

## BHARATHIAR UNIVERSITY RESILIENCE SCALE (FORM A)

Name: \_\_\_\_\_ Gender: \_\_\_\_\_ Age & Date of Birth: \_\_\_\_\_

Education: \_\_\_\_\_ Occupation: \_\_\_\_\_

Address for Communication: \_\_\_\_\_

Kindly go through each one of the statements given in the questionnaire carefully. Judge whether the statement concerned is true in your case or not. Mark your judgment with regard to each of the statement in the questionnaire using the following code:

Write 5 if the statement is most appropriate in describing you

Write 4 if the statement is appropriate to a large extent in describing you

Write 3 if the statement is moderately appropriate in describing you

Write 2 if the statement is marginally appropriate in describing you

Write 1 if the statement is not at all appropriate in describing you

**Answer as quickly as possible. DO NOT OMIT ANY STATEMENT.**

S N o	Statement	Response
1	I can remain balanced in my emotion irrespective of whether I succeed or fail in my efforts.	1 2 3 4 5
2	I can easily revise my plans without accepting defeat when I get stuck up.	1 2 3 4 5
3	I usually get back to my cheerful self pretty soon no matter what failures occur in my life.	1 2 3 4 5
4	When the situation is very demanding I can pull up myself and handle all of it efficiently.	1 2 3 4 5
5	I do not waste my time on lamenting over the past however bad it might have been.	1 2 3 4 5
6	During times of trouble I sink with feeling helpless.	1 2 3 4 5
7	I easily breakdown at the crisis and it takes longer time for me recover myself.	1 2 3 4 5
8	People say that I have a strong heart which can withstand any disappointment.	1 2 3 4 5
9	I can recover from bad mood quickly and easily after facing any sad event.	1 2 3 4 5

10	I suffocate a lot when facing problems.	1 2 3 4 5
11	When in trouble I get impatient and am impulsive.	1 2 3 4 5
12	Challenges are not problems but are opportunities for rising to the occasion.	1 2 3 4 5
13	My efficiency significantly drops down at difficult times.	1 2 3 4 5
14	When I fight, I fight only to have the gusto feelings it gives me, no matter whether I am going to win or lose.	1 2 3 4 5
15	When I am in a difficult situation, I can usually find my out of it.	1 2 3 4 5
16	I don't venture on any project where I had failed earlier.	1 2 3 4 5
17	I cannot recover from frustration for long time.	1 2 3 4 5
18	Life will be barren if there were no problem at all.	1 2 3 4 5
19	I stay cool even when things don't go the way I expect.	1 2 3 4 5
20	I can handle any critical situation with confidence since I have successfully done so earlier.	1 2 3 4 5
21	Nothing can stop me from proceeding on any task once I begin my work.	1 2 3 4 5
22	Even a severe set back can only make me to bend down but never to break down.	1 2 3 4 5
23	If am defeated in anything the first thing that comes to my mind is how to bounce out of it.	1 2 3 4 5
24	I usually get so confused about which way to move when I face problems.	1 2 3 4 5
25	Problems do not ditch me out of my sources but enrich me with finding new resources.	1 2 3 4 5

26	Whether the disappointment is small or big I feel miserable about it.	1 2 3 4 5
27	The greater the problem I confront with the greater will be my efforts to solve them.	1 2 3 4 5
28	I feel so weak to begin any venture as I have experienced a large number of frustrations in life.	1 2 3 4 5
29	Past failures can not deter me from taking up any project I want to take.	1 2 3 4 5
30	Failures and frustrations can never deter me from my efforts for long.	1 2 3 4 5

Date:

Place:

Signature

## SCORING SCHEME – FORM A

### **Positive Items: 1-5,8-9,12,14-15,18-23,25,27,29-30**

For all the positive items the scoring is done in the following fashion:

Response of 1 will get a score of 1

Response of 2 will get a score of 2

Response of 3 will get a score of 3

Response of 4 will get a score of 4

Response of 5 will get a score of 5

### **Negative Items: 6-7,10-11,13,16-17,24,26,28**

For all the negative items the scoring is done in the following fashion:

Response of 1 will get a score of 5

Response of 2 will get a score of 4

Response of 3 will get a score of 3

Response of 4 will get a score of 2

Response of 5 will get a score of 1