Appendix F

Frustration Study Tool (Final Draft)

Name of the teacher : _____ Status : _____

Name of School/College: _____ Date : _____

Instructions : Every individual passes through such situations in which his actions, thoughts or other activities are blocked or obstructed. These obstructions may be physical, social or psychological. The state of mind of the individual in such situations is called frustration. Different people respond differently in same situations.

In this schedule there is a list of certain (24) such situations with six expected reactions. There is also a continuum, having four points, for each reaction, inscribed as 'Always', 'Often', 'Sometimes', and 'Rare'. You have to imagine that you are facing such situations at so many times in your college life then what will be your reactions. You are requested to give your reactions, by selecting one reaction only from given six expected reactions, according to your will. You have to show your reaction by making a tick mark (_/) against the chosen reaction and under the column which is suitable for you. For your convenience one example is given here.

(Situation -

Whenever you teach in the class the back-benchers complain that they are unable to hear you. Then -

Expected reactions/Frequencies		Always	Often	Some times	Rare
(a) You scold those students	:				
(b) You feel shy	:				
(c) You find yourself unable to improve the voice	:				
(d) You feel fed up of the teaching	:				
(e) You say that you speak in low voice so that the students of other classes may not feel disturbance	:				
(f) You say that they are hard of hearing	:				

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Suppose, you are facing the above situation at so many times and you scold the students always then make a tick mark (_/) against the reaction Number (a) and under the column 'Always'. If you scold then often, then make a tick mark under the column 'Often'. If sometimes then under the column 'Sometimes' and if you scold them rare then make the tick mark under the column 'Rare'. In the same way if your reaction is (b) or (c) or (d) or (e) or (f) then you have to make the tick mark against (b) or (c) or (d) or (e) or (f) accordingly and under one of the column as explained earlier. You are free to choose any one of the reactions and columns as you like. Please keep in mind that for one situation there must be only one tick mark against any one of the reactions and under any one of the columns and you have to attempt all the situations.

This information is collected for research purpose in which your best co-operation is expected. None of the reactions are right or wrong. Therefore, please select your reactions freely without reservations. Your answers will be treated as most confidential. There is also no time limit, even then do the work as fast as you can and select your reactions which come at first in your mind without taking help of your colleagues.

Thank you.

	Always	Often	Some times	Rare
1. You want to take leave due to some urgent work but the principal is not ready then -				
a. you get indulged in hot discussion with him.				
b. you go on requesting in childish way.				
c. you find yourself unable to change the idea of taking leave.				
d. you want to have no relations with the principal.				
e. you say that no matter, you can perform your work on some other day.				
f. you say that you did not try for taking leave otherwise he must have sanctioned.				
2. Management is giving chance for promotion to such a person who is junior to you then -				
a. you find yourself irregular in your duties.				
b. you are unable to break the previous relations with the principal.				
c. you become hopeless in your life.				
d. you say that you will get chance afterwards.				
e. you say that after promotion the responsibilities are also increased.				
f. you abuse the principal.				

	Always	Often	Some times	Rare
3. In one of your classes, there is a student who always try to raise questions while teaching is going on then -				
a. It makes no difference in your teaching.				
b. you feel useless to attend his questions.				
c. you say, it is good to ask questions.				
d. you say that he asks irrelevant questions.				
e. you make him get out.				
f. you feel nervous with his questions.				
4. You want to take the charge of game superintendent but the principal is not in favour of you then -				
a. you say that only uncompetent teachers are given such responsibilities.				
b. you utter harsh words to the principal.				
c. you want to have no terms with the principal.				
d. you continue your effort in this direction.				
e. you decide not to accept any other such responsibility.				
f. you say that it is better, now you will be free.				

	Always	Often	Some times	Rare
5. You are going to college by bus. In the mid way the bus tyre gets puncture and there is no other alternative for you then -				
a. you decide not to travel by bus in future.				
b. you say, one has no control over such situation.				
c. you say that, it was not a good day for you to go to school.				
d. you become angry with the driver.				
e. you request to get help from others.				
f. you try your best to get other means.				
6. You have given assurance for free studentship to a deserving student but the principal is denying for it then -				
a. you are rigid to do the same at any cost.				
b. you want to leave such duties.				
c. you say that one should obey one's authority.				
d. you say that principal has no sense for right decision.				
e. you become angry with the principal.				
f. you feel helpless.				
7. You are late today. The Principal has marked you LATE and compels you to take casual leave for today then -				
a. you become angry and tear the register.				
b. you hesitate to talk with the principal.				
c. you are firm to sign there.				
d. you do not care for the actions taken by the principal.				
e. you say that what he is doing is necessary for the discipline of the school.				
f. you say that it was not your fault but your bicycle was not in good order.				

	Always	Often	Some times	Rare
8. You have expelled one of the students for his misconduct but all other students are opposing you and insisting you to take the order back, then -				
a. you say that only the principal can take this action.				
b. you become angry upon them.				
c. you lose your self control.				
d. you feel to get away from such matters.				
e. you do not change your decision.				
f. you say that this is nothing for students these days, they may say anything.				
9. Principal is allotting you the same class to teach which you do not want to take then -				
a. you utter harsh words for him.				
b. you hesitate to defy the orders of the principal.				
c. you are not ready to accept that class at any cost.				
d. you feel burden to go in that class.				
e. you say that if you had chosen teaching job then it would be useless to know which class was being allotted.				
f. you say that the principal has no idea of the principles of time table construction.				
10. You are very strict in the examination. One of your relatives is using unfair means in your room then -				
a. you scold him badly.				
b. you feel shy of his actions.				
c. you behave with him in same manner as with others.				
d. you want to leave the invigilation work.				
e. you say that it is the effect of the environment and not of his home.				
f. you say that you have changed your principle these days.				

	Always	Often	Some times	Rare
11. You are up-to-date and well prepared in your subject matter even then you are unable to satisfy your students then -				
a. you become angry with them.				
b. you feel as if you will start weeping.				
c. you try to satisfy them.				
d. you feel fed up of teaching.				
e. you say that this generation is very dull academically.				
f. you say that student's back-ground is not good so they find difficulty to follow you.				
12. Your academic qualification is high even then you have been allotted lower classes to teach them -				
a. you utter loose words to the principal.				
b. you start to take maximum leave.				
c. you are not ready to go to that class.				
d. you take no interest in teaching.				
e. you say that it is easier to teach lower classes.				
f. you say that you wanted to take that class.				
13. Teachers are compelling you to cooperate with them in the protest against illegal matters of the principal and the principal happens to be your relative then -				
a. you utter bad words to the teachers.				
b. you want to take casual leave for some days.				
c. you stick on not to cooperate them.				
d. you want to be away from all responsibilities.				
e. you say that after all he is the principal and would be working, keeping in view the welfare of the college.				
f. you say that teachers have no power to oppose the principal.				

	Always	Often	Some times	Rare
14. Your residence is far away from the school. You want to be free in the first period but the principal had allotted the same period to you. then-				
a. you show anger to the principal.				
b. you feel as if you will start weeping.				
c. you feel difficulty to change your view.				
d. you take no initiative in teaching.				
e. you say that he cannot please every one at the same time.				
f. you say that coming late is not good.				
15. Principal allots you the periods of casual arrangements daily and not to others who have more free periods.				
a. you became angry with the principal.				
b. you use to tell stories in that period.				
c. you teach sincerely even in those classes.				
d. you feel fatigue in those classes.				
e. you say that teaching competence increases in casual teaching.				
f. you say that the principal has enmity with you.				
16. One of the students has failed in the annual examination but some influencial persons are compelling you to promote him then -				
a. you scold those people.				
b. you say that you will consult the principal for this.				
c. you say that you are unable to go beyond your principles.				
d. you want to have no relations with those people.				
e. you make them understand that it is better for the student to be in the same class.				
f. you say that only the principal can do this.				

	Always	Often	Some times	Rare
17. You want to expel one of the naughty students but the principal forgives him without consulting you then -				
a. you become angry with the principal.				
b. you feel like weeping.				
c. you are rigid to expel him.				
d. you become ready to leave the college.				
e. you say that if the principal is interested, you will not mind.				
f. you say that the principal wants to humiliate you.				
18. You have selected players for college football team honestly but it is the allegation of the students that you were partial then -				
a. you scold them.				
b. you say that you will reconsider.				
c. you say that what has been done is alright.				
d. you do not care for their alligation.				
e. you say that others have been given chance for practice.				
f. you say that they are disturbing the college.				
19. You have got an appointment letter for better service and you have to join there on certain date failing which you will miss the chance. You reach there just after the closing hours and the employer is saying that the next one has joined then -				
a. you abuse him.				
b. you feel like weeping.				
c. you try your best to be considered again.				
d. you do not give importance of losing the chance.				
e. you say that it is a warning for you to be in time in future.				
f. you say that it was not a good service, you had applied only for experience.				

	Always	Often	Some times	Rare
20. Due to some reasons you have not prepared your lesson and you have to take class just after few minutes, then-				
a. you scold the students without reason.				
b. you say to students that you are not feeling well today.				
c. you manage to teach any how.				
d. you want to leave that class for that day.				
e. you say that it is better time to test your presence of mind.				
f. you say that you teach better even without preparation.				
21. You are the convenor of college function and have invited the Education Minister for inauguration. At the eleventh hour, you come to know that he is unable to come then -				
a. you utter bad words against him.				
b. you become like frozen ice.				
c. you get the function inaugurated by your principal.				
d. you decide not to engage in such activities in future.				
e. you say that the principal is not inferior to him for inauguration.				
f. you say that to invite the Minister in Educational institution was not wise step.				
22. One of the students has asked some question and you find yourself unable to answer then -				
a. you scold him and say that he is disturbing the class.				
b. you say that you will explain it on the next day.				
c. you try to explain any how.				
d. you go forward without attending him. or you take no interest in teaching.				
e. you say that this question was not related to the present topic.				
f. you say that you have no time to think upon such absurd questions.				

	Always	Often	Some times	Rare
23. The Principal is insulting you in presence of other teachers then -				
(a) you abuse the principal.				
(b) you accept that you have made a mistake.				
(c) you do not lose your temper.				
(d) you avoid the principal.				
(e) you say that it is his normal way of behaving.				
(f) you say that he is not insulting but trying to improve your faults.				
24. Principal was going to suspend you due to some reasons but [illegible] pressurised by some influencial people [illegible] is now ready to forgive if you can request him for the same then -				
a. you become angry with him.				
b. you are ready to request for excuse.				
c. your behaviour remains unchanged.				
d. you do not want to give importance to the principal.				
e. you say that to request the authority will not make you inferior.				
f. you say that you do not flatter him so he behaves with you in this way.				