

Appendices

APPENDIX A

SELF-CONCEPT SCALE FOR CHILDREN

Name :

Class :

Age :

Direction

Kindly mark (✓) before any of the five alternatives given against each trait. Mark before only that alternative which best fit your feeling or 'I would like to be', you are to mark against each trait.

Item	Not at all	Not very often	Some of the time	Most of the time	All of the time
	1.	2.	3.	4.	5.

1. I am friendly
2. I am happy
3. I am kind
4. I am brave
5. I am honest
6. I am likable
7. I am trustful
8. I am good
9. I am proudly
10. I am lazy
11. I am loyal
12. I am co-operative
13. I am cheerful
14. I am thoughtful
15. I am popular
16. I am courteous
17. I am jealous
18. I am polite
19. I am bashful
20. I am clean
21. I am helpful
22. I am obedient

Grand total of Scores

APPENDIX B

Academic Anxiety Scale for Children (AASC)

Name : _____ Age : _____
Class : _____ Date : _____
School : _____

Direction :

Some statements are given on this page, which are related to your habits, personality and behaviour.

For every statement two blocks are given, which would state yes or no about these statements. Without any hesitation you mark (✓) on whatever answers are applicable for you. Your answer would be kept fully confidential.

Statements	Yes	No
1. On being called by the principal, I feel nervous.	()	()
2. As examination time approaches, I get tensed.	()	()
3. On suddenly being called by the class teacher to the staff room, I get frightend.	()	()
4. I do not hesitate to enter late into the classroom	()	()
5. On the arrival of mathematics teacher, I tend to forget everything.	()	()
6. If suddenly due to some work, I have to go to school office, I feel frightened.	()	()
7. When my parents meet the teachers I am always anxious about what the teachers, would be telling about me.	()	()
8. I always think of getting good examination results.	()	()

9. Even if, I do not do my home work, I am not afraid of going to the class. () ()
10. On getting low marks in any of the subjects, I feel ashamed to show it to my family members and friends. () ()
11. When my class teacher tells me to stand up to ask a question then, I am scared. () ()
12. I feel nervousness when English teacher suddenly ask me a question. () ()
13. I get tensed when, I come to know about one of my friends getting severe punishment because of disciplinary action. () ()
14. During examination time, I often get this dream that, I am not able to remember any thing even on getting the question paper. () ()
15. I become conscious when the teacher stands before me while teaching. () ()
16. I do not feel nervous while talking to the principal. () ()
17. I get worried if, I am unable to reach the school before the starting of the examination. () ()
18. I never sit on the first bench on the class. () ()
19. I am always curious to know about the commencement of examination. () ()
20. Studying Sankrit brings tension in my mind because pronounciation in Sanskrit is very difficult for me. () ()