

## **APPENDIX - II**

## FRUSTRATION SCALE

(after factor analysis)

INSTRUCTIONS: Below are 15 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.

1. Do you resent if you are not allowed to go out with other children.  
*Never                  Rarely                  Sometimes                  Usually                  Always*
2. Do you ever feel that your parents liked your brother/sister more than you.  
*Always                  Usually                  Sometimes                  Rarely                  Not at all*
3. Would you feel miserable in a situation which is out of control.  
*Not at all                  Rarely                  Sometimes                  Usually                  Always*
4. Would you get upset if somebody said that he did not like you.  
*Not at all                  Rarely                  Sometimes                  Usually                  Always*
5. Do you feel bad if there is no source of enjoyment at home (like T.V., radio)  
*Not at all                  Rarely                  Sometimes                  Usually                  Always*
6. Do you feel bad when you don't get enough time to play with friends.  
*Always                  Usually                  Sometimes                  Rarely                  Not at all*
7. Do you have a long list of things to be unhappy about.  
*Not at all                  Rarely                  Sometimes                  .Usually                  Always*
8. Do you believe that if need be one should break all the rules and regulations of the society.  
*Not at all                  Rarely                  Sometimes                  Usually                  Always*
9. Do you remember your past and can not forget some memories.  
*Not at all                  Rarely                  Sometimes                  Usually                  Always*
10. If there is not enough to eat would you fight with your parents.  
*Always                  Usually                  Sometimes                  Rarely                  Not at all*
11. Would you feel humiliated if your father just sat at home and did nothing.  
*Always                  Usually                  Sometimes                  Rarely                  Not at all*
12. Do you hate anyone ?  
*Not at all                  Rarely                  Sometimes                  Usually                  Always*
13. Do you go by your own rules least bothering about the society.  
*Never                  Rarely                  Sometimes                  Usually                  Always*

14. How do you feel when your parents scold you in front of others.
- |                            |                                 |
|----------------------------|---------------------------------|
| 1. <i>Does not matter,</i> | 2. <i>Got used to scolding,</i> |
| 3. <i>Feel depressed,</i>  | 4. <i>Feel humiliated,</i>      |
| 5. <i>Very hurt.</i>       |                                 |
15. Would you hate if things were not going according to your plan.
- |                   |               |                  |                     |                  |
|-------------------|---------------|------------------|---------------------|------------------|
| <i>Not at all</i> | <i>Rarely</i> | <i>Sometimes</i> | <i>Occasionally</i> | <i>Very much</i> |
|-------------------|---------------|------------------|---------------------|------------------|