

Private & Confidential

# Happiness Report (Part B)

of

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M - 2024 Years - INDIA


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# Happiness

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# Happiness

## ORS Scale

### **Inter Role Distance Stress (IRD)**

This is experienced when there is a conflict between organizational & non-organizational roles. For example: the role of an executive versus the role of a husband.

### **Role Stagnation Stress (RS)**

Role Stagnation Stress is feeling of being stuck in the same role.

### **Role Expectation Stress (REC)**

It arises out of conflicting demands originating from colleagues. I.e. superiors, subordinates, & peers in the organization.

### **Role Erosion Stress (RE)**

It arises when a role has become less important than it used to be or when somebody else gets the credit for what needs to be done in one's own role.

### **Role Overload Stress (RO)**

It is the feeling that one is required to do too much or doing things of considerable importance.

### **Role Isolation Stress (RI)**

It is characterised by the feeling that others do not mesh out easily, indicative of the absence of strong linkages of one's role with other roles.

### **Personal Inadequacy Stress (PI)**

It is depicted by the absence of adequate skills, competence & training to meet the demand of one's role.

### **Self-role Distance Stress (SRD)**

It arises out of gaps experienced between one's concept of self & the demands of the role.

### **Role ambiguity Stress (RA)**

It is experienced when there is a lack of clarity about the demands of the role.

### **Role Inadequacy Stress (RIN)**

It arises when the human or material resources allocated are inadequate to meet the demands.

Happiness

## ORS Scale

People have different feelings about their roles. Statements describing some of them are given below. Use the answer sheet to write your responses. Read each statement and indicate, in the space against the corresponding number in the answer sheet, how often you have the feeling expressed in the statement in relation to your role in the organization. Use the numbers given below to indicate your own feelings.

If you find that the category to be used in answering does not adequately indicate your own feelings, use the one which is the closest to the way you feel. Do not leave any item unanswered. Answer the items in the order given below.

- Write 0            if you never or rarely feel this way.  
 Write 1            if you occasionally [a few times] feel this way.  
 Write 2            if you sometimes feel this way.  
 Write 3            if you frequently feel this way.  
 Write 4            if you very frequently or always feel this way.

	IRD	RS	REC	RE	RO	RI	PI	SRD	RA	RIN
<b>Total</b>	8	5	5	3	3	5	2	4	5	2

Happiness

## Self-Analysis Questionnaire

I		II	
Scale 1. Would mean not at all 2. Would mean some what 3. Would mean moderately so 4. Would mean very much so		Scale 1. Would mean almost never 2. Would mean some time 3. Would mean often 4. Would mean almost always	
<i>Note: There are no correct or incorrect answers. Do not spend too much time on any one statement but give the answer which seems to <b>describe your present feelings.</b></i>		<i>Note: There are no correct or incorrect answers. Do not spend too much time on any one statement but give the answer which seems to <b>describe how you generally feel.</b></i>	
Maximum Score	60	Maximum Score	60
Minimum Score	15	Minimum Score	15
Actual Score	18	Actual Score	23

## Self-Rating Anxiety Scale

1. Not at all
2. Some of the times
3. Good part of the time
4. Most of the time

Maximum Score	Minimum Score	Actual Score
80	20	33

## How lonely are you

1. I never feel this way
2. I rarely feel this way
3. I sometimes feel this way
4. I often feel this way

Maximum Score	Minimum Score	Actual Score
80	20	31

## Type Your Behaviour

Total Que.	Yes	No	0-5	6-10	11-20
20	8	12	B+	B-	A

# Happiness

## Open Ended Questions

**I. How often have you visited your physician over the past one year?**

twice in last six months

**II. What was the nature of your complaint?**

stomach infection

**III. Do you monitor your weight and blood pressure? Any issues?**

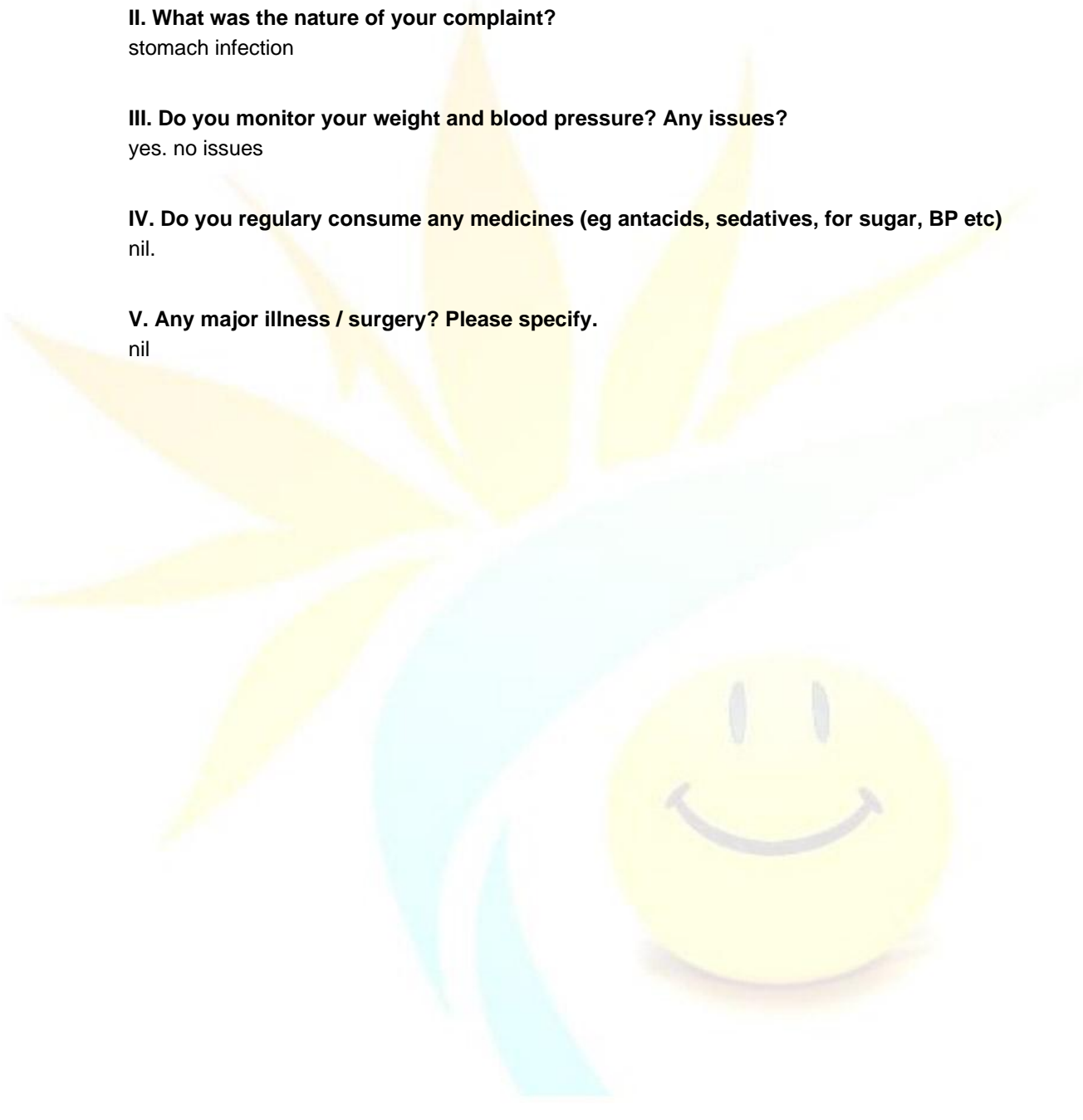
yes. no issues

**IV. Do you regularly consume any medicines (eg antacids, sedatives, for sugar, BP etc)**

nil.

**V. Any major illness / surgery? Please specify.**

nil



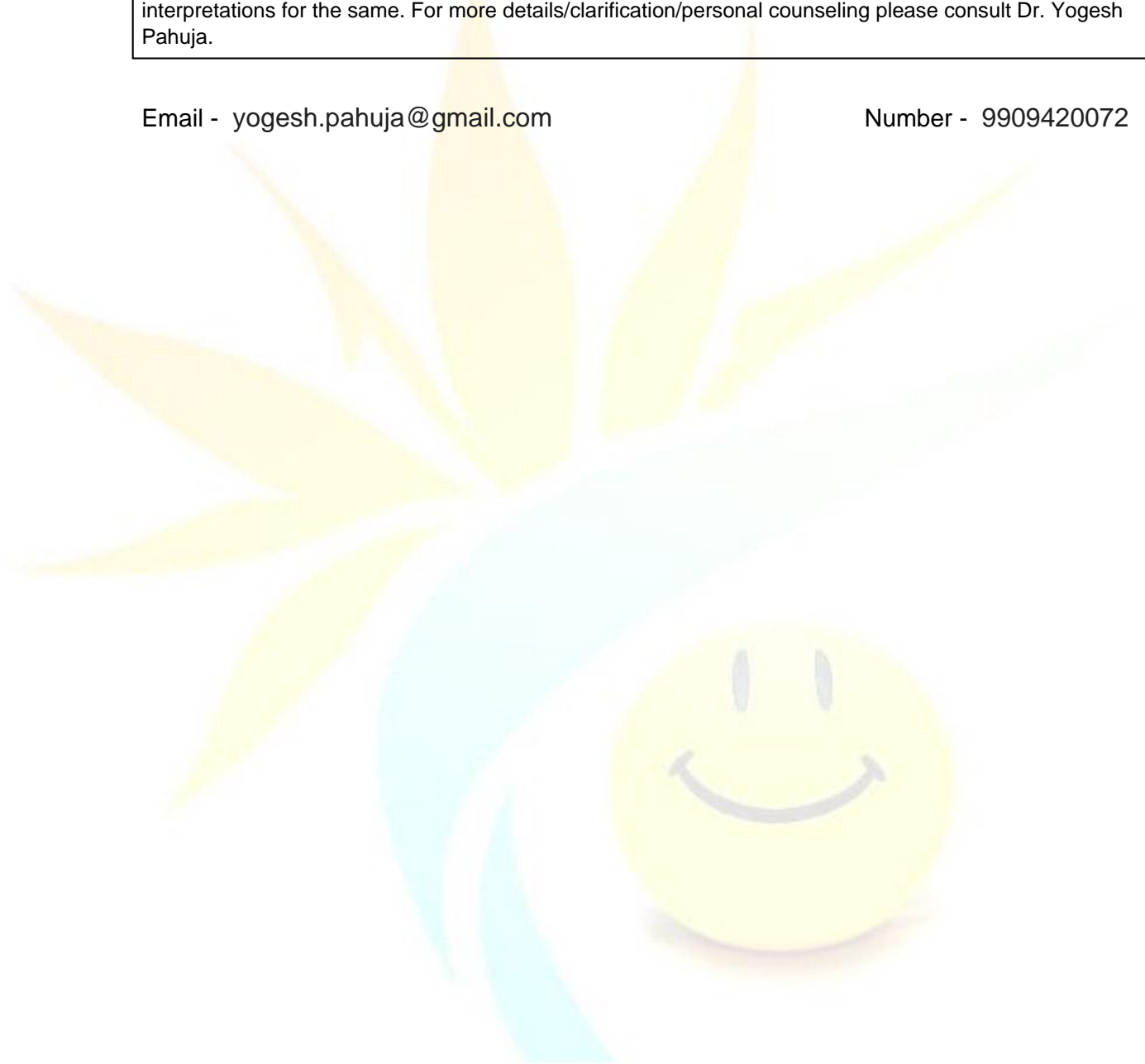
Happiness

**Disclaimer:**

Happiness inventory (Part A and Part B) is a diagnostic tool which helps to identify factors of happiness and unhappiness across three dimensions namely-Individual, Social/Family, Organizational. Happiness inventory should not be used independently for any critical decision making or a standalone instrument for any form of psychological, clinical, therapeutic or other interventions. The data contained herein is based upon the responses of the respondent when the inventory was administered and there are no good or bad interpretations for the same. For more details/clarification/personal counseling please consult Dr. Yogesh Pahuja.

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# Happiness