

Academic year: 2022-2023
Date: 03-04-2023.

Psychological Wellbeing Test AY: 2022-2023

Class: II Bt-2-C and Bt-B.C

Date: 03-04-2023

Counsellor: Mrs. P. Sravanthi
Lecturer in Psychology

Signatures:

<u>S.No</u>	<u>Name of the student</u>	<u>Signatures</u>
1.	M. Babu	M. Babu
2.	S.P. Sai Prasad	S.P. Sai Prasad
3.	P. Venkata Mohan	P.V. Mohan
4.	C. Ravindra	C. Ravindra
5.	B. Pavan Kumar Naik	B. Pavan Naik
6.	K. Manoj Kumar	K. Manoj Kumar
7.	N. Yogananda Reddy	N. Yogananda
8.	S. Sumithra	S. Sumithra
9.	K. Nikhil	K. Nikhil

P. Sravanthi
Lec. in Psychology

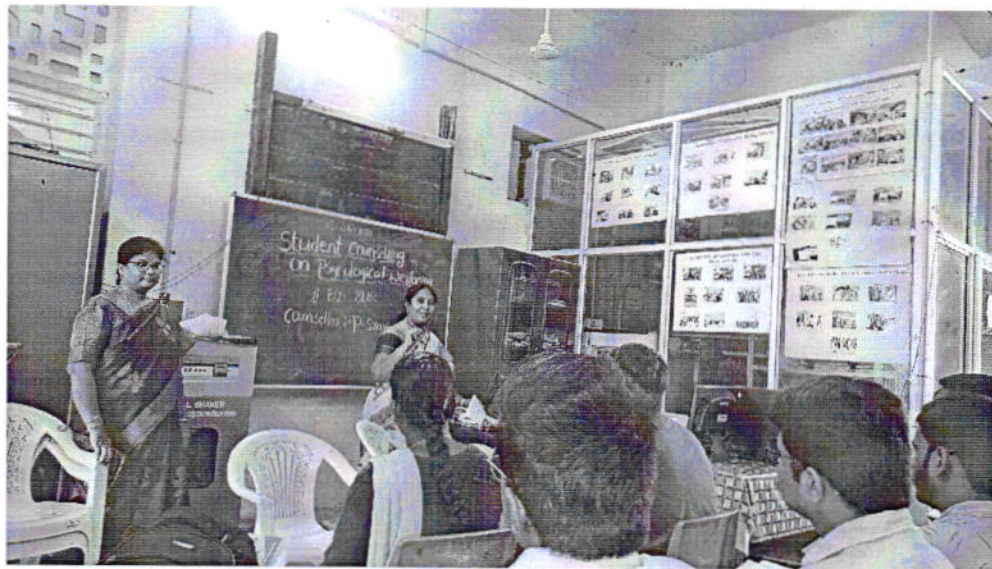
P. Sravanthi 03.04.23
LECTURER IN CHARGE
Department of Biotechnology
Government College for Men
KADAPA 516 004

PSYCHOLOGICAL WELLBEING TEST

Class: II Bt.Z.C and Bt. B. C

DATE: 03-04-2023

Counselor: Mrs. P. Sravanthi, Lecturer in Psychology.



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. Babu

Class: II Bt Bc

Date: 03-04-2023

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.				✓			4+
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.			✓		✓		00
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.	✓						06
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.						✓	6+
8	The demands of everyday life often get me down.			✓				3
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.					✓		2
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.				✓			3
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.		✓					5+
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.					✓		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.						✓	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.						✓	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.						✓	6
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			✓				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.						✓	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.	✓						6+
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.	✓						01
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.						✓	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.						✓	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.						✓	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...)

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 → 38

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

c. **Personal Growth:** items 3, 9, 15, 21, 27, 33, 39 → 18

d. **Positive Relations:** items: 4, 10, 16, 22, 28, 34, 40 → 29

e. **Purpose in life:** items: 5, 11, 17, 23, 29, 35, 41 → 36

f. **Self-acceptance:** items 6, 12, 18, 24, 30, 36, 42 → 21

1) comparatively in all aspects subset has less interest in personal growth
2) suggested to take care about his life.
3) suggested some techniques to self help.

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. Sthavanthi

Name of the Student : S. V. Sai Prasad

Class: BSc (Bio-B.C) IInd

Date: 03-04-2023

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.				✓			4+
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.		✓					2
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.		✓					5
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.					✓		2+
14	I do not fit very well with the people and the community around me.		✓					5
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.						✓	4
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.	✓						1

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							✓	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.							✓	1
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.				✓				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.							✓	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.		✓						2
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.					✓			5
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
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...)

Counciller 1
Advisors: 1

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 - 35

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

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

e. **Purpose in life:** items: 5,11,17,23,29,35,41 - 32

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

1) The subject has Poor Positive relations 2
3

2) suggested some techniques to get Positive thoughts

3) suggested 6 Techniques for Personal growth.

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. Gravanthi

Name of the Student : C. Ravindra

Class: 1st B12C

Date: 03-04-2023

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.					✓	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.		✓				
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.			✓			4
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.				✓		3
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.				✓		3
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.				✓		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.					✓	

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				✓				
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.		✓						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.			✓					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.			✓					
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.							✓	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.					✓			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. (66)
(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 (24)

b. **Environmental mastery:** items 2,8,14,20,26,32,38 (25)

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

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

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

f. **Self-acceptance:** items 6,12,18,24,30,36,41 (34)

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 : B. Pavan Kumar Naik.

Class: II Btzc,

Date: 03/04/2023.

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.						✓	
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.	✓						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.		✓					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.						✓	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
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. (68)
(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 (30)

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

c. **Personal Growth:** items 3,9,15,21,27,33,39 (36)

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

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

f. **Self-acceptance:** items 6,12,18,24,30,36,41 (38)

Counciller 1
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. Manojkumar

Class: B.Sc Bio.ZC

Date: 03-04-2023

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.		✓						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							✓	1
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.							✓	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.		✓						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.	✓							
39	I know that I can trust my friends, and they know they can trust me.		✓						5
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. (70)
(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 $3+4+4+3+3+6+6 = (29)$

b. **Environmental mastery:** items 2,8,14,20,26,32,38 $2+6+1+3+6+6+1 = (22)$

c. **Personal Growth:** items 3,9,15,21,27,33,39 (26)

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

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

f. **Self-acceptance:** items 6,12,18,24,30,36,41 (27)

Counciller
Adivisors:

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 : N. Yogananda Reddy.

Class: Bio. Z. C (IInd)

Date: 3-4-23

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.						✓	1
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.				✓			3
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.						✓	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.	✓						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.						✓	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.						✓	
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	✓				✓		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.						✓	
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.	✓						6
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					✓		2
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. (61)
(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 (30)

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

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

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

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

f. **Self-acceptance:** items 6,12,18,24,30,36,41 (36)

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. Sravanthi
Name of the Student : S. Sumithra

Class: 11 B1ZC

Date: 03-04-2023

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.				✓			3
3	I am not interested in activities that will expand my horizons.				✓			3
4	Most people see me as loving and affectionate.					✓		2
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			✓				4
7	My decisions are not usually influenced by what everyone else is doing.	✓						6
8	The demands of everyday life often get me down.				✓			3
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.					✓		2
11	I have a sense of direction and purpose in life.					✓		2
12	In general, I feel confident and positive about myself.				✓			3
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.				✓			3
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.					✓		2
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.		✓					5
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.						✓	1
21	I have the sense that I have developed a lot as a person over time.			✓				4
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.				✓				2
24	I like most aspects of my personality.					✓			2
25	I have confidence in my opinions, even if they are contrary to the general consensus			✓					4
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.		✓						5
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.							✓	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.					✓			2
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			✓					4
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.							✓	1
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.			✓					4
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.						✓		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 = 57
(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: = 183

a. **Autonomy:** items 1, 7, 13, 19, 25, 31, 37 = $3+6+5+2+4+2+1=23$

b. **Environmental mastery:** items 2, 8, 14, 20, 26, 32, 38 = $3+3+3+1+1+2+5=18$

c. **Personal Growth:** items 3, 9, 15, 21, 27, 33, 39 = $3+3+2+4+5+3+4=24$

d. **Positive Relations:** items 4, 10, 16, 22, 28, 34, 40 = $2+2+2+1+1+4+5=17$

e. **Purpose in life:** items 5, 11, 17, 23, 29, 35, 41 = $6+2+4+2+3+6+2=25$

f. **Self-acceptance:** items 6, 12, 18, 24, 30, 36, 41 = $4+5+3+2+1+2+2=19$

Counciller 1
Advisors: 2

1) The subject 3

has to develop environmental mastery. Suggested some techniques to self help

2) suggested how to develop positive relations with others.

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. S. Savanthi

Name of the Student : K. Nikhil

Class: II B.T. ZC

Date: 3-4-2023

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.				✓			4
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.					✓		2
4	Most people see me as loving and affectionate.					✓		5
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						✓	6
7	My decisions are not usually influenced by what everyone else is doing.				✓			4
8	The demands of everyday life often get me down.			✓				3
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.		✓					5
11	I have a sense of direction and purpose in life.					✓		5
12	In general, I feel confident and positive about myself.					✓		5
13	I tend to worry about what other people think of me.			✓				4
14	I do not fit very well with the people and the community around me.					✓		2
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.					✓		2
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.					✓		2
20	I am quite good at managing the many responsibilities of my daily life.		✓					2
21	I have the sense that I have developed a lot as a person over time.				✓			4
22	I enjoy personal and mutual conversations with family members or friends.					✓		5

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.						✓	6
25	I have confidence in my opinions, even if they are contrary to the general consensus			✓				3
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.	✓						6
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.		✓					2
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.						✓	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.					✓		5
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.					✓		5
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.						✓	6
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.					✓		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.				✓			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 $4+4+4+2+3+1+6 = 24$
- b. **Environmental mastery:** items 2,8,14,20,26,32,38 $4+3+2+2+5+6+5 = 27$
- c. **Personal Growth:** items 3,9,15,21,27,33,39 $2+6+1+4+6+5+2 = 26$
- d. **Positive Relations:** items: 4,10,16,22,28,34,40 $5+5+1+5+4+4+2 = 26$
- e. **Purpose in life:** items: 5,11,17,23,29,35,41 $2+5+2+2+2+5+3 = 21$
- f. **Self-acceptance:** items 6,12,18,24,30,36,42 $6+5+2+6+2+4+ = 25$

Counciller 1
Adivisors: 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. Sthavanthi
Name of the Student : P. Venkata Mohan

Class: BSC. BIOZC IIIrd

Date: 3-4-2023

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.						✓

