

Name of the Test	How well do you cope
Author	Ballal Sameer and Khire Usha
Availability	Jnana Prabodhini's Institute of Psychology, Pune For Research
Training Levels	Level A (No Specific Training)
Uses	For training, counseling
Year of standardization/adaptation	2003 (year of report)
Year of revised edition	--
Description of the test	
Language	English
Level	Std. 8, 9, 10, 11 and above (adolescent, adult)
What is measured?	Adjustment : strategy for coping with a stress
Type of Test	Paper pencil, verbal, forced choice
Total no. of Items with parts if any	30 items
Item type	Rating
Kind of Response	Rating each item on 5 point scale
Areas	Six areas - assertiveness, managing time, rationality, social interpersonal, health care, compulsiveness
Time	Untimed. Approximately 10 mins.
Scoring procedure	Manual, objective
Statistics studied while standardizing the test	
Sample (for standardization and norms)	N = 73
Reliability	--
Validity	---
Norms	--
Standardization category	Teacher made
More about the test	-----
References	Khire, U., Lavalekar, A & Rajhans, M. (2003). Child and Youth Development Programme for Ability Building and Managing Stress. Project Report submitted to Tata Education Trust, Mumbai.