

APPENDIX B

ADOLESCENT STRESS IDENTIFICATION INVENTORY

INSTRUCTIONS: This questionnaire is related to stress. Please mark the appropriate box with an X. Please answer all questions.

1. I worry about the future.....	0	1	2	3	4	5
	Never	Almost never	Some- times	Often	Almost always	Always
2. People pick on me.....	0	1	2	3	4	5
	Never	Almost never	Some- times	Often	Almost always	Always
3. The rules of the school are too strict for me.....	0	1	2	3	4	5
	Never	Almost never	Some- times	Often	Almost always	Always
4. My daily programme is so busy - I become exhausted.....	0	1	2	3	4	5
	Never	Almost never	Some- times	Often	Almost always	Always
5. I worry about what other people think of me.....	0	1	2	3	4	5
	Never	Almost never	Some- times	Often	Almost always	Always
6. I am satisfied with my intellectual abilities.....	0	1	2	3	4	5
	Never	Almost never	Some- times	Often	Almost always	Always
7. I find it difficult to accept the changes in my body.....	0	1	2	3	4	5
	Never	Almost never	Some- times	Often	Almost always	Always
8. I feel I can't go on anymore.....	0	1	2	3	4	5
	Never	Almost never	Some- times	Often	Almost always	Always
9. My parents are too strict.....	0	1	2	3	4	5
	Never	Almost never	Some- times	Often	Almost always	Always
10. My responsibilities are too much for me.....	0	1	2	3	4	5
	Never	Almost never	Some- times	Often	Almost always	Always
11. I find it difficult to be interested in the the things that people of my own sex are interested in	0	1	2	3	4	5
	Never	Almost never	Some- times	Often	Almost always	Always
12. I feel emotionally drained.....	0	1	2	3	4	5
	Never	Almost never	Some- times	Often	Almost always	Always
13. My parents' discipline frustrates me.....	0	1	2	3	4	5
	Never	Almost never	Some- times	Often	Almost always	Always

APPENDIX B

14. Changes make me feel insecure.....	0	1	2	3	4	5
	Never	Almost never	Some- times	Often	Almost always	Always
15. There is too much pressure on me to do well at school.....	0	1	2	3	4	5
	Never	Almost never	Some- times	Often	Almost always	Always
16. I know what is expected of me	0	1	2	3	4	5
	Never	Almost never	Some- times	Often	Almost always	Always
17. I am worried about my health.....	0	1	2	3	4	5
	Never	Almost never	Some- times	Often	Almost always	Always
18. I get the blame for everything that goes wrong.....	0	1	2	3	4	5
	Never	Almost never	Some- times	Often	Almost always	Always
19. My friends persuade me to do things that I don't want to do	0	1	2	3	4	5
	Never	Almost never	Some- times	Often	Almost always	Always
20. I am equal to the standards set for me..	0	1	2	3	4	5
	Never	Almost never	Some- times	Often	Almost always	Always
21. My whole life is controlled by the clock.	0	1	2	3	4	5
	Never	Almost never	Some- times	Often	Almost always	Always
22. Achievements are over-emphasised at my school.....	0	1	2	3	4	5
	Never	Almost never	Some- times	Often	Almost always	Always
23. My parents share in my life.....	0	1	2	3	4	5
	Never	Almost never	Some- times	Often	Almost always	Always
24. I feel uncomfortable when I have to perform in front of a group of people.....	0	1	2	3	4	5
	Never	Almost never	Some- times	Often	Almost always	Always
25. I feel insecure about my decisions.....	0	1	2	3	4	5
	Never	Almost never	Some- times	Often	Almost always	Always
26. Other people make fun of me.....	0	1	2	3	4	5
	Never	Almost never	Some- times	Often	Almost always	Always

page 2

APPENDIX B

27. My friends run me down.....	0	1	2	3	4	5
	Never	Almost never	Some-times	Often	Almost always	Always
28. My religion comforts me.....	0	1	2	3	4	5
	Never	Almost never	Some-times	Often	Almost always	Always
29. I feel as though I am in trouble.....	0	1	2	3	4	5
	Never	Almost never	Some-times	Often	Almost always	Always
30. I feel good about myself.....	0	1	2	3	4	5
	Never	Almost never	Some-times	Often	Almost always	Always
31. I have to write too many tests.....	0	1	2	3	4	5
	Never	Almost never	Some-times	Often	Almost always	Always
32. I eat even though I am not hungry.....	0	1	2	3	4	5
	Never	Almost never	Some-times	Often	Almost always	Always
33. I can solve my problems on my own....	0	1	2	3	4	5
	Never	Almost never	Some-times	Often	Almost always	Always
34. People make too many demands on me	0	1	2	3	4	5
	Never	Almost never	Some-times	Often	Almost always	Always
35. The substance abuse of my family members upsets me.....	0	1	2	3	4	5
	Never	Almost never	Some-times	Often	Almost always	Always
36. I am satisfied with my appearance.....	0	1	2	3	4	5
	Never	Almost never	Some-times	Often	Almost always	Always
37. I feel guilty about my sexual practices...	0	1	2	3	4	5
	Never	Almost never	Some-times	Often	Almost always	Always
38. I am detrimentally affected by the pressure exerted on me by my friends..	0	1	2	3	4	5
	Never	Almost never	Some-times	Often	Almost always	Always
39. I am concerned about the violence in my environment.....	0	1	2	3	4	5
	Never	Almost never	Some-times	Often	Almost always	Always
page 3						

APPENDIX B

40. I find it difficult to adapt to all the different teachers.....	0 Never	1 Almost never	2 Some-times	3 Often	4 Almost always	5 Always
41. I eat too much.....	0 Never	1 Almost never	2 Some-times	3 Often	4 Almost always	5 Always
42. I am afraid of making a fool of myself....	0 Never	1 Almost never	2 Some-times	3 Often	4 Almost always	5 Always
43. I speak to my parents about my problems.....	0 Never	1 Almost never	2 Some-times	3 Often	4 Almost always	5 Always
44. The media bombard me with negative images and thoughts.....	0 Never	1 Almost never	2 Some-times	3 Often	4 Almost always	5 Always
45. I have learning problems.....	0 Never	1 Almost never	2 Some-times	3 Often	4 Almost always	5 Always
46. I am ostracised from my circle of friends	0 Never	1 Almost never	2 Some-times	3 Often	4 Almost always	5 Always
47. I am concerned about the violence in the country.....	0 Never	1 Almost never	2 Some-times	3 Often	4 Almost always	5 Always
48. I am concerned about my alcohol intake.....	0 Never	1 Almost never	2 Some-times	3 Often	4 Almost always	5 Always
49. I feel as if my life is unhinged.....	0 Never	1 Almost never	2 Some-times	3 Often	4 Almost always	5 Always
50. I am confident about the future.....	0 Never	1 Almost never	2 Some-times	3 Often	4 Almost always	5 Always
51. I am concerned about my use of drugs..	0 Never	1 Almost never	2 Some-times	3 Often	4 Almost always	5 Always
52. My parents have time for me and my problems.....	0 Never	1 Almost never	2 Some-times	3 Often	4 Almost always	5 Always

page 4

APPENDIX B

53. My parents are interested in my school work	0 Never	1 Almost never	2 Some-times	3 Often	4 Almost always	5 Always
54. My parents' expectations of me are too high.....	0 Never	1 Almost never	2 Some-times	3 Often	4 Almost always	5 Always
55. I am humiliated at school.....	0 Never	1 Almost never	2 Some-times	3 Often	4 Almost always	5 Always
56. Keeping something secret makes me tense.....	0 Never	1 Almost never	2 Some-times	3 Often	4 Almost always	5 Always
57. Our family is going through a time of socio-economic (financial) instability....	0 Never	1 Almost never	2 Some-times	3 Often	4 Almost always	5 Always
58. I am afraid of failure.....	0 Never	1 Almost never	2 Some-times	3 Often	4 Almost always	5 Always
59. I am concerned in class as to whether I will be able to answer the questions....	0 Never	1 Almost never	2 Some-times	3 Often	4 Almost always	5 Always
60. I am afraid to express my opinion in class.....	0 Never	1 Almost never	2 Some-times	3 Often	4 Almost always	5 Always
61. I feel that people underrate my abilities..	0 Never	1 Almost never	2 Some-times	3 Often	4 Almost always	5 Always
62. School work is too difficult.....	0 Never	1 Almost never	2 Some-times	3 Often	4 Almost always	5 Always
63. I am afraid of getting involved in arguments.....	0 Never	1 Almost never	2 Some-times	3 Often	4 Almost always	5 Always
64. I am subjected to discrimination on the grounds of class / socio-economic status.....	0 Never	1 Almost never	2 Some-times	3 Often	4 Almost always	5 Always
65. I suppress my emotions.....	0 Never	1 Almost never	2 Some-times	3 Often	4 Almost always	5 Always

page 5

APPENDIX B

66. I feel frustrated in school.....	0	1	2	3	4	5
	Never	Almost never	Some-times	Often	Almost always	Always
67. I have time to do what I like	0	1	2	3	4	5
	Never	Almost never	Some-times	Often	Almost always	Always
68. I am satisfied with my relationship with members of the opposite sex.....	0	1	2	3	4	5
	Never	Almost never	Some-times	Often	Almost always	Always
69. I want to win.....	0	1	2	3	4	5
	Never	Almost never	Some-times	Often	Almost always	Always
70. I work very hard.....	0	1	2	3	4	5
	Never	Almost never	Some-times	Often	Almost always	Always
71. I am concerned about my parents' relationships with each other.....	0	1	2	3	4	5
	Never	Almost never	Some-times	Often	Almost always	Always
72. Competition makes me tense.....	0	1	2	3	4	5
	Never	Almost never	Some-times	Often	Almost always	Always
73. I worry whether I am going to pass the examinations.....	0	1	2	3	4	5
	Never	Almost never	Some-times	Often	Almost always	Always
74. People impose excessive demands on me	0	1	2	3	4	5
	Never	Almost never	Some-times	Often	Almost always	Always
75. My behaviour is approved by others.....	0	1	2	3	4	5
	Never	Almost never	Some-times	Often	Almost always	Always
76. I feel rejected	0	1	2	3	4	5
	Never	Almost never	Some-times	Often	Almost always	Always
77. I feel inadequate.....	0	1	2	3	4	5
	Never	Almost never	Some-times	Often	Almost always	Always
78. My parents understand me.....	0	1	2	3	4	5
	Never	Almost never	Some-times	Often	Almost always	Always
page 6						

APPENDIX B

79. I am afraid of natural disasters such as hailstorms and floods.....	0	1	2	3	4	5
	Never	Almost never	Some-times	Often	Almost always	Always
80. I am critical about myself.....	0	1	2	3	4	5
	Never	Almost never	Some-times	Often	Almost always	Always
81. I am worried about my choice of a career.....	0	1	2	3	4	5
	Never	Almost never	Some-times	Often	Almost always	Always
82. I am satisfied with my body.....	0	1	2	3	4	5
	Never	Almost never	Some-times	Often	Almost always	Always
83. I feel threatened by changes in the country.....	0	1	2	3	4	5
	Never	Almost never	Some-times	Often	Almost always	Always
84. I think about death.....	0	1	2	3	4	5
	Never	Almost never	Some-times	Often	Almost always	Always
85. I have too much to do and too little time to do it.....	0	1	2	3	4	5
	Never	Almost never	Some-times	Often	Almost always	Always
86. Teachers like me.....	0	1	2	3	4	5
	Never	Almost never	Some-times	Often	Almost always	Always
87. I am satisfied with my academic performance.....	0	1	2	3	4	5
	Never	Almost never	Some-times	Often	Almost always	Always
88. I feel that I am part of a circle of friends	0	1	2	3	4	5
	Never	Almost never	Some-times	Often	Almost always	Always
89. A noisy environment makes me tense...	0	1	2	3	4	5
	Never	Almost never	Some-times	Often	Almost always	Always
90. I think about suicide.....	0	1	2	3	4	5
	Never	Almost never	Some-times	Often	Almost always	Always
91. I am accepted by members of the opposite sex.....	0	1	2	3	4	5
	Never	Almost never	Some-times	Often	Almost always	Always

page 7

APPENDIX B

92. I am worried about the political situation in the country.....	0	1	2	3	4	5
	Never	Almost never	Some-times	Often	Almost always	Always
93. I am very impatient.....	0	1	2	3	4	5
	Never	Almost never	Some-times	Often	Almost always	Always
94. I am worried about my relationship with members of my own sex.....	0	1	2	3	4	5
	Never	Almost never	Some-times	Often	Almost always	Always
95. I am worried about the future of the earth.....	0	1	2	3	4	5
	Never	Almost never	Some-times	Often	Almost always	Always
96. I am sexually abused.....	0	1	2	3	4	5
	Never	Almost never	Some-times	Often	Almost always	Always
97. I am afraid of contracting AIDS.....	0	1	2	3	4	5
	Never	Almost never	Some-times	Often	Almost always	Always
98. I am worried about what will happen to me after I die.....	0	1	2	3	4	5
	Never	Almost never	Some-times	Often	Almost always	Always
99. I want to satisfy everybody.....	0	1	2	3	4	5
	Never	Almost never	Some-times	Often	Almost always	Always
100. I have enough money.....	0	1	2	3	4	5
	Never	Almost never	Some-times	Often	Almost always	Always

Thank you for your co-operation

Reference

Kruger, A.C.M. (1992). *Identification of Stress in Adolescents: A Psycho-Educational Perspective*. D.Ed. Thesis. Pretoria: UNISA