

APPENDIX - II

ANXIETY TEST

1. I feel my hands trembles while doing any work.
2. I am suspicious by nature.
3. I am always worried about what would happen to me, if I fail.
4. I feel I am lagging behind in my studies.
5. I don't feel like going out fearing of any accident.
6. Sometimes I feel so restless that I can not sit at a place for longer.
7. I feel hurt often.
8. I get irritated without any reason.
9. I get shocked whenever someone shouts at me.
10. I am always scared of elders.
11. I get angry if things are not according to my wish.
12. I am puzzled even with minor difficulties.
13. I feel tensed from the beginning to the end of any work.
14. Often I forget work assigned to me.
15. I commit mistakes in my work because I remain pre-occupied.
16. I am told that I talk and walk in my sleep.
17. People makes me disappointed every now and then.
18. I can not sleep till late night quite often.
19. I am more sentimental than others.
20. I get hurt when I am scolded or criticized.

21. I am punished sometimes without any reason.
22. I wish I should not remain a shy person.
23. I always feel, I have done something wrong.
24. I am always worried about what others will think about me.
25. I am not confident about my abilities.
26. In spite of knowing that to get worried is useless, I am worried.
27. I feel very upset because others do not understand me.
28. Teachers, parents and friends have over expectations about my work and that makes me unhappy.
29. I feel restless when my routine is disturbed.
30. I get disturbed for not in a position to participate in extra-curricular activities.