

Academic year: 2022-2023

Date: 18-01-2023.

Ryff's Psychological well-Being Scales Test

S.No	Name of the student	Group	Signature
1	G. Ganesh Vardhan	BA (H.E.P)	G. Ganesh Vardhan
2	K. Raj Kumar	BA (H.E.P)	K. Raj Kumar
3	K. Venugopal	BA (H.E.P)	K. Venugopal
4	K. David Solomon Raj	2 nd year B.A [H.E.CA]	K. David Solomon Raj
5	N. Hari Krishna	BA [H.E.CA]	N. Hari Krishna
6	C. Siddaiah	BA Telugu	C. Siddaiah
7	E. Jeyanth Kumar	B.A History	E. Jeyanth Kumar
8	D. Praveen Kumar	B.A. political science	D. Praveen Kumar
9	P. Khalim Preetan	BA (H.P.U)	P. Khalim Preetan
10	K. Narasimha	B.A [H.E.P]	K. Narasimha
11	Abdul Samad	BA (H.P.U)	Abdul Samad
12	Syed. Athan	BA. (Honours)	S. Athan
13	S. Basia	BA (Economics)	S. Basia
14	J.P. Jubhan	B.A. [H.P.U]	J.P. Jubhan
15	S. Toorheed	B.A. [H.P.U]	S. Toorheed
16	A. Ankalaiah	B.A (Economics)	A. Ankalaiah
17	V. Anusha	BA economics	V. Anusha
18	V. Ramakrishna	BA Econo	V. Ramakrishna

(19)

C. Venkatesh

B.A. [Economics]

(20)

P. Ganga Lokesh

B.A. [History]

(21)

N. Narasimha

B.A. [Telugu]

(22)

J. Anand Kumar

B.A. (H.C.P.)

24

Y. Lokesh

BA [Economics]

(25)

M. B. Bharath

BA [Political Science]

(26)

K. Sashwanth Reddy

B.A. (Economics)

27

N. Chennakesava

BA [Economics]

28

T. Abhishek

BA (H.C.P.)

29

P. Hari Krishna

BA (Economics)

30

K. Poor Baun

BA (H.C.P.)

C. Venkatesh

P. Ganga Lokesh

N. Narasimha

J. Anand Kumar

Y. Lokesh

M. B. Bharath

K. Sashwanth Reddy

N. Chennakesava

T. Abhishek

P. Hari Krishna

K. Poor Baun

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

Name of the Counciller : P. S. Sumanthi

Academic Year : 2022-2023

Name of the Student : G. Ganeshwarthi

Class: B.A (H.E.P) III Year

Date: 18-01-2023

Sn o	Question	Strongly DisAgree 1	2	3	4	5	Strongly Agree 6
6	1 I am not afraid to voice my opinions, even when they are in opposition to the opinions of most people.						✓
	2 In general, I feel I am in charge of the situation in which I live.				✓		
8	3 I am not interested in activities that will expand my horizons.	✓					
	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.					✓	✓
	6 When I look at the story of my life, I am pleased with how things have turned out	✓					
5	7 My decisions are not usually influenced by what everyone else is doing.					✓	
	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.					✓	
6	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.					✓	
6	13 I tend to worry about what other people think of me.	✓					
2	14 I do not fit very well with the people and the community around me.					✓	
4	15 When I think about it, I haven't really improved much as a person over the			✓			
3	16 I often feel lonely because I have few close friends with whom to share my concerns.			✓			
5	17 My daily activities often seem trivial and unimportant to me.		✓				
1	18 I feel like many of the people I know have gotten more out of life than I have.						✓
3	19 I tend to be influenced by people with strong opinions.		✓				
2	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.						✓

3	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.						✓	
6	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							✓
5	27	People would describe me as a giving person, willing to share my time with others.			✓				
	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.	✓						
8	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.						✓	
1	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							✓
	35	My attitude about myself is probably not as positive as most people feel about themselves.							✓
1	36	I judge myself by what I think is important, not by the values of what others think is important.							✓
6	37	I have been able to build a home and a lifestyle for myself that is much to my liking.							✓
	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.				✓			
	40	I sometimes feel as if I've done all there is to do in life.	✓						
1	41	When I compare myself to friends and acquaintances, it makes me feel good about who I am.							✓

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...)

2) Add together the final degree of agreement in the 6 dimensions: **83**

a. **Autonomy:** items 1,7,13,19,25, 31, 37 = **27**

b. **Environmental mastery:** items 2,8,14,20,26,32,38 **34**

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**

Counciller 1
Advisors: 2
3

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

2022-23
Academic Year : 111

Name of the Counciller : P. Saravanthi
Name of the Student : K. Venugopal

Class: BA (HEP)

Date: 18-01-2023

Sn o	Question	Strongly DisAgree 1	2	3	4	5	Strongly Agree 6
1	I am not afraid to voice my opinions, even when they are in opposition to the opinions of most people.						✓
2	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.					✓	
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.				✓		
9	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.	✓					
17	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.						✓
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.						✓

6	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
3	26	I often feel overwhelmed by my responsibilities				✓					6
1	27	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.							✓		6
	29	In many ways, I feel disappointed about my achievements in life.	✓								1
3	30	It's difficult for me to voice my own opinions on controversial matters.				✓					4
0	31	I have difficulty arranging my life in a way that is satisfying to me.							✓		6
1	32	For me, life has been a continuous process of learning, changing, and growth.							✓		6
	33	I have not experienced many warm and trusting relationships with others.				✓					4
1	34	Some people wander aimlessly through life, but I am not one of them							✓		6
	35	My attitude about myself is probably not as positive as most people feel about themselves.	✓								1
1	36	I judge myself by what I think is important, not by the values of what others think is important.							✓		6
	37	I have been able to build a home and a lifestyle for myself that is much to my liking.							✓		6
	38	I gave up trying to make big improvements or changes in my life a long time ago.	✓								6
6	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.				✓					3
2	41	When I compare myself to friends and acquaintances, it makes me feel good about who I am.							✓		8

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...)

2) Add together the final degree of agreement in the 6 dimensions: 71

a. **Autonomy:** items 1,7,13,19,25, 31, 37 - 38

b. **Environmental mastery:** items 2,8,14,20,26,32,38 - 24

c. **Personal Growth:** items 3,9,15,21,27,33,39 - 22

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

e. **Purpose in life:** items: 5,11,17,23,29,35,41 - 22

f. **Self-acceptance:** items 6,12,18,24,30,36,42 - 33

Counciller 1
Adivisors: 2
3

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

Academic Year : 2022-2023

Name of the Counsellor : P. Sreavanthi

Name of the Student : K. Daniel Solomon Raj

Class: IInd Year BA [H.E.C.A]

Date: 18-01-2023

Sn o	Question	Strongly DisAgree 1	2	3	4	5	Strongly Agree 6
1	I am not afraid to voice my opinions, even when they are in opposition to the opinions of most people.				✓		6
2	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. - 6						✓
5	I live life one day at a time and don't really think about the future.		✓				6
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.		✓				
9	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. - 5					✓	2
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.		✓				5
14	I do not fit very well with the people and the community around me.	✓					6
15	When I think about it, I haven't really improved much as a person over the					✓	2
16	I often feel lonely because I have few close friends with whom to share my concerns. -)	✓					6
17	My daily activities often seem trivial and unimportant to me.	✓					6
18	I feel like many of the people I know have gotten more out of life than I have.			✓			4
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. - 3			✓			

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					✓		2
27	People would describe me as a giving person, willing to share my time with others.			✓				4
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.					✓		
30	It's difficult for me to voice my own opinions on controversial matters.			✓				4
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.						✓	1
33	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						✓	1
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.					✗	✓	1
37	I have been able to build a home and a lifestyle for myself that is much to my liking.			✓				
38	I gave up trying to make big improvements or changes in my life a long time ago.					✓		
39	I know that I can trust my friends, and they know they can trust me.	✓						6
40	I sometimes feel as if I've done all there is to do in life. — 3			✓				
41	When I compare myself to friends and acquaintances, it makes me feel good about who I am.					✓		2

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...)

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

a. **Autonomy:** items 1, 7, 13, 19, 25, 31, 37 28

b. **Environmental mastery:** items 2, 8, 14, 20, 26, 32, 38 31

c. **Personal Growth:** items 3, 9, 15, 21, 27, 33, 39 32

d. **Positive Relations:** items: 4, 10, 16, 22, 28, 34, 40 25

e. **Purpose in life:** items: 5, 11, 17, 23, 29, 35, 41 27

f. **Self-acceptance:** items 6, 12, 18, 24, 30, 36, 42 26

63

Counciller
Advisors:

1

2

3

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

Name of the Counciller :

P. Sravanthi

Name of the Student :

N. Hari Krishna

Class:

1st year B.A [H.E.CA]

Academic Year : 2022-2023

Date: 18-01-2023

Sn o	Question	Strongly DisAgree 1	2	3	4	5	Strongly Agree 6
1	I am not afraid to voice my opinions, even when they are in opposition to the opinions of most people.						
2	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.	✓					
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.				✓		
9	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.			✓			
17	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.					✓	
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.				✓		

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.					✓	4
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					✓	2
27	People would describe me as a giving person, willing to share my time with others.	✓					5
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.					✓	5
30	It's difficult for me to voice my own opinions on controversial matters.					✓	4
31	I have difficulty arranging my life in a way that is satisfying to me.					✓	5
32	For me, life has been a continuous process of learning, changing, and growth.	✓					1
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					✓	4
35	My attitude about myself is probably not as positive as most people feel about themselves.					✓	1
36	I judge myself by what I think is important, not by the values of what others think is important.					✓	2
37	I have been able to build a home and a lifestyle for myself that is much to my liking.					✓	5
38	I gave up trying to make big improvements or changes in my life a long time ago.	✓					6
39	I know that I can trust my friends, and they know they can trust me.					✓	2
40	I sometimes feel as if I've done all there is to do in life.					✓	2
41	When I compare myself to friends and acquaintances, it makes me feel good about who I am.					✓	2

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...)

2) 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 → 28

c. **Personal Growth:** items 3, 9, 15, 21, 27, 33, 39 → 24

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

e. **Purpose in life:** items: 5, 11, 17, 23, 29, 35, 41 → 25

f. **Self-acceptance:** items 6, 12, 18, 24, 30, 36, 42 → 22

Counsellor 1
Adivisors: 2
3

1) The subject has very less positive relation.

2) Suggested some behavioral modification techniques.

3) Suggested positive thinking techniques.

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

Academic Year : 2023-2027

Name of the Counciller : P-Sravanthi

Name of the Student : C-Siddaiah

Class: B.A Telugu

Date: 18-11-2023

Sn o	Question	Strongly DisAgree 1	2	3	4	5	Strongly Agree 6	
1	I am not afraid to voice my opinions, even when they are in opposition to the opinions of most people.						✓	1
2	In general, I feel I am in charge of the situation in which I live.						✓	1
3	I am not interested in activities that will expand my horizons.						✓	1
4	Most people see me as loving and affectionate.	✓						6
5	I live life one day at a time and don't really think about the future.					✓		2
6	When I look at the story of my life, I am pleased with how things have turned out			✓				4
7	My decisions are not usually influenced by what everyone else is doing.					✓		2
8	The demands of everyday life often get me down.	✓						6
9	I think it is important to have new experiences that challenge how you think about yourself and the world.				✓			3
10	Maintaining close relationships has been difficult and frustrating for me.	✓						6
11	I have a sense of direction and purpose in life.						✓	1
12	In general, I feel confident and positive about myself.						✓	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.	✓						6
15	When I think about it, I haven't really improved much as a person over the						✓	1
16	I often feel lonely because I have few close friends with whom to share my concerns.						✓	1
17	My daily activities often seem trivial and unimportant to me.	✓						6
18	I feel like many of the people I know have gotten more out of life than I have.						✓	1
19	I tend to be influenced by people with strong opinions.						✓	1
20	I am quite good at managing the many responsibilities of my daily life.						✓	1
21	I have the sense that I have developed a lot as a person over time.						✓	1
22	I enjoy personal and mutual conversations with family members or friends.	✓						6

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.							✓	1
25	I have confidence in my opinions, even if they are contrary to the general consensus					✓			2
26	I often feel overwhelmed by my responsibilities							✓	1
27	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.					✓			2
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.					✓			2
31	I have difficulty arranging my life in a way that is satisfying to me.							✓	6
32	For me, life has been a continuous process of learning, changing, and growth.					✓			2
33	I have not experienced many warm and trusting relationships with others.	✓							6
34	Some people wander aimlessly through life, but I am not one of them							✓	1
35	My attitude about myself is probably not as positive as most people feel about themselves.					✓			3
36	I judge myself by what I think is important, not by the values of what others think is important.	✓							6
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.					✓			3
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.				✓				4
41	When I compare myself to friends and acquaintances, it makes me feel good about who I am.							✓	1

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...)

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

a. **Autonomy:** items 1,7,13,19,25, 31, 37 :14

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

c. **Personal Growth:** items 3,9,15,21,27,33,39 :22

d. **Positive Relations:** items: 4,10,16,22,28,34,40 :26

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

Counciller
Advisors:

1

2

3

1) The subject has very low in self-acceptance

2) Suggested some techniques to self-love

3) Suggested some examples how to accept things positively

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

Academic Year : 2022-2023

Name of the Counciller : P. Pravanthy

Name of the Student : E. Jumanth Kumar

Class: D.A History

Date: 18/01/23

Sn o	Question	Strongly DisAgree 1	2	3	4	5	Strongly Agree 6	
1	I am not afraid to voice my opinions, even when they are in opposition to the opinions of most people.						✓	1
2	In general, I feel I am in charge of the situation in which I live.						✓	1
3	I am not interested in activities that will expand my horizons.						✓	1
4	Most people see me as loving and affectionate.	✓						6
5	I live life one day at a time and don't really think about the future.					✓		2
6	When I look at the story of my life, I am pleased with how things have turned out		✓					5
7	My decisions are not usually influenced by what everyone else is doing.					✓		2
8	The demands of everyday life often get me down.			✓				4
9	I think it is important to have new experiences that challenge how you think about yourself and the world.				✓			3
10	Maintaining close relationships has been difficult and frustrating for me.						✓	1
11	I have a sense of direction and purpose in life.						✓	1
12	In general, I feel confident and positive about myself.						✓	1
13	I tend to worry about what other people think of me.				✓			3
14	I do not fit very well with the people and the community around me.			✓				4
15	When I think about it, I haven't really improved much as a person over the					✓		2
16	I often feel lonely because I have few close friends with whom to share my concerns.						✓	1
17	My daily activities often seem trivial and unimportant to me.		✓					5
18	I feel like many of the people I know have gotten more out of life than I have.			✓				4
19	I tend to be influenced by people with strong opinions.						✓	1
20	I am quite good at managing the many responsibilities of my daily life.			✓				5
21	I have the sense that I have developed a lot as a person over time.				✓			3
22	I enjoy personal and mutual conversations with family members or friends.			✓				4

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.						✓	1
25	I have confidence in my opinions, even if they are contrary to the general consensus					✓		2
26	I often feel overwhelmed by my responsibilities						✓	1
27	People would describe me as a giving person, willing to share my time with others.						✓	1
28	I enjoy making plans for the future and working to make them a reality.					✓		2
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.					✓		2
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.						✓	1
33	I have not experienced many warm and trusting relationships with others.					✓		3
34	Some people wander aimlessly through life, but I am not one of them						✓	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.	✓						6
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.					✓		3
39	I know that I can trust my friends, and they know they can trust me.						✓	2
40	I sometimes feel as if I've done all there is to do in life.			✓				5
41	When I compare myself to friends and acquaintances, it makes me feel good about who I am.					✓		3

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...)

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

a. **Autonomy:** items 1,7,13,19,25, 31, 37 :12

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 :19

✓ Counciller 1
Advisors:

2
3

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

Academic Year : 2022-2023

Name of the Counciller : P. Sravanthi.

Name of the Student : D. Praveen Kumar

Class: Ist B.A (P.S)

Date: 18-01-2023

Sn o	Question	Strongly DisAgree 1	2	3	4	5	Strongly Agree 6	
1	I am not afraid to voice my opinions, even when they are in opposition to the opinions of most people.						✓	6
2	In general, I feel I am in charge of the situation in which I live.						✓	6
3	I am not interested in activities that will expand my horizons.	✓						6
4	Most people see me as loving and affectionate.			✓				3
5	I live life one day at a time and don't really think about the future.	✓						6
6	When I look at the story of my life, I am pleased with how things have turned out						✓	6
7	My decisions are not usually influenced by what everyone else is doing.	✓						6
8	The demands of everyday life often get me down.						✓	6
9	I think it is important to have new experiences that challenge how you think about yourself and the world.						✓	6
10	Maintaining close relationships has been difficult and frustrating for me.						✓	6
11	I have a sense of direction and purpose in life.						✓	6
12	In general, I feel confident and positive about myself.						✓	6
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.						✓	6
15	When I think about it, I haven't really improved much as a person over the <u>years</u>	✓						6
16	I often feel lonely because I have few close friends with whom to share my concerns.						✓	6
17	My daily activities often seem trivial and unimportant to me.	✓						6
18	I feel like many of the people I know have gotten more out of life than I have.	✓						6
19	I tend to be influenced by people with strong opinions.				✓			3
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.						✓	6
22	I enjoy personal and mutual conversations with family members or friends.				✓			4

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.			✓						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.	✓								1
30	It's difficult for me to voice my own opinions on controversial matters.								✓	1
31	I have difficulty arranging my life in a way that is satisfying to me.								✓	1
32	For me, life has been a continuous process of learning, changing, and growth.								✓	1
33	I have not experienced many warm and trusting relationships with others.				✓					4
34	Some people wander aimlessly through life, but I am not one of them								✓	6
35	My attitude about myself is probably not as positive as most people feel about themselves.			✓						3
36	I judge myself by what I think is important, not by the values of what others think is important.								✓	6
37	I have been able to build a home and a lifestyle for myself that is much to my liking.								✓	6
38	I gave up trying to make big improvements or changes in my life a long time ago.	✓								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.	✓								1
41	When I compare myself to friends and acquaintances, it makes me feel good about who I am.	✓								6

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...)

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

a. **Autonomy:** items 1,7,13,19,25, 31, 37 $6, 6, 6, 3, 6, 1, 6 = 34$

b. **Environmental mastery:** items 2,8,14,20,26,32,38 $6, 6, 1, 6, 6, 1, 1 = 27$

c. **Personal Growth:** items 3,9,15,21,27,33,39 $6, 6, 6, 6, 4, 4, 1 = 33$

d. **Positive Relations:** items: 4,10,16,22,28,34,40 $3, 1, 1, 4, 6, 6, 1 = 22$

e. **Purpose in life:** items: 5,11,17,23,29,35,41 $6, 6, 6, 1, 1, 3, 6 = 29$

f. **Self-acceptance:** items 6,12,18,24,30,36,42 $6, 6, 6, 6, 1, 6, 1 = 31$

Counciller 1
Adivisors: 2
3

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

Academic Year : 2022-2023

Name of the Counciller : P. Sra Rathi

Name of the Student : P. Khagim Peeran

Class: 2nd B.A. (H.P.U)

Date: 18-01-2023

Sn o	Question	Strongly DisAgree 1	2	3	4	5	Strongly Agree 6	
1	I am not afraid to voice my opinions, even when they are in opposition to the opinions of most people.						✓	①
2	In general, I feel I am in charge of the situation in which I live.						✓	②
3	I am not interested in activities that will expand my horizons.			✓				③
4	Most people see me as loving and affectionate.						✓	④
5	I live life one day at a time and don't really think about the future.	✓						⑤
6	When I look at the story of my life, I am pleased with how things have turned out				✓			⑥
7	My decisions are not usually influenced by what everyone else is doing.		✓					⑦
8	The demands of everyday life often get me down.						✓	⑧
9	I think it is important to have new experiences that challenge how you think about yourself and the world.						✓	⑨
10	Maintaining close relationships has been difficult and frustrating for me.					✓		⑩
11	I have a sense of direction and purpose in life.						✓	⑪
12	In general, I feel confident and positive about myself.			✓				⑫
13	I tend to worry about what other people think of me.	✓						⑬
14	I do not fit very well with the people and the community around me.				✓			⑭
15	When I think about it, I haven't really improved much as a person over the	✓						⑮
16	I often feel lonely because I have few close friends with whom to share my concerns.		✓					⑯
17	My daily activities often seem trivial and unimportant to me.						✓	⑰
18	I feel like many of the people I know have gotten more out of life than I have.			✓				⑱
19	I tend to be influenced by people with strong opinions.	✓						⑲
20	I am quite good at managing the many responsibilities of my daily life.				✓			⑳
21	I have the sense that I have developed a lot as a person over time.					✓		㉑
22	I enjoy personal and mutual conversations with family members or friends.						✓	㉒

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			✓				4
27	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.						✓	
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.				✓			
31	I have difficulty arranging my life in a way that is satisfying to me.	✓						6
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.	✓						
34	Some people wander aimlessly through life, but I am not one of them	✓						6
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.			✓				
37	I have been able to build a home and a lifestyle for myself that is much to my liking.	✓						
38	I gave up trying to make big improvements or changes in my life a long time ago.						✓	
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.	✓						
41	When I compare myself to friends and acquaintances, it makes me feel good about who I am.					✓		1

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...)

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

a. **Autonomy:** items 1,7,13,19,25, 31, 37 1 5 6 6 6 5 = 32

b. **Environmental mastery:** items 2,8,14,20,26,32,38 1 6 3 4 4 5 = 28

c. **Personal Growth:** items 3,9,15,21,27,33,39 = 45

d. **Positive Relations:** items: 4,10,16,22,28,34,40 = 36

e. **Purpose in life:** items: 5,11,17,23,29,35,41 = 25

f. **Self-acceptance:** items 6,12,18,24,30,36,42 = 29

Counciller
Advisors:

1

2

3

Government College for Men(A), Kadapa

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

Academic Year : 2022-23

Name of the Counciller : P. Sravanthi

Name of the Student : K. Narasimha

Class: 2nd B.A [H.E.P]

Date: 18-01-2023

Sn o	Question	Strongly DisAgree 1	2	3	4	5	Strongly Agree 6
6 1	I am not afraid to voice my opinions, even when they are in opposition to the opinions of most people.						✓
2	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.	✓					
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.✓ ✗						
9	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.					✓	
× 17	My daily activities often seem trivial and unimportant to me.		✓				
6 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.			✓			
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. •						✓

+	23	I don't have a good sense of what it is I'm trying to accomplish in life.				✓			3
	24	I like most aspects of my personality. ✕						✓	
60	25	I have confidence in my opinions, even if they are contrary to the general consensus						✓	
-	26	I often feel overwhelmed by my responsibilities ✓			✓				4
✓	27	People would describe me as a giving person, willing to share my time with others. •				✓			
•	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.					✓		
✓	30	It's difficult for me to voice my own opinions on controversial matters. ✕		✓					5
60	31	I have difficulty arranging my life in a way that is satisfying to me.						✓	1
✓	32	For me, life has been a continuous process of learning, changing, and growth. ✓						✓	1
	33	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						✓	1
✕	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. ✕	✓						6
60	37	I have been able to build a home and a lifestyle for myself that is much to my liking. ✕						✓	
	38	I gave up trying to make big improvements or changes in my life a long time ago. ✓	✓						
✓	39	I know that I can trust my friends, and they know they can trust me. •			✓				4
•	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.					✓		2

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...)

69

Counciller 1
Adivisors:

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

a. **Autonomy:** items 1,7,13,19,25, 31, 37 35

b. **Environmental mastery:** items 2,8,14,20,26,32,38 24

c. **Personal Growth:** items 3,9,15,21,27,33,39 25

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 30

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

Academic Year : 2022-23

Name of the Counciller : P. Sravanthi

Name of the Student : Shaik Abdul Samad

Class: BA (HPU) IInd year

Date: 18-01-2023

Sn o	Question	Strongly DisAgree 1	2	3	4	5	Strongly Agree 6
1	I am not afraid to voice my opinions, even when they are in opposition to the opinions of most people.					✓	
2	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.			✓			
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.			✓			
9	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.			✓			
17	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.						✓
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.						✓

(05) = 1, 2, 3, 4, 5, 6

23	I don't have a good sense of what it is I'm trying to accomplish in life.		✓						5
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				✓				3
27	People would describe me as a giving person, willing to share my time with others.				✓				3
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.			✓					
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.				✓				3
32	For me, life has been a continuous process of learning, changing, and growth.							✓	1
33	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							✓	1
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.					✓			2
37	I have been able to build a home and a lifestyle for myself that is much to my liking.					✓			
38	I gave up trying to make big improvements or changes in my life a long time ago.			✓					
39	I know that I can trust my friends, and they know they can trust me.					✓			2
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.						✓		2

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...)

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, 5, 4, 3 = (29)

b. **Environmental mastery:** items 2,8,14,20,26,32,38 2, 4, 1, 6, 4, 6, 3 = (26)

c. **Personal Growth:** items 3,9,15,21,27,33,39 1, 1, 1, 6, 4, 2, 5, = (20)

d. **Positive Relations:** items: 4,10,16,22,28,34,40 5, 1, 3, 6, 5, 6, 3 = (29)

e. **Purpose in life:** items: 5,11,17,23,29,35,41 3, 6, 2, 2, 3, 6, 5 = (27)

f. **Self-acceptance:** items 6,12,18,24,30,36,42 6, 5, 6, 6, 2, 5, = (30)

Counciller
Advisors:

1

2

3

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

Name of the Counciller : P. Sravanti
Name of the Student : Syed. Afnan

Academic Year : 2022-23

Class: First year I.

Date: 18-01-2023

Sn o	Question	Strongly DisAgree 1	2	3	4	5	Strongly Agree 6
1	I am not afraid to voice my opinions, even when they are in opposition to the opinions of most people.			✓			
2	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.					✓	
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.	✓					
9	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.		✓				
17	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.				✓		
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.						✓

23	I don't have a good sense of what it is I'm trying to accomplish in life.					✓			3
24	I like most aspects of my personality.							✓	4
25	I have confidence in my opinions, even if they are contrary to the general consensus			✓					5
26	I often feel overwhelmed by my responsibilities					✓			2
27	People would describe me as a giving person, willing to share my time with others.			✓					5
28	I enjoy making plans for the future and working to make them a reality.					✓			4
29	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.	✓							6
31	I have difficulty arranging my life in a way that is satisfying to me.					✓			3
32	For me, life has been a continuous process of learning, changing, and growth.				✓				4
33	I have not experienced many warm and trusting relationships with others.	✓							6
34	Some people wander aimlessly through life, but I am not one of them							✓	1
35	My attitude about myself is probably not as positive as most people feel about themselves.							✓	1
36	I judge myself by what I think is important, not by the values of what others think is important.							✓	1
37	I have been able to build a home and a lifestyle for myself that is much to my liking.							✓	4
38	I gave up trying to make big improvements or changes in my life a long time ago.					✓			6
39	I know that I can trust my friends, and they know they can trust me.	✓							6
40	I sometimes feel as if I've done all there is to do in life.							✓	1
41	When I compare myself to friends and acquaintances, it makes me feel good about who I am.							✓	1

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...)

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**

b. **Environmental mastery:** items 2,8,14,20,26,32,38 **6,1,4,4,5,3,4=27**

c. **Personal Growth:** items 3,9,15,21,27,33,39 **1,5,6,6,2,1,1=22**

d. **Positive Relations:** items: 4,10,16,22,28,34,40 **6,3,2,6,5,6,6=34**

e. **Purpose in life:** items: 5,11,17,23,29,35,41 **4,6,4,5,3,6,6=34**

f. **Self-acceptance:** items 6,12,18,24,30,36,42 **2,6,6,6,1,6,6=33**

Counciller
Advisors:

1

2

3

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

Academic Year : 2022-2023

Name of the Counciller : P. Sdavenathi

Name of the Student : S. Basha

Class: B.A. (Economics) 1st Year

Date: 18-01-2023

Sn o	Question	Strongly DisAgree 1	2	3	4	5	Strongly Agree 6
1	I am not afraid to voice my opinions, even when they are in opposition to the opinions of most people.				✓		
2	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.			✓			
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.			✓			
9	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.		✓				
17	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.				✓		
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.				✓		

23	I don't have a good sense of what it is I'm trying to accomplish in life.					✓		2
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					✓		3
27	People would describe me as a giving person, willing to share my time with others.	✓						5
28	I enjoy making plans for the future and working to make them a reality.					✓		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.					✓		4
31	I have difficulty arranging my life in a way that is satisfying to me.					✓		3
32	For me, life has been a continuous process of learning, changing, and growth.						✓	2
33	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					✓		3
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.					✓		4
37	I have been able to build a home and a lifestyle for myself that is much to my liking.					✓		
38	I gave up trying to make big improvements or changes in my life a long time ago.					✓		3
39	I know that I can trust my friends, and they know they can trust me.						✓	2
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.					✓		3

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...)

2) 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

Counciller
Advisors:

1

2

3

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

Academic Year : 2022-2023

Name of the Counciller : P. Savanti

Name of the Student : S.P. Subhan

Class: B.A [H.P.U] 1st year

Date: 18-01-2023

Sn o	Question	Strongly DisAgree 1	2	3	4	5	Strongly Agree 6
1	I am not afraid to voice my opinions, even when they are in opposition to the opinions of most people.	✓					
2	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.		✓				
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.				✓		
9	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.	✓					
17	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.		✓				
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.					✓	

23	I don't have a good sense of what it is I'm trying to accomplish in life.			✓				4
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					✓		2
27	People would describe me as a giving person, willing to share my time with others.		✓					5
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.	✓						
30	It's difficult for me to voice my own opinions on controversial matters.	✓						6
31	I have difficulty arranging my life in a way that is satisfying to me.						✓	1
32	For me, life has been a continuous process of learning, changing, and growth.						✓	1
33	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		✓					5
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.						✓	1
37	I have been able to build a home and a lifestyle for myself that is much to my liking.		✓					
38	I gave up trying to make big improvements or changes in my life a long time ago.			✓				
39	I know that I can trust my friends, and they know they can trust me.	✓						6
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

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...)

2) Add together the final degree of agreement in the 6 dimensions: **(76)**

a. **Autonomy:** items 1,7,13,19,25, 31, 37 **1, 3, 3, 6, 2, 6, 2, = (23)**

b. **Environmental mastery:** items 2,8,14,20,26,32,38 **6, 4, 1, 2, 5, 6, 3, = (27)**

c. **Personal Growth:** items 3,9,15,21,27,33,39 **3, 2, 2, 5, 4, 1, 1, = (18)**

d. **Positive Relations:** items: 4,10,16,22,28,34,40 **6, 1, 1, 5, 4, 2, 3, 3, = (25)**

e. **Purpose in life:** items: 5,11,17,23,29,35,41 **2, 6, 3, 3, 3, 6, = (25)**

f. **Self-acceptance:** items 6,12,18,24,30,36,42 **6, 6, 6, 6, 1, 6, = (31)**

Counciller 1
Advisors: 2
3

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

Academic Year : 2022-2023

Name of the Counciller : P. Savanti
Name of the Student : S. Touheer

Class: B.A.[HPU] 1st nd year

Date: 18-01-2023

Sn o	Question	Strongly DisAgree 1	2	3	4	5	Strongly Agree 6
1	I am not afraid to voice my opinions, even when they are in opposition to the opinions of most people.	✓					✓
2	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.						✓
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.		✓				
9	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.			✓			
17	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.	✓					
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.						✓

3
4
6
6
3
4
5
6

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.					✓				
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
27	People would describe me as a giving person, willing to share my time with others.			✓						3
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.	✓								
30	It's difficult for me to voice my own opinions on controversial matters.			✓				✓		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.					✓				4
33	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	✓								
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.			✓				✓		3
37	I have been able to build a home and a lifestyle for myself that is much to my liking.							✓		
38	I gave up trying to make big improvements or changes in my life a long time ago.	✓								
39	I know that I can trust my friends, and they know they can trust me.	✓								6
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

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...)

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

a. **Autonomy:** items 1,7,13,19,25, 31, 37 = $6+4+6+6+2+2+5=31$

b. **Environmental mastery:** items 2,8,14,20,26,32,38 = $1+2+2+6+1+4+6=22$

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 → $1+1+4+6+1+6+1=20$

f. **Self-acceptance:** items 6,12,18,24,30,36,42 → $3+3+5+2+1+3+ = 17$

Counciller
Advisors:

1

2

3

Government College for Men(A), Kadapa

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

Academic Year : 2022-2023

Name of the Counciller : P. Sravanthi

Name of the Student : A. Ankalaiah

Class: B.A (Economy) 1st year

Date: 18-01-2023

Sn o	Question	Strongly DisAgree 1	2	3	4	5	Strongly Agree 6
1	I am not afraid to voice my opinions, even when they are in opposition to the opinions of most people.						✓
2	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.	✓					
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.	✓					
9	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.	✓					
17	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.						✓
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.						✓

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.								✓
25	I have confidence in my opinions, even if they are contrary to the general consensus								✓
26	I often feel overwhelmed by my responsibilities								✓
27	People would describe me as a giving person, willing to share my time with others.								✓
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.								✓
30	It's difficult for me to voice my own opinions on controversial matters.								✓
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.	✓							
34	Some people wander aimlessly through life, but I am not one of them								✓
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.								✓
37	I have been able to build a home and a lifestyle for myself that is much to my liking.								✓
38	I gave up trying to make big improvements or changes in my life a long time ago.	✓							
39	I know that I can trust my friends, and they know they can trust me.								✓
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.								✓

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. **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...)

2) 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

Counciller
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

Name of the Counciller : P. Govardhan

Name of the Student : C. Ramesh

Class: B.A economics

Date: 18-01-2023

Sn o	Question	Strongly DisAgree 1	2	3	4	5	Strongly Agree 6
1	I am not afraid to voice my opinions, even when they are in opposition to the opinions of most people.	✓					
2	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.						✓
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.						✓
9	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.	✓					
17	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.						✓
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.						✓

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						✓	1
27	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.							
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
31	I have difficulty arranging my life in a way that is satisfying to me.	✗					✓	1
32	For me, life has been a continuous process of learning, changing, and growth.						✓	1
33	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						✓	1
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.						✓	1
37	I have been able to build a home and a lifestyle for myself that is much to my liking.						✓	
38	I gave up trying to make big improvements or changes in my life a long time ago.	✓						
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.	✓						
41	When I compare myself to friends and acquaintances, it makes me feel good about who I am.						✓	1

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. **53**

(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...)

2) 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 **32**

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

Counciller
Advisors:

1 **3.5**
2
3

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

Name of the Counciller : P. Sumanthi

Academic Year : 2022-2023

Name of the Student : V. Rama Krishna

Class: B.A[Economics] 1st year

Date: 18-01-2023

Sn o	Question	Strongly DisAgree 1	2	3	4	5	Strongly Agree 6
1	I am not afraid to voice my opinions, even when they are in opposition to the opinions of most people.						
2	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.			✓			✓
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.	✓					
9	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.						✓
17	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.	✗	✓				
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.						✓

6

8

6

6

1

1

6

6

1

4

23	I don't have a good sense of what it is I'm trying to accomplish in life.				✓			✓	3
24	I like most aspects of my personality.							✓	
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	✓							6
27	People would describe me as a giving person, willing to share my time with others.							✓	
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.							✓	
31	I have difficulty arranging my life in a way that is satisfying to me.	✓							6
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							✓	
35	My attitude about myself is probably not as positive as most people feel about themselves.							✓	1
36	I judge myself by what I think is important, not by the values of what others think is important.	✗						✓	
37	I have been able to build a home and a lifestyle for myself that is much to my liking.	✓							
38	I gave up trying to make big improvements or changes in my life a long time ago.							✓	1
39	I know that I can trust my friends, and they know they can trust me.	✓							
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

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...)

2) 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

Counciller
Advisors: 1 65

2

3

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

Academic Year : 2022-2023

Name of the Counciller : P. Sravanthi

Name of the Student : C. Venkatesh

Class: B-A [ECONOMICS] 1st year

Date: 18-01-2023

Sn o	Question	Strongly DisAgree 1	2	3	4	5	Strongly Agree 6	
1	I am not afraid to voice my opinions, even when they are in opposition to the opinions of most people.	✓						6
2	In general, I feel I am in charge of the situation in which I live.		✓					5
3	I am not interested in activities that will expand my horizons.	✓						6
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.				✓			3
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.	✓						6
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.	✓						6
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.						✓	1
14	I do not fit very well with the people and the community around me.						✓	1
15	When I think about it, I haven't really improved much as a person over the				✓			3
16	I often feel lonely because I have few close friends with whom to share my concerns.	✓						6
17	My daily activities often seem trivial and unimportant to me.						✓	1
18	I feel like many of the people I know have gotten more out of life than I have.		✓					2
19	I tend to be influenced by people with strong opinions.						✓	1
20	I am quite good at managing the many responsibilities of my daily life.						✓	4
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.						✓	

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					✓		2
27	People would describe me as a giving person, willing to share my time with others.						✓	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.						✓	
30	It's difficult for me to voice my own opinions on controversial matters.	✓						6
31	I have difficulty arranging my life in a way that is satisfying to me.	✓					✓	1
32	For me, life has been a continuous process of learning, changing, and growth.						✓	1
33	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						✓	1
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.	✓						6
37	I have been able to build a home and a lifestyle for myself that is much to my liking.						✓	
38	I gave up trying to make big improvements or changes in my life a long time ago.	✓						
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.	✓						
41	When I compare myself to friends and acquaintances, it makes me feel good about who I am.			✓				4

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...)

61

Counciller
Adivisors:

1

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

a. **Autonomy:** items 1,7,13,19,25, 31, 37 50

2

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

Government College for Men(A), Kadapa

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

Name of the Counciller : P. Sravanthi

Academic Year : 2022-2023

Name of the Student : N. Narasimha

Class: B.A Special [Telugu]

Date: 18-01-2023

Sn o	Question	Strongly DisAgree 1	2	3	4	5	Strongly Agree 6	
1	I am not afraid to voice my opinions, even when they are in opposition to the opinions of most people.						✓	1
2	In general, I feel I am in charge of the situation in which I live.			✓				4
3	I am not interested in activities that will expand my horizons.				✓			3
4	Most people see me as loving and affectionate.	✓						6
5	I live life one day at a time and don't really think about the future.					✓		2
6	When I look at the story of my life, I am pleased with how things have turned out			✓				4
7	My decisions are not usually influenced by what everyone else is doing.		✓					3
8	The demands of everyday life often get me down.			✓				4
9	I think it is important to have new experiences that challenge how you think about yourself and the world.						✓	1
10	Maintaining close relationships has been difficult and frustrating for me.					✓		2
11	I have a sense of direction and purpose in life.						✓	1
12	In general, I feel confident and positive about myself.				✓			3
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.						✓	1
15	When I think about it, I haven't really improved much as a person over the			✓				4
16	I often feel lonely because I have few close friends with whom to share my concerns.					✓		1
17	My daily activities often seem trivial and unimportant to me.					✓		1
18	I feel like many of the people I know have gotten more out of life than I have.		✓					5
19	I tend to be influenced by people with strong opinions.				✓			3
20	I am quite good at managing the many responsibilities of my daily life.			✓				4
21	I have the sense that I have developed a lot as a person over time.					✓		1
22	I enjoy personal and mutual conversations with family members or friends.					✓		1

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.				✓			4
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						✓	1
27	People would describe me as a giving person, willing to share my time with others.				✓			4
28	I enjoy making plans for the future and working to make them a reality.					✓		2
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.						✓	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.						✓	1
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
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.						✓	2
37	I have been able to build a home and a lifestyle for myself that is much to my liking.				✓			4
38	I gave up trying to make big improvements or changes in my life a long time ago.			✓				5
39	I know that I can trust my friends, and they know they can trust me.	✓						6
40	I sometimes feel as if I've done all there is to do in life.	✓						6
41	When I compare myself to friends and acquaintances, it makes me feel good about who I am.			✓				5

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. **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...)

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

a. **Autonomy:** items 1,7,13,19,25, 31, 37 **22**

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 **19**

e. **Purpose in life:** items: 5,11,17,23,29,35,41 **17**

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

Counciller 1
Advisors: 2
3

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

Academic Year : 2022-23

Name of the Counciller : P. Sravanthi

Name of the Student : J. Aravind Kumar

Class: B.A (H.C.P) 2nd

Date: 18-01-2023

Sn o	Question	Strongly DisAgree 1	2	3	4	5	Strongly Agree 6
1	I am not afraid to voice my opinions, even when they are in opposition to the opinions of most people. 3				✓		
2	In general, I feel I am in charge of the situation in which I live. 2		✓				
3	I am not interested in activities that will expand my horizons. 2					✓	
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.	✓	-				6
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. 5					✓	
9	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.	✓					6
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.	✓					6
14	I do not fit very well with the people and the community around me. 6						✓
15	When I think about it, I haven't really improved much as a person over the					✓	2
16	I often feel lonely because I have few close friends with whom to share my concerns.	✓					6
17	My daily activities often seem trivial and unimportant to me.			✓			4
18	I feel like many of the people I know have gotten more out of life than I have. 8	✓					6
19	I tend to be influenced by people with strong opinions.					✓	2
20	I am quite good at managing the many responsibilities of my daily life. 3			✓			
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.		✓				

231555

23	I don't have a good sense of what it is I'm trying to accomplish in life.		✓					5
24	I like most aspects of my personality.						✓	1
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	6					✓	1
27	People would describe me as a giving person, willing to share my time with others.			✓				4
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.			✓				3
30	It's difficult for me to voice my own opinions on controversial matters.				✓			3
31	I have difficulty arranging my life in a way that is satisfying to me.			✓				1
32	For me, life has been a continuous process of learning, changing, and growth.	6					✓	6
33	I have not experienced many warm and trusting relationships with others.				✓			2
34	Some people wander aimlessly through life, but I am not one of them		✓					6
35	My attitude about myself is probably not as positive as most people feel about themselves.				✓			2
36	I judge myself by what I think is important, not by the values of what others think is important.				✓			2
37	I have been able to build a home and a lifestyle for myself that is much to my liking.						✓	3
38	I gave up trying to make big improvements or changes in my life a long time ago.	4			✓			3
39	I know that I can trust my friends, and they know they can trust me.			✓				4
40	I sometimes feel as if I've done all there is to do in life.		✓					3
41	When I compare myself to friends and acquaintances, it makes me feel good about who I am.				✓			3

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...)

2) Add together the final degree of agreement in the 6 dimensions: 79

a. **Autonomy:** items 1, 7, 13, 19, 25, 31, 37 = 28

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

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

Counciller
Advisors:

1

2

3

1) The subject has very less score in Purpose in life and also Self-acceptance.

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

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

2022-2023

Academic Year : 1 Year

Name of the Counciller : P. S. Saravathi

Name of the Student : Y. Lokesh

Class: BA (economics)

Date: 18-01-2023

Sn o	Question	Strongly DisAgree 1	2	3	4	5	Strongly Agree 6
1	I am not afraid to voice my opinions, even when they are in opposition to the opinions of most people.	✓					
2	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.						✓
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.	✓					
9	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.	✓					
17	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.						✓
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.						✓

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.								✓	1
✓ 25	I have confidence in my opinions, even if they are contrary to the general consensus	✓								6
X 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.	✓								6
* 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.								✓	6
30	It's difficult for me to voice my own opinions on controversial matters.								✓	1
✓ 31	I have difficulty arranging my life in a way that is satisfying to me.								✓	1
X 32	For me, life has been a continuous process of learning, changing, and growth.								✓	1
† 33	I have not experienced many warm and trusting relationships with others.	✓								6
* 34	Some people wander aimlessly through life, but I am not one of them	✓								6
35	My attitude about myself is probably not as positive as most people feel about themselves.								✓	1
36	I judge myself by what I think is important, not by the values of what others think is important.	✓								6
✓ 37	I have been able to build a home and a lifestyle for myself that is much to my liking.								✓	7
X 38	I gave up trying to make big improvements or changes in my life a long time ago.	✓								6
† 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.	✓								6
41	When I compare myself to friends and acquaintances, it makes me feel good about who I am.								✓	1

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...)

2) Add together the final degree of agreement in the 6 dimensions: 64,

a. **Autonomy:** items 1,7,13,19,25, 31, 37 21

b. **Environmental mastery:** items 2,8,14,20,26,32,38 22

c. **Personal Growth:** items 3,9,15,21,27,33,39 22

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 16

Counciller 1
Adivisors:

1

2

3

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

Academic Year : 2022-2023

Name of the Counciller : P. Sravanthi

Name of the Student : M. Bharath Teja

Class: B.A (Political Science)

Date: 18-01-2023

Sn o	Question	Strongly DisAgree 1	2	3	4	5	Strongly Agree 6
1	I am not afraid to voice my opinions, even when they are in opposition to the opinions of most people.	✓					
2	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.	✓					6
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.	✓					6
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.				✓		
9	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.	✓					6
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.	✓					
17	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.						✓
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.	✓					

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						✓	1
27	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.						✓	1
29	In many ways, I feel disappointed about my achievements in life.	✓						6
30	It's difficult for me to voice my own opinions on controversial matters.	✓						1
31	I have difficulty arranging my life in a way that is satisfying to me.			✓				5
32	For me, life has been a continuous process of learning, changing, and growth.	✓						1
33	I have not experienced many warm and trusting relationships with others.				✓			6
34	Some people wander aimlessly through life, but I am not one of them	✓						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.	✓						1
37	I have been able to build a home and a lifestyle for myself that is much to my liking.						✓	6
38	I gave up trying to make big improvements or changes in my life a long time ago.	✓						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.	✓						6
41	When I compare myself to friends and acquaintances, it makes me feel good about who I am.						✓	1

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...)

2) Add together the final degree of agreement in the 6 dimensions: **70**

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

b. **Environmental mastery:** items 2,8,14,20,26,32,38 **27**

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

d. **Positive Relations:** items: 4,10,16,22,28,34,40 **35**

e. **Purpose in life:** items: 5,11,17,23,29,35,41 **26**

f. **Self-acceptance:** items 6,12,18,24,30,36,42 **32**

Counciller 1.
Advisors:

2
3

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

Academic Year : 2022-2023

Name of the Counsellor : P. Sathyanthi

Name of the Student : K. Ishwaranth Reddy

Class: B.A. (Economics)

Date: 18-01-23

Sn o	Question	Strongly DisAgree 1	2	3	4	5	Strongly Agree 6
1	I am not afraid to voice my opinions, even when they are in opposition to the opinions of most people.	✓					
2	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.				✓		
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.			✓			
9	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.	✓					
17	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.						✓
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.						✓

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.						✓	1
25	I have confidence in my opinions, even if they are contrary to the general consensus						✓	2
26	I often feel overwhelmed by my responsibilities				✓			2
27	People would describe me as a giving person, willing to share my time with others.						✓	1
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.						✓	1
30	It's difficult for me to voice my own opinions on controversial matters.	✓						6
31	I have difficulty arranging my life in a way that is satisfying to me.						✓	1
32	For me, life has been a continuous process of learning, changing, and growth.						✓	1
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
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.						✓	1
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.	✓						6
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.	✓						6
41	When I compare myself to friends and acquaintances, it makes me feel good about who I am.			✓				1

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...) 57

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

a. **Autonomy:** items 1,7,13,19,25, 31, 37 40

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

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

Counciller
Advisors:

1

2

3

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

Name of the Counciller : P. Saavathi

Academic Year : 2022-2023

Name of the Student : N. Chennakesava

Class: BA [Economics] 1st year

Date: 18-01-2023

Sn o	Question	Strongly DisAgree 1	2	3	4	5	Strongly Agree 6
1	I am not afraid to voice my opinions, even when they are in opposition to the opinions of most people.						
2	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.		✓				
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.	✓					
9	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.	✓					
17	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.						✓
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.				✓		✓

1 2 6 6 4 6 1

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	✓						6
26	I often feel overwhelmed by my responsibilities				✓			3
27	People would describe me as a giving person, willing to share my time with others.					✓		
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.					✓		2
30	It's difficult for me to voice my own opinions on controversial matters.				✓			3
31	I have difficulty arranging my life in a way that is satisfying to me.						✓	1
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						✓	
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.					✓		
37	I have been able to build a home and a lifestyle for myself that is much to my liking.					✓		
38	I gave up trying to make big improvements or changes in my life a long time ago.			✓				5
39	I know that I can trust my friends, and they know they can trust me.					✓		
40	I sometimes feel as if I've done all there is to do in life.			✓				4
41	When I compare myself to friends and acquaintances, it makes me feel good about who I am.							

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. **72**
(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...)

2) 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

Counciller 1
Advisors: 2
3

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

Name of the Counciller : P. Suresh Babu
Name of the Student : T. Abhishek

Class: B.A. History I

Academic Year : 2022-2023

Date: 18-01-2023

Sn o	Question	Strongly DisAgree 1	2	3	4	5	Strongly Agree 6
1	I am not afraid to voice my opinions, even when they are in opposition to the opinions of most people. 11 8	✓					
2	In general, I feel I am in charge of the situation in which I live. x 6						✓
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.	✓					
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. — 6						✓
8	The demands of everyday life often get me down. x 1	✓					
9	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. 4 x 6				✓		
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.						✓
17	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. x 6						✓
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.						✓

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. 6						✓	
26	I often feel overwhelmed by my responsibilities. ✗ 4				✓			
27	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.						✓	
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
31	I have difficulty arranging my life in a way that is satisfying to me. ✓ 6						✓	
32	For me, life has been a continuous process of learning, changing, and growth. ✗ 6						✓	1
33	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						✓	4
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. —						✓	1
37	I have been able to build a home and a lifestyle for myself that is much to my liking. ✓ 6						✓	
38	I gave up trying to make big improvements or changes in my life a long time ago. 4				✓			4
39	I know that I can trust my friends, and they know they can trust me. ✗ 1 — 6	✓						6
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						✓	1

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...)

2) Add together the final degree of agreement in the 6 dimensions: 58

a. **Autonomy:** items 1,7,13,19,25, 31, 37. 42

b. **Environmental mastery:** items 2,8,14,20,26,32,38 28

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

Counciller 1
Advisors: 2
3

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

Name of the Counciller : p. sravanthi

Academic Year : 2022-2023

Name of the Student : K. nihar banu

Class: I B.A (Honours)

Date: 18-01-2023

Sn o	Question	Strongly DisAgree 1	2	3	4	5	Strongly Agree 6
1	I am not afraid to voice my opinions, even when they are in opposition to the opinions of most people.	✓					
2	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.			✓			
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.				✓		
9	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.				✓		
17	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.						✓
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.			✓			

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.							✓	6
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							✓	1
27	People would describe me as a giving person, willing to share my time with others.							✓	1
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.			✓					4
30	It's difficult for me to voice my own opinions on controversial matters.	✓							6
31	I have difficulty arranging my life in a way that is satisfying to me.			✓					4
32	For me, life has been a continuous process of learning, changing, and growth.							✓	1
33	I have not experienced many warm and trusting relationships with others.						✓		2
34	Some people wander aimlessly through life, but I am not one of them							✓	1
35	My attitude about myself is probably not as positive as most people feel about themselves.						✓		3
36	I judge myself by what I think is important, not by the values of what others think is important.			✓					5
37	I have been able to build a home and a lifestyle for myself that is much to my liking.			✓					
38	I gave up trying to make big improvements or changes in my life a long time ago.					✓			3
39	I know that I can trust my friends, and they know they can trust me.						✓		2
40	I sometimes feel as if I've done all there is to do in life.	✓							6
41	When I compare myself to friends and acquaintances, it makes me feel good about who I am.					✓			3

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...)

2) Add together the final degree of agreement in the 6 dimensions: **65**

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**

Counciller 1
Adivisors: 2
3