

**ACADEMIC FRUSTRATIONS, SELF-CONCEPT, SELF-REGARD AND RESILIENCY QUOTIENT SCALE
QUESTIONNAIRE**

Instruction:

The following is a scale that attempts to measure 10 Frustration Elements like Procrastination, Time Management, and Social Media Distractions level of an individual etc and 7 Resiliency Skills (Optimism, Impulse Control and Self Efficacy etc).

You are requested to read each question carefully and give your response by putting a tick (v) mark only on an option which you find that is most appropriate and true in your case. There is no right /wrong answer and your responses will be used for research purposes only and the responses will be always kept confidential.

DEMOGRAPHICS

Name of Student: _____

Email of Student: _____

Name of Organization: _____

Class of Student: _____ **Arm:** _____

Age: 12 - 14 15 – 16 17 – 19 20 – 22 23 – 25 26 & Above

Gender: Male Female Prefer not to say

Education Level: Secondary School College B.Sc M.Sc/PhD

PART 1: ACADEMIC FRUSTRATIONS QUOTIENT (AFQ)

S/N	Scenario: Kindly rate actions on a Scale of 1 – 5. 1 = Never; 2 = Almost Never; 3 = Sometimes; 4 = Nearly Always; 5 = Always	1	2	3	4	5
		1	How often do you feel overwhelmed by the amount of schoolwork you have to complete?			
2	I find it quite difficult to meet up with multiple assignments and academic deadlines at school.					
3	I am afraid to ask for help in managing my academic workload					
4	Time is never enough to complete all that is required of me at home and/or school.					
5	I find it challenging to prioritize my daily tasks (that is - all that is required of me at home/school) effectively.					
6	It feels like my parents/teachers/caregivers are always nagging me about something I haven't been able to complete during the day or the previous day.					
7	I feel pressured to achieve high grades.					
8	I feel stressed due to academic expectations from others.					
9	I find myself worrying about not meeting academic standards.					

10	I postpone my homework or assignments until the last minute.					
11	I feel overwhelmed, lazy or seeking perfection so I might avoid starting tasks and assignments earlier?					
12	I struggle with managing distractions when it comes to focused academic work and important activities.					
13	I am often unable to stay organized and stick to a study plan for my academics.					
14	My current study techniques are adequate and effective, leading to my desired goals					
15	I manage the balance between homework, hobbies, family commitments, so I can plan ahead to read, understand, and study properly					
16	I often check my social medial platforms while doing my homework or studying?					
17	I find it difficult to limit my social media use during study times?					
18	I feel lost, out of place, or disconnected when I don't visit my social media apps.					
19	My financial situation makes it difficult for me to achieve my goals.					
20	It is difficult for me to afford necessary academic materials and resources.					
21	How often do financial worries affect your academic performance?					

PART 2: RESILIENCY SKILL QUOTIENT

S/N	Scenario: Kindly rate actions on a Scale of 1 – 5. 1 = Never; 2 = Almost Never; 3 = Sometimes; 4 = Nearly Always; 5 = Always	1	2	3	4	5
1	I am able to recognize my emotions when I feel stressed?					
2	I can effectively identify the cause of my emotional responses.					
3	How often do you reflect on your emotions to understand them better?					
4	How often are you able to resist the temptation to procrastinate?					
5	How effectively can you manage distractions when working on important tasks?					
6	How often do you think before acting in stressful situations?					
7	How often do you consider multiple perspectives before forming an opinion?					
8	How well can you adjust your plans when faced with unexpected challenges?					
9	How often do you reevaluate your thoughts to ensure they are realistic and helpful?					
10	How confident are you in your ability to complete your tasks?					
11	How often do you believe you can overcome challenges?					
12	How much control do you feel you have over your academic and life success?					
13	How often do you expect positive outcomes in your endeavors?					
14	How well can you maintain a hopeful outlook during difficult times?					

15	How often do you focus on the positive aspects of challenging situations?					
16	How often do you seek support from friends or family when you're stressed?					
17	How comfortable are you in sharing your academics and any challenges with others?					
18	How often do you offer support to others who are facing academic difficulties?					
19	How well do you understand the emotions of others?					
20	How often do you consider how others feel before making decisions?					
21	How effectively can you provide emotional support to your peers?					

PART 3: ACADEMIC SELF-CONCEPTS SCALE

S/N	Scenario: Kindly rate actions on a Scale of 1 – 5. 1 = Strongly Disagree; 2 = Disagree; 3 = Neutral; 4 = Agree; 5 = Strongly Agree	1	2	3	4	5
		1	Being a student is a very rewarding experience.			
2	If I try hard enough, I will be able to get good grades.					
3	Most of the time my efforts in school are rewarded.					
4	No matter how hard I try I do not do well in school.					
5	I often expect to do poorly on exams.					
6	All in all, I feel I am a capable student.					
7	I do well in my subjects given the amount of time I dedicate to studying.					
8	My parents are not satisfied with my grades in school.					
9	Others view me as intelligent.					
10	Most subjects are very easy for me.					
11	I sometimes feel like dropping out of school.					
12	Most of my classmates do better in school than I do.					
13	Most of my instructors think that I am a good student.					
14	At times I feel school is too difficult for me.					
15	All in all, I am proud of my grades in school.					
16	Most of the time while taking a test I feel confident.					
17	I feel capable of helping others with their class work.					
18	I feel teachers' standards are too high for me.					
19	It is hard for me to keep up with my class work.					
20	I am satisfied with the class assignments that I turn in.					
21	At times I feel like a failure.					
22	I feel I do not study enough before a test					
23	Most exams are easy for me.					
24	I have doubts that I will do well in my major.					
25	For me, studying hard pays off.					
26	I have a hard time getting through school.					
27	I am good at scheduling my study time.					
28	I have a fairly clear sense of my academic goals.					
29	I'd like to be a much better student than I am now.					
30	I often get discouraged about school.					

31	I enjoy doing my homework.					
32	I consider myself a very good student.					
33	I usually get the grades I deserve in my subjects.					
34	I do not study as much as I should.					
35	I usually feel on top of my work by finals week.					
36	Others consider me a good student.					
37	I feel that I am better than the average school student.					
38	In most of the subjects, I feel that my classmates are better prepared than I am.					
39	I feel that I do not have the necessary abilities for certain subjects in my major.					
40	I have poor study habits.					

PART 4: ACADEMIC SELF-REGARD SCALE

S/N	Scenario: Kindly rate actions on a Scale of 1 – 5. 1 = Strongly Disagree; 2 = Disagree; 3 = Neutral; 4 = Agree; 5 = Strongly Agree	1	2	3	4	5
		1	I feel good about myself as a person.			
2	I make time for relaxation activities. (F)					
3	I like who I am.					
4	It is hard for me to remember the positive things people say about me. (R)					
5	I am very critical of myself. (R)					
6	I think I am a worthwhile person.					
7	I argue a lot with my parents. (F)					
8	I enjoy spending time with my friends. (F)					
9	Even though I make mistakes, I still feel good about myself as a person.					
10	I think of myself in negative terms (e. g., stupid, lazy) (R)					
11	It is easy for me to list 5 things I like about myself.					
12	I like to spend the holidays with my family (F).					
13	I can never quite measure up to my own standards. (R)					
14	I view myself in a positive light (intelligent, caring).					
15	I like to be involved with team sports. (F)					
16	Even when I goof up, I basically like myself.					
17	There are times when I doubt my worth as a person. (R)					
18	I tend to look at what I do badly rather than what I do well. (R)					
19	My sense of self-esteem is easily disturbed. (R)					
20	When I look in the mirror I like who I see.					