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

Psychological Wellbeing Text AT: 2022-2023

class: IT Bt-2-C and Bt. B.

Date: 03-04.2023

Counsellor: Mrs. P. Sravanthi

Lecturer in Psychology

Signature:

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S.No	Name of the shdut	Signatures
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	N. Jogananda Reddy	
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P. Soravantu Lee. in Psychology

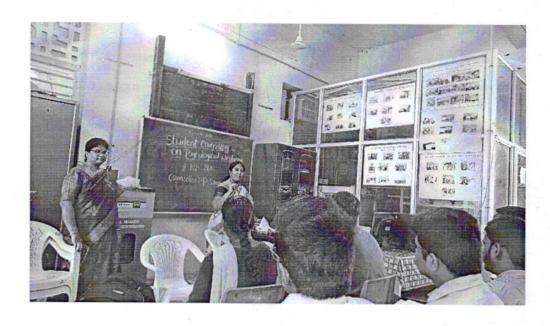
P. Karpa 03.04.23 LECTURER IN CHARGE Department of Biotechnology Government College for Men KADAPA 516 004

PSYCHOLOGICAL WELLBEING TEST

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

DATE: 03-04-2023

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







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

Academic Year: 2022 - 2023

Name of the Counciler :

: P. Sravanthi

Name of the Student : M. Babu Class: II Bt Bc

Date: 03-04-2023

Sn o	Question	Strongly DisAgree	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.				V	1		4
2	In general, I feel I am in charge of the situation in which I live.					V		5
3	I am not interested in activities that will expand my horizons.			-		V		0
4	Most people see me as loving and affectionate.			V				3
5	I live life one day at a time and don't really think about the future.	~						0
6	When I look at the story of my life, I am pleased with how things have turned out				V			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.						~	C
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.				~			2
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.		V					9
17	My daily activities often seem trivial and unimportant to me.	Conference	~		90			3
18	I feel like many of the people I know have gotten more out of life than I have.		1	Elle	E.	~		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.						~	6
22	I enjoy personal and mutual conversations with family members or friends.						~	1

_						
	23 I don't l	have a good sense of what it is I'm trying to accomplish in life.	~			
	24 I like m	ost aspects of my personality.				~
	25 I have o	onfidence in my opinions, even if they are contrary to the general consensus		# JA .	V	
	26 I often	eel overwhelmed by my responsibilities	THE THE	/	10	(15.6% a)
	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.	\$10 Sec. 19			~
	30 It's diffi	cult for me to voice my own opinions on controversial matters.				~
	31 I have o	ifficulty 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.	NOTE THE SECOND			V
	33 I have	not experienced many warm and trusting relationships with others.	~		H	
	34 Some p	eople wander aimlessly through life, but I am not one of them	~			
A C	35 My atti	tude about myself is probably not as positive as most people feel about themselves.				/
	36 I judge i	nyself by what I think is important, not by the values of what others think is important.				~
	37 I have b	een able to build a home and a lifestyle for myself that is much to my liking.				V
	38 I gave	up trying to make big improvements or changes in my life a long time ago.	~		111	
	39 I know	that I can trust my friends, and they know they can trust me.				/
	40 I some	imes feel as if I've done all there is to do in life.			H	
	41 When I	compare myself to friends and acquaintances, it makes me feel good about who I am.				~
1 18			TOTAL STREET, SALES			

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...)

Addivisors:

2

a. Autonomy: items 1,7,13,19,25, 31, 37 → [≥8]
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 => 34 f.Self-acceptance: items 6,12,18,24,30,36,42 => 21

ospects subset has less intrested in Personal growth

e) suggeted to take core about his like.

3) suggested some tecquics to self help.

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

Academic Year : 2022 - 2023

	the Student: S. V. Sai Prasad Class: Blc (Bio.B.() Ind	Strongly	ite: 0	2	34		Strongly
o o	Question	DisAgree 1	2	3	4	5	Agree 6
I am	n not afraid to voice my opinions, even when they are in opposition to the opinions of most people.				/		
2 In g	general, I feel I am in charge of the situation in which I live.			1.6			/
3 I am	n not interested in activities that will expand my horizons.	1					
4 Mos	ost people see me as loving and affectionate.		V				
5 I liv	ve life one day at a time and don't really think about the future.	V					
6 Whe	en I look at the story of my life, I am pleased with how things have turned out	V					
7 My	decisions are not usually influenced by what everyone else is doing.						V
	demands of everyday life often get me down.						~
	nk it is important to have new experiences that challenge how you think about yourself and the world.						V
10 Mai	intaining close relationships has been difficult and frustrating for me.		V				
11 I ha	ave a sense of direction and purpose in life.						/
12 In g	general, I feel confident and positive about myself.		300				V
	nd to worry about what other people think of me.					~	
14 I do	not fit very well with the people and the community around me.		V	50 31		-	
15 Whe	en I think about it, I haven't really improved much as a person over the		ľ				V
16 I oft	ten feel lonely because I have few close friends with whom to share my concerns.	The Part of the Pa			100		V.
17 My	daily activities often seem trivial and unimportant to me.	~				MIN I	
18 I fee	el like many of the people I know have gotten more out of life than I have.						
	nd to be influenced by people with strong opinions.				11/3		1
20 I am	n quite good at managing the many responsibilities of my daily life.						V
	ave the sense that I have developed a lot as a person over time.		3 4 8		100		~
	njoy personal and mutual conversations with family members or friends.	V			Field		

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PERSONAL PROPERTY.		7 5 1	V
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			V

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

a) suggested some techniques to get Positive thoughts

3) suggested to techniques for Personal growth.

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

Name of the Counciler : P. Sravautui Name of the Student

Academic Year: 2022-2023

Class: End Biozc : C. Ravindra Date: 03-04-2023 Sn Strongly **Question** DisAgree 0 I am not afraid to voice my opinions, even when they are in opposition to the opinions of most people. In general, I feel I am in charge of the situation in which I live. I am not interested in activities that will expand my horizons. Most people see me as loving and affectionate. I live life one day at a time and don't really think about the future. When I look at the story of my life, I am pleased with how things have turned out My decisions are not usually influenced by what everyone else is doing. The demands of everyday life often get me down. I think it is important to have new experiences that challenge how you think about yourself and the world. 0 Maintaining close relationships has been difficult and frustrating for me. 11 I have a sense of direction and purpose in life. 12 In general, I feel confident and positive about myself. 13 I tend to worry about what other people think of me. 14 I do not fit very well with the people and the community around me. When I think about it, I haven't really improved much as a person over the 16 I often feel lonely because I have few close friends with whom to share my concerns. My daily activities often seem trivial and unimportant to me. 18 I feel like many of the people I know have gotten more out of life than I have. I tend to be influenced by people with strong opinions. I am quite good at managing the many responsibilities of my daily life. 21 I have the sense that I have developed a lot as a person over time. I enjoy personal and mutual conversations with family members or friends.

	C			1	$\overline{}$	100	10
23 I don't have a good sense of what it is I'm trying to accomplish in lit	te.	-		4	_		- 5
24 I like most aspects of my personality.					\checkmark		1
25 I have confidence in my opinions, even if they are contrary to the g	general consensus			1			
26 I often feel overwhelmed by my responsibilities		1	/	1.10	1	in the model	Le
27 People would describe me as a giving person, willing to share my ti	me with others.	1					5
28 I enjoy making plans for the future and working to make them a rea	ility.	183		/			
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 matter	ters.		/				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, a	nd growth.	A-B				1	t
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 the	em 🗸	,	19		7		6
35 My attitude about myself is probably not as positive as most people	e feel about themselves.	/		94			
36 I judge myself by what I think is important, not by the values of what of	others think is important.					~)
37 I have been able to build a home and a lifestyle for myself that is m	uch to my liking.	10/6		20		~	18
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					/	ALCOHOL: YAKE	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.	6.44			/		2
					THE WAY	Est Heart The Stock	-

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

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

a. Autonomy: items 1,7,13,19,25, 31, 37 (29)
b.Environmental mastery: items 2,8,14,20,26,32,38 (59)
c. Personal Growth: items 3,9,15,21,27,33,39 (59)

d.Positive Relations: items: 4,10,16,22,28,34,40 (e.Purpose in life: items: 5,11,17,23,29,35,41 (f.)

f.Self-acceptance: items 6,12,18,24,30,36,41 (39)

Counceller Adivisors:

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

Academic Year: 2022-2023. Name of the Counciler : P. soavanthi Name of the Student : B. Pavan Kumar Naik. Class: 9 Btzc, Date: 03/04/2023 Sn Strongly **Ouestion** DisAgree Agree 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. I am not interested in activities that will expand my horizons. Most people see me as loving and affectionate. I live life one day at a time and don't really think about the future. When I look at the story of my life, I am pleased with how things have turned out My decisions are not usually influenced by what everyone else is doing. The demands of everyday life often get me down. : I think it is important to have new experiences that challenge how you think about yourself and the world. 10 Maintaining close relationships has been difficult and frustrating for me. I have a sense of direction and purpose in life. 12 In general, I feel confident and positive about myself. 13 I tend to worry about what other people think of me. 14 I do not fit very well with the people and the community around me. 15 When I think about it, I haven't really improved much as a person over the 16 I often feel lonely because I have few close friends with whom to share my concerns. My daily activities often seem trivial and unimportant to me. 18 I feel like many of the people I know have gotten more out of life than I have. I tend to be influenced by people with strong opinions. I am quite good at managing the many responsibilities of my daily life. I have the sense that I have developed a lot as a person over time. I enjoy personal and mutual conversations with family members or friends.

			/	7
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			~	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.			1	
29 In many ways, I feel disappointed about my achievements in life.			V	C
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.			5.0	
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.				6
34 Some people wander aimlessly through life, but I am not one of them				0
35 My attitude about myself is probably not as positive as most people feel about themselves.			V	
36 I judge myself by what I think is important, not by the values of what others think is important.				
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.	184.5 - 122.5			
When I compare myself to friends and acquaintances, it makes me feel good about who I am.				

1) Recode negative phrased items: # 3, 5, 10, 13,14,15,16,17,18,19, 23, 26, 27, 30,31,32, 34, 36, 39, 41. (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)	Counceller Adivisors:	1
2) Add together the final degree of agreement in the 6 dimensions:		2

a. Autonomy: items 1,7,13,19,25, 31, 37 (\$\infty\$ (\$\infty\$)

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

c. Personal Growth: items 3,9,15,21,27,33,39 (\$\infty\$)

d. Positive Relations: items: 4,10,16,22,28,34,40 (\$\infty\$)

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

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

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

Name of the Counciler : P. Syavanthi

Academic Year: 2022-23

dame of the Student : k. Manajkumar Class: B. S. Bio. Zc. Question	Strongly DisAgree	te:	3	4	5	Strongly Agree
I am not afraid to voice my opinions, even when they are in opposition to the opinions of most people.			1			6
In general, I feel I am in charge of the situation in which I live.		1				
I am not interested in activities that will expand my horizons.						26-11.3
4 Most people see me as loving and affectionate.		-	. /			
I live life one day at a time and don't really think about the future.	V		-			
When I look at the story of my life, I am pleased with how things have turned out		1				
My decisions are not usually influenced by what everyone else is doing.						
The demands of everyday life often get me down.				1		./
I think it is important to have new experiences that challenge how you think about yourself and the world.						~
Maintaining close relationships has been difficult and frustrating for me.						
1 I have a sense of direction and purpose in life.				1	-	~
2 In general, I feel confident and positive about myself.			-	1		
I tend to worry about what other people think of me.			1			
4 I do not fit very well with the people and the community around me.			1	+		
5 When I think about it, I haven't really improved much as a person over the			-		-	
6 I often feel lonely because I have few close friends with whom to share my concerns.						
7 My daily activities often seem trivial and unimportant to me.						
8 I feel like many of the people I know have gotten more out of life than I have.	A Chamber		-	1.	-	
9 I tend to be influenced by people with strong opinions.	STATE OF THE REAL PROPERTY.	1	1	-	4	
0 I am quite good at managing the many responsibilities of my daily life.	Yes and the second	1	1	-	-	
I have the sense that I have developed a lot as a person over time.		-	+			/
I enjoy personal and mutual conversations with family members or friends.					-	/

	o to the Theorem State in 1160		1,/				18 18 18	7-
23	I don't have a good sense of what it is I'm trying to accomplish in life.		1			\rightarrow		
24	I like most aspects of my personality.			V		-		_
25	I have confidence in my opinions, even if they are contrary to the general consensus		,	V				_
26	Loften feel overwhelmed by my responsibilities			3 3	Ses in	1	V	1
27	People would describe me as a giving person, willing to share my time with others.	49 3 -	V					5
28	I enjoy making plans for the future and working to make them a reality.			V				
29	In many ways I feel disappointed about my achievements in life.			44		V		
30	It's difficult for me to voice my own opinions on controversial matters.						V	1
31	I have difficulty arranging my life in a way that is satisfying to me.						V	1
32	For me, life has been a continuous process of learning, changing, and growth.		1				V	1
33	I have not experienced many warm and trusting relationships with others.			100			/	
34	Some people wander aimlessly through life, but I am not one of them			2.0		100		1
35	My attitude about myself is probably not as positive as most people feel about themselves.				V			
36	Lindge myself by what I think is important, not by the values of what others think is important.		6				he delication	5
37	I have been able to build a home and a lifestyle for myself that is much to my liking.		1				V	
38	t tit t an allowage in my life a long time ago	V						
30	I know that I can trust my friends, and they know they can trust me.	Lister Apiera	V			1		5
40	the contract of the contract of the life	/				16	Cap Line	
40	When I compare myself to friends and acquaintances, it makes me feel good about who I am.			5.5	100	V		2
141	when I compare mysen to menas and as que	EAR SAME	10.50				UNITEDEAL	

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)	Counceller	1
(i.e., if the scored is 6 in one of these items, the adjusted score is 1; if 5, the adjusted score is 2 and so on)	Adivisors:	
1 1 Could degree of agreement in the 6 dimensions:		2
2) Add together the final degree of agreement in the o difficultions. a. Autonomy: items 1,7,13,19,25, 31, 37 $3+4+4+3+3+6+6=(29)$		3
1 E		

b.Environmental mastery: items 2,8,14,20,26,32,38 2-c. Personal Growth: items 3,9,15,21,27,33,39 (2.6) d.Positive Relations: items: 4,10,16,22,28,34,40 (2.5) e.Purpose in life: items: 5,11,17,23,29,35,41 (2.6) f.Self-acceptance: items 6,12,18,24,30,36,41 (2.7)

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

Academic Year: 2022-23

Name of the Counciler : P. Stavanthi Class: Bio. Z. C(TI2n) : n. yogananda Reddy. Date: 3 - 4 - 23 Name of the Student Sn Strongly **Ouestion** DisAgree Agree I am not afraid to voice my opinions, even when they are in opposition to the opinions of most people. In general, I feel I am in charge of the situation in which I live. I am not interested in activities that will expand my horizons. Most people see me as loving and affectionate. I live life one day at a time and don't really think about the future. When I look at the story of my life, I am pleased with how things have turned out My decisions are not usually influenced by what everyone else is doing. The demands of everyday life often get me down. I think it is important to have new experiences that challenge how you think about yourself and the world. 10 Maintaining close relationships has been difficult and frustrating for me. 11 I have a sense of direction and purpose in life. 12 In general, I feel confident and positive about myself. 13 I tend to worry about what other people think of me. 14 I do not fit very well with the people and the community around me. 15 When I think about it, I haven't really improved much as a person over the 16 I-often feel lonely because I have few close friends with whom to share my concerns. My daily activities often seem trivial and unimportant to me. 18 I feel like many of the people I know have gotten more out of life than I have. 19 I tend to be influenced by people with strong opinions. 20 I am quite good at managing the many responsibilities of my daily life. 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.		П	I	Т	~
24 I like most aspects of my personality.					
25 I have confidence in my opinions, even if they are contrary to the general consensus	V				
26 I often feel overwhelmed by my responsibilities	1			X	To Lower
People would describe me as a giving person, willing to share my time with others.	as or start in		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.	V			004	
31 I have difficulty arranging my life in a way that is satisfying to me.	V				
For me, life has been a continuous process of learning, changing, and growth.					~
33 I have not experienced many warm and trusting relationships with others.	V				
34 Some people wander aimlessly through life, but I am not one of them	the same of the				
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.					
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.	~				
When I compare myself to friends and acquaintances, it makes me feel good about who I am.					V

1) Recode negative phrased items: # 3, 5, 10, 13,14,15,16,17,18,19, 23, 26, 27, 30,31,32, 34, 36, 39, 41. (6)	Counceller 1
(i.e., if the scored is 6 in one of these items, the adjusted score is 1; if 5, the adjusted score is 2 and so on)	Adivisors:
2) Add together the final degree of agreement in the 6 dimensions:	2
a. Autonomy: items 1,7,13,19,25, 31, 37 (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)	3
b. Environmental mastery : items 2,8,14,20,26,32,38 (2.6.)	
c. Personal Growth: items 3.9.15.21.27.33.39 (3.9.)	

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 6,12,18,24,30,36,42 (36)

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

Academic Year: 2022-2023

me of the Counciller : P. Svavanthe Class: A Btzc	Da	te: 🔿	3-0	4-2	2023
Question	Strongly DisAgree	2	3 4	5	Strong Agree
I am not afraid to voice my opinions, even when they are in opposition to the opinions of most people.			V		
I am not atraid to voice my opinions, even when they are in opposition in which I live.			1	/	
2 In general, I feel I am in charge of the situation in which I live.			V		
3 I am not interested in activities that will expand my horizons.				1/	
4 Most people see me as loving and affectionate.	V			T .	
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.				//	
1 C			V		
o I strink it is important to have new experiences that challenge how you think about yourself and the world.				1	
Maintaining close relationships has been difficult and frustrating for me.				V	
11 I have a sense of direction and purpose in life.				/ _	
12 In general I feel confident and positive about myself.			V		
12 I tend to worry about what other people think of me.		V			1000
14 I do not fit yeary well with the people and the community around me.			\ \	4	
La Nul - I dhigh about it I haven't really improved much as a person over the				V	
16 I often feel lonely because I have few close friends with whom to share my concerns.	natha ris sucan			V	
17 No. 4-ily activities often seem trivial and unimportant to me.		- 1			
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.		/			
18 I feel like many of the people I know have gotten more				V	
19 I tend to be influenced by people with strong opinions. 19 I tend to be influenced by people with strong opinions.					V
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
21 I have the sense that I have developed and 1 land a land mutual conversations with family members or friends.					V

and the state assemblish in life		П				7
23 I don't have a good sense of what it is I'm trying to accomplish in life.		+		1./		-
- " to a few nerconality		+	/	W		\dashv
25 I have confidence in my opinions, even if they are contrary to the general consensus		-	Y	-		4
a c c 1 aromy halmed by my responsibilities		\downarrow			Y	-
as B wall asserbe me as a giving person, Willing to share my time with others.		V				4
as I wisy making plans for the future and working to make them a reality.		\sqcup			~	53
Leal to the second of the seco			V	1		27
30 It's difficult for me to voice my own opinions on controversial matters.					/	
30 It's difficult for me to voice my own opinions on courts 31 I have difficulty arranging my life in a way that is satisfying to me.				V		
The state of the s				V		
32 For me, life has been a continuous process of learning, changing, and growth.			V		A SALES	
32 For me, life has been a continuous process of the grant of them. 33 I have not experienced many warm and trusting relationships with others.	and a second		1			
1 and a simplessly through life buf I am not one of them	V		V		1440000	
to a state of the probably not as positive as most people leel about themselves.				1		
think is important, not by the values of what others tillnk is important.				V	-	
1 1 to build a home and a lifestyle for myself that is much to my fixing.		1			~	
Leave up trying to make big improvements or changes in my life a long time ago.		V				
39 I know that I can trust my friends, and they know they can trust me.			V			
there is to do in life.		/				
40 I sometimes feel as if I've done an increase to do if increase. 41 When I compare myself to friends and acquaintances, it makes me feel good about who I am.				V		
41 When I compare myself to friends and acquaintances, it makes	的是为是我们是	ALTERNATION OF THE PARTY OF THE	9 15 204	AND LEV	AVE DE CASO	A

1) Recode negative phrased items: # 3, 5, 10, 13,14,15,16,17,18,19, 23, 26, 27, 30,31,32, 34, 36, 39, 41 = 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...)

Add together the final degree of agreement in the 6 dimensions: = 183

a. Autonomy: items 1,7,13,19,25, 31, 37 \geq 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+9+2+3+6+2=25

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

Counceller Adivisors:

1) The subject 3

has to develop environmental mostery. Suggeted some techniques to self help

a) suggested how to develop Positive rolations with others.

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

Academic Year: 2022-23

Name of the Counciler : P. S & avanthi

Name of the Student : K. Nikhil Class: I Bt. Zc Date: 3-4-2023

ame of the Student : K. Nikhi)	Class: 11 Bt-2c	Da	te:	5-1	4-	-20	
	Question	Strongly DisAgree	2	3	4	5	Strongly Agree 6
I am not afraid to voice my opinions, even when the	ney are in opposition to the opinions of most people.				V		
In general, I feel I am in charge of the situation in	which I live.			7.3	V		
I am not interested in activities that will expand m	y horizons.					V	
Most people see me as loving and affectionate.						V	
I live life one day at a time and don't really think a	bout the future.					V	
When I look at the story of my life, I am pleased w	vith how things have turned out				TA		/
My decisions are not usually influenced by what e	veryone else is doing.				V		
The demands of everyday life often get me down.			144	/	1		
I think it is important to have new experiences that challe	enge how you think about yourself and the world.						/
Maintaining close relationships has been difficult	and frustrating for me.		V				
I have a sense of direction and purpose in life.						/	
In general, I feel confident and positive about mys	elf.					V	
I tend to worry about what other people think of m	ie.			V			
I do not fit very well with the people and the comm	nunity around me.					~	
When I think about it, I haven't really improved m	uch as a person over the			1/4			V
I often feel lonely because I have few close friends	s with whom to share my concerns.			140			V
My daily activities often seem trivial and unimport	rtant to me.					V	
I feel like many of the people I know have gotten i	more out of life than I have.					V	(图)
I tend to be influenced by people with strong opin	ions.	e de la companya del companya de la companya del companya de la co	300			V	
I am quite good at managing the many responsibil	ities of my daily life.		V				
I have the sense that I have developed a lot as a po	erson over time.				V		
I enjoy personal and mutual conversations with fa	mily members or friends.			-		V	

23	I don't have a good sense of what it is I'm trying to accomplish in life.	100				~	ALC: UT
24	4 I like most aspects of my personality.						V
	I have confidence in my opinions, even if they are contrary to the general consensus			V			
$\overline{}$	6 I often feel overwhelmed by my responsibilities	Jan House 25	V		1		
27	People would describe me as a giving person, willing to share my time with others.						
28	8 I enjoy making plans for the future and working to make them a reality.				V		
29	9 In many ways, I feel disappointed about my achievements in life.	Alexander and a second	V		A		
30	0 It's difficult for me to voice my own opinions on controversial matters.		A	A		~	
31	I have difficulty arranging my life in a way that is satisfying to me.			A			V
32	2 For me, life has been a continuous process of learning, changing, and growth.	As many	A				V
33	I have not experienced many warm and trusting relationships with others.		A		A	~	
34	4 Some people wander aimlessly through life, but I am not one of them		A	V			
35	My attitude about myself is probably not as positive as most people feel about themselves.		A			V	
36	6 I judge myself by what I think is important, not by the values of what others think is important.	在建設的		400	~		
	I have been able to build a home and a lifestyle for myself that is much to my liking.		A SHA		A	1	V
	8 I gave up trying to make big improvements or changes in my life a long time ago.		4 200	No.		V	
	I know that I can trust my friends, and they know they can trust me.		A	A PASS		/	
40			V		A		
41	When I compare myself to friends and acquaintances, it makes me feel good about who I am.		459	1	V		
				_	_	_	

1) Recode negative phrased items: # 3, 5, 10, 13,14,15,16,17,18,19, 23, 26, 27, 30,31,32, 34, 36, 39, 41.	Counceller	1
(i.e., if the scored is 6 in one of these items, the adjusted score is 1; if 5, the adjusted score is 2 and so on)	Adivisors:	1
2) Add together the final degree of agreement in the 6 dimensions:		2
a. Autonomy: items 1,7,13,19,25, 31, 37 4+4+2+3+1+6 = 24		3
b.Environmental mastery: items 2,8,14,20,26,32,38 4+3+2+2+5+6+5-5		
c. Personal Growth: items 3,9,15,21,27,33,39 2464144464542 = 28		
d. Positive Relations: items: 4,10,16,22,28,34,40 5+5+1+5+4+4+22 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 $6,12,18,24,30,36,42$ $6+5+2+6+2+4+ = 25$		

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

Academic Year : 2022-23

Name of the Counciler

: P. Stavanthi : P. Stavanthi Name of the Student

Class: BSC. BIOZC III 82

Date: 3 -11 -2023

Class. BSC 131	Da	ite:	505	-3		
Question Question	Strongly DisAgree	2	3	4	5	Strongly Agree
I am not afraid to voice my opinions, even when they are in opposition to the opinions of most people.			~	-		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.	act per		2/19			-
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.		~	-			200 C 100
9 I think it is important to have new experiences that challenge how you think about yourself and the world.						-
Maintaining close relationships has been difficult and frustrating for me.						-
11 I have a sense of direction and purpose in life.					1	- ,
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			- 1			1
16 I often feel lonely because I have few close friends with whom to share my concerns.	arai Parassa	,		-		
17 My daily activities often seem trivial and unimportant to me.	~	363				
18 I feel like many of the people I know have gotten more out of life than I have.	OR WIEAR	7597			- 0	E A SE
19 I tend to be influenced by people with strong opinions.	ASS // CHANG		538			
20 I am quite good at managing the many responsibilities of my daily life.	100					
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.		-	+	-		_

23	I don't have a good sense of what it is I'm trying to accomplish in life.	4				6
24	I like most aspects of my personality.			1		14
25	I have confidence in my opinions, even if they are contrary to the general consensus		_		2252	34
26	I often feel overwhelmed by my responsibilities			1449	A (1) (1) (1) (1) (1)	6
27	People would describe me as a giving person, willing to share my time with others.	7 6 14 2 34 9	~		A PARTIE WE	16
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
3	I have difficulty arranging my life in a way that is satisfying to me.	_				CH
3:	For me, life has been a continuous process of learning, changing, and growth.			~		3
3	I have not experienced many warm and trusting relationships with others.			~		d
3	Some people wander aimlessly through life, but I am not one of them				-	1
3	My attitude about myself is probably not as positive as most people feel about themselves.			~		4
3	6 I judge myself by what I think is important, not by the values of what others think is important.				-	1
3	7 I have been able to build a home and a lifestyle for myself that is much to my liking.				*	4
3	8 I gave up trying to make big improvements or changes in my life a long time ago.		~			3
3	9 I know that I can trust my friends, and they know they can trust me.				~	1
4	1 I sometimes feel as if I've done all there is to do in life.		ADE STATE		~	*
4	When I compare myself to friends and acquaintances, it makes me feel good about who I am.				-	1
- 1						

1) Recode negative phrased items: # 3, 5, 10, 13,14,15,16,17,18,19, 23, 26, 27, 30,31,32, 34, 36, 39, 41.	Counceller 1
(i.e., if the scored is 6 in one of these items, the adjusted score is 1; if 5, the adjusted score is 2 and so on)	Adivisors:
2) Add together the final degree of agreement in the 6 dimensions:	2
a Autonomy: items 1.7.13.19.25, 31, 37 - 23	3
b.Environmental mastery: items 2,8,14,20,26,32,38 -2-3	
Parsonal Crowth: items 3 9 15 21 27 33 39 -7 5	

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