

VIRTUE OF WISDOM AND WELL-BEING AMONG ADOLESCENCE : ROLE OF GRIT

Research Survey

GENERAL INSTRUCTIONS: This survey consists of three parts that measure different psychological traits. Please read each statement carefully and respond honestly. There are no right or wrong answers - we are interested in your genuine thoughts and feelings. All responses will remain strictly confidential and will be used solely for research purposes.

Please complete all sections and mark only one response per question.

Thank you for your participation!!

DEMOGRAPHIC INFORMATION

Participant Name: _____

Date: _____

Age: _____

Gender: _____

Socio-Economic Status: _____Upper _____Middle _____Lower

Area: _____ Rural _____ Urban

SCALE 1

Instructions: Rate each statement on how much it describes you:

- **5** = Very much like me
- **4** = Mostly like me
- **3** = Somewhat like me
- **2** = A little like me
- **1** = Not like me at all

1. I enjoy creating things that are new and different.	___ 5	___ 4	___ 3	___ 2	___ 1
2. I do not have many questions.	___ 5	___ 4	___ 3	___ 2	___ 1
3. I consider the positives and negatives of every option when I am making a decision.	___ 5	___ 4	___ 3	___ 2	___ 1
4. If there is a chance to learn something new, I jump right in.	___ 5	___ 4	___ 3	___ 2	___ 1
5. Others tell me that I give good advice.	___ 5	___ 4	___ 3	___ 2	___ 1
6. I see myself as a very creative person.	___ 5	___ 4	___ 3	___ 2	___ 1
7. I am curious about how things work.	___ 5	___ 4	___ 3	___ 2	___ 1
8. I carefully think about the opinions of others before I make a decision.	___ 5	___ 4	___ 3	___ 2	___ 1
9. I get excited when I see there is something new to learn.	___ 5	___ 4	___ 3	___ 2	___ 1
10. My friends ask for my opinion before they make an important decision.	___ 5	___ 4	___ 3	___ 2	___ 1
11. I often figure out different ways of doing things.	___ 5	___ 4	___ 3	___ 2	___ 1
12. I frequently ask questions.	___ 5	___ 4	___ 3	___ 2	___ 1
13. I wait until I have all the facts before I make a decision.	___ 5	___ 4	___ 3	___ 2	___ 1
14. I love learning about how to do different things.	___ 5	___ 4	___ 3	___ 2	___ 1
15. People tell me that I am a wise person.	___ 5	___ 4	___ 3	___ 2	___ 1
16. I always like to do things in different ways.	___ 5	___ 4	___ 3	___ 2	___ 1
17. I am always full of questions.	___ 5	___ 4	___ 3	___ 2	___ 1
18. I think about all my choices before I make a decision.	___ 5	___ 4	___ 3	___ 2	___ 1
19. When I want to learn something, I try to find out everything about it.	___ 5	___ 4	___ 3	___ 2	___ 1
20. I am able to solve problems in a way that is pleasing to everyone.	___ 5	___ 4	___ 3	___ 2	___ 1

SCALE 2

Instructions: Rate each statement:

- **5** = Very much like me
- **4** = Mostly like me
- **3** = Somewhat like me
- **2** = Not much like me
- **1** = Not like me at all

1. I have overcome setbacks to conquer an important challenge.	___ 5	___ 4	___ 3	___ 2	___ 1
2. New ideas and projects sometimes distract me from previous ones.	___ 5	___ 4	___ 3	___ 2	___ 1
3. My interests change from year to year.	___ 5	___ 4	___ 3	___ 2	___ 1
4. Setbacks don't discourage me. I don't give up easily.	___ 5	___ 4	___ 3	___ 2	___ 1
5. I often set a goal but later choose to pursue a different one.	___ 5	___ 4	___ 3	___ 2	___ 1
6. I have difficulty maintaining my focus on projects that take more than a few months to complete.	___ 5	___ 4	___ 3	___ 2	___ 1
7. I finish whatever I begin.	___ 5	___ 4	___ 3	___ 2	___ 1
8. I am a hard worker.	___ 5	___ 4	___ 3	___ 2	___ 1
9. I am diligent. I never give up.	___ 5	___ 4	___ 3	___ 2	___ 1
10. I have been obsessed with a certain idea or project for a short time but later lost interest.	___ 5	___ 4	___ 3	___ 2	___ 1
11. I work hard to achieve my goals.	___ 5	___ 4	___ 3	___ 2	___ 1
12. I often find myself having difficulty sticking with long-term commitments.	___ 5	___ 4	___ 3	___ 2	___ 1

SCALE 3

Instructions: Rate each question on a scale from 0 to 10, where the meaning of 0 and 10 varies by question block as indicated below.

Response	0	1	2	3	4	5	6	7	8	9	10
0 = never, 10 = always											
1. How much of the time do you feel you are making progress towards accomplishing your goals?	_0	_1	_2	_3	_4	_5	_6	_7	_8	_9	_10
2. How often do you become absorbed in what you are doing?	_0	_1	_2	_3	_4	_5	_6	_7	_8	_9	_10
3. In general, how often do you feel joyful?	_0	_1	_2	_3	_4	_5	_6	_7	_8	_9	_10
4. In general, how often do you feel anxious?	_0	_1	_2	_3	_4	_5	_6	_7	_8	_9	_10
5. How often do you achieve the important goals you have set for yourself?	_0	_1	_2	_3	_4	_5	_6	_7	_8	_9	_10

0 = terrible, 10 = excellent

6. In general, how would you say your health is? _0 _1 _2 _3 _4 _5 _6 _7 _8 _9 _10

0 = not at all, 10 = completely

7. In general, to what extent do you lead a purposeful and meaningful life? _0 _1 _2 _3 _4 _5 _6 _7 _8 _9 _10

8. To what extent do you receive help and support from others when you need it? _0 _1 _2 _3 _4 _5 _6 _7 _8 _9 _10

9. In general, to what extent do you feel that what you do in your life is valuable and worthwhile? _0 _1 _2 _3 _4 _5 _6 _7 _8 _9 _10

10. In general, to what extent do you feel excited and interested in things? _0 _1 _2 _3 _4 _5 _6 _7 _8 _9 _10

11. How lonely do you feel in your daily life? _0 _1 _2 _3 _4 _5 _6 _7 _8 _9 _10

0 = not at all, 10 = completely

12. How satisfied are you with your current physical health? _0 _1 _2 _3 _4 _5 _6 _7 _8 _9 _10

0 = never, 10 = always

13. In general, how often do you feel positive? _0 _1 _2 _3 _4 _5 _6 _7 _8 _9 _10

14. In general, how often do you feel angry? _0 _1 _2 _3 _4 _5 _6 _7 _8 _9 _10

15. How often are you able to handle your responsibilities? _0 _1 _2 _3 _4 _5 _6 _7 _8 _9 _10

16. In general, how often do you feel sad? _0 _1 _2 _3 _4 _5 _6 _7 _8 _9 _10

17. How often do you lose track of time while doing something you enjoy? _0 _1 _2 _3 _4 _5 _6 _7 _8 _9 _10

0 = terrible, 10 = excellent

18. Compared to others of your same age and sex, how is your health? _0 _1 _2 _3 _4 _5 _6 _7 _8 _9 _10

0 = not at all, 10 = completely

19. To what extent do you feel loved? _0 _1 _2 _3 _4 _5 _6 _7 _8 _9 _10

20. To what extent do you generally feel you have a sense of direction in your life? _0 _1 _2 _3 _4 _5 _6 _7 _8 _9 _10

21. How satisfied are you with your personal relationships? _0 _1 _2 _3 _4 _5 _6 _7 _8 _9 _10

22. In general, to what extent do you feel contented? _0 _1 _2 _3 _4 _5 _6 _7 _8 _9 _10

0 = not at all, 10 = completely

23. Taking all things together, how happy would you say you are? _0 _1 _2 _3 _4 _5 _6 _7 _8 _9 _10

THANK YOU FOR YOUR PARTICIPATION