APPENDIX 4
Life Satisfaction Scale

Confidential

Dr. (Mrs.) Promila Singh (Raipur)
George Joseph (Bhilai)

I. M. No. 438719

Please fill up the following:—

Name ________________________________
Age __________________ Sex __________________
Education __________________ Occupation __________________
Caste __________________ Religion __________________
Monthly Income __________________
Mental Status __________________
Length of Service __________________
No. of Dependents __________________

INSTRUCTIONS

On the back of this page, a list of 35 statements related to day to day life is given. You are requested to read each statement carefully and also see to what extent that statement is applicable in your case. For indicating the degree of applicability a five-point scale is given against each statement like below:

Statement Response Alternative
Always Often Sometimes Seldom (Rarely) Never

I do my work in a extremely stressful situation.

After reading the statement, if you think that statement is always true in your case then put a mark of cross (×) in the cell below Always category. Please keep in mind that out of five alternatives against each statement you have to select only anyone of them. You are requested to indicate your answers without hesitation and with utmost degree of honesty.

Now turn the page and start the work.

Scoring Table

Obtained Score Interpretation

NATIONAL PSYCHOLOGICAL CORPORATION
4/230, KACHERI GHAT, AGRA - 282 004
© 1996. All rights reserved. Reproduction in any form is a violation of Copyright Act. Life Satisfaction Scale.

xvii
<table>
<thead>
<tr>
<th>Statements</th>
<th>Always</th>
<th>Often</th>
<th>Sometimes</th>
<th>Seldom (Rarely)</th>
<th>Never</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. I set realistic goal for myself.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. I, on the whole, enjoy my life.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. I enjoy whatever I do.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4. I enjoy the way I live.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5. I believe life is for living.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6. I am satisfied with the work I do.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7. I feel that I am a successful person.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8. I obtain pleasure from domestic affairs.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9. I feel proud in the success of my children.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10. I love to get myself involved in leisure activities.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11. I feel happy when I achieve my goals.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12. I am very much optimistic about my future.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>13. I consider my job as less demanding and more congenial.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>15. I set priorities by planning the day.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>16. I enjoy taking part in social activities.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>17. I devote some time to community activities.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>18. Money making is not the only motive of my life.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>19. I want to make use of my skills to improve the quality of life.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>20. I want to raise my standard of living.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>21. I take life as it comes.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>22. I think I am capable of fulfilling demands of my life.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>23. I feel, I have a healthy sense of self.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>24. I hold optimistic attitude towards life.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>25. I maintain self respect in different roles.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>26. I understand my strength and weaknesses.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>27. I believe in self-help and self-sufficiency.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>28. I have a lot of control over my life.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>29. I never leave a job unfinished.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>30. I am interested in sports activities.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>31. I can solve my problems effectively.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>32. I derive satisfaction from whatever I do.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>33. I believe I am a healthy person.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>34. I can face unanticipated hardships.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>35. I feel, I am a courageous person.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>