

### **APPENDIX III**

#### **SITUATIONAL AGGRESSION QUESTIONNAIRE (SAQ)**

I am presenting some everyday situations to you. All you need to do is describe in a few words, how you would feel and react to these situations. Your answers will be kept strictly confidential.

#### **SITUATIONS**

- 1) Your parents had gone to the market and purchased a dress for you and your other brother/sister. When you opened your gift, you saw that neither the design, nor the colour of the dress was as beautiful, as your sisters/brothers. What do you think and feel at that time.
- 2) Your brother / sister has refused to do the work which you asked him to do, before your family and friends. What do you tell yourself in such a situation.
- 3) You take up a door to door summer job of selling a new 'detergent'. You are able to sell, only a single pack in the whole day, instead of targeted ten. While your friend is able to sell, around 8 to 9 items, everyday. What do you think later?
- 4) You are attending your science class and you wish to express the class, an idea related to the topic; however you start feeling anxious and nervous even before starting. What are you feeling & telling yourself at that time in your mind.
- 5) You come home tired from school, anticipating that your mother, will serve you good food. But after reaching you find she is busy with the neighbour gossiping. This continues for more than half an hour ? What thoughts would you face in your mind and how would you react to such a situation.
- 6) Your school teacher, who had always been giving you the 'poster' to make for the annual function – this time, gives it, to your friend. Seeing this, you keep on passing wrong, negative comments about your friend, to your other class-mates .What would you think & feel at this point.

- 7) You are three friends, who decide to prepare notes on three different subjects for the examinations. You prepare your share of notes & give it to your friends. However, even two days before examination, they tell you, they haven't prepared; when you had glanced it and seen those prepared notes in their bags. What do you do & think at that time.
- 8) You plan to go out of station, with your friend. You are excited and do, all the purchasing required for the trip. But only, one hour before leaving for the station, your friend rings up and says – "he doesn't wish to go with you". All your plans get cancelled. What are the thoughts & feelings you go through ?
- 9) You are going out to catch a bus to meet your relatives. Suddenly a car comes at a high speed and splashes water, on your clothes. When you observe closely, you see three of your school friends sitting in the car How do you, feel about it.
- 10) You have failed in 3 subjects out of five. Your best friend comes to know this and laughs at you in public, before your other classmates. What do you think in your mind about your friend and the whole situation.
- 11) You dislike the way, your mother and father dress up, whenever you go out with them. You have told them a lot many times, on how they need to dress but of no avail. How do you react in such a situation.
- 12) You buy a nice dress / pair of pant and shirt from a shop. It was totally unaffordable for you, but you had collected money for six months, and finally bought it. On reaching home, you find a big hole in the dress. When you go to the shop the next day, the shopkeeper refuses to exchange or pay your money back. What do you think and feel at that time.
- 13) You like some person in your class. You try to look at her/him when he/she is not seeing you. One day, you gather the confidence and propose her/him but he/she refuses your proposal. What do you think, after reaching home.

- 14) You come home, back from school and find police outside. On inquiring you come to know, that burglary took place in your house and your computer, motor cycle, your favourite wrist watch, imported clothes all have got stolen. What will you think and how will you react to such a situationA.
- 15) You take the responsibility to organize a community function in your colony. You try telling your friends and other people in the colony, on how they need to go about, but nobody is ready to listen to you. What do you do in such a situation.
- 16) Your parents had promised you earlier that they would lend you money to go out for your school trip. But they refuse to keep their promise, without giving you any good reason. How would you react and what would you tell yourself in such a situation.
- 17) You are studying hard for your Maths examination and you have told your neighbour friend, who is in the same class but different school, that your wish to perform very well this time. He has finished his exam and has called his friends home, just one day before your exam. They are dancing, with the audio system, at its highest volume. On going and explaining him to reduce the volume he refuses to do so. What do you think about him & yourself, in such a situation. Also explain your immediate reaction towards your friend.
- 18) Your three friends are talking & laughing loudly. You suddenly reach there and they get quiet, sharing glances with each other and trying to control their laughter. What do you think about your friends and yourself in this situation.
- 19) Your father from past five days has been coming home late. On reaching home he starts quarrelling with your mother and then misbehaves / shouts / slaps, either you or your sister / brother. What will you do ?
- 20) You are walking on the road side. Suddenly a car comes and hits you. Immediately you fall on the road, semi-conscious. The car which hit you runs

away and nobody's there on the road, amongst many people gathered; ready to help you to get up. After half an hour, you yourself slowly manage & go to the hospital. What are your reactions& your thoughts, when you later remember this incident.

- 21) You go and give a dance test to get selected in the annual function, but fail in the test. How would you feel and react in such a situation.