

APPENDIX:C:PRE ADOLESCENT ADJUSTMENT SCALE (PAAS)

Name: _____ Date: _____

School: _____ Class: _____

Some sentences appear on the next page. Please read each sentence carefully. Tick mark (✓) those sentences which are applicable to you. If the sentence is not applicable to you, do not write anything.

1. My parents get annoyed with me easily.
2. The school is a burden for me.
3. My neighbours are not good people.
4. My parents give me full freedom to play.
5. My teacher encourages me very much in my studies.
6. I do not want to make many friends.
7. My friends don't allow me to do my school work.
8. I don't get frightened in the presence of my teacher.
9. The teacher takes lot of work from us in the school
10. I hesitate to speak before others in the class.
11. My friends in the school tease me.
12. My teacher listens to me.
13. My parents take care of my amusements.
14. I live very happily with my brothers and sisters at my house.
15. My parents interfere with me in every affair.
16. I feel inferior to others.
17. I am very happy in the company of my friends.
18. I am not friendly with my companions.
19. I want more holidays.
20. Very few friends help me.
21. I don't like my friends at all.
22. I go to school daily.
23. I don't feel hesitant in asking questions to the teachers.

24. We have got sufficient freedom in the class.
25. Everybody pays attention to whatever I say.
26. My teacher does not make me understand anything properly.
27. I shall be happy if my teacher is transferred.
28. The rules of the school seem to be senseless to me.
29. I do not get angry easily.
30. I like my parents very much.
31. My parents don't allow me to go out alone.
32. No body at home helps me in my school work.
33. I like to study very much.
34. I don't have the habit of quarreling with others.
35. I don't like frivolous jokes.
36. Some of my friends are good.
37. I can't express myself properly.
38. I trust my friends.
39. I remember everything at-home, but forget in the teacher's presence.
40. My teacher is very strict.

Scoring key for PAAS

The Pre-Adolescent Adjustment scale gives a total of 6 scores. These include scores an Adjustment towards Home, School, Peers, Teacher and General and Total score which is a measure of the total Adjustment.

1. Score on Adjustment towards Home (H-Score)

The following are the items pertaining to this area. Corresponding to the items are the scale values of items given. The H score is obtained by adding the scale values of the items checked (/) among those given below:

Item No.in the scale	1	2	4	13	14	15	30	31	32
Scale value	-4	-1	+1	+2	+3	-2	+4	0	-3

Use the sign while adding the items. The H-score may range from -10 to +10.

2. Score on adjustment towards School (S-Score)

Like the H-Score, the S-Score is obtained by adding the scale values of the items checked from those given below:

Item No.in the scale	2	10	11	22	23	24	25	28
Scale value	-4	-1	-2	+3	+2	0	+1	-3

The S-scores may range from -10 to +5. Use the signs while adding the scale values.

3. Adjustment towards Peers (P-Score)

The P-Score is obtained by adding the scale values of those items checked from the items given below:

Item No.in the scale	6	7	17	18	20	21	36	38
Scale value	-1	-2	+3	-3	0	-4	+1	+2

The P-Score may range from -10 to 46. Use the signs while adding the scale values.

4. Adjustment towards Teachers (T-score)

The T-score is obtained by adding the scale value of those items checked from the items given below:

Item No. in the scale	5	8	9	12	26	27	39	40
Scale value	+3	+1	0	+2	-3	-4	-1	-2

The T-score may range from -10 to +6 use the signs while adding the scale values.

5. Adjustment in General (G-Scores)

The G-Score is obtained by adding the scale values of those items checked from among those given below:

Item No. in the scale	16	19	29	33	34	35	37
Scale value	-3	-2	+1	+3	+2	0	-1

The G-score may range from -6 to +6 use the signs while adding the scale values.

6. The total adjustment score is obtained by adding the H-score, S-score, P-score, T-score, and G-score. It may range from -46 to +34. Positive scores indicate good adjustment to the extent the magnitude of the score is nearer to 34 and negative scores indicate lack of adjustment or maladjustment to the extent it is away from 0.