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Using the Adolescent Stress Identification Inventory (ASII) to Identify Stress in Grade 10 and Grade 11 Girls, at a Private Highschool in Johannesburg.

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2006-11-14T13:22:30Z
http://hdl.handle.net/10539/1717

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ADOLESCENT STRESS IDENTIFICATION INVENTORY

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

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

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

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

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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

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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

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

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

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