

RESEARCH TOOLS & MANUALS



MAHATMA EDUCATION SOCIETY'S
PILLAI COLLEGE OF EDUCATION & RESEARCH
Sector-8, Khanda Colony, New Panvel



OUR MENTORS

DR. K. M. Vasudevan Pillai

Chairman & CEO
Mahatma Education Society

Dr. Daphne Pillai

Secretary
Mahatma Education Society

Dr. Priam Pillai

COO,
Mahatma Education Society

Mr. Franav Pillai

Dep. CEO,
Mahatma Education Society

COMPILED BY

DR. Geeta Thakur
Asst. Prof. PCER-Panvel

COVER PAGE DESIGN

Mrs. Shruti Nair
Asst. Prof. PCER-Panvel

EDITED & PUBLISHED BY

Dr. Sally Enos, Principal
Pillai College of Education & Research,
Khanda Colony, New Panvel (W)-410206

First Published: February 2022

Volume 2

Edition: 1

ISBN - 978-81-964882-2-2

Copyright:

The facts and figures stated, conclusions reached and views expressed in different contributions are of the contributors' concern and should not be attributed to the Editor of the Book or to Pillai College of Education & Research, Panvel.

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any means without the prior permission in writing of MES' Pillai College of Education & Research, Panvel.

Table of Contents

RESEARCH MANUALS AND TOOLS.....	1
1. Stress Management Ability Ms. Jiesha Krishnan Kutty & Dr. Karuna Gupta.....	1
2. Self Esteem Ms. Jiesha Krishnan Kutty & Dr. Karuna Gupta	4
3. Stress Management Questionnaire Ms. Latha Shukla & Dr. Pratima Pradhan..	7
4. Leadership behaviour Ms. Rajesh Nagnath Kalyankar & Dr. Karuna Gupta ...	10
5. Job Satisfaction Ms. Rajesh Nagnath Kalyankar & Dr. Karuna Gupta	14
6. Home Environment Ms. Rejitha Sanal Kumar & Dr. Usha Kumar	18
7. Social Sensitivity Ms. Rejitha Sanal Kumar & Dr. Usha Kumar	24
8. Rating Scale on Peer Pressure Ms. Shimail Naaz & Dr. Pratima Pradhan	28
9. Rating Scale on Stress Ms. Shimail Naaz & Dr. Pratima Pradhan.....	32
10. Classroom Climate Scale Ms. Shomi Chacko & Dr. Ms. Karuna Gupta	35
11. Adjustment Problem Scale Ms. Shomi Chacko & Dr. Ms. Karuna Gupta	38
12. Assessment Questionnaire for Personality Attributes Ms. Sunu Ivan Nainan & Dr. Usha Kumar.....	42
13. Rating Scale for Self Esteem Ms. Vinita Desai & Dr. Karuna Gupta	47
14. Rating Scale for Building Relationships Ms. Vinita Desai & Dr. Karuna Gupta.....	49
15. Assertiveness Ms. Vinita Desai & Dr. Karuna Gupta	52
16. Rating scale for Leadership Ms. Vinita Desai & Dr. Karuna Gupta	54
17. Teacher Awareness on Inclusive Education Ms. Deepa Patil & Dr. Ms. Sally Enos	57
18. Teacher Perception on Inclusive Education Ms. Deepa Patil & Dr. Ms. Sally Enos.....	60
19. Home Environment and Attitude Scale on Current Social Issues Ms. Gael A. Dmello & Dr. Pratima Pradhan	64
20. Academic Stress Rating Scale Ms. Juhi Bahl & Dr. Sally Enos	72

21. Rating Scale on Task Performance and Work Motivation <i>Ms. Nadar Jeban Rosy John & Dr. Sally Enos</i>	75
22. Opinionnaire on Social Networking Sites <i>Ms. Nandita Shah & Dr. Sally Enos</i>	79
23. Reality Shows and Rating Scale on Achievement Motivation <i>Ms. Nisha Wilson K.V. & Dr. Karuna Gupta</i>	84
24. Study Habits Scale <i>Ms. Prabha Jasmine & Dr. Pratima Pradhan</i>	91
25. Rating Scale on Self Concept <i>Ms. Reema Thapar & Dr. Pratima Pradhan</i>	99
26. Role Conflict Scale <i>Ms. Savvy Gomes & Dr. Sally Enos Modified Version of the tool by Dr. V. Sumangala</i>	103
27. Teacher Performance Scale <i>Ms. Savvy Gomes & Dr. Sally Enos</i>	108
28. Attitude towards Civics Subject and Awareness of Democratic values <i>Ms. Soniya Avlu & Dr. Karuna Gupta</i>	111
29. Questionnaire on Values <i>Ms. Valencia Iris Le' Blond & Dr. Karuna Gupta</i> ...	118
30. Environmental Awareness on Water Resources <i>Ms. Amrita Chakrabarti & Dr. Ms. Sally Enos</i>	124
31. Spiritual Quotient Scale <i>Ms. Anne Jacob & Dr. Pratima Pradhan</i>	128
32. Stress Management Scale <i>Ms. Anne Jacob & Dr. Pratima Pradhan</i>	131