

APPENDIX - I

FRUSTRATION SCALE

(after item analysis)

INSTRUCTIONS : Below are 37 statements which may or may not be related to events in your life. There are five alternatives answers given against each statement viz, not at all/never, rarely, sometimes, usually and always. You requested to put a (✓) tick mark at the appropriate place which represent your style of behaviour.

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|-----|--|-------------------|----------------|------------------|----------------|-------------------|
| 1. | Do you resent if you are not allowed to go out with other children. | <i>Never</i> | <i>Rarely</i> | <i>Sometimes</i> | <i>Usually</i> | <i>Always</i> |
| 2 | Do you ever feel that your parents liked your brother/sister more than you. | <i>Always</i> | <i>Usually</i> | <i>Sometimes</i> | <i>Rarely</i> | <i>Not at all</i> |
| 3. | Do you feel hurt when you do something good and it is not appreciated. | <i>Never</i> | <i>Rarely</i> | <i>Sometimes</i> | <i>Usually</i> | <i>Always</i> |
| 4 | Do you feel bad if somebody comes and praise your best friend in front of you | <i>Not at all</i> | <i>Rarely</i> | <i>Sometimes</i> | <i>Usually</i> | <i>Always</i> |
| 5. | Do you share your problems with your family members.. | <i>Never</i> | <i>Rarely</i> | <i>Sometimes</i> | <i>Usually</i> | <i>Always</i> |
| 6. | Do you feel that if you were old enough things would be different for example you could take care of the family. | <i>Always</i> | <i>Usually</i> | <i>Sometimes</i> | <i>Rarely</i> | <i>Not at all</i> |
| 7 | Do you feel secure at home | <i>Always</i> | <i>Usually</i> | <i>Sometimes</i> | <i>Rarely</i> | <i>Not at all</i> |
| 8 | Would you hurt somebody just to get even with him/her | <i>Never</i> | <i>Rarely</i> | <i>Sometimes</i> | <i>Usually</i> | <i>Always</i> |
| 9. | Would you feel miserable in a situation which is out of control. | <i>Not at all</i> | <i>Rarely</i> | <i>Sometimes</i> | <i>Usually</i> | <i>Always</i> |
| 10 | Do you easily get upset. | <i>Not at all</i> | <i>Rarely</i> | <i>Sometimes</i> | <i>Usually</i> | <i>Always</i> |
| 11. | Do you feel guilty after doing anything wrong. | <i>Always</i> | <i>Usually</i> | <i>Sometimes</i> | <i>Rarely</i> | <i>Not at all</i> |
| 12 | Do you ever wish that things would be different from what they are. | <i>Not at all</i> | <i>Rarely</i> | <i>Sometimes</i> | <i>Usually</i> | <i>Always</i> |
| 13. | Would you get upset if somebody said that he did not like you. | <i>Not at all</i> | <i>Rarely</i> | <i>Sometimes</i> | <i>Usually</i> | <i>Always</i> |

14. Do you feel bad if there is no source of enjoyment at home (like T.V., radio)
Not at all Rarely Sometimes Occasionally Always
15. Do you feel bad when you don't get enough time to play with friends.
Always Usually Sometimes Rarely Not at all
16. Do you sulk if you are not allowed to play for a long time
Always Usually Sometimes Rarely Not at all
17. Do you have a long list of things to be unhappy about.
Not at all Rarely Sometimes Occasionally Always
18. Do you wish you were born in some other family
Not at all Rarely Sometimes Occasionally Always
19. Would you do certain things out of compulsion.
Always Usually Sometimes Rarely Not at all
20. Do you get angry when someone does not trust you
Always Usually Sometimes Rarely Not at all
21. Do you believe that if need be one should break all the rules and regulations of the society.
Not at all Rarely Sometimes Occasionally Always
22. Do you remember your past and can not forget some memories.
Not at all Rarely Sometimes Occasionally Always
23. Do you like the situation in which you are in control.
Always Usually Sometimes Rarely Not at all
24. If there is not enough to eat would you fight with your parents.
Always Usually Sometimes Rarely Not at all
25. Would you leave person who does not care for you.
Not at all Rarely Sometimes Occasionally Always
26. Would you feel humiliated if your father just sat at home and did nothing.
Always Usually Sometimes Rarely Not at all
27. Do you hate anyone ?
Not at all Rarely Sometimes Occasionally Always
28. Do you go by your own rules least bothering about the society.
Never Rarely Sometimes Usually Always
29. Do you feel one should be able to change himself/herself according to the circumstances.
Not at all Rarely Sometimes Occasionally Always

30. Would you be friend with a person even if you know that he/she is not faithful to you.
Never Rarely Sometimes Usually Always
31. What would you do if your friends cheated you,
 1. *Keep distance,* 2. *Not to trust him anymore,*
 3. *Ignore him in future,* 4. *Stop talking to him,*
 5. *To beat him up.*
32. How do you feel when your parents scold you in front of others.
 1. *Does not matter,* 2. *Got used to scolding,*
 3. *Feel depressed,* 4. *Feel humiliated,*
 5. *Very hurt.*
33. How would you feel when you want money or something important and your parents say they don't have any money.
 1. *Accept it as normal,* 2. *Try to persuade,*
 3. *Feel bad,* 4. *Feel hurt,*
 5. *Decide never to ask for it again.*
34. How do you feel when you see other children get whatever they want and you can not.
 1. *Does not matter;* 2. *Got used to it,*
 3. *Feel bad,* 4. *Feel hurt,*
 5. *Feel very frustrated.*
35. How do you feel if your parents were busy somewhere else and paid less attention to you.
Nothing Feel bad Feel hurt Feel lonely Feel frustrated
36. Are you close to your family.
Very much Usually Sometimes Rarely Not at all
37. Would you hate if things were not going according to your plan.
Not at all Rarely Sometimes Occasionally Very much