

APPENDICES

APPENDIX I

CASE STUDY SCHEDULE

Dr. Hemalatha Natesan (2005)

Name :
Class :
Age :
Date of Birth :
Education :
Type of Family : Joint / Nuclear
Size of Family : Small (4 % above) / Big (more than 4)
Address :

Instructions

“In this check list, there are few items followed by 5 alternatives. Read each statement carefully and put a tick mark (✓) in one of the 5 Columns which suits you must. Your data will be kept confidential. Be honest while answering.

Causes of Stress

S.No.	Items	Very often	Often	Sometimes	Rarely	Very rarely
1	Class test					
2	Staying away from home					
3	In adequate place for study					
4	Home work					

5	Rules and regulations					
6	Difficulty in concentration					
7	Difficulty in remembering					
8	Falling sick					
9	Peer group influence					
10	Getting distracted					
11	Family back ground					
12	Academic stress					
13	In adequate time for studying					
14	Negative self esteem					
15	Social support from others					
16	Parental divorce					
17	Lack of close friends					
18	Lack of social support					
19	Change of Schools					
20	Arguments with siblings and parent					
21	Constant family conflict					
22	Lack of reward					
23	Major life changes					
24	Family member becoming seriously ill					
25	Career choice					

APPENDIX II

SI

Dr. Hemalatha Natesan and Nadini Menon (2002)

Name :
Sex :
Age :
Date of Birth :
Education :
Type of Family : Joint / Nuclear
Size of Family : Small (4 % above) / Big (more than 4)
Address :

Instructions

“In this check list, there are few statement followed by 5 alternatives. Read each statement carefully and put a tick mark (✓) in one of the 5 Columns which suits you must. Your data will be kept confidential. Be honest while answering. Please do not omit any item. Do it as quickly as possible”.

PART I

S.No	Items	Very often	Often	Sometimes	Rarely	Very rarely
1	I sweat a lot					
2	I get head ache					
3	I get tired easily					
4	I cannot stand loud noise					
5	I have very poor appetite					
6	I get giddiness					
7	I have disturbed sleep					
8	I have nausea					
9	I suffer from one health problem or the other everyday					
10	I have difficulty in falling asleep					
11	I get back ache					
12	I get pain in my joints					
13	I get pain in my neck and shoulders					

PART II

S.No	Items	Very often	Often	Sometimes	Rarely	Very rarely
1	I am in low mood					
2	I am highly irritable					
3	I help helpless					
4	I lose my temper easily					
5	I do not enjoy activities					
6	I am worried about my future					
7	I am worried about my poor health					
8	I find others too demanding					
9	I get proved very easily					
10	I fell upset when I have to take up some responsibility					
11	I worry about my past					
12	I become aggressive					
13	I am afraid that I would break down					

PART III

S.No	Items	Very often	Often	Sometimes	Rarely	Very rarely
1	I take a long time to decide					
2	I am distracted very easily					
3	I cannot think clearly					
4	I think my future is dark					
5	I get disturbing thoughts					
6	I find it difficult to be attentive					
7	I think I am overtaxing my self					
8	I keep forgetting things					
9	I cannot cope with sudden changes around me					
10	I think life is a mess					
11	I am preoccupied					
12	I become blank.					

PART IV

S.No.	Items	Very often	Often	Sometimes	Rarely	Very rarely
1	I throw things around					
2	I am not bothered about my appearance					
3	I leave things incomplete					
4	I have strained posture					
5	I do not pay attention to what I eat					
6	I do not speak much to anyone in the family					
7	I strive hard to achieve more and more					
8	I argue a lot					
9	I have no time for exercise /walk/jog					
10	I have very little time with my family members					
11	I shout others even for small matters					
12	I have no time for relaxation					

SCORES

I	II	III	IV	TOTAL

Norms for Stress Inventory

Scores	Interpretation
29 and above	Very high
19 – 28	High
10 – 18	Moderate
1 – 9	Low
0	Very low

Norms for General Self-efficacy

The scale is a ten item likert scale with items answered on a four point scale from strongly agree to strongly disagree. The scoring for some items needs to be reversed so that in each case, the scores go from less to more self-esteem.