

ANNEXURE - 1

CASE STUDY SCHEDULE

Name :
Age :
Address :
Phone :
Education :
Type of family : Joined / Nuclear.
Family background

S.no	Relationship	Age	Education	Occupation
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ANNEXURE - 2

BUSS-PERRY AGGRESSION QUESTIONNAIRE

Please rate each of the following items in terms of how characteristic they are of you. Use

the following scale for answering these items.

1	2	3	4	5
Extremely				extremely
uncharacteristic				characteristic
of me				of me

- 1) Once in a while I can't control the urge to strike another person.
- 2) Given enough provocation, I may hit another person.
- 3) If somebody hits me, I hit back.
- 4) I get into fights a little more than the average person.
- 5) If I have to resort to violence to protect my rights, I will.
- 6) There are people who pushed me so far that we came to blows.
- 7) I can think of no good reason for ever hitting a person.
- 8) I have threatened people I know.
- 9) I have become so mad that I have broken things.
- 10) I tell my friends openly when I disagree with them.
- 11) I often find myself disagreeing with people.
- 12) When people annoy me, I may tell them what I think of them.
- 13) I can't help getting into arguments when people disagree with me.
- 14) My friends say that I'm somewhat argumentative.

- 15) I flare up quickly but get over it quickly.
- 16) When frustrated, I let my irritation show.
- 17) I sometimes feel like a powder keg ready to explode.
- 18) I am an even-tempered person.
- 19) Some of my friends think I'm a hothead.
- 20) Sometimes I fly off the handle for no good reason.
- 21) I have trouble controlling my temper.
- 22) I am sometimes eaten up with jealousy.
- 23) At times I feel I have gotten a raw deal out of life.
- 24) Other people always seem to get the breaks.
- 25) I wonder why sometimes I feel so bitter about things.
- 26) I know that "friends" talk about me behind my back.
- 27) I am suspicious of overly friendly strangers.
- 28) I sometimes feel that people are laughing at me behind me back.
- 29) When people are especially nice, I wonder what they want.

1-9 Physical Aggression; 10-14 Verbal Aggression; 15-21 Anger; 22-29 Hostility

ANNEXURE - 3

PROSOCIAL PERSONALITY BATTERY

Please note that this version is a 30-item version of the full PSB scale. The coefficient alphas for the new versions of the individual scales (N = 1111) are:

Social Responsibility .65

Empathic Concern .67

Perspective Taking .66

Personal Distress .77

Mutual Moral Reasoning .64

Other Oriented Reasoning .77

Self-reported altruism .73

Below are a number of statements that may or may not describe you, your feelings, or your behavior. Please read each statement carefully and blacken in the space on your answer sheet that corresponds to choices presented below.

There are no right or wrong responses

Strongly Disagree Uncertain Agree Disagree Strongly
Agree

SOCIAL RESPONSIBILITY

1. When people are nasty to me, I feel very little responsibility to treat them well. (R)
2. I would feel less bothered about leaving litter in a dirty park than in a clean one. (R)
3. No matter what a person has done to us, there is no excuse for taking advantage of them.
4. With the pressure for grades and the widespread cheating in school nowadays, the individual who cheats occasionally is not really as much at fault. (R)
5. It doesn't make much sense to be very concerned about how we act when we are sick and feeling miserable. (R)

6. If I broke a machine through mishandling, I would feel less guilty if it was already damaged before I used it. (R)
7. When you have a job to do, it is impossible to look out for everybody's best interest. (R)

EMPATHY SCALE

8. I sometimes find it difficult to see things from the "other person's" point of view. PT (R)
9. When I see someone being taken advantage of, I feel kind of protective towards them. EC
10. I sometimes try to understand my friends better by imagining how things look from their perspective. PT
11. Other people's misfortunes do not usually disturb me a great deal. EC (R)
12. If I'm sure I'm right about something, I don't waste much time listening to other people's arguments. PT (R)
13. When I see someone being treated unfairly, I sometimes don't feel very much pity for them. EC (R)
14. I am usually pretty effective in dealing with emergencies. PD (R)
15. I am often quite touched by things that I see happen. EC
16. I believe that there are two sides to every question and try to look at them both. PT
17. I tend to lose control during emergencies. PD
18. When I'm upset at someone, I usually try to "put myself in their shoes" for a while. PT
19. When I see someone who badly needs help in an emergency, I go to pieces. PD

PART 2:

Below are a set of statements, which may or may not describe how you make decisions when you have to choose between two courses of action or alternatives when there is no clear right way or wrong way to act. Some examples of such situations are: being asked to lend something to a close friend who often forgets to return things; deciding whether you should keep something you have won for yourself

or share it with a friend; and choosing between studying for an important exam and visiting a sick relative.

Read each statement and blacken in the space on your answer sheet that corresponds to the choices presented below.

Strongly Disagree Uncertain Strongly Agree Disagree Agree

MORAL REASONING

- 20. My decisions are usually based on my concern for other people. O
- 21. My decisions are usually based on what is the most fair and just way to act. M
- 22. I choose alternatives that are intended to meet everybody's needs. M
- 23. I choose a course of action that maximizes the help other people receive. O
- 24. I choose a course of action that considers the rights of all people involved. M
- 25. My decisions are usually based on concern for the welfare of others. O

Below are several different actions in which people sometimes engage. Read each of them and decide how frequently you have carried it out in the past. Blacken in the space on your answer sheet which best describes your past behavior. Use the scale presented below.

Never Once More than Once Often Very Often

SELF-REPORTED ALTRUISM

- 26. I have helped carry a stranger's belongings (e.g., books, parcels, etc.).
- 27. I have allowed someone to go ahead of me in a line (e.g., supermarket, copying machine, etc.)
- 28. I have let a neighbor whom I didn't know too well borrow an item of some value (e.g., tools, a dish, etc.).
- 29. I have, before being asked, voluntarily looked after a neighbor's pets or children without being paid for it.
- 30. I have offered to help a handicapped or elderly stranger across a street.

Scoring Instructions:

Reverse Items with an R. Compute scores for 7 individual scales:

Social Responsibility (SR)

Empathic Concern (EC)

Perspective Taking (PT)

Personal Distress (PD)

Other-Oriented Moral Reasoning (O)

Mutual Concerns moral reasoning (M)

Self-reported altruism (SRA)

Factor 1, Other-oriented empathy, = sum of scores on SR, EC, PT, O, M.

Factor 2, Helpfulness, = sum of PD (total reversed*) and SRA.

*After you have reversed the one PD item with an “R” after it, sum the PD items and subtract the total score on PD from 18. This makes the meaning of a high score on the Helpfulness factor clearer, because now high scores on the two scales both represent prosocial tendencies.

ANNEXURE - 4

ASSENT FORM

We are doing a study to learn about aggression and helping nature in middle school boys and also to help them reduce their aggression and increase their helping nature.

If you agree to be in our study, we are going to ask you some questions about your behaviour in various situations, which you would answer on a paper. Then we will teach you certain ways of behaviours to reduce your aggression and increase your helping nature. And you can ask questions about this study at any time. If you decide at any time not to be in this, you can ask us to stop.

The questions we will ask are only about what you think. There are no right or wrong answers because this is not a test.

If you sign this paper, it means that you have read this and that you want to be in the study. If you don't want to be in the study, don't sign this paper. Being in the study is up to you, and no one will be upset if you don't sign this paper or if you change your mind later.

Your signature: _____ Date _____

Your printed name: _____ Date _____

Signature of person obtaining consent: _____ Date _____

Printed name of person obtaining consent: _____ Date _____

ANNEXURE - 5
ETHICAL FORM