ON SELF CONFIDENCE

| S.NO. | VTG      |           | YTG      |           | CG       |           |
|-------|----------|-----------|----------|-----------|----------|-----------|
|       | Pre Test | Post Test | Pre Test | Post Test | Pre Test | Post Test |
| 1     | 36.00    | 30.00     | 28.00    | 24.00     | 30.00    | 28.00     |
| 2     | 28.00    | 25.00     | 36.00    | 32.00     | 28.00    | 28.00     |
| 3     | 30.00    | 26.00     | 33.00    | 30.00     | 33.00    | 31.00     |
| 4     | 30.00    | 25.00     | 36.00    | 32.00     | 26.00    | 28.00     |
| 5     | 28.00    | 23.00     | 30.00    | 27.00     | 32.00    | 30.00     |
| 6     | 23.00    | 20.00     | 33.00    | 27.00     | 36.00    | 34.00     |
| 7     | 26.00    | 20.00     | 24.00    | 22.00     | 31.00    | 30.00     |
| 8     | 30.00    | 34.00     | 25.00    | 22.00     | 36.00    | 34.00     |
| 9     | 36.00    | 30.00     | 26.00    | 23.00     | 33.00    | 32.00     |
| 10    | 28.00    | 22.00     | 30.00    | 27.00     | 35.00    | 34.00     |
| 11    | 24.00    | 20.00     | 31.00    | 29.00     | 36.00    | 33.00     |
| 12    | 36.00    | 33.00     | 36.00    | 33.00     | 28.00    | 33.00     |
| 13    | 30.00    | 27.00     | 28.00    | 25.00     | 36.00    | 33.00     |
| 14    | 24.00    | 20.00     | 36.00    | 33.00     | 28.00    | 30.00     |
| 15    | 24.00    | 19.00     | 33.00    | 30.00     | 36.00    | 33.00     |
| 16    | 28.00    | 24.00     | 24.00    | 22.00     | 36.00    | 33.00     |
| 17    | 30.00    | 23.00     | 26.00    | 24.00     | 29.00    | 30.00     |
| 18    | 33.00    | 27.00     | 36.00    | 33.00     | 33.00    | 31.00     |
| 19    | 31.00    | 28.00     | 35.00    | 33.00     | 35.00    | 33.00     |
| 20    | 38.00    | 32.00     | 36.00    | 33.00     | 36.00    | 30.00     |
| 21    | 33.00    | 30.00     | 33.00    | 30.00     | 36.00    | 34.00     |
| 22    | 30.00    | 25.00     | 30.00    | 27.00     | 28.00    | 32.00     |
| 23    | 25.00    | 18.00     | 28.00    | 25.00     | 36.00    | 33.00     |
| 24    | 28.00    | 22.00     | 36.00    | 33.00     | 26.00    | 26.00     |
| 25    | 27.00    | 23.00     | 23.00    | 20.00     | 33.00    | 33.00     |
| 26    | 30.00    | 24.00     | 36.00    | 33.00     | 36.00    | 36.00     |
| 27    | 31.00    | 26.00     | 36.00    | 33.00     | 33.00    | 28.00     |
| 28    | 36.00    | 32.00     | 37.00    | 35.00     | 34.00    | 30.00     |
| 29    | 33.00    | 29.00     | 35.00    | 30.00     | 36.00    | 33.00     |
| 30    | 36.00    | 30.00     | 36.00    | 33.00     | 36.00    | 33.00     |

