

Questionnaires

Section-A: Demographic Information

A1: Age..... Completed years

A2: Gender

- a. Male
- b. Female

A3: Which religion do you follow?

- a) Hinduism
- b) Buddhism
- c) Christian
- d) Islam
- e) Others.....

A4: Which ethnic group do you belong to?

- a) Dalit
- b) Disadvantaged Janajaties
- c) Disadvantaged non dalit terai cast
- d) Religious minorities
- e) Advantaged Janajaties
- f) Brahmin/ chhetri/ Thakuri

A5: What is your marital status?

- a) Married
- b) Unmarried
- c) Divorced/separated

Economic Status

A6: What is the education status of your household head?

- 1)Master and above
- 2)Graduate
- 3) Intermediate or Diploma
- 4) High school certificate
- 5) Middle school certificate
- 6) Primary school certificate
- 7) Illiterate

A7: What is the occupation of your household head?

- 1. Unemployed
- 2. Unskilled Worker
- 3. Plant/Machine Operator
- 4. Craft and related trade workers
- 5. Skilled agriculture and fishery workers
- 6. Skilled workers, shop and market sales workers
- 7. Clerk
- 8. Technicians/ associate professional

9. Professional

10. Legislators, senior officials, managers

A8: What is the monthly income of your family?rs

Section B: Job-Related Information

B1: How long have you been involved in teaching profession? (In completed years)

B2: What is your designation level?

- a) Primary
- b) Lower Secondary
- c) Secondary

B3: How satisfied are you with your student's behavior?

- a) Highly satisfied
- b) Moderately satisfied
- c) Less satisfied

B4: How satisfied are you with your student's academic performance?

- a) Highly satisfied
- b) Moderately satisfied
- d) Less satisfied

B5: How satisfied are you satisfied with the amount you receive as salary?

- a) Highly satisfied
- b) Satisfied
- c) Neutral
- d) Dissatisfied
- e) Highly dissatisfied

B6: How do you find your relation with coworkers?

- a) Good
- b) Neither good nor bad/ neutral
- c) Not good

B7: How satisfied are you with your job description and responsibilities?

- a) Highly satisfied
- c) Moderately satisfied
- e) Less satisfied

B8: How tough do you perceive your job? Eg: considering preparations.

- a) Highly demanding/stressful
- b) Moderately demanding/stressful
- c) Less demanding/ stressful

Section C: Teachers Stress Scale

C1: I felt stressed for not having support from the administrators at my school.

- a) Strongly disagree
- b) Disagree
- c) Neutral

- d) Agree
- e) Strongly agree

C2: I felt stressed for not having support from colleagues at my school.

- a) Strongly disagree
- b) Disagree
- c) Neutral
- d) Agree
- e) Strongly agree

C3: I felt stressed for having to manage student behaviors.

- a) Strongly disagree
- b) Disagree
- c) Neutral
- d) Agree
- e) Strongly agree

C4: I felt stressed for having too much teaching work to do.

- a) Strongly disagree
- b) Disagree
- c) Neutral
- d) Agree
- e) Strongly agree

C5: I felt stressed for not having enough time to complete my teaching work. (eg: preparing, teaching the curricular content.

- a) Strongly disagree
- b) Disagree
- c) Neutral
- d) Agree
- e) Strongly agree

C6: I felt stressed for not being able to meet the diverse learning needs of my students.

- a) Strongly disagree
- b) Disagree
- c) Neutral
- d) Agree
- e) Strongly agree

C7: I felt stressed about not doing a good job with my teaching .

- a) Strongly disagree
- b) Disagree
- c) Neutral
- d) Agree
- e) Strongly agree

Section D: Psychological Wellbeing

GHQ 12

In the past few weeks, how often have you:

1. Been able to concentrate on what you're doing?
 - a) Better than usual (0)
 - b) Same as usual (1)
 - c) Less than usual (2)
 - d) Much less than usual (3)
2. Lost much sleep over worry?
 - a) Better than usual (0)
 - b) Same as usual (1)
 - c) Less than usual (2)
 - d) Much less than usual (3)
3. Felt that you are playing a useful part in things?
 - a) Better than usual (0)
 - b) Same as usual (1)
 - c) Less than usual (2)
 - d) Much less than usual (3)
4. Felt capable of making decisions about things?
 - a) Better than usual (0)
 - b) Same as usual (1)
 - c) Less than usual (2)
 - d) Much less than usual (3)
5. Felt constantly under strain?
 - a) Better than usual (0)
 - b) Same as usual (1)
 - c) Less than usual (2)
 - d) Much less than usual (3)
6. Been able to face up to your problems?
 - a) Better than usual (0)
 - b) Same as usual (1)
 - c) Less than usual (2)
 - d) Much less than usual (3)
7. Felt you couldn't overcome your difficulties?
 - a) Better than usual (0)
 - b) Same as usual (1)
 - c) Less than usual (2)
 - d) Much less than usual (3)
8. Been able to enjoy your normal day to day activities?

- a) Better than usual (0)
 - b) Same as usual (1)
 - c) Less than usual (2)
 - d) Much less than usual (3)
9. Been feeling unhappy or depressed?
- a) Better than usual (0)
 - b) Same as usual (1)
 - c) Less than usual (2)
 - d) Much less than usual (3)
10. Been losing confidence in yourself?
- a) Better than usual (0)
 - b) Same as usual (1)
 - c) Less than usual (2)
 - d) Much less than usual (3)
11. Been thinking of yourself as a worthless person?
- a) Better than usual (0)
 - b) Same as usual (1)
 - c) Less than usual (2)
 - d) Much less than usual (3)
12. Been feeling reasonably happy, all things considered?
- a) Better than usual (0)
 - b) Same as usual (1)
 - c) Less than usual (2)
 - d) Much less than usual (3)