

APPENDIX- A
ASSESSMENT PERFORMA -- PRETEST

- | | |
|---|----------------|
| 1. Name: | 2. Age: |
| 3. Sex: | 4. Occupation: |
| 5. Address: | |
| 6. Whether the subject is psychologically sound: | Yes/No |
| 7. Whether the subject is on medications/treatment: | Yes/No |
| 8. Variables: | |
| (a) Physiological variables | |
| i. Body Mass Index (BMI) | Score: |
| ii. Resting Pulse Rate (RPR) | Score: |
| iii. Systolic Blood Pressure (SBP) | Score: |
| (b) Biochemical Variables | |
| i. Fasting Blood Glucose (FBG) | Score: |
| ii. Triglycerides (TrG) | Score: |
| iii. Total Cholesterol (TC) | Score: |
| (c) Psychological variables | |
| i. Stress | Score: |
| ii. Self-confidence | Score: |
| iii. Anxiety | Score: |

Place:

Date:

Signature

APPENDIX B
ASSESSMENT PERFORMA -- POSTTEST

- | | |
|---|----------------|
| 1. Name: | 2. Age: |
| 3. Sex: | 4. Occupation: |
| 5. Address: | |
| 6. Whether the subject is psychologically sound: | Yes/No |
| 7. Whether the subject is on medications/treatment: | Yes/No |
| 8. Variables: | |
| (a) Physiological variables | |
| i. Body Mass Index (BMI) | Score: |
| ii. Resting Pulse Rate (RPR) | Score: |
| iii. Systolic Blood Pressure (SBP) | Score: |
| (b) Biochemical Variables | |
| i. Fasting Blood Glucose (FBG) | Score: |
| ii. Triglycerides (TrG) | Score: |
| iii. Total Cholesterol (TC) | Score: |
| (c) Psychological variables | |
| i. Stress | Score: |
| ii. Self-confidence | Score: |
| iii. Anxiety | Score: |

Place:

Date:

Signature

APPENDIX C

STRESS QUESTIONNAIRE BY LATHA SATISH

The Stress Questionnaire, designed by Latha Satish (1988), consists of a list of 52 items (events/situations/problems) to measure the level of stress from mild, moderate, and severe. It studies the day-to-day problems encountered/experienced by the participating subject and the way she reacts to them. She has to mark ‘_Yes’ if she had experienced them, and mark ‘_No’ if she has not experienced them. If she finds any of the situation not applicable to her, she can delete the situation. The Stress Questionnaire also has a Control Index, where she has to indicate the account of control such as she had whether partial, complete, no control over the situation in which she has given ‘_Yes’ response, by putting a ‘_√’ mark in the appropriate column.

SCORING

The score is obtained by adding the ‘_Yes’ responses. Thus the possible number of ‘_Yes’ responses are 52. The score under category ranges from 0 to 52.

The Control Index was decided by giving a weightage of 1, 2 or 3 makes against ‘_Yes’ items scored as complete control, partial, and no control respectively. The Index ranges from 0 to 156.

LEVEL OF STRESS		CONTROL INDEX	
0 to 17	Mild Stress	0 to 51	Complete control over stress
18 to 35	Moderate Stress	52 to 105	Partial control over stress
36 to 52	Severe Stress	106 to 156	No control over stress

Source: Latha, S (1997), Development of stressful life events Questionnaire – Journal of Psychometry, 1997, Vol. 10. No. 2.

STRESS QUESTIONNAIRE BY LATHA SATISH

Sl. No.	List of events / situations / problems	Yes/ No		Amount of control over it		
				Complete control	Partial control	No control
01	Lack of holiday rest	yes	no			
02	Too much to do at short period	yes	no			
03	Uncertainty of coming days	yes	no			
04	Prices sky rocketing	yes	no			
05	Addition of new family members	yes	no			
06	Lack of domestic help	yes	no			
07	Change in sleeping habits	yes	no			
08	Lack of emotional support	yes	no			
09	Career pressure	yes	no			
10	Academic pressure	yes	no			
11	Very high family pressure to earn more	yes	no			
12	Increased work load at home	yes	no			
13	Pollutions and slum conditions in locality	yes	no			
14	Lack of job satisfaction	yes	no			
15	Getting married	yes	no			
16	Appearing for examination	yes	no			
17	Lack of understanding between staff in work place	yes	no			
18	Failure in exams or other achievements	yes	no			
19	Discrimination in work places because of your sex/physical characteristics/ religion/social status	yes	no			
20	Lack of monitory security	yes	no			
21	Daughter's marriage	yes	no			
22	Family conflict	yes	no			
23	Huge loan to be repaid	yes	no			
24	Lack of child (male child)	yes	no			
25	Unemployment	yes	no			

26	Sexual difficulties	yes	no			
27	Unwanted pregnancy	yes	no			
28	Conflict over dowry (self/spouse)	yes	no			
29	Feel a sense of powerlessness or hopelessness	yes	no			
30	Lack of promotion of incentives	yes	no			
31	Heavy responsibility in work situation	yes	no			
32	Financial loss or problems	yes	no			
33	Decline in social life	yes	no			
34	Too much time pressure	yes	no			
35	Anxiety about unfulfilled commitments	yes	no			
36	Illness of family members	yes	no			
37	Major personal illness	yes	no			
38	Lack of confidence in oneself	yes	no			
39	Broken love affairs	yes	no			
40	Lack of support or excessive expectation from yourself and those around you	yes	no			
41	Intense arguments with spouse	yes	no			
42	Sense of loneliness	yes	no			
43	Marital conflict	yes	no			
44	Alcoholism/drug addiction by family member	yes	no			
45	Trouble with parents-in-law	yes	no			
46	Suspension or dismissal from job	yes	no			
47	Extreme boredom	yes	no			
48	Lack of sense of self-worth	yes	no			
49	Having a handicapped child	yes	no			
50	Marital separation/divorce	yes	no			
51	Extra marital relation of spouse	yes	no			
52	Death of close family member/Any other	yes	no			

APPENDIX D

TAYLOR'S MANIFEST ANXIETY SCALE

The Taylor's Manifest Scale (TMAS) has been used to assess the anxiety of the women subjects participated in the study. TMAS consists of 50 statements. Each statement can be evaluated either True or False according to one's personal experience. This scale can be administered to any individual (adolescent and adult age group). There are no right or wrong answers. There is no time limit, but normally an individual will take 20 minutes to complete this scale. Subjects will be instructed to read each statement carefully, understand the meaning, and give her evaluation of each statement according to her judgement based on her personal experience either as True or as False against each statement. If the statement is applicable to her, she will tick True. If it is not applicable, then she will tick False. She will answer all statements as quickly as possible. She should not ponder over a particular statement for a long duration.

SCORING

Item numbers of positive statements: 1, 3, 4, 9, 12, 14, 15, 18, 20, 29, 32, 38, and 50. If the answer is True for positive statements, it gets 0 mark. If the answer is False for positive statements, it gets 1 mark. Item numbers of negative statements: 2, 5, 6, 7, 8, 10, 11, 13, 16, 17, 19, 21, 22, 23, 24, 25, 26, 27, 28, 30, 31, 33, 34, 35, 36, 37, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, and 49. If the answer is True for negative statements, it gets 1 mark. If the answer is False for negative statements, it gets 0 mark. Maximum possible score is 50.

Scores 0 to 8 marks indicate normal anxiety; 9 to 18 marks represent significantly anxious; 19 to 30 marks reveal highly anxious; 31 and above marks show that anxiety level is very high and uncontrollable.

Source: Taylor, J. A. (1953) A personality scale of manifest anxiety. *Journal of Abnormal and Social Psychology*, 48, 285-290.

TAYLOR'S MANIFEST ANXIETY SCALE

Sl. No.	Item	True	False
1	I do not tire quickly.	T	F
2	I am troubled by attacks of nausea.	T	F
3	I believe I am no more nervous than most others.	T	F
4	I have very few head-aches.	T	F
5	I cannot keep my mind on one thing.	T	F
6	I work under a great deal of tension.	T	F
7	I worry over money and business.	T	F
8	I frequently notice my head shakes when I try to do something.	T	F
9	I blush no more often than others.	T	F
10	I have diarrhea once a month or more.	T	F
11	I worry quite a bit over possible misfortune	T	F
12	I practically never blush.	T	F
13	I am often afraid that I am going to blush.	T	F
14	I have nightmares very few nights.	T	F
15	My hands and feet are usually warm enough.	T	F
16	I sweat very easily even on cool days.	T	F
17	Sometimes when embarrassed, I break out in a sweat which annoys me greatly.	T	F
18	I hardly ever notice my heart pounding and I am seldom short of breath.	T	F
19	I feel hungry almost all the time.	T	F
20	I am very seldom troubled by constipation.	T	F
21	I have a great deal of stomach trouble.	T	F
22	I have had period in which I lost sleep over worry.	T	F
23	My sleep is fitful and disturbed.	T	F
24	I dream frequently about things that are best kept to myself.	T	F
25	I am easily embarrassed.	T	F

26	I am more sensitive than most other people.	T	F
27	I frequently find myself worrying about something.	T	F
28	I wish I could be as happy as others seem to be.	T	F
29	I am usually calm and not easily upset.	T	F
30	I cry easily.	T	F
31	I feel anxiety about something or someone.	T	F
32	I am happy most of the time.	T	F
33	It makes me nervous to have to wait.	T	F
34	I have periods of such great restlessness that I cannot sit long in a chair.	T	F
35	Sometimes I become so excited that I find it hard to get to sleep.	T	F
36	I have sometimes felt that difficulties were piling up so high that I could not overcome them.	T	F
37	I must admit that I have at times been worried beyond reason over something that really did not matter.	T	F
38	I have very few fears compared to my friends.	T	F
39	I have been afraid of things or people that I know could not hurt me.	T	F
40	I certainly feel useless at times.	T	F
41	I find it hard to keep my mind on a desk or job.	T	F
42	I am usually self-conscious.	T	F
43	I am inclined to take things hard.	T	F
44	I am a high-strung person.	T	F
45	Life is a strain for me much of the time.	T	F
46	At times I think I am no good at all.	T	F
47	I am certainly lacking in self-confidence.	T	F
48	I sometimes feel that I am about to go to pieces.	T	F
49	I shrink from facing crisis or difficulty.	T	F
50	I am entirely self-confident.	T	F

APPENDIX E

AGNIHOTRI'S SELF CONFIDENCE INVENTORY (ASCI)

Self confidence was assessed by Agnihotri's Self Confidence Inventory (ASCI), developed by Dr. Rekha Agnihotri.

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 scores	Explanation
7 and 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 1 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.

Source:

Agnihotri, Rekha, *Manual for Agnihotri's self-confidence inventory*. Agra: National Psychological Corporation. 1987.

AGNIHOTRI'S SELF-CONFIDENCE INVENTORY

Sl. No.	Item	True	False
1	It always happens to you that you cannot come to a fast decision/conclusion to the last moment of your work.	T	F
2	Whenever a subject is brought to you or asked about the subject you don't hesitate to give answer to it.	T	F
3	Whenever you have a meeting with the public you experience confidence.	T	F
4	Your feeling sometimes hurts others.	T	F
5	Whenever you don't want to meet somebody, you change your route.	T	F
6	You always fear that others don't like you.	T	F
7	Without any distress you conduce	T	F
8	For a silly thing people unjustly blame.	T	F
9	You always deny to play certain games because you know you are not good at it.	T	F
10	You always worry/think more on every subject matter.	T	F
11	You don't plainly explain your feelings.	T	F
12	You think everyone is always interested to get the best out of you.	T	F
13	Whenever you start a work you have the fear of losing/not succeeding in it.	T	F
14	At times when needed you feel that you are unable to give the correct answer that expresses your feelings.	T	F
15	You feel life is very strenuous.	T	F
16	You get yourself back to face any problem.	T	F
17	To keep yourself concentrate on a subject is very difficult.	T	F
18	Most of the time you have neglected to do the work assigned	T	F

	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.	T	F
20	You think most of your time, simply thinking of your future.	T	F
21	You have lost some of your golden chances because you are unable to take a quick and final decision.	T	F
22	It is believed that you always live in depressed mood.	T	F
23	You make friendship in no time as other do.	T	F
24	Whenever your feelings do not match with others you feel much discouraged.	T	F
25	It is believed that you are satisfied with (imaginary thoughts) your impossible wishes.	T	F
26	You don't have a positive way to take any job.	T	F
27	You get discouraged immediately.	T	F
28	Whenever you get upset, it takes more time for you to get back to normality.	T	F
29	You feel that nobody understands you.	T	F
30	Sometimes you feel discomfort (or) uneasy to sit quietly in one place.	T	F
31	When you are single you experience yourself courage and boldness.	T	F
32	You are simple and you feel yourself that there is no one for you.	T	F
33	You feel difficult to have conversation with your superiors.	T	F
34	You face difficulty in making new friends.	T	F
35	At any social gathering discussion, instead of active participation, you keep yourself aloof/away.	T	F
36	You feel yourself insecure.	T	F
37	It is difficult for you to speak before a large gathering.	T	F

38	Whenever someone looks at you, you can't do better than you normally do the job.	T	F
39	Whenever someone comments either favorably or unfavorably, you feel distressed.	T	F
40	You admire yourself as a man of success.	T	F
41	You always feel that whatever you want to, you can do it	T	F
42	You feel difficult to take a firm decision of your own.	T	F
43	Whenever you want to move a coin against your enemy you feel you have done it.	T	F
44	You make your decision knowing fully what should be the next step.	T	F
45	You keep yourself mentally relaxed by not storming the brain.	T	F
46	You feel much against with those who humiliate the atmosphere.	T	F
47	You feel that a large man is not a worthy man.	T	F
48	You are so sensitive, that you start crying immediately.	T	F
49	You experience nervousness before you enter a meeting hall.	T	F
50	You get frustrated because whatever you (think or work) want to do, you feel unable to do it.	T	F
51	You feel your friend had done something good for his life or living or he is doing well better than you.	T	F
52	You always live in a state of confusion.	T	F
53	When you get a chance to become a good leader, or a good politician, you avail it.	T	F
54	You feel that no promises can stop you to achieve in any part.	T	F
55	You feel back yourself in your natural style in any party or a good gathering.	T	F
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.	T	F