

INSTRUCTIONS

Do not write or mark anything in this booklet. Mark your answers on separate answer-sheet supplied to you. Carefully read all the instructions before beginning.

This questionnaire contains 60 statements. Read each statement carefully. For each statement circle the answer that best represents your opinion. Make sure that you have circle the correct response.

- * Circle (SD) if you strongly disagree or the statement is definitely false.
- * Circle (D) if you disagree or the statement is mostly false.
- * Circle (N) if you are neutral on the statement or you can not decide, or the statement is about equally true or false.
- * Circle (A) if you agree or the statement is mostly true.
- * Circle (SA) if you strongly agree or the statement is definitely true.

Circle only one response for each statement. Respond to all the statements, making sure that circle the correct response. DO NOT ERASE! If you need to change an answer, make an × on the incorrect response and then circle the correct response.

Note that responses are numbered in rows.

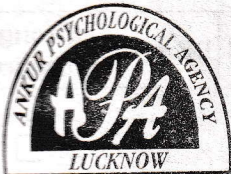
1. I am not a worrier.
2. I like to have a lot of people around me.
3. I don't like to waste my time daydreaming.
4. I try to be courteous to everyone I meet.
5. I keep my belongings clean and neat.
6. I often feel inferior to others.
7. I laugh easily.
8. Once I find the right way to do something, I stick to it.
9. I often get into arguments with my family and co-workers.
10. I'm pretty good about pacing myself so as to get things done on time.
11. When I'm under a great deal of stress, sometimes I feel like I'm going to pieces.
12. I don't consider myself especially 'light-hearted.'
13. I am intrigued by the patterns I find in art and nature.
14. Some people think I'm selfish and egotistical.
15. I am not a very methodical person.
16. I rarely feel lonely or blue.
17. I really enjoy talking to people.
18. I believe letting students hear controversial speakers can only confuse and mislead them.
19. I would rather cooperate with others than compete with them.
20. I try to perform all the tasks assigned to me conscientiously.
21. I often feel tense and jittery.
22. I like to be where the action is.
23. Poetry has little or no effect on me.
24. I tend to be cynical and skeptical of others' intentions.
25. I have a clear set of goals and work toward them in an orderly fashion.
26. Sometimes I feel completely worthless.
27. I usually prefer to do things alone.
28. I often try new and foreign foods.
29. I believe that most people will take advantage of you if you let them.
30. I waste lot of time before settling down to work.

31. I rarely feel fearful or anxious.
32. I often feel as if I'm bursting with energy.
33. I seldom notice the moods or feelings that different environments produce.
34. Most people I know like me.
35. I work hard to accomplish my goals.
36. I often get angry at the way people treat me.
37. I am a cheerful, high-spirited person.
38. I believe we should look to our religious authorities for decisions on moral issues.
39. Some people think of me as cold and calculating.
40. When I make a commitment, I can always be counted on to follow through.
41. Too often, when things go wrong, I get discouraged and feel like giving up.
42. I am not a cheerful optimist.
43. Sometimes when I am reading poetry or looking at a work of art, I feel a chill or wave of excitement.
44. I'm hard-headed and tough-minded in my attitudes.
45. Sometimes I'm not as dependable or reliable as I should be.
46. I am seldom sad or depressed.
47. My life is fast-paced.
48. I have little interest in speculating on the nature of the universe or the human condition.
49. I generally try to be thoughtful and considerate.
50. I am a productive person who always gets the job done.
51. I often feel helpless and want someone else to solve my problems.
52. I am a very active person.
53. I have a lot of intellectual curiosity..
54. If I don't like people, I let them know it.
55. I never seem to be able to get organized.
56. At times I have been so ashamed I just wanted to hide.
57. I would rather go my own way than be a leader of others.
58. I often enjoy playing with theories or abstract ideas.
59. If necessary, I am willing to manipulate people to get what I want.
60. I strive for excellence in everything I do.

AICS SCORING KEY

Those statements under 'yes' will be given 1 mark if marked 'yes' by the subject and those under 'no' will be given 1 mark if marked 'no'.

Home adjustment (a)		Health adjustment (b)		Social adjustment (c)		Emotional adjustment (d)		Educational adjustment (e)	
YES	NO	YES	NO	YES	NO	YES	NO	YES	NO
1	45	4		5	18	2	99	3	61
6	70	7		12	25	8	101	9	82
10		16		32	76	11		14	93
15		21		39	85	13		23	
17		24		51	89	19		30	
20		28		55	91	22		37	
27		35		63	97	26		41	
34		36		72		29		44	
38		42		74		31		48	
49		46		77		33		53	
54		50		80		40		57	
58		59		83		43		65	
66		62				47		69	
100		67				52		73	
		71				56		79	
						60		86	
						64		88	
						68		94	
						75			
						78			
						81			
						84			
						87			
						90			
						92			
						95			
						96			
						98			
						102			



Consumable Booklet

of

F E S

(English Version)

Dr. Harpreet Bhatia (Hyderabad)

Dr. N.K. Chadha (New Delhi)

Please fill up the following informations :—

Name.....

Age..... Sex.....

Family Income.....

INSTRUCTIONS

This booklet contains some statements. These Statements are about your family, you have to decide which of these statements are applicable to you about your family and which are not. Alongside the statements have FIVE cells (☐). If you **strongly agree** with the statement, mark tick (☒) under the cell labelled '**Strongly Agree**'. If you **strongly disagree** with the statement, mark tick under the cell labelled '**Strongly Disagree**'. For in between preferences mark accordingly '**Agree**', '**Neutral**' or '**Disagree**'.

Give us your general impression of your family. There are no right or wrong answers to any statement. Your responses will be kept in strict confidence and will be used only for research purposes.

Please respond to each statement and do not leave any statement unanswered. Your help will be duly acknowledged.

Estd. 1983

☎ : (0522) 354807

ANKUR PSYCHOLOGICAL AGENCY

22/481, INDIRA NAGAR, LUCKNOW – 226 016 (INDIA)

Sr. No.	STATEMENTS	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
1.	We enjoy doing things together.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2.	Family members often do not express their feelings.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3.	Breaking things in anger is quite common in our family.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4.	Making decisions independently is strongly encouraged in our family.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5.	In our family everyone is encouraged to play and interact with neighbours.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6.	Responsibilities are not taken seriously in our family.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7.	All members of the family are expected to be together for at least one meal in a day.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8.	Affection is expressed openly, quite often in our family.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9.	Togetherness is the basic feeling of our family.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10.	Our feelings of happiness are shared openly with others in our family.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11.	Beating up people in anger is not seen in our family.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12.	There are a lot of restrictions in our family.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13.	Friends and guests are always welcome in our family.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14.	Everyone in our family is well aware of their responsibilities.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15.	Nobody in our family is bothered about rules of any kind.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16.	Everyone in our family listens to what each one of us has to say.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17.	Whenever any work comes up, everyone tries to get out of the situation.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18.	It is difficult to express ourselves openly for fear of some one reacting to it angrily.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19.	Everyone tries to sort things out if there is a disagreement in the family.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20.	Thinking for ourselves is not encouraged in our family.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
21.	We often go out together for movies in our family.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
22.	Going for programmes without informing at home is not accepted in our family.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
23.	Nobody bothers to look after anyone else in our family.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
24.	Any new situation that arises is discussed openly in the family in order to get ideas and suggestions from every body.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
25.	We talk about our personal problems to each other in our family.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Sr. No.	STATEMENTS	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
26.	When members are angry, they do not talk to each other for days together.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
27.	In our family, members ask for what they need, quite openly.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
28.	Having hobbies is encouraged in our family.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
29.	Quite often members of our family stay out without in forming at home.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
30.	Only when we do something well we get praise and attention from others in our family.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
31.	Family members do not get along with each other.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
32.	Complaining about something that we don't like is not accepted in our family.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
33.	Finding faults with each other is quite common in our family.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
34.	It is difficult to do something on your own in our family, without someone feeling rejected or left out.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
35.	Watching T.V. is our only form of entertainment.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
36.	There is plenty of time and attention for everyone in our family.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
37.	Everyone comes together to sort out any new situation that may arise in our family.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
38.	At home we feel free to anything we want to.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
39.	Shouting in anger is not common in our family.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
40.	Everyone is expected to accept all decisions made in the family, whether they like it or not.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
41.	Our family members are just confined to either work or school.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
42.	We are careful not to hurt anyone in the family by making thought-less remarks.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
43.	Whenever something needs to be done in the house, everyone joins in, happily.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
44.	When any member is feeling upset, he/she talks to some one in the family.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
45.	The members of our family constantly keep bickering over small matters.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
46.	Whenever a marriage takes place in our family the person concerned is asked his/her views.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
47.	We go out often to visit friends or relations.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
48.	In our family if anyone is upset, there is always some one to comfort them.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Sr. No.	STATEMENTS	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
49.	There is no sense of closeness in our family.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
50.	Family Members often keep their feelings to themselves.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
51.	Whenever anyone in our family is angry with another member, he makes sure to sort out things with him.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
52.	The decision to take on or continue a particular job is taken by the family members concerned in consultation with other family members.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
53.	Joking and laughing is not encouraged in our family.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
54.	When things get tough there is always someone in the family whom we can turn to.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
55.	When someone is sick in our family everyone participates in looking after the person.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
56.	Expressing an opinion about matters at home is strongly encouraged in our family.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
57.	Whenever a family member does something well, the other members feel upset about it.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
58.	All major decisions in our family are taken by the elders in our family, without asking anyone else's opinion.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
59.	There is a lot of affection amongst our family members.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
60.	When a family vacation is planned we all give our suggestions.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
61.	Our family believes in not letting differences continue unsorted out.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
62.	If any member gets into trouble he/she gets help and sympathy from other family members.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
63.	When in trouble, all of us stand up for our family member.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
64.	Quite often members of our family fail to arrive at a mutually acceptable solution.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
65.	When anyone makes a mistake, the other members ridicule him.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
66.	In our family, we enjoy sitting together and talking to each other.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
67.	Showing anger by banging doors is rarely seen in our family.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
68.	Members of our family are very critical of each other.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
69.	All of us participate together in family functions/ programmes.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

ANSWER SHEET

ADJUSTMENT INVENTORY FOR COLLEGE STUDENTS (AICS)

A. K. P. SINHA and R. P. SINGH

Name (नाम) _____ Sex (लिंग) _____

Age (आयु) _____ Father's Occupation (पिता का व्यवसाय) _____

Education (शिक्षा) _____ Monthly Income (मासिक आय) _____

* Check

Q. No. प्र. सं.	Yes हाँ	No नहीं	Q. No. प्र. सं.	Yes हाँ	No नहीं	Q. No. प्र. सं.	Yes हाँ	No नहीं	Q. No. प्र. सं.	Yes हाँ	No नहीं
1	<input type="checkbox"/>	<input type="checkbox"/>	26	<input type="checkbox"/>	<input type="checkbox"/>	51	<input type="checkbox"/>	<input type="checkbox"/>	77	<input type="checkbox"/>	<input type="checkbox"/>
2	<input type="checkbox"/>	<input type="checkbox"/>	27	<input type="checkbox"/>	<input type="checkbox"/>	52	<input type="checkbox"/>	<input type="checkbox"/>	78	<input type="checkbox"/>	<input type="checkbox"/>
3	<input type="checkbox"/>	<input type="checkbox"/>	28	<input type="checkbox"/>	<input type="checkbox"/>	53	<input type="checkbox"/>	<input type="checkbox"/>	79	<input type="checkbox"/>	<input type="checkbox"/>
4	<input type="checkbox"/>	<input type="checkbox"/>	29	<input type="checkbox"/>	<input type="checkbox"/>	54	<input type="checkbox"/>	<input type="checkbox"/>	80	<input type="checkbox"/>	<input type="checkbox"/>
5	<input type="checkbox"/>	<input type="checkbox"/>	30	<input type="checkbox"/>	<input type="checkbox"/>	55	<input type="checkbox"/>	<input type="checkbox"/>	81	<input type="checkbox"/>	<input type="checkbox"/>
6	<input type="checkbox"/>	<input type="checkbox"/>	31	<input type="checkbox"/>	<input type="checkbox"/>	56	<input type="checkbox"/>	<input type="checkbox"/>	82	<input type="checkbox"/>	<input type="checkbox"/>
7	<input type="checkbox"/>	<input type="checkbox"/>	32	<input type="checkbox"/>	<input type="checkbox"/>	57	<input type="checkbox"/>	<input type="checkbox"/>	83	<input type="checkbox"/>	<input type="checkbox"/>
8	<input type="checkbox"/>	<input type="checkbox"/>	33	<input type="checkbox"/>	<input type="checkbox"/>	58	<input type="checkbox"/>	<input type="checkbox"/>	84	<input type="checkbox"/>	<input type="checkbox"/>
9	<input type="checkbox"/>	<input type="checkbox"/>	34	<input type="checkbox"/>	<input type="checkbox"/>	59	<input type="checkbox"/>	<input type="checkbox"/>	85	<input type="checkbox"/>	<input type="checkbox"/>
10	<input type="checkbox"/>	<input type="checkbox"/>	35	<input type="checkbox"/>	<input type="checkbox"/>	60	<input type="checkbox"/>	<input type="checkbox"/>	86	<input type="checkbox"/>	<input type="checkbox"/>
11	<input type="checkbox"/>	<input type="checkbox"/>	36	<input type="checkbox"/>	<input type="checkbox"/>	61	<input type="checkbox"/>	<input type="checkbox"/>	87	<input type="checkbox"/>	<input type="checkbox"/>
12	<input type="checkbox"/>	<input type="checkbox"/>	37	<input type="checkbox"/>	<input type="checkbox"/>	62	<input type="checkbox"/>	<input type="checkbox"/>	88	<input type="checkbox"/>	<input type="checkbox"/>
13	<input type="checkbox"/>	<input type="checkbox"/>	38	<input type="checkbox"/>	<input type="checkbox"/>	63	<input type="checkbox"/>	<input type="checkbox"/>	89	<input type="checkbox"/>	<input type="checkbox"/>
14	<input type="checkbox"/>	<input type="checkbox"/>	39	<input type="checkbox"/>	<input type="checkbox"/>	64	<input type="checkbox"/>	<input type="checkbox"/>	90	<input type="checkbox"/>	<input type="checkbox"/>
15	<input type="checkbox"/>	<input type="checkbox"/>	40	<input type="checkbox"/>	<input type="checkbox"/>	65	<input type="checkbox"/>	<input type="checkbox"/>	91	<input type="checkbox"/>	<input type="checkbox"/>
16	<input type="checkbox"/>	<input type="checkbox"/>	41	<input type="checkbox"/>	<input type="checkbox"/>	66	<input type="checkbox"/>	<input type="checkbox"/>	92	<input type="checkbox"/>	<input type="checkbox"/>
17	<input type="checkbox"/>	<input type="checkbox"/>	42	<input type="checkbox"/>	<input type="checkbox"/>	67	<input type="checkbox"/>	<input type="checkbox"/>	93	<input type="checkbox"/>	<input type="checkbox"/>
18	<input type="checkbox"/>	<input type="checkbox"/>	43	<input type="checkbox"/>	<input type="checkbox"/>	68	<input type="checkbox"/>	<input type="checkbox"/>	94	<input type="checkbox"/>	<input type="checkbox"/>
19	<input type="checkbox"/>	<input type="checkbox"/>	44	<input type="checkbox"/>	<input type="checkbox"/>	69	<input type="checkbox"/>	<input type="checkbox"/>	95	<input type="checkbox"/>	<input type="checkbox"/>
20	<input type="checkbox"/>	<input type="checkbox"/>	45	<input type="checkbox"/>	<input type="checkbox"/>	70	<input type="checkbox"/>	<input type="checkbox"/>	96	<input type="checkbox"/>	<input type="checkbox"/>
21	<input type="checkbox"/>	<input type="checkbox"/>	46	<input type="checkbox"/>	<input type="checkbox"/>	71	<input type="checkbox"/>	<input type="checkbox"/>	97	<input type="checkbox"/>	<input type="checkbox"/>
22	<input type="checkbox"/>	<input type="checkbox"/>	47	<input type="checkbox"/>	<input type="checkbox"/>	72	<input type="checkbox"/>	<input type="checkbox"/>	98	<input type="checkbox"/>	<input type="checkbox"/>
23	<input type="checkbox"/>	<input type="checkbox"/>	48	<input type="checkbox"/>	<input type="checkbox"/>	73	<input type="checkbox"/>	<input type="checkbox"/>	99	<input type="checkbox"/>	<input type="checkbox"/>
24	<input type="checkbox"/>	<input type="checkbox"/>	49	<input type="checkbox"/>	<input type="checkbox"/>	74	<input type="checkbox"/>	<input type="checkbox"/>	100	<input type="checkbox"/>	<input type="checkbox"/>
25	<input type="checkbox"/>	<input type="checkbox"/>	50	<input type="checkbox"/>	<input type="checkbox"/>	75	<input type="checkbox"/>	<input type="checkbox"/>	101	<input type="checkbox"/>	<input type="checkbox"/>
						76	<input type="checkbox"/>	<input type="checkbox"/>	102	<input type="checkbox"/>	<input type="checkbox"/>

SCORING TABLE (फलांकन तालिका)

Check *

Adjustment Area	a	b	c	d	e	Total	Interpretation
समायोजन क्षेत्र	क	ख	ग	घ	च	योग	विवेचन

MANUAL FOR FAMILY ENVIRONMENT SCALE (FES)

Dr. Harpreet Bhatia

and

Dr. N. K. Chadha

Department of Psychology

University of Delhi

DELHI

1993

ANKUR PSYCHOLOGICAL AGENCY

22/481, INDIRA NAGAR

LUCKNOW-226,016

INTRODUCTION

The family is the oldest and the most important of all the institutions that man has devised to regulate and integrate his behaviour as he strives to satisfy his basic needs. The family is basically a unit in which parents and children live together. Its key position rests on its multiple functions in relation to overall development of its members, their protection, and over all well-being. Therefore, it would emerge that not only the social and physical well-being of the individual is taken care of by the family, but the psychological well-being as well.

The family is the first to affect the individual. It is the family which gives the child his first experience of living. It gets him when he is completely uninformed, unprotected, before any other agency has had a chance to affect him. The influence of the family on the child is, therefore, immense. The influence of other agencies, although indispensable, must build upon the groundwork furnished by the family.

However, to understand the influence of the family on the child, it is important to understand the family and its functions. Family has been defined in the Oxford Dictionary as : (1) the body of persons who live in one house or under one head, including parents, children, servants, etc., (2) the ground consisting of parents and their children, whether living together or not ; (3) a person's children reared collectively ; and (4) those descended, or claiming descent from a common ancestry.

Connecting Family Environment

The family environment is influenced by a number of factors like the nature of family constellation ; number of children in the family ; marital relationships between husband and wife ; maternal (paternal) employment ; and socio-economic and religious background of the family.

The family environment possesses a certain consistency so that the impact of the same basic values, individuals, material objects etc., is felt over and over. Parental influence may not be felt in a specific situation, but the attitudes and ideas expressed day after day inevitably leave their mark.

In certain ways the influence of the family can be negative. All too often, members of the family take out all their frustrations on each other. Moreover, "instead of being a readymade source of

friends, the family is too often a readymade source of victims and enemies, the place where the cruelest words are spoken.....".

Selection of Dimensions

This family environment scale is based on the family environment scale by Moos (1974). This scale consists of three dimensions which are taken from Moos' scale. Although the concept of dimensions was taken from Moos' scale, all the subscales in each dimension were operationally defined with certain modifications of original definitions. Three of the original subscales were dropped, and one new subscale was added.

The dimensions, alongwith their operational definitions and contents, were given to eight judges. After making the suggested changes and modifications, they were again given to five other judges. Only those dimensions and contents of the dimensions having atleast 75 per cent agreement were retained. These are :

Relationship Dimensions

1. *Cohesion*. Degree of commitment, help, and support family members provide for one another.

2. *Expressiveness*. Extent to which family members are encouraged to act openly and express their feelings and thoughts directly.

3. *Conflict*. Amount of openly expressed aggression and conflict among family members.

4. *Acceptance and Caring*. Extent to which the members are unconditionally accepted and the degree to which caring is expressed in the family.

Personal Growth Dimensions

5. *Independence*. Extent to which family members are assertive and independently make their own decisions.

6. *Active-Recreational Orientation*. Extent of participation in social and recreational activities.

System Maintenance Dimensions

7. *Organization*. Degree of importance of clear organization structure in planning family activities and responsibilities.

8. *Control*. Degree of limit setting within a family.

Item Selection

It was decided to write 13 to 17 items under each subscale. The items were written subscalewise to avoid overlapping among

items. An initial pool of 121 items was made ready for the entire scale. These items were given to eight experts for rating on the following rating scale :

- 0 not acceptable
1 doubtful
2 acceptable

Only those items with 75 per cent approval of the experts were retained. Thus, out of the initial 121 items, 17 items were rejected and 104 were further subjected to item analysis.

Item Analysis

The scale was administered to an unselected sample of 350 subjects. The age range of the subjects was 17 to 50 years and they belonged to the middle-class socio-economic strata. Subjects were asked to respond to the items by marking any one of the five response options : Strongly Agree, Agree, Neutral, Disagree and Strongly Disagree. The items were scored as :

Positive Items		Negative Items	
5	Strongly Agree	1	
4	Agree	2	
3	Neutral	3	
2	Disagree	4	
1	Strongly Disagree	5	

On the basis of the total score of subjects, the group was divided into two—a high score group and a low score group. These scores were then subjected to chi-square (χ^2) computation. Only those items with atleast 0.05 level of significance were retained. Thus, out of the 104 items retained after rating, 35 items were rejected and 69 items were retained for the final form. The final scale alongwith the response categories is as follows :

Scoring Key

Sub-Scales	Positive items	Negative items	Total items
I. Relationship Dimensions			
1. Cohesion	1, 9, 24, 37, 43, 55, 60, 63, 66, 69	17, 49, 31	13

2. Expressiveness	10, 25, 38, 44, 56	2, 18, 32, 50	9
3. Conflict	11, 19, 39, 51, 61, 67	3, 26, 33, 45, 57, 64	12
4. Acceptance and Caring	8, 16, 36, 42, 48, 54, 59, 62	23, 30, 65, 68	12
II. Personal Growth Dimensions			
5. Independence	4, 27, 46, 52	12, 20, 34, 40, 58	9
6. Active-Recreational Orientation	5, 13, 21, 28, 47	35, 41, 53	8
III. System Maintenance Dimensions			
7. Organization	14	6	2
8. Control	7, 22	15, 29	4

Reliability : Split-half reliability was found for the present scale. For this purpose, the present scale was split into two halves. The scores of each dimension were also split into two halves. The scores for each of these halves were then correlated. From this self-correlation of the half-tests, the reliability coefficient of the whole test was estimated using the Spearman-Brown Prophecy formula. The reliability coefficients thus obtained are as follows :

Sub-Scales	Reliability coefficients
1. Cohesion	0.92
2. Expressiveness	0.88
3. Conflict	0.84
4. Acceptance and Caring	0.86
5. Independence	0.70
6. Active-Recreational Orientation	0.48
7. Organization	0.75
8. Control	0.48

Overall Test Reliability Coefficient=0.95

(6)

Validity : Both face and content validity were tested by giving the scale to eighteen experts to evaluate the test items. Only those items with atleast 75 per cent agreement among the judges were retained.

For content validity, the dimensions of the family environment were selected and clearly defined for the purpose of measuring the specific aspects of the environment. These definitions were also subjected to the judgement of the eight experts in the first step, and five experts in the second step.

Norms : Specific norms need to be formulated separately for each specific group under study.

However, the qualitative norms for the sample of the age range of 17 to 50 years are presented here :

Sub-Scales	Raw Score	Qualitative Norms
1. Cohesion	61 and above	High
	46 to 60	Average
	45 and below	low
2. Expressiveness	40 and above	High
	28 to 39	Average
	27 and below	Low
3. Conflict*	52 and above	Low conflicts
	38 to 51	Average conflicts
	37 and below	High conflicts
4. Acceptance and Caring	55 and above	High
	41 to 54	Average
	40 and below	Low
5. Active-Recreational Orientation	34 and above	High
	26 to 33	Average
	25 and below	Low
6. Independence	41 and above	High
	31 to 40	Average
	30 and below	Low

(7)

7. Organization	10 and above	High
	7 to 9	Average
	6 and below	Low
8. Control	18 and above	High
	14 to 17	Average
	13 and below	Low

* In this sub-scale, high score is indicative of low conflict and viceversa.

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