

APPENDIX NO.16

STRESS TEST

Name-

Age-

School-

Sex -.

Fathers Occupation and Income-

Class-

Mothers Occupation and Income-

Date-

Residential Address-

Some sentences are given below. These sentences are about what you think about yourself. There are 3 options for each sentence. Mark these options, which you majority select. There is no right or wrong answer. Your answer should be secreted, which will use only for study. So you give answers freely.

A = Never

B = Rarely

C = Always

Sr. No.	Questions	Never	Rarely	Always
1	I feel uneasy by unexpected incidents.			
2.	I feel that I am very sad and unhappy.			
3.	I am confident that I can solve my own problems.			
4.	I feel that everything is happening as per my own wish.			
5.	I can control my anger.			
6.	I am efficient to solve my problems in my life.			
7.	I get disturb by small things.			
8.	I am scared about the happening of some bad incident in future.			
9.	I feel emotionally insecure.			
10.	I bow down when my teacher ask some questions.			
11.	I take up other subject before completing first.			
12.	I feel inferior in study as compared to others.			
13.	I fear about exam dates.			
14.	I reach too early for the exam.			
15.	I study till the last minute.			
16.	I can't recall answers for the questions during exams.			
17.	I plan for the study and study accordingly.			
18.	I am afraid about the failure in exams.			
19.	I forget date of result.			
20.	I spend my all time in studying.			