

15 COPY

EXPERIMENT 9

Mental Health Questionnaire

Instructions:

“Given below are the number of statements, which expresses the different ways in which people think, feel and behave in their situations. Read each statement and if you agree with the content of the statement, then mark a cross (X) on “Yes” column against the item. If you disagree with the content of the statement, then mark a cross (X) on “NO” column against the item. There is no right or wrong responses. Hence, answer freely. Please do not omit any item”.

Sl. No		YES	NO
1.	I am not good at judging others		
2.	To me my small achievement is greater than my father's glory		
3.	I am victim of faith.		
4.	I in the final stage trust my own decision than others.		
5.	I am afraid that my decision than others.		
6.	In haste I decide and regret later		
7.	Depending on others for ideas and decisions has become a habit.		
8.	I try to shape my own future and I have faith in that.		
9.	A sense of fear of future bites me		
10.	Mine is a very happy family		
11.	I try to win the feelings of others		
12.	I feel that most people are so unreasonable		
13.	I feel hard to talk		
14.	I feel dispirited		
15.	I feel helpless		

16.	I feel lonely.		
17.	I cannot fully express my affections and genuine feelings		
18.	I feel sorry for the beggars and handicaps.		
19.	I feel that the most important thing in the life is a money		
20.	My job is quite dull and boring		
21.	I rarely value other people's argument when it contradicts me		
22.	Getting ahead in life is just a matter of luck and recommendations		
23.	I do not act in ways to please others		
24.	I am afraid of people's criticisms		
25.	I lead a kind of life that is satisfying to me.		
26.	I experience a sense of well being.		
27.	My life is meaningful.		
28.	I do my work just mechanically.		
29.	New things about life rarely interest me.		

Scoring

The Mental Health Questionnaire is scored using the scoring key provided by the author of the scale. When scoring the mental health questionnaire of the subjects the responses to a statement are indicative of Mental Health as the part of the subject is given a score of 1. No score is given to the other responses. Higher the score higher the Mental Health.

The mental health questionnaire is scored using the following instructions: In scoring the Mental Health Questionnaire of the subject, the response to a statement as indicative of mental health on the part of the subject is given the score 1. No score is given to other responses. For the items 1,3,5,9,11,12,18,23,25,26 and 27 the yes answer is given 1 score and for the item numbers 2,4,6,7,8,10,13,14,15,16,17,19,20,21,22,24,28 and 29 the no answer is given one score. The maximum score possible for the subject on the mental health questionnaire is 29 and the minimum score possible is zero. Higher the score, higher is the mental health on the part of the respondent.

Procedure

The mental health questionnaire for adolescents was self administered by the subject, the self and the individually administered to the Subject. In the case of self - administration, the respondent read the instructions for himself/herself from the opening page of the questionnaire and recorded his or her responses to each item.

Results

Table 1 show the scores obtained the individual subject on the Mental Health Questionnaire for adolescents

Table 2 shows the scores obtained by the group on the mental health questionnaire for adolescents.

Table 1: The scores obtained the individual subject on the Mental Health Questionnaire for adolescents

Subject	Mental Health

self-esteem

Rate yourself on the following three levels by ticking in the appropriate column:

No	Self Assessment	Usually	Sometimes	Rarely
1.	My friends have gathered in a room without me and they will speak bad things about me.			
2.	I will do anything to impress my classmates.			
3.	I admire people who make fun of others.			
4.	I get angry without any reason.			
5.	I do not say anything to my friend when he / she does something wrong.			
6.	I am able to speak in front of an audience confidently.			
7.	If my teacher criticizes my work, I take it positively and work on the problem.			
8.	I speak bad things about others behind their back.			
9.	I trouble the stray dog in my colony with my friends.			
10.	I can complete all my work on time.			
11.	I greet all my teachers and elders.			
12.	I can speak to my friends about anything.			
13.	I am comfortable speaking to my parents about anything (mother / father / both)			
14.	I can concentrate on my work even when my friends want to play with me.			

The above is a self assessment scale, meant to be used only as an indicator. It can be administered to yourself or to a peer to establish areas for further enhancement.

Note: Your score in each column gives you an indication of your strengths as well as the areas you can improve on. This scale will help you reflect and introspect so that you can work on enhancing your skill of Self Awareness.

critical thinking

Instructions: Check the category on the right that conforms to the frequency with which you do the following actions:

Action	Never	Once	More than Once	Often	Very Often
I understand the importance of having a schedule and I follow a regular timetable.					
I learn from my mistakes and try not to repeat them.					
Whenever there is a fight in a group, I support the person who is right although he / she may not be my friend.					
I help my friends / siblings to look at things positively when they are in a bad mood.					
I realize that I should not insist on buying the same things that my friends have unless I need them.					
I do not watch TV or play with electronic gadgets for long because I should have time for other things also.					
I realize the importance of outdoor sports to keep myself physically fit.					
I know that I should submit my school work on time and I am particular about it.					
I try to understand my parents' point of view when they scold me.					
I generally make an effort to keep my books in good condition so that I can donate them to underprivileged children.					

Action	Never	Once	More than Once	Often	Very Often
I try to balance my academics with extra-curricular activities to be an all rounder.					
I can resist negative peer pressure.					
I realize that I would lose the trust of my parents and teachers if I lie.					
I am focused as I know that it will help me to achieve my goals.					
I can plan and estimate the time it would take to complete my work.					
I set realistic goals and work towards achieving them.					
When in conflict, I consider various options and choose the ones that help me resolve the conflict.					
I try to stop my friends from bullying others because it is wrong.					
I accompany my parents to family functions even when I don't want to as I understand that I cannot be left alone at home for long hours.					
I realize my parent's concern when they tell me not to stay out of home till late.					
I agree with my parents when they tell me that playing video games for long hours could be harmful to my health and studies.					
I listen to my conscience and don't do things that I feel are wrong.					

The above is a self assessment scale, meant to be used only as an indicator. It can be administered to yourself or to a peer to establish areas for further enhancement.

Note: Your score in each column gives you an indication of your strengths as well as the areas you can improve on. This scale will help you reflect and introspect so that you can work on enhancing your Critical Thinking.

