

APPENDIX – II (A)

The Buss Durkee Inventory of Aggression Hostility : Original

State whether TRUE or FALSE :

1. I seldom strike back, even if someone hits me first.
2. I sometimes spread gossip about people I don't like.
3. Unless somebody asks me in nice way, I will not do what he/she wants.
4. I lose my temper quickly but get over it quickly.
5. I don't seem to get what's coming to me.
6. I know that people tend to talk about me behind my back.
7. When I disapprove of my friend's behaviour, I let them know it.
8. The few times I have cheated, I have suffered unbearable feelings of remorse.
9. Once in a while, I cannot control my urge to harm others.
10. I never get mad enough to throw things.
11. Sometimes people bother me just by being around.
12. When someone makes a rule I do not like, I am tempted to break it.
13. Other people always seem to get the breaks.
14. I tend to be on my guard with people who are somewhat more friendly than I expected.
15. I often find myself disagreeing with people.
16. I sometimes have bad thoughts, which make me feel ashamed of myself.
17. I can think of no good reasons for hitting anyone.
18. When I am angry, I sometimes sulk.
19. When someone is bossy, I do the opposite of what he asks.
20. I am irritated a great deal more than people are aware of.
21. I don't know anyone I downright hate.
22. There are a number of people who seem to dislike me very much.
23. I can't help getting into arguments when people disagree with me.
24. People who shirk on the job must feel very guilty.
25. If someone hits me first, I let him have it.
26. When I am mad, I sometimes slam doors.
27. I am always patient with others.
28. Occasionally when I am mad at someone I will give him the silent treatment.
29. When I look back on what has happened to me, I cannot help feeling mildly resentful.
30. There are a number of people who seem to be jealous of me.
31. I demand that people respect my rights.
32. It depresses me that I did not do more for my parents.
33. Whoever insults my family or me is asking for a fight.
34. I never play practical jokes.
35. It makes my blood boil to have somebody make fun to me.
36. When people are bossy, I take my time just to show them.
37. Almost every week I see someone I dislike.
38. I sometimes have the feeling that others are laughing at me.
39. Even when my anger is aroused, I don't use 'strong language'.
40. I am concerned about being forgiven for my sins.
41. People who continually pester you are asking for a punch in the nose.
42. I sometimes pout, when I do not get my own way.
43. If somebody annoys me, I am apt to tell him what I think of him.

44. I often feel like a powder keg ready to explode.
45. Although I don't show it, I am sometimes eaten up with jealousy.
46. My motto is "NEVER TRUST STRANGERS"
47. When people yell at me, I yell back.
48. I do many things, which make me feel remorseful afterwards.
49. When I really lose my temper, I am capable of slapping someone.
50. Since the age of ten, I have never had a temper tantrum.
51. When I get mad, I say nasty things.
52. I sometime carry a chip on my shoulder.
53. If I let the people see the way I feel, I would be considered a hard person to get along with.
54. I commonly wonder what hidden reasons another person may have for doing something nice to me.
55. I could not put someone in his place, even if he needed it.
56. Failure gives me a feeling of remorse.
57. I get into fights about as often as the next person.
58. I can remember being so angry that I picked up the nearest thing and broke it.
59. I often make threats I do not really mean to carry out.
60. I cannot help being a little rude to people I don't like.
61. At times, I feel I get a raw deal out of life.
62. I used to think that most people tell the truth but now I know otherwise.
63. I generally cover up my poor opinion of others.
64. When I do wrong my conscience punishes me severely.
65. If I've to resort to physical violence to defend my rights, I will.
66. If someone doesn't treat me right, I don't let it annoy me.
67. I have no enemies who really wish to harm me.
68. When arguing, I tend to raise my voice.
69. I often feel that I have not lived the right kind of life.
70. I have known people who pushed me so hard that we came to blows.
71. I do not let a lot of unimportant things irritate me.
72. I seldom feel that people are trying to anger / insult me.
73. Lately, I have been a kind of grouchy.
74. I would rather concede a point than to get into an argument about it.
75. I sometimes show my anger by banging on table.

APPENDIX II (B)

Buss Durkee Inventory of Aggression Hostility (Adapted)

Few of the statements from the original BDI were changed for the Indian school children. These included 15 statements : (1, 5, 8, 13, 18, 24, 26, 27, 34, 36, 41, 44, 50, 52, 61, 70, 73 and 74) The BDI (Adapted) version administered was as follows.

State whether TRUE or FALSE :

1. I rarely hit back, even if the other person hit me first.
2. I sometimes spread gossip about people I don't like.
3. Unless somebody asks me in nice way, I will not do what he/she wants.
4. I lose my temper quickly but get over it quickly.
5. I don't always get what I should get.
6. I know that people tend to talk about me behind my back.
7. When I disapprove of my friend's behaviour, I let them know it.
8. The few times I have cheated, I have extremely regretted for that later.
9. Once in a while, I cannot control my urge to harm others.
10. I never get mad enough to throw things.
11. Sometimes people bother me just by being around.
12. When someone makes a rule I do not like, I am tempted to break it.
13. Other people always seem to get the opportunities.
14. I tend to be on my guard with people who are somewhat more friendly than I expected.
15. I often find myself disagreeing with people.
16. I sometimes have bad thoughts, which make me feel ashamed of myself.
17. I can think of no good reasons for hitting anyone.
18. When I am angry, I sometimes feel resentful and stay alone.
19. When someone is bossy, I do the opposite of what he asks.
20. I am irritated a great deal more than people are aware of.
21. I don't know anyone I downright hate.
22. There are a number of people who seem to dislike me very much.
23. I can't help getting into arguments when people disagree with me.
24. People who avoid their duty must feel apologetic.
25. If someone hits me first, I let him have it.
26. When I am very angry, I sometimes shut the door with a bang.
27. I am always patient with others.
28. Occasionally when I am mad at someone I will give him the silent treatment.
29. When I look back on what has happened to me, I cannot help feeling angry and hurt.
30. There are a number of people who seem to be jealous of me.
31. I demand that people respect my rights.
32. It depresses me that I did not do more for my parents.
33. Whoever insults my family or me is asking for a fight.
34. I never play jokes to harm others.
35. It makes my blood boil to have somebody make fun to me.
36. When people are bossy and dominating, I show them that I won't listen.
37. Almost every week I see someone I dislike.
38. I sometimes have the feeling that others are laughing at me.
39. Even when my anger is aroused, I don't use 'strong language'.

40. I am concerned about being forgiven for my sins.
41. People who continually after me and annoying, are asking for a blow on their nose.
42. I sometimes pout, when I do not get my own way.
43. If somebody annoys me, I am apt to tell him what I think of him.
44. I often feel that I can burst out and get angry any time.
45. Although I don't show it, I am sometimes eaten up with jealousy.
46. My motto is "NEVER TRUST STRANGERS"
47. When people yell at me, I yell back.
48. I do many things, which make me feel remorseful afterwards.
49. When I really lose my temper, I am capable of slapping someone.
50. Since the age of ten, I have never been angry without a reason.
51. When I get mad, I say nasty things.
52. I sometime find that I am always ready to fight with others.
53. If I let the people see the way I feel, I would be considered a hard person to get along with.
54. I commonly wonder what hidden reasons another person may have for doing something nice to me.
55. I could not put someone in his place, even if he needed it.
56. Failure gives me a feeling of remorse.
57. I get into fights about as often as the next person.
58. I can remember being so angry that I picked up the nearest thing and broke it.
59. I often make threats I do not really mean to carry out.
60. I cannot help being a little rude to people I don't like.
61. At times, I feel that life have been harsh and unfair to me.
62. I used to think that most people tell the truth but now I know otherwise.
63. I generally cover up my poor opinion of others.
64. When I do wrong my conscience punishes me severely.
65. If I've to resort to physical violence to defend my rights, I will.
66. If someone doesn't treat me right, I don't let it annoy me.
67. I have no enemies who really wish to harm me.
68. When arguing, I tend to raise my voice.
69. I often feel that I have not lived the right kind of life.
70. I remember people who got me so irritated and angry, that I erupted and lost control on my temper.
71. I do not let a lot of unimportant things irritate me.
72. I seldom feel that people are trying to anger / insult me.
73. Lately, I have been complaining with a lot of anger.
74. I would rather unwillingly accept a point than to get into any arguments.
75. I sometimes show my anger by banging on table.