* }	Tall to	Academic year: 2022 Date: 18-01-2023. Ryff's Psychological well	
	5.No	plane of the student	BA (HEP) Glacultosh.
	2.	k. Roj kumos K. Vennyppal	BA(HEP) BA(HEP)
	4.	K. David Solmon Rey J. Havi Krishna.	BA[IA.C.CA] Henry.
	6	C-Siddaiah Efurportkokumor	BA Teliga Cosiddaiai
	The second second	D. praveus kumar	B.A. political science Dprovenkumar. B.A. (HPU) P.KtoSim BEVO
	(10)	P. Khasim Presan k. Nasasimha	B.A [H.E.P] K. Ourimbe
	(12)	syed. Afron	BA. (HONOWSS) S. Alman
	(3)	s. Basha	TSA (Ecohomia) siBosha
	(14)	S.P. Jushan 3 Touhees	B.A. [H.P.U] J. Lathan. B.A. [H.P.U] 3. Tackerst
	16.	A. Dukalaiah nansh	B.A (Elonomica). Deado.
	(17) (18)	v Ranallous Im	B.A Econo v. Del

Cvenketesh C. Senlatoch B.A. [Economics] P. Gangalokesh B. A (History) PGangaloust N. Narasimher 21) B. A [Teligit] NOR B. A (H.E.P) J. Agrovindrumo J- \$ 15 (23) 24 Y-Lokesh BA I economics] 1. Iskesh 25) M'Blwath BA (Paintal solene) mosty B. A (Economics) K. Gashwanth K & Reddy N Chennaksala w. the there BA [Economics] 27 BAC HRAMS T. Ashishele 28 BACECONOMICE) P. Hari Kryhner PHas 13 29 B A (House) K. Noor Baun January 3 8. 14.

Government College for Men(A), Kadapa Ryff's Psychological Well-Being Scales (PWB), 42 Item version

Nai	ne of the Counciller: P. Stowarthi	Acade	mic '	Year	20	22-201
Na	ne of the Student : G. Ganwh worshaw Class: B-A (H.E.P/III /ear.	Da	ite:	18	_0 1	-2023
Sn o	Question	Strongly DisAgree	2	3	4 5	Strongly Agree
1	I am not afraid to voice my opinions, even when they are in opposition to the opinions of most people.	- Interest of the second				
	In general, I feel I am in charge of the situation in which I live.					
3	I am not interested in activities that will expand my horizons.	1				
4	Most people see me as loving and affectionate.	· ·				
1 5	I live life one day at a time and don't really think about the future.				- V	1
6	When I look at the story of my life, I am pleased with how things have turned out	1				-
7	My decisions are not usually influenced by what everyone else is doing.				-	
8	The demands of everyday life often get me down.				1	0.000
9	I think it is important to have new experiences that challenge how you think about yourself and the world.		V	-	+	
3 10	Maintaining close relationships has been difficult and frustrating for me.	1			1	0010
11	I have a sense of direction and purpose in life.					1
12	In general, I feel confident and positive about myself.					
13	I tend to worry about what other people think of me.	./		-	V	1470.33
	I do not fit very well with the people and the community around me.	- V		111	-	1007
	When I think about it, I haven't really improved much as a person over the	The selection of the		-	V	1
	I often feel lonely because I have few close friends with whom to share my concerns.	The second second		1	-	92.71
	My daily activities often seem trivial and unimportant to me.	und State of the A	/	· V		0
	I feel like many of the people I know have gotten more out of life than I have.		V	2	1 20	
	I tend to be influenced by people with strong opinions.	A RESIDENCE				V
4	I am quite good at managing the many responsibilities of my daily life.	MO LOS TON	V		-	
21	I have the sense that I have developed a lot as a person over time.	B zaveniu	1 1		V	
22	I enjoy personal and mutual conversations with family members or friends.					V
	2 enjoy personal and material conversations with failing members of friends.	2 - 4			9	

						1	
3	23	I don't have a good sense of what it is I'm trying to accomplish in life.		\vdash	V	\square	
	24	Llike most aspects of my personality.		\vdash	\perp		
6	25	I have confidence in my opinions, even if they are contrary to the general consensus				V	
1	26	Loften feel overwhelmed by my responsibilities	1 11 19			\perp	N
5	27	People would describe me as a giving person, willing to share my time with others.		V			
ر	28	I enjoy making plans for the future and working to make them a reality.		1			
	20	In many ways I feel disappointed about my achievements in life.	V		-		
N	30	It's difficult for me to voice my own opinions on controversial matters.		V	2.4		Maria Land
		I have difficulty arranging my life in a way that is satisfying to me.			2012	V	
52	22	For me, life has been a continuous process of learning, changing, and growth.	BULVILAR		IK S LO	Dia Es	
· ·	33	I have not experienced many warm and trusting relationships with others.	AUTAOL BR	V	0000	Cook	X1247 444
1	34	t t t t t 1 l'f- but I am not one of them	Mr. Strill	The same		424	
,	35	10: 1 11 and as most people feel about themselves	Maria Vie				V
j	33	I judge myself by what I think is important, not by the values of what others think is important.				ha pil hay	V
,		I have been able to build a home and a lifestyle for myself that is much to my liking.	ELG ABOUT	UK.	13 80	E LUZ	V
6		to the state of th	W AL 27 A.T		71.74 E		V
L	38	I know that I can trust my friends, and they know they can trust me.	in the second	11	V	100	
		The second of th	1				1201111
	40	When I compare myself to friends and acquaintances, it makes me feel good about who I am.					V
1	41	When I compare myself to friends and acquaintances, it makes the feet good doods who I am.		A land		- N 10s	

1) Recode negative phrased items: # 3, 5, 10, 13,14,15,16,17,18,19, 23, 26, 27, 30,31,32, 34, 36, 39, 41.	Counceller 1
(i.e., if the scored is 6 in one of these items, the adjusted score is 1; if 5, the adjusted score is 2 and so on)	Adivisors:
2) Add together the final degree of agreement in the 6 dimensions: 63	2
2) Add together the final degree of agreement in the 6 dimensional (3
a. Autonomy: items 1,7,13,19,25, 31, 37 = 2 7	
b.Environmental mastery: items 2,8,14,20,26,32,38	

c. Personal Growth: items 3,9,15,21,27,33,39 26
d.Positive Relations: items: 4,10,16,22,28,34,40 26
e.Purpose in life: items: 5,11,17,23,29,35,41 36
f.Self-acceptance: items 6,12,18,24,30,36,42 = 25

Ryff's Psychological Well-Being Scales (PWB), 42 Item version

20 22 - 23

Academic Year:

Name of the Counciller: P. Sonavautlu Class: BA (HEP)	Da	te:	18.	-01-	2023
Sn Question	Strongly DisAgree 1	2	3	4 5	Strongly Agree 6
I am not afraid to voice my opinions, even when they are in opposition to the opinions of most people.				11	V
2 In general, I feel I am in charge of the situation in which I live.		V			T. A.
3 I am not interested in activities that will expand my horizons.					
4 Most people see me as loving and affectionate.		198			V
5 I live life one day at a time and don't really think about the future.				V	
6 When I look at the story of my life, I am pleased with how things have turned out				L	/
7 My decisions are not usually influenced by what everyone else is doing.					1
8 The demands of everyday life often get me down.	an laurentilla		ala)	V	di uu
9 I think it is important to have new experiences that challenge how you think about yourself and the world.					1
Maintaining close relationships has been difficult and frustrating for me.	V	0.20			Fil
11 I have a sense of direction and purpose in life.					1
12 In general, I feel confident and positive about myself.					V
13 I tend to worry about what other people think of me.	/	V			
14 I do not fit very well with the people and the community around me.	-V	THE REAL	33	111111111111111111111111111111111111111	
15 When I think about it, I haven't really improved much as a person over the			(II)	ert job	8 post (1)
16 I often feel lonely because I have few close friends with whom to share my concerns.		(ARI	CI	1	12-40
17 My daily activities often seem trivial and unimportant to me.	teril limit at	130	1	15 10	1 - 12
18 I feel like many of the people I know have gotten more out of life than I have.	are partition	1114	44	tit a	/
19 I tend to be influenced by people with strong opinions.	H SU DESCRIP	Y	9.9	18	
20 I am quite good at managing the many responsibilities of my daily life.	N. 23. (1.13.) (1.13.)		NI (n)		
21 I have the sense that I have developed a lot as a person over time.	Told Constitution		1	3 7 -	
22 I enjoy personal and mutual conversations with family members or friends.					11/

		-
	/	//
		//
		1/
	\checkmark	
		V
	V	1

1) Recode negative phrased items: # 3, 5, 10, 13,14,15,16,17,18,19, 23, 26, 27, 30,31,32, 34, 36, 39, 41. (i.e., if the scored is 6 in one of these items, the adjusted score is 1; if 5, the adjusted score is 2 and so on)	Counceller Adivisors:	1	
2) Add together the final degree of agreement in the 6 dimensions: 7		2	
a. Autonomy: items 1,7,13,19,25, 31, 37 - 38		3	
b.Environmental mastery: items 2,8,14,20,26,32,38 - 24			
c. Personal Growth : items 3,9,15,21,27,33,39			
d. Positive Relations: items: 4 10 16 22 28 34 40			
e Purpose in life: items: 5 11 17 23 29 35 41			
f. Self-acceptance : items 6,12,18,24,30,36,42			
- 33			

Government College for Men(A), Kadapa
Ryff's Psychological Well-Being Scales (PWB), 42 Item version

Name of the Counciller : P. Swavanthi	Acader	nic Ye	ar :	20	22-20
Name of the Student : K. Daniel Golmon Ray Class: II " Year B.A [H-E.C.A]	Da	te: \	8-	-01	2023
Question	Strongly DisAgree			4 5	Strongl Agree
I am not afraid to voice my opinions, even when they are in opposition to the opinions of most people.			ı		17.71750
In general, I feel I am in charge of the situation in which I live.	7				
I am not interested in activities that will expand my horizons.				B. (1)	~
4 Most people see me as loving and affectionate 6					V
5 I live life one day at a time and don't really think about the future.					
6 When I look at the story of my life, I am pleased with how things have turned out		L	1		
√ My decisions are not usually influenced by what everyone else is doing.		1	L	1	
8 The demands of everyday life often get me down.		V			TELEVIE .
I think it is important to have new experiences that challenge how you think about yourself and the world.				m/ 1/	_
10 Maintaining close relationships has been difficult and frustrating for me 5				-	-
I have a sense of direction and purpose in life.	7.				
In general, I feel confident and positive about myself.	and the same		L	1	3
3 I tend to worry about what other people think of me.		1			
4 If do not fit very well with the people and the community around me.				- 12	
5 When I think about it, I haven't really improved much as a person over the	Lingth Been	Hayler.	30	V	1.000
6 I often feel lonely because I have few close friends with whom to share my concerns)		28		ar Iri	1 - 217
7 My daily activities often seem trivial and unimportant to me.	1/		100	7	A WAS
8 I feel like many of the people I know have gotten more out of life than I have.	(. t. / . t.)		1	1	THE SALE
9 I tend to be influenced by people with strong opinions	in the second	- 15	130	8.0	-
I am quite good at managing the many responsibilities of my daily life.	OF REPORT	- 39 A	24	101	-
I have the sense that I have developed a lot as a person over time.	E P ST T T	100		c	-
I enjoy personal and mutual conversations with family members or friends 3			1		

								7 · .
/		I don't have a good sense of what it is I'm trying to accomplish in life.				\bot		1,
	24	I like most aspects of my personality.			V	11		4
60	25	I have confidence in my opinions, even if they are contrary to the general consensus						-
y	26	I have confidence in my opinions, even if they are contrary to the general consensus I often feel overwhelmed by my responsibilities People would describe me as a giving person, willing to share my time with others. I enjoy making plans for the future and working to make them a reality. — /			_			2
OM	27	People would describe me as a giving person, willing to share my time with others.		<u>}</u>	4	\perp		Ч.
3	28	I enjoy making plans for the future and working to make them a reality. — /				\perp		_
		In many ways, I feel disappointed about my achievements in life.				4		- /
	30	It's difficult for me to voice my own opinions on controversial matters.			4			4
1	31	I have difficulty arranging my life in a way that is satisfying to me.				~		12
ce l	32	For me, life has been a continuous process of learning, changing, and growth.				\perp		_ ′
4	153	I have not experienced many warm and trusting relationships with others.						_
	34	Some people wander aimlessly through life, but I am not one of them— 6	100 30				1	J ,
	35			~				_
/	36	I judge myself by what I think is important, not by the values of what others think is important.				×		_ '
20	\$7	I have been able to build a home and a lifestyle for myself that is much to my liking.		V				
_ c	38	I gave up trying to make big improvements or changes in my life a long time ago.				/		
2	39	I know that I can trust my friends, and they know they can trust me.	V					_ 6
	40	I sometimes feel as if I've done all there is to do in life.						
U	41	When I compare myself to friends and acquaintances, it makes me feel good about who I am.	12			~		_2

1) Recode negative phrased items: # 3, 5, 10, 13,14,15,16,17,18,19, 23, 26, 27, 30,31,32, 34, 36, 39, 41.	65	Counceller	1
(i.e., if the scored is 6 in one of these items, the adjusted score is 1; if 5, the adjusted score is 2 and so on)		Adivisors:	•
2) Add together the final degree of agreement in the 6 dimensions:			2
a. Autonomy: items 1,7,13,19,25, 31, 37 28			3

b.Environmental mastery: items 2,8,14,20,26,32,38 3 / c. Personal Growth: items 3,9,15,21,27,33,39 3 / d.Positive Relations: items: 4,10,16,22,28,34,40 2 6 / e.Purpose in life: items: 5,11,17,23,29,35,41 2 7 f.Self-acceptance: items 6,12,18,24,30,36,42

Ryff's Psychological Well-Being Scales (PWB), 42 Item version

n	ne of the Counciller: P. Growanthe ne of the Student: N. Havi Krighra. Class: I on year 3.A [12.6.c.A]	D	ate:	18	-01	- 20	9.2
1 1	Question	Strongly DisAgree		3	1	Str	rongl
,	am not afraid to voice my opinions, even when they are in opposition to the opinions of most people.	1	1	3	4	5 A	gree 6
2 1	In general, I feel I am in charge of the situation in which I live.	in anima	-	~	- 1		
5 1	am not interested in activities that will expand my horizons	Property of the last				~	1
4	Most people see me as loving and affectionate	allen o					-
5 1	live life one day at a time and don't really think about the future.	~					
)	when I look at the story of my life. I am pleased with how this					1.	,
11	ary decisions are not usually influenced by what everyone also is defined	13.191.77		/		-	
)	The demands of everyday life often get me down	Ex. 177			1		
11	think it is important to have new experiences that challenge because it is	Cir. Lines	/				
	of the felationships has been difficult and trustrating for				1.	1.	_
1	r have a sense of direction and purpose in life.	Removed to				-	
2 I	n general, I feel confident and positive about myself			-	1	1	-
3 I	tend to worry about what other people think of me	47.				_	100
4 1	do not fit very well with the people and the community ground				 		_
311	when I think about it. I haven't really improved much as	1			+	11100	_
0 1	often feet foliety because I have few close friends with whom to all and	asil bee	4-				_
	try daily activities offer seem invial and immortant to	Mandan	2 A 6		-		
8 1	feel like many of the people I know have gotten more out of 1:6, 41	/	19 1	-		~	_
9 I	tend to be influenced by people with strong opinions.	81.1.13		1	+	116	J 1
1 0	am quite good at managing the many responsibilities of any 1:1, 1:6	10000000	-	-	-	-	
1]	I have the sense that I have developed a lot as a person over time.	101201		U 17		~	\dashv
2]	I enjoy personal and mutual conversations with family members or friends.	1000	2 10	-	-	<u></u>	
_	mattan conversations with family members or friends.	5 S - 1 1 2 T	-	-	~		

				1
I don't have a good sense of what it is I'm trying to accomplish in life.				
I like most aspects of my personality. I like most aspects of my personality are contrary to the general consensus	0			/
Tri and fidence in my opinions, even in they are	177			
I have confidence in my operation of the feel overwhelmed by my responsibilities I often feel overwhelmed by my responsibilities willing to share my time with others.	1/1 3 1 /			
I often feel overwhelmed by my responsibilities People would describe me as a giving person, willing to share my time with others. People would describe figure and working to make them a reality.	1			
			1	
I enjoy making plans for the future and working In many ways, I feel disappointed about my achievements in life. In many ways, I feel disappointed about my achievements in life.	1979 En 1778 799			
In many ways, I feel disappointed about my define to the state of the	US DATE OF			19344
It's difficult for me to voice my own opinions on continuous and continuous process of learning, changing, and growth.	TU PELLEVINOR			1
I have difficulty arranging my life in a way that is satisfying to be a growth. For me, life has been a continuous process of learning, changing, and growth. For me, life has been a continuous process of learning relationships with others.	1./			SOLUTION TO
		10 10 10	91.	./
I have not experienced many warm and trusting retained. Some people wander aimlessly through life, but I am not one of them Some people wander aimlessly through life, but I am not one of them	17 19 1 (30)	7.04.33	/	Raine in
Some people wander aimlessly through life, but I am not one of them. Some people wander aimlessly through life, but I am not one of them. My attitude about myself is probably not as positive as most people feel about themselves. My attitude about myself is important, not by the values of what others think is important.	nest contest			1
My attitude about myself is probably not as positive as most people feet deserting. My attitude about myself is probably not as positive as most people feet deserting important. I judge myself by what I think is important, not by the values of what others think is important.	III GALLANIA VI		el fictile	
I judge myself by what I think is important, not by the values of what each to my liking. I have been able to build a home and a lifestyle for myself that is much to my liking. I have been able to build a home and a lifestyle for myself that is much to my liking.	TO TO THE PARTY.		1	
	1		_	THE PLANE
t . T twict my friends and they know they			200	751 71
I know that I can trust my friends, and any I know that I can trust my friends, and any I know that I can trust my friends, and any I know that I can trust my friends, and any I know that I can trust my friends, and any I know that I can trust my friends, and any I know that I can trust my friends, and any I know that I can trust my friends, and any I know that I can trust my friends, and any I know that I can trust my friends, and any I know that I can trust my friends, and any I know that I can trust my friends, and any I know that I can trust my friends, and any I know that I can trust my friends, and any I know that I can trust my friends, and any I know that I can trust my friends, and I know that I can trust my	10, 10, 10, 10		1	-28 -191
I sometimes feel as if I've done all there is to do in file. I sometimes feel as if I've done all there is to do in file. When I compare myself to friends and acquaintances, it makes me feel good about who I am.	parties studies	100016 (5)	~	1971 or 1340
41 When I compare myself to mends and as a				

- 1) Recode negative phrased items: # 3, 5, 10, 13,14,15,16,17,18,19, 23, 26, 27, 30,31,32, 34, 36, 39, 41.
- (i.e., if the scored is 6 in one of these items, the adjusted score is 1; if 5, the adjusted score is 2 and so on...)
- Add together the final degree of agreement in the 6 dimensions:
- a. Autonomy: items 1,7,13,19,25, 31, 37 -> 26

b. **Environmental mastery**: items 2,8,14,20,26,32,38 -> 9.8

- c. Personal Growth: items 3,9,15,21,27,33,39 -> 24
 - d. Positive Relations: items: 4,10,16,22,28,34,40
- e.Purpose in life: items: 5,11,17,23,29,35,41 -> 9.5
- f.Self-acceptance: items 6,12,18,24,30,36,42 -> 22

Counceller Adivisors:

1) The subject has very less Positive nelation.

2) siggested some behavioral of modification techniques.

3) suggested Positive thinking techique

Ryff's Psychological Well-Being Scales (PWB), 42 Item version

Academic Year: 2023-2027

Name of the Counciller : P-Solavanthi Name of the Student : C-Siddaigh Date: 18-11 - 2023 Class: B.A Telugu Strongly Sn **Ouestion** DisAgree Agree 0 I am not afraid to voice my opinions, even when they are in opposition to the opinions of most people. In general, I feel I am in charge of the situation in which I live. I am not interested in activities that will expand my horizons. Most people see me as loving and affectionate. I live life one day at a time and don't really think about the future. When I look at the story of my life, I am pleased with how things have turned out My decisions are not usually influenced by what everyone else is doing. The demands of everyday life often get me down. I think it is important to have new experiences that challenge how you think about yourself and the world. 10 Maintaining close relationships has been difficult and frustrating for me. 11 I have a sense of direction and purpose in life. 12 In general, I feel confident and positive about myself. 13 I tend to worry about what other people think of me. 14 I do not fit very well with the people and the community around me. 15 When I think about it, I haven't really improved much as a person over the 16 I often feel lonely because I have few close friends with whom to share my concerns. My daily activities often seem trivial and unimportant to me. 18 I feel like many of the people I know have gotten more out of life than I have. 19 I tend to be influenced by people with strong opinions. 20 I am quite good at managing the many responsibilities of my daily life. I have the sense that I have developed a lot as a person over time. I enjoy personal and mutual conversations with family members or friends.

Mary Parley of

23 I don't have a good sense of what it is I'm trying to accomplish in life.	_/				
24 I like most aspects of my personality.			\Box		1
25 I have confidence in my opinions, even if they are contrary to the general consensus				-/	
26 I often feel overwhelmed by my responsibilities	1 E		\Box	Ť	-/
People would describe me as a giving person, willing to share my time with others.	1./		П		
I enjoy making plans for the future and working to make them a reality.			П		
29 In many ways, I feel disappointed about my achievements in life.					/
30 It's difficult for me to voice my own opinions on controversial matters.	12 3012 4	M. F.		1	
I have difficulty arranging my life in a way that is satisfying to me.	DEGO HES	B 1 170		×	1
For me, life has been a continuous process of learning, changing, and growth.	Sept-Across 1	8 B W		1	HE I
I have not experienced many warm and trusting relationships with others.	1	1213 9 19	24		77.17
34 Some people wander aimlessly through life, but I am not one of them	Q6 91003 II	162 183	203	2.1	1
My attitude about myself is probably not as positive as most people feel about themselves.	and Alo	13 23		211	DOM:
I judge myself by what I think is important, not by the values of what others think is important.	~	OTE JULI	 		
I have been able to build a home and a lifestyle for myself that is much to my liking.		24 19		100	1
I gave up trying to make big improvements or changes in my life a long time ago.	Panazeri i	110 M	1		
I know that I can trust my friends, and they know they can trust me.	THERE IS THE	12/08	Y	1111	~
I sometimes feel as if I've done all there is to do in life.	11% (25% 10)	1	1.		131 93
When I compare myself to friends and acquaintances, it makes me feel good about who I am.	Digital St. 17	Y		A-10	-1
A	TO WILL I			6 (1)	~

0	I sometimes feel as if I've done all there is to do in life.	I IN RESE		4.			U
1	When I compare myself to friends and acquaintances, it makes me feel good about who I am.	por less in	Ť		A 19	~/	7
	Scoring Instruction:	100101	Legis :	100	F 97 1	a of the	_
	1) Recode negative phrased items: # 3, 5, 10, 13,14,15,16,17,18,19, 23, 26, 27, 30,31,32, 34, 36, 39, 41. (i.e., if the scored is 6 in one of these items, the adjusted score is 1; if 5, the adjusted score is 2 and so on)	Counceller Adivisors:	1				
	2) Add together the final degree of agreement in the 6 dimensions: a. Autonomy: items 1,7,13,19,25, 31, 37 (14)		2				
	b. Environmental mastery: items 2,8,14,20,26,32,38 ; 20	has ve	my le	نر حسر	in s	selt _	
<i>h</i> .	c. Personal Growth: items 3,9,15,21,27,33,39 \$ 22 d. Positive Relations: items: 4,10,16,22,28,34,40 \$ 26		mak fi				
	e.Purpose in life; items: 5,11,17,23,29,35,41 ; 20 f.Self-acceptance: items 6,12,18,24,30,36,42 ; 15	me tech	nique	o t	5 9	214-10	se
	1. Self-acceptance: items 6,12,18,24,30,36,42 : 15	e examp	ples 1	1000	t- i	accept	
	things Position	vely					

Government College for Men(A), Kadapa Ryff's Psychological Well-Being Scales (PWB), 42 Item version

ame of the Student :	fravanthy Eifumanth Kumah Class: D. A History	Da	ate: /	11	011	23	
on D	Question	Strongly DisAgree 1	2	3	4	5	Strongly Agree 6
	my opinions, even when they are in opposition to the opinions of most people.						V.
	n charge of the situation in which I live.	1 11 m - Alexand					
	ctivities that will expand my horizons.						V
Most people see me as	loving and affectionate.	✓.					
I live life one day at a ti	ime and don't really think about the future.					V	
	y of my life, I am pleased with how things have turned out		V				a monthly
	sually influenced by what everyone else is doing.						
	ay life often get me down.	English Company		V			
I think it is important to ha	we new experiences that challenge how you think about yourself and the world.				V		
	ionships has been difficult and frustrating for me.		4				V
I have a sense of direct	ion and purpose in life.					4	
	ent and positive about myself.					1	/
I tend to worry about w	hat other people think of me.			1	✓		
I do not fit very well wi	th the people and the community around me.	August 1	1	V			
5 When I think about it, I	haven't really improved much as a person over the	Mary Could the	Alle	119	My	V	1283
6 I often feel lonely becau	use I have few close friends with whom to share my concerns.	A CLASSIC BOOM				4-14	1
7 My daily activities ofte	en seem trivial and unimportant to me.	Miner Light 5	J	ind	10		
	people I know have gotten more out of life than I have.	CS. P. J. Market		V	1.	MO	W. Produ
9 I tend to be influenced 1	by people with strong opinions.	on the capture of					./
	aging the many responsibilities of my daily life.	CH32 1 - U P(2)		1		,	
	nave developed a lot as a person over time.	TEST CHET			1	-	
	utual conversations with family members or friends.			1./			

				$\overline{}$	$\overline{}$		1 3
	I don't have a good sense of what it is I'm trying to accomplish in life.		++	\perp	\leftarrow		17
$\overline{}$	I like most aspects of my personality.		\perp	\perp	\Box)
25	I have confidence in my opinions, even if they are contrary to the general consensus		\perp		V		2
	I often feel overwhelmed by my responsibilities				\Box	V	_ !
27	People would describe me as a giving person, willing to share my time with others.	for 1					
	I enjoy making plans for the future and working to make them a reality.		\perp		V	1/2	2
	In many ways, I feel disappointed about my achievements in life.						1
30	It's difficult for me to voice my own opinions on controversial matters.	10 41 30			V	/	2
31	I have difficulty arranging my life in a way that is satisfying to me.	Preside the	9		1	1	2
32	For me, life has been a continuous process of learning, changing, and growth.	75000	1 14	,		N	1
33	I have not experienced many warm and trusting relationships with others.	11.57	100	V		ALC: N	3
34	Some people wander aimlessly through life, but I am not one of them	CIV CHILIN	15.0			1	1
		/	1000				_6
	I judge myself by what I think is important, not by the values of what others think is important.	V					6
\rightarrow	I have been able to build a home and a lifestyle for myself that is much to my liking.	Catal Water	1999			V	1
38	I gave up trying to make big improvements or changes in my life a long time ago.		-	- 1			_3
39	I know that I can trust my friends, and they know they can trust me.	The State of			V	A STATE OF THE PARTY OF THE PAR	2
40	I sometimes feel as if I've done all there is to do in life.	Grand F	/			1	_5
41	When I compare myself to friends and acquaintances, it makes me feel good about who I am.	The History	4	/		Alloy and a	3
-	The state of the s						

1) Recode negative phrased items: # 3, 5, 10, 13,14,15,16,17,18,19, 23, 26, 27, 30,31,32, 34, 36, 39, 41.	Counceller 1
(i.e., if the scored is 6 in one of these items, the adjusted score is 1; if 5, the adjusted score is 2 and so on)	Adivisors:
2) Add together the final degree of agreement in the 6 dimensions:	2
a. Autonomy: items 1,7,13,19,25, 31, 37 512	3
b.Environmental mastery: items 2,8,14,20,26,32,38 ; 19	

c. Personal Growth: items 3,9,15,21,27,33,39 \$ 15 d.Positive Relations: items: 4,10,16,22,28,34,40 \$ 20 e.Purpose in life: items: 5,11,17,23,29,35,41 \$ 19 f.Self-acceptance: items 6,12,18,24,30,36,42

Ryff's Psychological Well-Being Scales (PWB), 42 Item version

Academic Year : 2023- 2027 P. Gravanthi. Name of the Counciler Class: PSF. B.A (P.8) Name of the Student . : D. praveen Kumar Date: 18-01 - 2023. Strongly Sn **Ouestion** DisAgree Agree I am not afraid to voice my opinions, even when they are in opposition to the opinions of most people. In general, I feel I am in charge of the situation in which I live. 3 I am not interested in activities that will expand my horizons. Most people see me as loving and affectionate. I live life one day at a time and don't really think about the future. When I look at the story of my life, I am pleased with how things have turned out My decisions are not usually influenced by what everyone else is doing. The demands of everyday life often get me down. I think it is important to have new experiences that challenge how you think about yourself and the world. Maintaining close relationships has been difficult and frustrating for me. 11 I have a sense of direction and purpose in life. 12 In general, I feel confident and positive about myself. 13 I tend to worry about what other people think of me. I do not fit very well with the people and the community around me. When I think about it, I haven't really improved much as a person over the I often feel lonely because I have few close friends with whom to share my concerns. My daily activities often seem trivial and unimportant to me. I feel like many of the people I know have gotten more out of life than I have. I tend to be influenced by people with strong opinions. I am quite good at managing the many responsibilities of my daily life. I have the sense that I have developed a lot as a person over time. 22 I enjoy personal and mutual conversations with family members or friends.

		D			IA.	
23	I don't have a good sense of what it is I'm trying to accomplish in life.					1
24	I like most aspects of my personality.					6
25	I have confidence in my opinions, even if they are contrary to the general consensus				/	6
26	I often feel overwhelmed by my responsibilities					6
27	People would describe me as a giving person, willing to share my time with others.	V0.	V			4
28	I enjoy making plans for the future and working to make them a reality.	,			/	6
29	In many ways, I feel disappointed about my achievements in life.				•	
30	It's difficult for me to voice my own opinions on controversial matters.		34 173	6.00	/	1
31	I have difficulty arranging my life in a way that is satisfying to me.		Bed Date		1	t
32	For me, life has been a continuous process of learning, changing, and growth.		T GULLIA	74	/	1
33	I have not experienced many warm and trusting relationships with others.	2/11/71/15 639	1		diller to	4
34	Some people wander aimlessly through life, but I am not one of them	08 9 0 0 8	The last		/	6
35	My attitude about myself is probably not as positive as most people feel about themselves.	182 NO 119			36 6 20	3
36	I judge myself by what I think is important, not by the values of what others think is important.	P. P.	US KIR		/	6
37	I have been able to build a home and a lifestyle for myself that is much to my liking.	o Lin Valida		Di Barria	/	6
38	I gave up trying to make big improvements or changes in my life a long time ago.	~	4 14 1376	MIN AL	Salah Alika	1
39	I know that I can trust my friends, and they know they can trust me.				/	1
.40	I sometimes feel as if I've done all there is to do in life.		THE PROPERTY.	Red G Hale		+
41	When I compare myself to friends and acquaintances, it makes me feel good about who I am.		M. 192		EXEU-	6

1) Recode negative phrased items: # 3, 5, 10, 13,14,15,16,17,18,19, 23, 26, 27, 30,31,32, 34, 36, 39, 41. (i.e., if the scored is 6 in one of these items, the adjusted score is 1; if 5, the adjusted score is 2 and so on)	Counceller Adivisors:
나 있는데 그림, 그리고 그림, 그리고 그는 그리고 그는 그리고 있는 그리고 있는데 그림, 그리고 그는 그를 하는데 얼마를 하게 되었다. 그리고 나는데 그리고 나는데 하는 생각이 없는데 있다. 어린	
2) Add together the final degree of agreement in the 6 dimensions:	2
a. Autonomy: items 1,7,13,19,25, 31, 37 6, 6, 6, 5, 6, 1, 6 = 34	3
b.Environmental mastery: items 2,8,14,20,26,32,38 6,6,1,6,5,1,1 = 27	
c. Personal Growth: items 3,9,15,21,27,33,39 6, 6, 6, 6, 6, 4, 4, 1, 2, 22	
d.Positive Relations: items: 4.10.16.22.28.34.40 3.1.1.4.10 (4	
e.Purpose in life: items: 5.11.17.23.29.35.41 6.6 6 1.1.21	
f.Self-acceptance: items 6,12,18,24,30,36,42 6, 6, 6, 6, 6, 6, 8, 6, 5, 5, 5, 5, 5, 5, 5, 5, 5, 5, 5, 5, 5,	
5, 1,0,1= 3,	

Ryff's Psychological Well-Being Scales (PWB), 42 Item version

Academic Year: 20 22-20 23 Name of the Counciler : P. SYa Pathi Name of the Student : P. Kolim Peeron Class: 2td RA. H.P.W Date: 18-01-2023 Strongly Sn **Ouestion** DisAgree Agree I am not afraid to voice my opinions, even when they are in opposition to the opinions of most people. In general, I feel I am in charge of the situation in which I live. I am not interested in activities that will expand my horizons. Most people see me as loving and affectionate. I live life one day at a time and don't really think about the future. When I look at the story of my life, I am pleased with how things have turned out My decisions are not usually influenced by what everyone else is doing. The demands of everyday life often get me down. I think it is important to have new experiences that challenge how you think about yourself and the world. 10 Maintaining close relationships has been difficult and frustrating for me. I have a sense of direction and purpose in life. In general, I feel confident and positive about myself. I tend to worry about what other people think of me. [4] I do not fit very well with the people and the community around me. When I think about it, I haven't really improved much as a person over the I often feel lonely because I have few close friends with whom to share my concerns. My daily activities often seem trivial and unimportant to me. [8] I feel like many of the people I know have gotten more out of life than I have. [9] I tend to be influenced by people with strong opinions. I am quite good at managing the many responsibilities of my daily life. I have the sense that I have developed a lot as a person over time. I enjoy personal and mutual conversations with family members or friends.

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es comprised in	_ M _ V.	1		Mart	N. S. Phys.
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1) Recode negative phrased items: # 3, 5, 10, 13,14,15,16,17,18,19, 23, 26, 27, 30,31,32, 34, 36, 39, 41.	Counceller 1
(i.e., if the scored is 6 in one of these items, the adjusted score is 1; if 5, the adjusted score is 2 and so on)	Adivisors:
2) Add together the final degree of agreement in the 6 dimensions:	2
a. Autonomy: items 1,7,13,19,25, 31, 37 5 66 6 6 5 32 32 b. Environmental mastery: items 2,8,14,20,26,32,38 16 34 445 1 = 98	3
b.Environmental mastery: items 2,8,14,20,26,32,38 16 244 14 5 1 = 98	
c. Personal Growth: items 3,9,15,21,27,33,39 d.Positive Relations: items: 4,10,16,22,28,34,40	
d.Positive Relations: items: 4,10,16,22,28,34,40	
e.Purpose in life: items: 5,11,17,23,29,35,41 _	
f.Self-acceptance: items 6,12,18,24,30,36,42	

Ryff's Psychological Well-Being Scales (PWB), 42 Item version

Academic Year: 20 22-23

: P. Ssavanthi Name of the Counciler Class: 2nd B. A [H.E.P] Date: 18-01 - 2023 : K. Navasimha Name of the Student Strongly Sn **Question** DisAgree Agree 0 I am not afraid to voice my opinions, even when they are in opposition to the opinions of most people. In general, I feel I am in charge of the situation in which I live. I am not interested in activities that will expand my horizons. Most people see me as loving and affectionate. 5 I live life one day at a time and don't really think about the future. When I look at the story of my life, I am pleased with how things have turned out My decisions are not usually influenced by what everyone else is doing. The demands of everyday life often get me down. I think it is important to have new experiences that challenge how you think about yourself and the world. Maintaining close relationships has been difficult and frustrating for me. 3 I have a sense of direction and purpose in life. 12 In general, I feel confident and positive about myself. 13 I tend to worry about what other people think of me. 6 14 I do not fit very well with the people and the community around me. When I think about it, I haven't really improved much as a person over the

18 I feel like many of the people I know have gotten more out of life than I have. × I tend to be influenced by people with strong opinions. 20 I am quite good at managing the many responsibilities of my daily life. I have the sense that I have developed a lot as a person over time. I enjoy personal and mutual conversations with family members or friends. •

• 16 I often feel lonely because I have few close friends with whom to share my concerns.

 \times 17 My daily activities often seem trivial and unimportant to me.

			г	_	7		
	I don't have a good sense of what it is I'm trying to accomplish in life.		\sqcup	<u></u>	4		<u>-</u> ا
	I like most aspects of my personality. 😽	194					
25	I have confidence in my opinions, even if they are contrary to the general consensus					V	
- 26	I often feel overwhelmed by my responsibilities ✓			√.			L
	People would describe me as a giving person, willing to share my time with others. •				1		
	I enjoy making plans for the future and working to make them a reality.		\$				
+ 29	In many ways, I feel disappointed about my achievements in life.		1		~	1	
30	It's difficult for me to voice my own opinions on controversial matters. *		$\langle \cdot \rangle$				
31	I have difficulty arranging my life in a way that is satisfying to me.					*	
32	For me, life has been a continuous process of learning, changing, and growth.					~	
33	I have not experienced many warm and trusting relationships with others.			,	1		
• 34	Some people wander aimlessly through life, but I am not one of them			- 1		/	
1 35	My attitude about myself is probably not as positive as most people feel about themselves.		,				
K 36	I judge myself by what I think is important, not by the values of what others think is important.	V		A			
0 37	I have been able to build a home and a lifestyle for myself that is much to my liking. x					~	
38							
39	I know that I can trust my friends, and they know they can trust me.			V			
• 40	I sometimes feel as if I've done all there is to do in life.						
41	When I compare myself to friends and acquaintances, it makes me feel good about who I am.				*		

1) Recode negative phrased items: # 3, 5, 10, 13,14,15,16,17,18,19, 23, 26, 27, 30,31,32, 34, 36,	, 39, 41. 69 Counceller	1
(i.e., if the scored is 6 in one of these items, the adjusted score is 1; if 5, the adjusted score is 2 a	and so on) = Adivisors:	1
2) Add together the final degree of agreement in the 6 dimensions:		2
a. Autonomy: items 1,7,13,19,25, 31, 37 35		3
b. Environmental mastery : items 2,8,14,20,26,32,38 24		
c. Personal Growth : items 3,9,15,21,27,33,39		

d. Positive Relations: items: 4,10,16,22,28,34,40 37 e. Purpose in life: items: 5,11,17,23,29,35,41 26 f. Self-acceptance: items 6,12,18,24,30,36,42

Ryff's Psychological Well-Being Scales (PWB), 42 Item version

Name of the Counciller: P. Skavanthi Name of the Student: Shaik Abdul Samad Class: BA (Hpu) I year	Da	te:	18-	-01	-2	023
Question	Strongly DisAgree	2	3	4	5	Strongly Agree 6
I am not afraid to voice my opinions, even when they are in opposition to the opinions of most people.					/	
In general, I feel I am in charge of the situation in which I live.		/				1
I am not interested in activities that will expand my horizons.	/					-
4 Most people see me as loving and affectionate.						
I live life one day at a time and don't really think about the future.			V			-
When I look at the story of my life, I am pleased with how things have turned out						V
7 My decisions are not usually influenced by what everyone else is doing.						1
8 The demands of everyday life often get me down.				/		
9 I think it is important to have new experiences that challenge how you think about yourself and the world.						V
Maintaining close relationships has been difficult and frustrating for me.	/					
I have a sense of direction and purpose in life.						/
In general, I feel confident and positive about myself.						1116
I tend to worry about what other people think of me.					X	
I do not fit very well with the people and the community around me.		175K	PI	7		THE
When I think about it, I haven't really improved much as a person over the			mil		abalo	W/T
6 I often feel lonely because I have few close friends with whom to share my concerns.	acallilo anu m	0.8		100	ods i	6.0
My daily activities often seem trivial and unimportant to me.	29 k listil 5 50			0.0	80/	111
I feel like many of the people I know have gotten more out of life than I have.	.0		1.54	97.9	314	/
I tend to be influenced by people with strong opinions.	Life grantees	143	1914		1	
I am quite good at managing the many responsibilities of my daily life.	HIP A DESIGNATION		3.0		1	/
I have the sense that I have developed a lot as a person over time.	MATERIAL STATES					/
I enjoy personal and mutual conversations with family members or friends.	1800 - 1800 - 18					

	2 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1				\top		75
	I don't have a good sense of what it is I'm trying to accomplish in life.		~	_	+		-
24	I like most aspects of my personality.			+	ļ	V	4
25	I have confidence in my opinions, even if they are contrary to the general consensus			+	/		_
26	I often feel overwhelmed by my responsibilities	Obest Day		V			_ 3
27	People would describe me as a giving person, willing to share my time with others.	5 Lind		V	1		_3
28	I enjoy making plans for the future and working to make them a reality.		Ш		~		4
29	In many ways, I feel disappointed about my achievements in life.			/	\perp		
(30)	It's difficult for me to voice my own opinions on controversial matters.		/				_5
(31)	I have difficulty arranging my life in a way that is satisfying to me.	District in		V		- N. 1	3
32		MID A THE R				V	1
33	I have not experienced many warm and trusting relationships with others.		\checkmark				
34	Some people wander aimlessly through life, but I am not one of them	ILL WILLIAM	1111		9 384		= 1
35	My attitude about myself is probably not as positive as most people feel about themselves.	W				/	
36	I judge myself by what I think is important, not by the values of what others think is important.	alth .					2
37	I have been able to build a home and a lifestyle for myself that is much to my liking.	SHILL VIEWA	11/1	100	/		
38	110 1 10 1	-30.3407	1111				_
39	I know that I can trust my friends, and they know they can trust me.	HIGH AMA			/	HE ST	2
40	I sometimes feel as if I've done all there is to do in life.	NICHARINE I		/			
41	When I compare myself to friends and acquaintances, it makes me feel good about who I am.	U DEVOE	10%	1219	/	1	2
							1

1) Recode negative phrased items: # 3, 5, 10, 13,14,15,16,17,18,19, 23, 26, 27, 30,31,32, 34, 36, 39, 41.	Counceller
(i.e., if the scored is 6 in one of these items, the adjusted score is 1; if 5, the adjusted score is 2 and so on)	Adivisors:
2) Add together the final degree of agreement in the 6 dimensions: (67)	
a. Autonomy: items 1,7,13,19,25, 31, 37 5 , 5 , 2 , 5 , 4 , 3 = (29)	
a. Autonomy: items 1,7,13,19,25, 31, 37 \leq ,	
c. Personal Growth: items 3,9,15,21,27,33,39 1, 1, 6, 4, 2, 5, =(20)	
d Positive Relations: items: $4.10.16.22.28.34.40 \le 1.2.4 \le (2.2.28.34.40 \le 1.2.4 \le (2.2.28.40 \le 1.2.4 \le$	
e. Purpose in life: items: $5,11,17,23,29,35,41$ 3 ,6,2,2,3,6,5 = (24)	
f.Self-acceptance: items $6,12,18,24,30,36,42$ $6,5,6,6,2,5$ = (30)	
1-10,0,2,8, =(30)	

12

Government College for Men(A), Kadapa

Ryff's Psychological Well-Being Scales (PWB), 42 Item version

. .p. Syavanti :Syed-Afnan Academic Year: 2022-23 Name of the Counciler Class: Frist year I. Name of the Student Date: 18-01-2023 Sn Strongly Question DisAgree Agree I am not afraid to voice my opinions, even when they are in opposition to the opinions of most people. In general, I feel I am in charge of the situation in which I live. I am not interested in activities that will expand my horizons. Most people see me as loving and affectionate. [5] I live life one day at a time and don't really think about the future. When I look at the story of my life, I am pleased with how things have turned out My decisions are not usually influenced by what everyone else is doing. The demands of everyday life often get me down. I think it is important to have new experiences that challenge how you think about yourself and the world. Maintaining close relationships has been difficult and frustrating for me. I have a sense of direction and purpose in life. [12] In general, I feel confident and positive about myself. (13) I tend to worry about what other people think of me. [14] I do not fit very well with the people and the community around me. (15) When I think about it, I haven't really improved much as a person over the 16 I often feel lonely because I have few close friends with whom to share my concerns. My daily activities often seem trivial and unimportant to me. 18 I feel like many of the people I know have gotten more out of life than I have. I tend to be influenced by people with strong opinions. 20 I am quite good at managing the many responsibilities of my daily life. I have the sense that I have developed a lot as a person over time. I enjoy personal and mutual conversations with family members or friends.

23 I don't have a good sense of what it is I'm trying to accomplish in life.		\vdash	_		4	
24 I like most aspects of my personality.		\vdash	_	+	+	/
25 I have confidence in my opinions, even if they are contrary to the general consensus		,	\checkmark	+	_	
26 Loften feel overwhelmed by my responsibilities		1	_	_ ~	4	1-7-9-1-25
People would describe me as a giving person, willing to share my time with others.	No.	V	_			9819
28 I enjoy making plans for the future and working to make them a reality.		\sqcup	\rightarrow	_ \	4	
In many ways, I feel disappointed about my achievements in life.			\checkmark	\perp	\perp	
It's difficult for me to voice my own opinions on controversial matters.	/					
I have difficulty arranging my life in a way that is satisfying to me.	A Luministic			/		
For me, life has been a continuous process of learning, changing, and growth.	12 191101		/			315 11
I have not experienced many warm and trusting relationships with others.	/	- 12				1000
34 Some people wander aimlessly through life, but I am not one of them	Tolk Control				3 9	/
35 My attitude about myself is probably not as positive as most people feel about themselves.	The order				1 1000	/
I judge myself by what I think is important, not by the values of what others think is important.	H TELDER	100		10,4		/
I have been able to build a home and a lifestyle for myself that is much to my liking.	My leas Taling		731		B D	/
to the state of th				1		
I gave up trying to make big improvements of changes in my me a long time ago. [39] I know that I can trust my friends, and they know they can trust me.	/		19/19			OLG P
to the state of th			7			/
40 I sometimes feel as if I've done all there is to do in file. 41 When I compare myself to friends and acquaintances, it makes me feel good about who I am.	THE PLAN				100	/
When I compare myself to friends and acquaintances, it makes the feet good dood who I am	1010000		10.00	-		TOT II

1) Recode negative phrased items: # 3, 5, 10, 13,14,15,16,17,18,19, 23, 26, 27, 30,31,32, 34, 36, 39, 41. (i.e., if the scored is 6 in one of these items, the adjusted score is 1; if 5, the adjusted score is 2 and so on)	Counceller Adivisors:	1
(i.e., if the scored is 6 in one of these items, the adjusted score is 1, it 5, the adjusted		2
2) Add together the final degree of agreement in the 6 dimensions: 67 a. Autonomy: items 1,7,13,19,25, 31, 37 3, 4, 1, 5, 3, 4, 6 = 26		3
h Environmental mastery: items 2 8 14 20.26.32.38 6.11 4.4-0.8 3.47		
c. Personal Growth: items 3,9,15,21,27,33,39 1,5,6,6,2,1,1=22		
c. Personal Growth: items 3,9,15,21,27,33,39 1,5,6,6,2,1,1=22 d.Positive Relations: items: 4,10,16,22,28,34,406,3,2,6,5,6,6=34		
e.Purpose in life: items: 5,11,17,23,29,35,414,6,4, 5,2,6,6		
f.Self-acceptance: items 6,12,18,24,30,36,42		
d.Positive Relations: items: $4,10,16,22,28,34,406,3,296,5,6,6=34$ e.Purpose in life: items: $5,11,17,23,29,35,4149,6,49,593,696,69=34$ f.Self-acceptance: items $6,12,18,24,30,36,42$ $2,46,696,196,69=34$		

Ryff's Psychological Well-Being Scales (PWB), 42 Item version

: P. staventi Academic Year: 2022 - 2023 Name of the Counciler Class: TSA (Economics) 1 st year Name of the Student Date: 18-01-2023 Sn **Ouestion** DisAgree Agree 0 I am not afraid to voice my opinions, even when they are in opposition to the opinions of most people. In general, I feel I am in charge of the situation in which I live. 3 I am not interested in activities that will expand my horizons. Most people see me as loving and affectionate. 5. I live life one day at a time and don't really think about the future. 粒 When I look at the story of my life, I am pleased with how things have turned out My decisions are not usually influenced by what everyone else is doing. The demands of everyday life often get me down. I think it is important to have new experiences that challenge how you think about yourself and the world. 10 Maintaining close relationships has been difficult and frustrating for me. I have a sense of direction and purpose in life. 12 In general, I feel confident and positive about myself. 13. I tend to worry about what other people think of me. 14/I do not fit very well with the people and the community around me. 15 When I think about it, I haven't really improved much as a person over the 16 I often feel lonely because I have few close friends with whom to share my concerns. My daily activities often seem trivial and unimportant to me. 18 I feel like many of the people I know have gotten more out of life than I have. I tend to be influenced by people with strong opinions. I am quite good at managing the many responsibilities of my daily life. I have the sense that I have developed a lot as a person over time. I enjoy personal and mutual conversations with family members or friends.

		Contract of the Contract of th				A-91 (1.1)	_
23	I don't have a good sense of what it is I'm trying to accomplish in life.				V		2
24	I like most aspects of my personality.				V		
25	I have confidence in my opinions, even if they are contrary to the general consensus	0		V			
26	I often feel overwhelmed by my responsibilities	- 1		V	0	Ar Volumber	3
27	People would describe me as a giving person, willing to share my time with others.	V	1	٠,	37	diam'n	5.
28	I enjoy making plans for the future and working to make them a reality.			V			28
29	In many ways, I feel disappointed about my achievements in life.		-	V		1	
30	It's difficult for me to voice my own opinions on controversial matters.	De Gui se Pr	V		2 10	The I	1
31	I have difficulty arranging my life in a way that is satisfying to me.	PERMIT STATES	198	V		Mark to 1	3
32	For me, life has been a continuous process of learning, changing, and growth.	ARVIDA AL			V	LITES HY	2
33	I have not experienced many warm and trusting relationships with others.	THE SECTION OF THE	V			F-12/2-3-3	
34	Some people wander aimlessly through life, but I am not one of them	(S.) () () () () ()	A HID	V	SH	STAIL IN	3
35	My attitude about myself is probably not as positive as most people feel about themselves.	V		NU	1		5
36	I judge myself by what I think is important, not by the values of what others think is important.	II INVANCE U.	V			TO YEAR	4
37	I have been able to build a home and a lifestyle for myself that is much to my liking.	thill valve or	V	1			
38	I gave up trying to make big improvements or changes in my life a long time ago.	2013 Jan 403		1		aemili I	1
39	I know that I can trust my friends, and they know they can trust me.	9(12/2 9(18/12)	QU.		V	THE PA	2
40	I sometimes feel as if I've done all there is to do in life.		V		/	707	
41	When I compare myself to friends and acquaintances, it makes me feel good about who I am.		LU		1		3

1) Recode negative phrased items: # 3, 5, 10, 13,14,15,16,17,18,19, 23, 26, 27, 30,31,32, 34, 36, 39, 41. (i.e., if the scored is 6 in one of these items, the adjusted score is 1; if 5, the adjusted score is 2 and so on...)

Add together the final degree of agreement in the 6 dimensions:

a. Autonomy: items 1,7,13,19,25, 31, 37

b.Environmental mastery: items 2,8,14,20,26,32,38

c. Personal Growth: items 3,9,15,21,27,33,39

d.Positive Relations: items: 4,10,16,22,28,34,40

e.**Purpose in life**: items: 5,11,17,23,29,35,41 f.**Self-acceptance**: items 6,12,18,24,30,36,42

Counceller Adivisors:



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Government College for Men(A), Kadapa

Ryff's Psychological Well-Being Scales (PWB), 42 Item version

Academic Year: 2022-2023 .P. stavanti Name of the Counciler Class: B. A [H-P. 4] " Jear : 3.9. 3wbhan Name of the Student Date: 18-01-2023 Sn Strongly Strongly Question DisAgree Agree I am not afraid to voice my opinions, even when they are in opposition to the opinions of most people. In general, I feel I am in charge of the situation in which I live. I am not interested in activities that will expand my horizons. Most people see me as loving and affectionate. [3] I live life one day at a time and don't really think about the future. When I look at the story of my life, I am pleased with how things have turned out My decisions are not usually influenced by what everyone else is doing. The demands of everyday life often get me down. I think it is important to have new experiences that challenge how you think about yourself and the world. Maintaining close relationships has been difficult and frustrating for me. 11 I have a sense of direction and purpose in life. 12 In general, I feel confident and positive about myself. 13 I tend to worry about what other people think of me. [4] I do not fit very well with the people and the community around me. (15) When I think about it, I haven't really improved much as a person over the 16 I often feel lonely because I have few close friends with whom to share my concerns. My daily activities often seem trivial and unimportant to me. [18] I feel like many of the people I know have gotten more out of life than I have. [19] I tend to be influenced by people with strong opinions. I am quite good at managing the many responsibilities of my daily life. I have the sense that I have developed a lot as a person over time. I enjoy personal and mutual conversations with family members or friends.

23 I don't have a good sense of what it is I'm trying to accomplish in life.				1		
24 I like most aspects of my personality.					-	
25 I have confidence in my opinions, even if they are contrary to the general consensus		~				
26 I often feel overwhelmed by my responsibilities	8 1000			~	-	14 2
People would describe me as a giving person, willing to share my time with others.	10 1		4		1 46 7 1	und
28 I enjoy making plans for the future and working to make them a reality.				-		1115
29 In many ways, I feel disappointed about my achievements in life.						
30 It's difficult for me to voice my own opinions on controversial matters.	1	-				
(3) I have difficulty arranging my life in a way that is satisfying to me.	Januar III	1 100 1			-	1
32 For me, life has been a continuous process of learning, changing, and growth.	Apply Tay	H. B	0167	311		_
33 I have not experienced many warm and trusting relationships with others.		-	202	210		
34 Some people wander aimlessly through life, but I am not one of them	108 W 111	-	1	- 4	BLEW	TICA
35 My attitude about myself is probably not as positive as most people feel about themselves.	[13] 19 20t		~		THE PROPERTY OF	
[36] I judge myself by what I think is important, not by the values of what others think is important.	The second		4			
37 I have been able to build a home and a lifestyle for myself that is much to my liking.	Par Sam	-	-	2015	11 19:51	1111
38 I gave up trying to make big improvements or changes in my life a long time ago.		1		7		1
[39] I know that I can trust my friends, and they know they can trust me.				VIII C	E DEST	100
40 I sometimes feel as if I've done all there is to do in life.	34 1.34 3		_	-		
When I compare myself to friends and acquaintances, it makes me feel good about who I am.	11(252)			-7		~

1) Recode negative phrased items: # 3, 5, 10, 13,14,15,16,17,18,19, 23, 26, 27, 30,31,32, 34, 36, 39, 41. (i.e., if the scored is 6 in one of these items, the adjusted score is 1; if 5, the adjusted score is 2 and so on)	Counceller Adivisors:
2) Add together the final degree of agreement in the 6 dimensions: (76)	2
a. Autonomy: items 1.7.13.19.25, 31, 37 1, 3, 3, 6, 2, 6, 2, 5, 2, 5, 2, 5, 2, 5, 3, 5, 7, 6, 2, 5, 2, 5, 3, 5, 7, 6, 7, 5, 7, 5, 7, 7, 7, 7, 7, 7, 7, 7, 7, 7, 7, 7, 7,	3
b Environmental mastery: items 2,8,14,20,26,32,38 6 14 1 2 5 6 3 -\2 +\	
c. Personal Growth: items 3,9,15,21,27,33,39 3,2,2,5,4,1,1,4,8 d.Positive Relations: items: 4,10,16,22,28,34,40 6,1,1,5,4,2,3,3,3,3,3,3,3,3,3,3,3,3,3,3,3,3,3,3	
d.Positive Relations: items: 4,10,16,22,28,34,40 6 1, 1, 5	
e.Purpose in life: items: 5,11,17,23,29,35,41 2, 6, 3 31, 3, 6 (1, 1, 3, 3, 5)	
f.Self-acceptance: items 6,12,18,24,30,36,42 6, 6, 6, 6, 6, 6, 6, 6, 6, 6, 6, 6, 6,	
731	

Ryff's Psychological Well-Being Scales (PWB), 42 Item version

Academic Year: 2022 - 2023 Class: B.A. [HPU] Ind year Name of the Counciler : P. SXXVanti Name of the Student : S. Touheek Sn **Ouestion** DisAgree Agree 0 I am not afraid to voice my opinions, even when they are in opposition to the opinions of most people. In general, I feel I am in charge of the situation in which I live. (3) I am not interested in activities that will expand my horizons. Most people see me as loving and affectionate. I live life one day at a time and don't really think about the future. When I look at the story of my life, I am pleased with how things have turned out My decisions are not usually influenced by what everyone else is doing. The demands of everyday life often get me down. I think it is important to have new experiences that challenge how you think about yourself and the world. Maintaining close relationships has been difficult and frustrating for me. I have a sense of direction and purpose in life. 12 In general, I feel confident and positive about myself. [3] I tend to worry about what other people think of me. 4 I do not fit very well with the people and the community around me. When I think about it, I haven't really improved much as a person over the [16] I often feel lonely because I have few close friends with whom to share my concerns. My daily activities often seem trivial and unimportant to me. I feel like many of the people I know have gotten more out of life than I have. I tend to be influenced by people with strong opinions. I am quite good at managing the many responsibilities of my daily life. I have the sense that I have developed a lot as a person over time. I enjoy personal and mutual conversations with family members or friends.

_							
© 3	I don't have a good sense of what it is I'm trying to accomplish in life.				\perp	/]6
24	I like most aspects of my personality.			/	V		
25	I have confidence in my opinions, even if they are contrary to the general consensus						1
26	I often feel overwhelmed by my responsibilities			34			1
27	People would describe me as a giving person, willing to share my time with others.			/	/		3
	I enjoy making plans for the future and working to make them a reality.	/		g		1	
29	In many ways, I feel disappointed about my achievements in life.	/	- 7				
	It's difficult for me to voice my own opinions on controversial matters.		12 V 4				1
(31)	I have difficulty arranging my life in a way that is satisfying to me.				/		2
(32)	For me, life has been a continuous process of learning, changing, and growth.			,		/	14
33	The state of the s				•		
(34)	Some people wander aimlessly through life, but I am not one of them		1		39 2		
35	My attitude about myself is probably not as positive as most people feel about themselves.		10.35			A DESIGNATION OF THE PARTY OF T	
36	I judge myself by what I think is important, not by the values of what others think is important.		1 447	~	36	1	_3
37	I have been able to build a home and a lifestyle for myself that is much to my liking.		1 1100		. 🗸		4
38	I gave up trying to make big improvements or changes in my life a long time ago.	/	1 1 1 2		1 0/	Call All	
(39)	I know that I can trust my friends, and they know they can trust me.		93			A STEAM OF	6
40	I sometimes feel as if I've done all there is to do in life.		4 111				
(41)	When I compare myself to friends and acquaintances, it makes me feel good about who I am.					/	1
	2 - 1 - 2 - 2 - 2 - 2 - 2 - 2 - 2 - 2 -	Reference Value	100	R Res	-12		

Scoring Instruction:		
1) Recode negative phrased items: # 3, 5, 10, 13,14,15,16,17,18,19, 23, 26, 27, 30,31,32, 34, 36, 39, 41. (i.e., if the scored is 6 in one of these items, the adjusted score is 1; if 5, the adjusted score is 2 and so on)	Counceller Adivisors: 1	
2) Add together the final degree of agreement in the 6 dimensions: a. Autonomy: items 1,7,13,19,25, 31, 37 = $6+4+6+6+2+2+2+5=31$ b. Environmental mastery: items 2,8,14,20,26,32,38 = $1+2+2+6+1+4+6=22$	2 3	
c. Personal Growth: items 3,9,15,21,27,33,39 = $3+6+6+4+3+1+6=29$ d.Positive Relations: items: 4,10,16,22,28,34,40 $6+1+3+1+4+6+4=25$ e.Purpose in life: items: 5,11,17,23,29,35,41		
f.Self-acceptance: items $6,12,18,24,30,36,42$ $ + +++6+ +6+ =20$ $ + +++6+ +3+=17$		

Ryff's Psychological Well-Being Scales (PWB), 42 Item version

Academic Year: 2022-2023 : P. Sravanthi Name of the Counciler Date: 18-01-2023 Class: B.A (Elonomy) 1st year Name of the Student Strongly Sn **Ouestion** DisAgree Agree I am not afraid to voice my opinions, even when they are in opposition to the opinions of most people. In general, I feel I am in charge of the situation in which I live. I am not interested in activities that will expand my horizons. Most people see me as loving and affectionate. [3] I live life one day at a time and don't really think about the future. 6 When I look at the story of my life, I am pleased with how things have turned out 7 My decisions are not usually influenced by what everyone else is doing. 8 The demands of everyday life often get me down. I think it is important to have new experiences that challenge how you think about yourself and the world. Maintaining close relationships has been difficult and frustrating for me. 11 I have a sense of direction and purpose in life. 12 In general, I feel confident and positive about myself. [3] I tend to worry about what other people think of me. I do not fit very well with the people and the community around me. (5) When I think about it, I haven't really improved much as a person over the [16] I often feel lonely because I have few close friends with whom to share my concerns. My daily activities often seem trivial and unimportant to me. [8] I feel like many of the people I know have gotten more out of life than I have. [9] I tend to be influenced by people with strong opinions. I am quite good at managing the many responsibilities of my daily life. I have the sense that I have developed a lot as a person over time. I enjoy personal and mutual conversations with family members or friends.

23	I don't have a good sense of what it is I'm trying to accomplish in life.			6
24	I like most aspects of my personality.			V
25	I have confidence in my opinions, even if they are contrary to the general consensus			
26	I often feel overwhelmed by my responsibilities	0.00	100 000	VI
27	People would describe me as a giving person, willing to share my time with others.	+ 1/2 . 1/2		/
28	I enjoy making plans for the future and working to make them a reality.			/
29	In many ways, I feel disappointed about my achievements in life.	the state of the s		V
(30)	It's difficult for me to voice my own opinions on controversial matters.	B 11	2 1 2 1	V 1
	I have difficulty arranging my life in a way that is satisfying to me.	(104H 2 174 I		VI
(32	For me, life has been a continuous process of learning, changing, and growth.			VI
		V		20 7 0 2 2
34	Some people wander aimlessly through life, but I am not one of them	EL VILLE		V 1
35	My attitude about myself is probably not as positive as most people feel about themselves.	1	34 371 -035	
36	I judge myself by what I think is important, not by the values of what others think is important.	William P		VI
37	I have been able to build a home and a lifestyle for myself that is much to my liking.	See Market	3 9 540	~
38	I gave up trying to make big improvements or changes in my life a long time ago.	/	11 - 12 1 1 1 1 1	I STACK
39	I know that I can trust my friends, and they know they can trust me.	MAY 2015		V 1
40	I sometimes feel as if I've done all there is to do in life.			
41	When I compare myself to friends and acquaintances, it makes me feel good about who I am.			VI

1) Recode negative phrased items: # 3, 5, 10, 13,14,15,16,17,18,19, 23, 26, 27, 30,31,32, 34, 36, 39, 41. 55 (i.e., if the scored is 6 in one of these items, the adjusted score is 1; if 5, the adjusted score is 2 and so on...)

Add together the final degree of agreement in the 6 dimensions:

a. Autonomy: items 1,7,13,19,25, 31, 37

b.Environmental mastery: items 2,8,14,20,26,32,38

c. Personal Growth: items 3,9,15,21,27,33,39

d.Positive Relations: items: 4,10,16,22,28,34,40

e.**Purpose in life**: items: 5,11,17,23,29,35,41 f.**Self-acceptance**: items 6,12,18,24,30,36,42

Counceller Adivisors:



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Government College for Men(A), Kadapa Ryff's Psychological Well-Being Scales (PWB), 42 Item version

Name of the Stude	eller: Toquething Class: 13.4 economics	Da	ite: 1	8-	01.	- 21	023
Sn o	Question	Strongly DisAgree	2	3	4	5	Strongly Agree 6
I am not afra	id to voice my opinions, even when they are in opposition to the opinions of most people.						
In general, I	feel I am in charge of the situation in which I live.						V
	rested in activities that will expand my horizons.						V
4 Most people	see me as loving and affectionate.			V			
3 I live life on	e day at a time and don't really think about the future.						V
6 When I look	at the story of my life, I am pleased with how things have turned out						/
7 My decision	s are not usually influenced by what everyone else is doing.						18
8 The demand	s of everyday life often get me down.	on our stable			- 1		V
9 I think it is im	portant to have new experiences that challenge how you think about yourself and the world.	200					V
10 Maintaining	close relationships has been difficult and frustrating for me.	V					-30
	se of direction and purpose in life.						V
12 In general, I	feel confident and positive about myself.						V
13 I tend to wor	ry about what other people think of me.						
14 I do not fit v	ery well with the people and the community around me.				77.6		1.
15 When I think	about it, I haven't really improved much as a person over the	William Code		V		1	198
16 I often feel le	onely because I have few close friends with whom to share my concerns.	V	100	155	DOM.	art [
My daily ac	tivities often seem trivial and unimportant to me.	1	19	Lor	mi.	2839	TO E
I feel like ma	my of the people I know have gotten more out of life than I have.	and the de	a dita		PYV.		V
19 I tend to be i	nfluenced by people with strong opinions.	resident de la compansión de la compansi					1
I am quite go	od at managing the many responsibilities of my daily life.	10 1000					1
	ense that I have developed a lot as a person over time.		9	100			V
22 I enjoy pers	onal and mutual conversations with family members or friends.				102		V

don't have a good sense of what it is I'm trying to accomplish in life.		
24 I like most aspects of my personality.		
25 I have confidence in my opinions, even if they are contrary to the general consensus		
I often feel overwhelmed by my responsibilities	John Tolk	
People would describe me as a giving person, willing to share my time with others.	N/321 11 1	R. W. Taractic
I enjoy making plans for the future and working to make them a reality.	8 88 8	
29 In many ways, I feel disappointed about my achievements in life.		
[30] It's difficult for me to voice my own opinions on controversial matters.	(12/12/2009)85	
I have difficulty arranging my life in a way that is satisfying to me.	W W	
For me, life has been a continuous process of learning, changing, and growth.	LAS THAN TENT A SHEET THE PARTY OF THE PARTY	
I have not experienced many warm and trusting relationships with others.		
34 Some people wander aimlessly through life, but I am not one of them	Ankers man talk and a pos	
35 My attitude about myself is probably not as positive as most people feel about themselves.		
[36] I judge myself by what I think is important, not by the values of what others think is important.		V
I have been able to build a home and a lifestyle for myself that is much to my liking.	Sal the bollo sin the less	1
I gave up trying to make big improvements or changes in my life a long time ago.		Statistic State St
I know that I can trust my friends, and they know they can trust me.	(a 112/33) setui es la managa (17)	V
40 I sometimes feel as if I've done all there is to do in life.		3 3 4 1 2 1 7 5 7 1 1 2
(4) When I compare myself to friends and acquaintances, it makes me feel good about who I am.		

1) Recode negative phrased items: # 3, 5, 10, 13,14,15,16,17,18,19, 23, 26, 27, 30,31,32, 34, 36, 39, 41. Counceller (i.e., if the scored is 6 in one of these items, the adjusted score is 1; if 5, the adjusted score is 2 and so on...) Adivisors:

29

Add together the final degree of agreement in the 6 dimensions:

a. Autonomy: items 1,7,13,19,25, 31, 37

b.**Environmental mastery**: items 2,8,14,20,26,32,38

c. Personal Growth: items 3,9,15,21,27,33,39

d. Positive Relations: items: 4,10,16,22,28,34,40

e.Purpose in life: items: 5,11,17,23,29,35,41 f.Self-acceptance: items 6,12,18,24,30,36,42



Government College for Men(A), Kadapa Ryff's Psychological Well-Being Scales (PWB), 42 Item version

Same of the Student : V. Dama Konshra Class: B. AlEconomics 11st year	Da	te:	18-	01-	2023
Question	Strongly DisAgree				Strongl
I am not afraid to voice my opinions, even when they are in opposition to the opinions of most people.	1	2	3 4	5	Agree
in general, 1 leer I am in charge of the situation in which I live	V				
I am not interested in activities that will expand my horizons.					1
4 Most people see me as loving and affectionate.	V				
I live life one day at a time and don't really think about the future		0	/		. /
6 When I look at the story of my life, I am pleased with how things have turned out	V	T. Ale			
My decisions are not usually influenced by what everyone else is doing			1		1/
8 The demands of everyday life often get me down	V		~		
9 I think it is important to have new experiences that challenge how you think about yourself and de	4				77.79
Waintaining close relationships has been difficult and frustrating for me					
1 I have a sense of direction and purpose in life.	V	1-5	1		The Town
2 In general, I feel confident and positive about myself.					V
I tend to worry about what other people think of me.					V
4 I do not fit very well with the people and the community around me	/				
5) When I think about it, I haven't really improved much as a person over the		17 17			V
6 often feel lonely because I have few close friends with whom to share my concerns	Energial Current	VI BY	100	abile.	V
My daily activities often seem trivial and unimportant to me	V	4 59	100	10	
8 I feel like many of the people I know have gotten more out of life than I have	V	4 dro		101	1337
91 tend to be influenced by people with strong opinions.	學學的意識和	100			1
I am quite good at managing the many responsibilities of my daily life	N.	V			
I have the sense that I have developed a lot as a person over time	THE REAL PROPERTY.	Shere			1/
I enjoy personal and mutual conversations with family members or friends.		7		10	

lich in life		V	
I don't have a good sense of what it is I'm trying to accomplish in life.			/
I like most aspects of my personality.			
I have confidence in my opinions, even if they are contrary to the	D. Solveni	504	V
	1		4
	- V		1
			1
	X	78 E I E	
trace to trace my award my award to the control of		21 (2)/21/21	V
	./		TO CHEST
	V	20 221 25	./
i I many worm and mixing relationships	AUTHOR CO. CO.	III EU CON	1
I have not experienced many warm and trusting return one of them Some people wander aimlessly through life, but I am not one of them	3/BF 10/ 10/ Y3/3	8 N D B D D	1
Some people wander aimlessly through life, but I am not one of them. My attitude about myself is probably not as positive as most people feel about themselves. My attitude about myself is probably not by the values of what others think is important.			1
My attitude about myself is probably not as positive as most people record and a support of the	- 1		- V
I judge myself by what I think is important, not by the varies of what is much to my liking. I have been able to build a home and a lifestyle for myself that is much to my liking.	X		-
· · · · · · · · · · · · · · · · · · ·	V		
I gave up trying to make big improvements of charge and trust me. I know that I can trust my friends, and they know they can trust me.	,		V
I know that I can trust my Irields, and they know and I know that I can trust my Irields, and they know and I know that I can trust my Irields, and they know and I know that I can trust my Irields, and they know and I know that I can trust my Irields, and they know and I know that I can trust my Irields, and they know and I know that I can trust my Irields, and they know and I know that I can trust my Irields, and they know and I know that I can trust my Irields, and they know and I know that I can trust my Irields, and they know and I know that I can trust my Irields, and they know and I know that I can trust my Irields, and they know and I know that I can trust my Irields, and they know and I know that I can trust my Irields, and I know that I can trust my Irields, and I know that I can trust my Irields, and I know that I can trust my Irields, and I know that I can trust my Irields, and I know that I can trust my Irields, and I know that I can trust my Irields, and I know that I can trust my Irields, and I know that I can trust my Irields, and I know that I can trust my Irields, and I know that I can trust my Irields, and I know that I can trust my Irields, and I know that I can trust my Irields, and I know that I know t			,
I sometimes feel as if I've done all there is to do in me. When I compare myself to friends and acquaintances, it makes me feel good about who I am.			V

1) Recode negative phrased items: # 3, 5, 10, 13,14,15,16,17,18,19, 23, 26, 27, 30,31,32, 34, 36, 39, 41.	Counceller Adivisors:	165
1: 6 in one of these items. The adjusted score is 1, 12 5		2
(i.e., if the scored is 6 in one of these fichal, and 3) Add together the final degree of agreement in the 6 dimensions:		3

a. Autonomy: items 1,7,13,19,25, 31, 37

b.Environmental mastery: items 2,8,14,20,26,32,38

c. Personal Growth: items 3,9,15,21,27,33,39 d.Positive Relations: items: 4,10,16,22,28,34,40

e.Purpose in life: items: 5,11,17,23,29,35,41 f.Self-acceptance: items 6,12,18,24,30,36,42

Ryff's Psychological Well-Being Scales (PWB), 42 Item version

Academic Year: 2022-2023 Name of the Counciler : P-SYavanthi Class: B-A [Economics] Istyeas : c. venkatesh Name of the Student Date: 18-01-2023 Strongly Strongly Sn **Question** DisAgree Agree I am not afraid to voice my opinions, even when they are in opposition to the opinions of most people. In general, I feel I am in charge of the situation in which I live. I am not interested in activities that will expand my horizons. Most people see me as loving and affectionate. I live life one day at a time and don't really think about the future. When I look at the story of my life, I am pleased with how things have turned out My decisions are not usually influenced by what everyone else is doing. V The demands of everyday life often get me down. I think it is important to have new experiences that challenge how you think about yourself and the world. Maintaining close relationships has been difficult and frustrating for me. 11 I have a sense of direction and purpose in life. 12 In general, I feel confident and positive about myself. 13 I tend to worry about what other people think of me. 14 I do not fit very well with the people and the community around me. (15) When I think about it, I haven't really improved much as a person over the [6] I often feel lonely because I have few close friends with whom to share my concerns. V My daily activities often seem trivial and unimportant to me. 18 I feel like many of the people I know have gotten more out of life than I have. [9] I tend to be influenced by people with strong opinions. 20 I am quite good at managing the many responsibilities of my daily life. 21 I have the sense that I have developed a lot as a person over time.

I enjoy personal and mutual conversations with family members or friends.

23 I don't have a good sense of what it is I'm trying to accomplish in life.			V
24 I like most aspects of my personality.			V
25 I have confidence in my opinions, even if they are contrary to the general consensus			V
I often feel overwhelmed by my responsibilities	TO SERVICE TO THE RESERVE TO THE RES	با	
People would describe me as a giving person, willing to share my time with others.		1	Ver
28 I enjoy making plans for the future and working to make them a reality.			1
29 In many ways, I feel disappointed about my achievements in life.			V
30 It's difficult for me to voice my own opinions on controversial matters.	V		8
[31] I have difficulty arranging my life in a way that is satisfying to me.	*	44	V
[32] For me, life has been a continuous process of learning, changing, and growth.			V
33 I have not experienced many warm and trusting relationships with others.	20 / ul = 206 pt // u 86 ulle		V
34 Some people wander aimlessly through life, but I am not one of them			V
35 My attitude about myself is probably not as positive as most people feel about themselves.	The state of the s	1 10 - 310 - 1	V
[36] I judge myself by what I think is important, not by the values of what others think is important.	V		_ 6
37 I have been able to build a home and a lifestyle for myself that is much to my liking.	All the Court of t	19 49 89	V
38 I gave up trying to make big improvements or changes in my life a long time ago.			
I know that I can trust my friends, and they know they can trust me.	*		V. 1
40 I sometimes feel as if I've done all there is to do in life.	V		
When I compare myself to friends and acquaintances, it makes me feel good about who I am.	An O'ribert is idean.	V	4

1) Recode negative phrased items: # 3, 5, 10, 13,14,15,16,17,18,19, 23, 26, 27, 30,31,32, 34, 36, 39, 41.	Counceller 1
(i.e., if the scored is 6 in one of these items, the adjusted score is 1; if 5, the adjusted score is 2 and so on)	Adivisors:
2) Add together the final degree of agreement in the 6 dimensions:	2
a. Autonomy: items 1,7,13,19,25, 31, 37 50	3
b. Environmental mastery : items 2,8,14,20,26,32,38 30	

c. Personal Growth: items 3,9,15,21,27,33,39 24(
d.Positive Relations: items: 4,10,16,22,28,34,40
e.Purpose in life: items: 5,11,17,23,29,35,41
f.Self-acceptance: items 6,12,18,24,30,36,42

Ryff's Psychological Well-Being Scales (PWB), 42 Item version

Name of the Counciller: P. Sravarthi Name of the Student: N. Narasimha Class: B. A Special Felugy	Da	te:	8-	-01-	202
Question	Strongly DisAgree		3 4	5	Strongly Agree
I am not afraid to voice my opinions, even when they are in opposition to the opinions of most people.	77.00				1
In general, I feel I am in charge of the situation in which I live.	100				
I am not interested in activities that will expand my horizons.					
4 Most people see me as loving and affectionate.	/		T		
I live life one day at a time and don't really think about the future.	14 3 7 7 7		-		
6 When I look at the story of my life, I am pleased with how things have turned out	7				-
7 My decisions are not usually influenced by what everyone else is doing.				-	-
8 The demands of everyday life often get me down.		*	1		
9 I think it is important to have new experiences that challenge how you think about yourself and the world.	4.1	ľ			~/
Maintaining close relationships has been difficult and frustrating for me.	1 6 6 6				
11 I have a sense of direction and purpose in life.			-	V	/
12 In general, I feel confident and positive about myself.				1	
If tend to worry about what other people think of me.			~		
I do not fit very well with the people and the community around me.			3 247		./
When I think about it, I haven't really improved much as a person over the	Para illis				~
I often feel lonely because I have few close friends with whom to share my concerns.	And Annual Control	·	20	\vdash	/
My daily activities often seem trivial and unimportant to me.		038 13	35	\vdash	<u> </u>
I feel like many of the people I know have gotten more out of life than I have.	2 11/1/1			\Box	1
I tend to be influenced by people with strong opinions.	h havisani	Y		1	
I am quite good at managing the many responsibilities of my daily life.	01.01604		Y		
I have the sense that I have developed a lot as a person over time.	II POURTE -		THE P		/
I enjoy personal and mutual conversations with family members or friends.					_

							7
23	I don't have a good sense of what it is I'm trying to accomplish in life.		\perp	\perp	\sqcup	/	10
24	I like most aspects of my personality.			/	\sqcup		43
25	I have confidence in my opinions, even if they are contrary to the general consensus				\sqcup	//	1
26	I often feel overwhelmed by my responsibilities	9- 4		1	Ш	/	1
27	People would describe me as a giving person, willing to share my time with others.			\checkmark		In it may	4
28	I enjoy making plans for the future and working to make them a reality.				/		12
29	In many ways, I feel disappointed about my achievements in life.					/_	1
30	It's difficult for me to voice my own opinions on controversial matters.					V	-1
31	I have difficulty arranging my life in a way that is satisfying to me.	Clarific Fly			/		2
32	For me, life has been a continuous process of learning, changing, and growth.	They barry	1 1/4			//	1
33	I have not experienced many warm and trusting relationships with others.	ar kuch no				V	1
34	Some people wander aimlessly through life, but I am not one of them	Sist territory		7700		/	1
35	My attitude about myself is probably not as positive as most people feel about themselves.	1				PASSES OF	6
36	I judge myself by what I think is important, not by the values of what others think is important.	Allen		,	\checkmark	N	2
37	I have been able to build a home and a lifestyle for myself that is much to my liking.	Mary Sally		4			4
38	I gave up trying to make big improvements or changes in my life a long time ago.	SOUTH TO SERVICE					5
30	I know that I can trust my friends, and they know they can trust me.	V	1 7 1 1	-		I MARKET	6
40	I sometimes feel as if I've done all there is to do in life.	/			\sqcup		16
4	When I compare myself to friends and acquaintances, it makes me feel good about who I am.						5

1) Recode negative phrased items: # 3, 5, 10, 13,14,15,16,17,18,19, 23, 26, 27, 30,31,32, 34, 36, 39, 41. 51 (i.e., if the scored is 6 in one of these items, the adjusted score is 1; if 5, the adjusted score is 2 and so on)	Counceller Adivisors: 1
2) Add together the final degree of agreement in the 6 dimensions:	2
a. Autonomy: items 1,7,13,19,25, 31, 37 22	3
b.Environmental mastery: items 2,8,14,20,26,32,38 20	

c. Personal Growth: items 3,9,15,21,27,33,39 20
d.Positive Relations: items: 4,10,16,22,28,34,40 \9
e.Purpose in life: items: 5,11,17,23,29,35,41 \7
f.Self-acceptance: items 6,12,18,24,30,36,42 \\$

Ryff's Psychological Well-Being Scales (PWB), 42 Item version

Academic Year: 2022-23

	me of the Student : J. Asiavi of 1 cumofy Class: B. A (H. C.P) 2nd		te:	, 6	SITTLE !	-2023
Sn o	Question	Strongly DisAgree 1	2	3	4	5 Strongly Agree
. 1	I am not afraid to voice my opinions, even when they are in opposition to the opinions of most people.				V	
2.	In general, I feel I am in charge of the situation in which I live.		V			
3	I am not interested in activities that will expand my horizons.	1000			,	
4	Most people see me as loving and affectionate.			~	-	
(3)	I live life one day at a time and don't really think about the future.	/	-			
6	When I look at the story of my life, I am pleased with how things have turned out				7	_
7	My decisions are not usually influenced by what everyone else is doing.					
8	The demands of everyday life often get me down.			7	1	
9.	I think it is important to have new experiences that challenge how you think about yourself and the world.			V		11 - 51
(II)	Maintaining close relationships has been difficult and frustrating for me.					
11	I have a sense of direction and purpose in life.				/	
12	In general, I feel confident and positive about myself.	1.77		1		
13	I tend to worry about what other people think of me.	1				
14	I do not fit very well with the people and the community around me.	W100				V
15	When I think about it, I haven't really improved much as a person over the	ampti bis				<u> </u>
16	I often feel lonely because I have few close friends with whom to share my concerns.	/	0/2	be	S. S.	311 0 - 211
17	My daily activities often seem trivial and unimportant to me.	L January 1	1/19	~	of	
18	I feel like many of the people I know have gotten more out of life than I have.	~	96.5	1 45	1314	20-1
19	I tend to be influenced by people with strong opinions.	Jan Silver		161.8		<u> </u>
20	I am quite good at managing the many responsibilities of my daily life.		1	V	-	
21	I have the sense that I have developed a lot as a person over time.	1.585717	1 7			V
22	I enjoy personal and mutual conversations with family members or friends.		V			



	23	I don't have a good sense of what it is I'm trying to accomplish in life.			1				5
		I like most aspects of my personality.							7
6		I have confidence in my opinions, even if they are contrary to the general consensus							
		I often feel overwhelmed by my responsibilities	6					/	1
		People would describe me as a giving person, willing to share my time with others.	1.5	DF .				7.66	EP.
		I enjoy making plans for the future and working to make them a reality.		10tm		V			
	29	In many ways, I feel disappointed about my achievements in life.			V	1			
	30	It's difficult for me to voice my own opinions on controversial matters.				1		-	3
2	31	I have difficulty arranging my life in a way that is satisfying to me.	OVER SEE BY 2			1	15.15	d	2
-3	3 2	For me, life has been a continuous process of learning, changing, and growth.	(DOM - UPAU	13 M	,		~	
	33	I have not experienced many warm and trusting relationships with others.			-	V			2
	34	Some people wander aimlessly through life, but I am not one of them	V1.600 1.6000 3	/	7-17	Harris			6
	35	My attitude about myself is probably not as positive as most people feel about themselves.	Q Rec. J. Stell 1	111 119 30 60	100	V	+		1
	33	I judge myself by what I think is important, not by the values of what others think is important.			11 8	· V	1	16 517	2
6		I have been able to build a home and a lifestyle for myself that is much to my liking.			10.00			~	
9	38	I gave up trying to make big improvements or changes in my life a long time ago.	4	Man Street	0.83	V			3
27	(39)	I know that I can trust my friends, and they know they can trust me.		J. Shield Charles	~	1			1
	40	I sometimes feel as if I've done all there is to do in life.		/					
	41)	When I compare myself to friends and acquaintances, it makes me feel good about who I am.		nge 2 milas		V	1		3

1) Recode negative phrased items: # 3, 5, 10, 13,14,15,16,17,18,19, 23, 26, 27, 30,31,32, 34, 36, 39, 41.	Counceller 1
(i.e., if the scored is 6 in one of these items, the adjusted score is 1; if 5, the adjusted score is 2 and so on)	Adivisors:
2) Add together the final degree of agreement in the 6 dimensions: 79	2
a. Autonomy: items 1,7,13,19,25, 31, 37 = 28	3
1 7	

b.Environmental mastery: items 2,8,14,20,26,32,38 = 32 c. Personal Growth: items 3,9,15,21,27,33,39 = 28 d.Positive Relations: items: 4,10,16,22,28,34,40 = 25 e.Purpose in life: items: 5,11,17,23,29,35,41 = 15

e. Purpose in life: items: 5,11,17,23,29,35,41 = 15f. Self-acceptance: items 6,12,18,24,30,36,42 = 18 Porpose in like and also self-occeptance.

2) The subject has to suggested some
Positive thinking techniques to improve
self occeptance.

2ª

Government College for Men(A), Kadapa

Ryff's Psychological Well-Being Scales (PWB), 42 Item version

2022-202

Academic Year: Name of the Counciler : P. S & allothi Name of the Student : Y. LOKESh Class: BA (economics) Date: 18-01 - 2023 Sn **Ouestion** DisAgree Agree 0 I am not afraid to voice my opinions, even when they are in opposition to the opinions of most people. In general, I feel I am in charge of the situation in which I live. [3] I am not interested in activities that will expand my horizons. 4 | Most people see me as loving and affectionate. [5] I live life one day at a time and don't really think about the future. When I look at the story of my life, I am pleased with how things have turned out My decisions are not usually influenced by what everyone else is doing. The demands of everyday life often get me down. I think it is important to have new experiences that challenge how you think about yourself and the world. Maintaining close relationships has been difficult and frustrating for me. 11 I have a sense of direction and purpose in life. 12 In general, I feel confident and positive about myself. $\sqrt{3}$ I tend to worry about what other people think of me. 14 I do not fit very well with the people and the community around me. 15 When I think about it, I haven't really improved much as a person over the 16 I often feel lonely because I have few close friends with whom to share my concerns. My daily activities often seem trivial and unimportant to me. 18 I feel like many of the people I know have gotten more out of life than I have. I tend to be influenced by people with strong opinions. X 20 I am quite good at managing the many responsibilities of my daily life. I have the sense that I have developed a lot as a person over time.

I enjoy personal and mutual conversations with family members or friends.

23 I don't have a good sense of what it is I'm trying to accomplish in life.	V	, ,
24 I like most aspects of my personality.		V
I have confidence in my opinions, even if they are contrary to the general consensus	1	
26 I often feel overwhelmed by my responsibilities		V
† 27 People would describe me as a giving person, willing to share my time with others.	V	
28 I enjoy making plans for the future and working to make them a reality.		V
29 In many ways, I feel disappointed about my achievements in life.		V
30 It's difficult for me to voice my own opinions on controversial matters.		
I have difficulty arranging my life in a way that is satisfying to me.		V
For me, life has been a continuous process of learning, changing, and growth.		
33 I have not experienced many warm and trusting relationships with others.	V	
34 Some people wander aimlessly through life, but I am not one of them		20 247 3
35 My attitude about myself is probably not as positive as most people feel about themselves.		V
36 I judge myself by what I think is important, not by the values of what others think is important.	V	
I have been able to build a home and a lifestyle for myself that is much to my liking.	241 (A)	
38 I gave up trying to make big improvements or changes in my life a long time ago.	V	
39 I know that I can trust my friends, and they know they can trust me.		V
40 I sometimes feel as if I've done all there is to do in life.		
41 When I compare myself to friends and acquaintances, it makes me feel good about who I am.	100 100 100 100 100 100 100 100 100 100	1 1
	A CONTRACTOR OF THE PROPERTY O	STATISTICS OF THE STATE OF THE STATE OF

1) Recode negative phrased items: #3, 5, 10, 13,14,15,16,17,18,19, 23, 26, 27, 30,31,32, 34, 36, 39, 41.	Counceller	1
(i.e., if the scored is 6 in one of these items, the adjusted score is 1; if 5, the adjusted score is 2 and so on)	Adivisors:	1
2) Add together the final degree of agreement in the 6 dimensions: 64,		2
a. Autonomy: items 1,7,13,19,25, 31, 37 2		3
b.Environmental mastery: items 2,8,14,20,26,32,38 28		
c. Personal Growth : items 3,9,15,21,27,33,39		
d. Positive Relations: items: 4,10,16,22,28,34,40 22		
e. Purpose in life : items: 5,11,17,23,29,35,41 20		
f.Self-acceptance: items 6,12,18,24,30,36,42		

5

Government College for Men(A), Kadapa

Ryff's Psychological Well-Being Scales (PWB), 42 Item version

Academic Year: 20 22 - 2023 : P. Sravanti Name of the Counciler Class: BiA Portital Science : M. Bharath tega Name of the Student Date: 18-01-2023 Sn Strongly **Question** DisAgree Agree 0 I am not afraid to voice my opinions, even when they are in opposition to the opinions of most people. In general, I feel I am in charge of the situation in which I live. I am not interested in activities that will expand my horizons. Most people see me as loving and affectionate. [5] I live life one day at a time and don't really think about the future. When I look at the story of my life, I am pleased with how things have turned out My decisions are not usually influenced by what everyone else is doing. The demands of everyday life often get me down. I think it is important to have new experiences that challenge how you think about yourself and the world. Maintaining close relationships has been difficult and frustrating for me. I have a sense of direction and purpose in life. 12 In general, I feel confident and positive about myself. [3] I tend to worry about what other people think of me. [14] I do not fit very well with the people and the community around me. When I think about it, I haven't really improved much as a person over the I often feel lonely because I have few close friends with whom to share my concerns. My daily activities often seem trivial and unimportant to me. I feel like many of the people I know have gotten more out of life than I have. I tend to be influenced by people with strong opinions. I am quite good at managing the many responsibilities of my daily life. I have the sense that I have developed a lot as a person over time. I enjoy personal and mutual conversations with family members or friends.

23 I don't have a good sense of what it is I'm trying to accomplish in life.				V
24 I like most aspects of my personality.				
I have confidence in my opinions, even if they are contrary to the general consensus	•	\		
26 I often feel overwhelmed by my responsibilities	Art. Adays, S.	1		~
People would describe me as a giving person, willing to share my time with others.	V	1		
28 I enjoy making plans for the future and working to make them a reality.				
29 In many ways, I feel disappointed about my achievements in life.	1			
30 It's difficult for me to voice my own opinions on controversial matters.				
I have difficulty arranging my life in a way that is satisfying to me.		V		
For me, life has been a continuous process of learning, changing, and growth.	V			
33 I have not experienced many warm and trusting relationships with others.	Date A Labor	346	V	
Some people wander aimlessly through life, but I am not one of them	~	3 192 19	APPEN	
My attitude about myself is probably not as positive as most people feel about themselves.	HW 117 - 52	1000		V
[36] I judge myself by what I think is important, not by the values of what others think is important.	100			19 11 -
I have been able to build a home and a lifestyle for myself that is much to my liking.	2111 72410			
38 I gave up trying to make big improvements or changes in my life a long time ago.	V			
[39] I know that I can trust my friends, and they know they can trust me.	,			V
I sometimes feel as if I've done all there is to do in life.				
When I compare myself to friends and acquaintances, it makes me feel good about who I am.				V _
Scoring Instruction:				

1) Recode negative phrased items: # 3, 5, 10, 13,14,15,16,17,18,19, 23, 26, 27, 30,31,32, 34, 36, 39, 41. (i.e., if the scored is 6 in one of these items, the adjusted score is 1; if 5, the adjusted score is 2 and so on)	Counceller Adivisors: 1 •
2) Add together the final degree of agreement in the 6 dimensions:	2
a. Autonomy: items 1,7,13,19,25, 31, 37 2 5 b.Environmental mastery: items 2,8,14,20,26,32,38 > 2	3

c. Personal Growth: items 3,9,15,21,27,33,39 — 39
d.Positive Relations: items: 4,10,16,22,28,34,40 235
e.Purpose in life: items: 5,11,17,23,29,35,41
f.Self-acceptance: items 6,12,18,24,30,36,42

Ryff's Psychological Well-Being Scales (PWB), 42 Item version

Academic Year: 26 22-20 23

: P. savanthi Name of the Counciler : K. Jashwanth Reddy Name of the Student Class: B.A. (Economics) Strongly Sn Question DisAgree Agree 0 I am not afraid to voice my opinions, even when they are in opposition to the opinions of most people. In general, I feel I am in charge of the situation in which I live. ③ I am not interested in activities that will expand my horizons. Most people see me as loving and affectionate. [3] I live life one day at a time and don't really think about the future. When I look at the story of my life, I am pleased with how things have turned out My decisions are not usually influenced by what everyone else is doing. The demands of everyday life often get me down. I think it is important to have new experiences that challenge how you think about yourself and the world. Maintaining close relationships has been difficult and frustrating for me. I have a sense of direction and purpose in life. 12 In general, I feel confident and positive about myself. I tend to worry about what other people think of me. [4] I do not fit very well with the people and the community around me. (3) When I think about it, I haven't really improved much as a person over the I often feel lonely because I have few close friends with whom to share my concerns. My daily activities often seem trivial and unimportant to me. B I feel like many of the people I know have gotten more out of life than I have. I tend to be influenced by people with strong opinions. I am quite good at managing the many responsibilities of my daily life. I have the sense that I have developed a lot as a person over time. I enjoy personal and mutual conversations with family members or friends.

I don't have a good sense of what it is I'm trying to accomplish in life.			V	+
24 I like most aspects of my personality.			V	1
25 I have confidence in my opinions, even if they are contrary to the general consensus			V	٦,
26 I often feel overwhelmed by my responsibilities	t	\ \ \ \	/	2
People would describe me as a giving person, willing to share my time with others.		· I tale .	V)-
28 I enjoy making plans for the future and working to make them a reality.	,		~	1
29 In many ways, I feel disappointed about my achievements in life.	Lance de la Vision de la Company		V	4
It's difficult for me to voice my own opinions on controversial matters.	V			6-
I have difficulty arranging my life in a way that is satisfying to me.			V	1=
For me, life has been a continuous process of learning, changing, and growth.	/ male day classed	L Color	/	٧.
33 I have not experienced many warm and trusting relationships with others.				1
34 Some people wander aimlessly through life, but I am not one of them	official label deliver has		V	1-
35 My attitude about myself is probably not as positive as most people feel about themselves.				6
[36] I judge myself by what I think is important, not by the values of what others think is important.			/	12
37 I have been able to build a home and a lifestyle for myself that is much to my liking.				1
38 I gave up trying to make big improvements or changes in my life a long time ago.	1	100		6
I know that I can trust my friends, and they know they can trust me.	10 SEPT 10 10 10 10 10 10 10 10 10 10 10 10 10		/	1
40 I sometimes feel as if I've done all there is to do in life.	V			6
When I compare myself to friends and acquaintances, it makes me feel good about who I am.				
and the second s	Day salah lasta da		TO A THE	-/

1) Recode negative phrased items: # 3, 5, 10, 13,14,15,16,17,18,19, 23, 26, 27, 30,31,32, 34, 36, 39, 41.	Counceller 1
(i.e., if the scored is 6 in one of these items, the adjusted score is 1; if 5, the adjusted score is 2 and so on)	Adivisors:
2) Add together the final degree of agreement in the 6 dimensions:	2
a. Autonomy: items 1,7,13,19,25, 31, 37 40	3
b. Environmental mastery: items 2,8,14,20,26,32,38 %	

c. Personal Growth: items 3,9,15,21,27,33,39 30 d.Positive Relations: items: 4,10,16,22,28,34,40 e.Purpose in life: items: 5,11,17,23,29,35,41

f.Self-acceptance: items 6,12,18,24,30,36,42

Ryff's Psychological Well-Being Scales (PWB), 42 Item version

: P. Sqavathi Academic Year: 2022_ 2023 Name of the Counciler Name of the Student : N. Chennakesava Class: BA [Economics] ist year Sn Date: 18-01-2023 **Question** Strongly 0 DisAgree I am not afraid to voice my opinions, even when they are in opposition to the opinions of most people. Agree In general, I feel I am in charge of the situation in which I live. I am not interested in activities that will expand my horizons. Most people see me as loving and affectionate. [6] I live life one day at a time and don't really think about the future. When I look at the story of my life, I am pleased with how things have turned out My decisions are not usually influenced by what everyone else is doing. The demands of everyday life often get me down. I think it is important to have new experiences that challenge how you think about yourself and the world. (10) Maintaining close relationships has been difficult and frustrating for me. 11 I have a sense of direction and purpose in life. 12 In general, I feel confident and positive about myself. [13] I tend to worry about what other people think of me. [14] I do not fit very well with the people and the community around me. When I think about it, I haven't really improved much as a person over the I often feel lonely because I have few close friends with whom to share my concerns. My daily activities often seem trivial and unimportant to me. [8] I feel like many of the people I know have gotten more out of life than I have. [19] I tend to be influenced by people with strong opinions. 20 I am quite good at managing the many responsibilities of my daily life. 21 I have the sense that I have developed a lot as a person over time. 22 I enjoy personal and mutual conversations with family members or friends.

I don't have a good sense of what it is I'm trying to accomplish in life.					
I don't have a good sense of what it is in a year.			\square	V	
I like most aspects of my personality. I have confidence in my opinions, even if they are contrary to the general consensus I have confidence in my opinions, even if they are contrary to the general consensus					
It is confidence in my opinions, even if they are contain					
I have confidence if my opinion in a sixty of the state o	_		V		
I often feel overwhelmed by my responsibilities People would describe me as a giving person, willing to share my time with others.				1	
				-	
I enjoy making plans for the future and worting In many ways, I feel disappointed about my achievements in life.		V	\vdash		
In many ways, I feel disappointed dood my				N	
In many ways, I feel disappointed about my active remarks and the same vertical matters. It's difficult for me to voice my own opinions on controversial matters.			V		
It's difficult for me to voice my own opinions I have difficulty arranging my life in a way that is satisfying to me.	IB IF TO KEY THE				
I have difficulty arranging my life in a way that is satisfy mg. For me, life has been a continuous process of learning, changing, and growth. The process of learning is satisfy mg. The process of learning is satisfy mg. The process of learning is satisfy mg.		MIT 308	I WELL	199	ROW!
	STORY AND ADDRESS OF THE A	313 (4.1)	9/1/2	214	/
I have not experienced many warm and desting reasons of them Some people wander aimlessly through life, but I am not one of them to be a positive as most people feel about themselves.	White Miles will	- 17			1
Some people wander aimlessly through life, but I all not one of them. Some people wander aimlessly through life, but I all not one of them. My attitude about myself is probably not as positive as most people feel about themselves. My attitude about myself is important, not by the values of what others think is important.		67 26			~
My attitude about myself is probably not as positive as most people red about myself is probably not as positive as most people red about myself is important. I judge myself by what I think is important, not by the values of what others think is important.		5 /4 8/			
I judge myself by what I till a keeps and a lifestyle for myself that is much to my liking.	ALL SECTIONS	>	~		A Karalin
I judge myself by what I think is important, not by the values of what seems as a life style for myself that is much to my liking. I have been able to build a home and a lifestyle for myself that is much to my liking. I gave up trying to make big improvements or changes in my life a long time ago.		1	V		- 50
t i lea big improvements of changes in the	SEAL KELLINGTON	/		CH G	HE WILL
t I am thirt my triends and they know they can	EN PROPERTY OF	- 0			ve not pr
I know that I can trust my friends, and any solution of the so	CONTRACTOR CONTRACTOR		1		DATE:
I sometimes feel as if I've done all there is to do in me. When I compare myself to friends and acquaintances, it makes me feel good about who I am.	SEE DOUBLY	1	1		

1) Recode negative phrased items: # 3, 5, 10, 13,14,15,16,17,18,19, 23, 26, 27, 30,31,32, 34, 36, 39, 41. 72 Counceller (i.e., if the scored is 6 in one of these items, the adjusted score is 1; if 5, the adjusted score is 2 and so on...) Adivisors: Add together the final degree of agreement in the 6 dimensions:

a. Autonomy: items 1,7,13,19,25, 31, 37

b. Environmental mastery: items 2,8,14,20,26,32,38

c. Personal Growth: items 3,9,15,21,27,33,39 d.Positive Relations: items: 4,10,16,22,28,34,40

e.Purpose in life: items: 5,11,17,23,29,35,41 f.Self-acceptance: items 6,12,18,24,30,36,42 28

Government College for Men(A), Kadapa

Ryff's Psychological Well-Being Scales (PWB), 42 Item version

Academic Year: 2022-2023 : Po Sareovaltyi Name of the Counciler : T. Allighele Name of the Student Class: B. ACHISTRUS I Date: 18-01 - 2023 Sn Strongly **Ouestion** DisAgree 0 Agree I am not afraid to voice my opinions, even when they are in opposition to the opinions of most people. In general, I feel I am in charge of the situation in which I live. \(\cdot \) [3] I am not interested in activities that will expand my horizons. Most people see me as loving and affectionate. I live life one day at a time and don't really think about the future. 6 When I look at the story of my life, I am pleased with how things have turned out My decisions are not usually influenced by what everyone else is doing. _ 6 The demands of everyday life often get me down. I think it is important to have new experiences that challenge how you think about yourself and the world. Maintaining close relationships has been difficult and frustrating for me. 11 I have a sense of direction and purpose in life. 12 In general, I feel confident and positive about myself. [3] I tend to worry about what other people think of me. (3) I do not fit very well with the people and the community around me. When I think about it, I haven't really improved much as a person over the I often feel lonely because I have few close friends with whom to share my concerns. My daily activities often seem trivial and unimportant to me. 18 I feel like many of the people I know have gotten more out of life than I have. I tend to be influenced by people with strong opinions. 20 I am quite good at managing the many responsibilities of my daily life. < 6 21 I have the sense that I have developed a lot as a person over time. I enjoy personal and mutual conversations with family members or friends.

I don't have a good sense of what it is I'm trying to accomplish in life.				\checkmark	1
24 I like most aspects of my personality.				V	
25 I have confidence in my opinions, even if they are contrary to the general consensus.				\checkmark	
33 I often feel overwhelmed by my responsibilities /			4		
People would describe me as a giving person, willing to share my time with others.	/				6
28 I enjoy making plans for the future and working to make them a reality.				V	
29 In many ways. I feel disappointed about my achievements in life.			-Y		-
30 It's difficult for me to voice my own opinions on controversial matters.	4/4/1/	1			1
3) I have difficulty arranging my life in a way that is satisfying to me.	100000000000000000000000000000000000000			V	
For me, life has been a continuous process of learning, changing, and growth 6			٠,	7	1
33 I have not experienced many warm and trusting relationships with others.	1001		~		-
Some people wander aimlessly through life, but I am not one of them			,	V	a
25 My attitude about myself is probably not as positive as most people feel about themselves.				,	-
26 Lindge myself by what I think is important, not by the values of what others think is important.	- 57			V	1
37 I have been able to build a home and a lifestyle for myself that is much to my liking.	200			V	1.
38 I gave up trying to make big improvements or changes in my life a long time ago.		~			4
39 I know that I can trust my friends, and they know they can trust me.	V				6
40 I sometimes feel as if I've done all there is to do in life.	V				1
When I compare myself to friends and acquaintances, it makes me feel good about who I am.				V	1

1) Recode negative phrased items: # 3, 5, 10, 13,14,15,16,17,18,19, 23, 26, 27, 30,31,32, 34, 36, 39, 41.	Counceller 1
(i.e., if the scored is 6 in one of these items, the adjusted score is 1; if 5, the adjusted score is 2 and so on)	Adivisors:
2) Add together the final degree of agreement in the 6 dimensions: 58	2
a. Autonomy: items 1,7,13,19,25, 31, 37, 42	3
a. Autonomy: items 1,7,15,15,25, 51, 57	

b.**Environmental mastery**: items 2,8,14,20,26,32,38

c. Personal Growth: items 3,9,15,21,27,33,39 29 d.Positive Relations: items: 4,10,16,22,28,34,40

e.**Purpose in life**: items: 5,11,17,23,29,35,41 f.**Self-acceptance**: items 6,12,18,24,30,36,42

Ryff's Psychological Well-Being Scales (PWB), 42 Item version

ame of the Student : K. Noor bany Class: I B.A (Honours)	Da	ite:	18-	01-	2023
Question	Strongly DisAgree	2	3	4	5 Strongly
I am not afraid to voice my opinions, even when they are in opposition to the opinions of most people.			1	+	6
In general, I feel I am in charge of the situation in which I live.			1	+	
I am not interested in activities that will expand my horizons.			Y	1	
Most people see me as loving and affectionate.			+	+	
I live life one day at a time and don't really think about the future.	7		1		
When I look at the story of my life, I am pleased with how things have turned out			* +	+	
My decisions are not usually influenced by what everyone else is doing.	/		+	+	
The demands of everyday life often get me down.			+	1	
I think it is important to have new experiences that challenge how you think about yourself and the world.			+	4	-
Maintaining close relationships has been difficult and frustrating for me.				+	-
I have a sense of direction and purpose in life.		~	+	+	
In general, I feel confident and positive about myself.			+	+	
I tend to worry about what other people think of me.			+		/ V
I do not fit very well with the people and the community around me.			+	\times	1 1 2 1 2 1 2
When I think about it, I haven't really improved much as a person over the		1		+	_
I often feel lonely because I have few close friends with whom to share my concerns.		7 2 3	+	+	_
My daily activities often seem trivial and unimportant to me.				+	1
I feel like many of the people I know have gotten more out of life than I have.	1	- 0/	-	1	-
I tend to be influenced by people with strong opinions.	or magnin		~	-	-
I am quite good at managing the many responsibilities of my daily life.	0.00			+	-
I have the sense that I have developed a lot as a person over time.			1		-
I enjoy personal and mutual conversations with family members or friends.	-	~	4	+	-

I don't have a good sense of what it is I'm trying to accomplish in life.		\vdash		\sqcup	
1 Like most agnests of my personality		\vdash	\perp	\vdash	
I have confidence in my opinions, even if they are contrary to the general consensus		\vdash	_	\vdash	
All - for feel everyhelmed by my responsibilities		\vdash	_	\vdash	
Paople would describe me as a giving person, willing to share my time with others.	1 1 1 1 2 2	\vdash		\vdash	
I enjoy making plans for the future and working to make them a reality.		¥	4	\vdash	_
2011 many ways. I feel disappointed about my achievements in life.		V	4_	\sqcup	
It's difficult for me to voice my own opinions on controversial matters.			1		Trans.
They difficulty arranging my life in a way that is satisfying to me.	H. BOA CO. PROCEEDINGS	_	1		179, 111
Ear ma, life has been a continuous process of learning, changing, and growth.	Charlest Spile Carlo				
I have not experienced many warm and trusting relationships with others.	CASIN SING	5		1	
Some people wander aimlessly through life, but I am not one of them					/
as No. 4 the dealt myself is probably not as positive as most people feel about themselves.	101	2,34	~		
I judge myself by what I think is important, not by the values of what others think is important.					
I have been able to build a home and a lifestyle for myself that is much to my liking.		V	1.		2. M 2 0
1 1: '			/		
I gave up trying to make big improvements of changes in my fire a long time ago. 39 I know that I can trust my friends, and they know they can trust me.	7.51 x 5 x 7.56		4214		A PERSONAL PROPERTY.
a t toru 1 all thomas is to do in life			1		EPATT.
		6	1/	11	
When I compare myself to friends and acquaintances, it makes me leel good about who I am.			-IV		DITION VA

1) Recode negative phrased items: # 3, 5, 10, 13,14,15,16,17,18,19, 23, 26, 27, 30,31,32, 34, 36, 39, 41.	Counceller	1
(i.e., if the scored is 6 in one of these items, the adjusted score is 1; if 5, the adjusted score is 2 and so on)	Adivisors:	1
(i.e., if the scored is 6 in one of these items, the adjusted score is 1, 110, and adjusted scor		2
2) Add together the final degree of agreement in the 6 dimensions: 65		2
2 Autonomy: items 1 7 13.19.25. 31. 37: 24		3

a. Autonomy: items 1,7,13,19,25, 31, 37: 24
b.Environmental mastery: items 2,8,14,20,26,32,38: 15
c. Personal Growth: items 3,9,15,21,27,33,39:20
d.Positive Relations: items: 4,10,16,22,28,34,40:22
e.Purpose in life: items: 5,11,17,23,29,35,41: 27
f.Self-acceptance: items 6,12,18,24,30,36,42: 23