

# APPENDIX

**APPENDIX I**

**COUPLE RESILIENCE - DEMOGRAPHIC DATA.**

SAMPLE	NUMBER	AGE	GENDER	ETHNICITY

SAMPLE : KLANG 1  
: KUALA SELANGOR 2

GENDER : FEMALE 1  
: MALE 2

RESPONDENT NUMBER : 1 - 20

ETHNICITY : MALAY 1  
CHINESE 2  
INDIAN 3

AGE GROUP : AGE OF RESPONDENT



## APPENDIX II

### TIMBAL BALAS PASANGAN – DATA DEMOGRAFIK.

SAMPEL	NOMBOR	UMUR	JANTINA	ETNIK

SAMPEL : KELANG 1  
: KUALA SELANGOR 2

JANTINA : PEREMPUAN 1  
: LELAKI 2

NOMBOR RESPONDEN : 1 - 20

ETNIK : MELAYU 1  
CHINA 2  
INDIA 3

UMUR : UMUR RESPONDEN

## **APPENDIX III**

### **INTERVIEW QUESTIONNAIRE**

1. When did you both know about the hearing impaired problem of your child?
2. How did you both know your child was hearing impaired?
3. How did you both individually feel about your child's hearing impairment?
4. What did you both individually think about the hearing impairment problem of your child?
5. Did both of you talk about the hearing impairment problem?
6. Did you work together with each other to cope with this unexpected problem?
7. What did you do as a couple in facing the challenges of taking care of your child?
- 8a) Did both of you receive any social support from the community (religious place), immediate family and extended family members, friends, neighbours, professional aid from specific organizations like the Health Ministry (example: doctors, specialist, counselors, speech therapist), Education Ministry, Special Education Departments, Social Welfare Department (example: social welfare officer), local school (example: special education teachers, school principal), non-government organizations and other societies?
- 8b) What did both of you do in order to receive this social and professional support and describe the social and professional support that you both received?
- 9) What advice would you give to other couples who have a hearing impaired child?
- 10) Do you have any advice to give to professionals in order to make them better helpers of couples with hearing impaired children?

## **APPENDIX IV**

### **Soal Selidik**

1. Bilakah anda berdua mengetahui anak anda menghadapi masalah pendengaran?
2. Bilakah anda berdua mengetahui anak anda ada masalah cacat pendengaran?
3. Bagaimanakah perasaan anda berdua tentang keadaan kecatatan pendengaran anak anda?
4. Apakah pendapat individu suami/ isteri mengenai masalah cacat pendengaran anak anda?
5. Adakah anda berdua berbincang mengenai masalah cacat pendengaran anak anda?
6. Adakah anda berdua berkerjasama untuk menghadapi masalah yang tidak di jangka ini?
7. Apakah yang anda berdua buat sebagai satu pasangan dalam menghadapi cabaran untuk menghadapi anak anda?
- 8a. Adakah anda berdua menerima sokongan sosial daripada komuniti (tempat beribadat), keluarga terdekat, kawan-kawan, jiran, bantuan profesional daripada organisasi khas seperti Kementerian Kesihatan (contoh: doktor, pakar, kaunselor, pakar pertuturan), Kementerian Pendidikan, Jabatan Pendidikan Khas, Jabatan Kebajikan Masyarakat (contoh: Pegawai Kebajikan Masyarakat), sekolah tempatan (guru-guru pendidikan khas, guru besar atau pengetua), badan swasta (NGO- Pertubuhan Bukan Kerajaan) dan persatuan- persatuan lain.

- 8b. Apakah anda berdua buat supaya dapat menerima sokongan sosial dan bantuan para profesional? Terangkan mengenai sokongan sosial dan bantuan para profesional yang di terima.
9. Apakah nasihat yang anda berdua ingin berikan kepada pasangan suami isteri lain yang mempunyai anak yang menghadapi masalah cacat pendengaran ?
10. Apakah nasihat yang anda berdua ingin berikan kepada para (golongan) profesional agar mereka boleh memberi bantuan mereka kepada pasangan yang mempunyai anak yang mempunyai masalah cacat pendengaran?

**APPENDIX V: COUPLE RESILIENCE SCALE**

**Your name/initials:**

**Job:**

**Age:**

**For questions 1 to 9, rate how high you and your partner are on each of these characteristics. Give each the rating that fits best, from 5 (very high), 4 (high), 3 (moderate), 2 (low) to 1 (very low).**

	<b>Own Rating</b>	<b>Partner Rating</b>
<b>1. HARDINESS</b> (having personal strength, toughness, determination, courage in the face of hardship, or perseverance: ability to stick out or make a go of it, to remain strong rather than weaken or give up)	_____	_____
<b>2. PERSONAL SKILLS</b> (educational or professional skills such as counseling, social work, or psychological knowledge; understanding of the other, of needs and characteristics; self-awareness; maturity)	_____	_____
<b>3. INTOLERANCE</b> (being impatient, inflexible; no give-and-take; intolerant of differences and unforgiving)	_____	_____
<b>4. PESSIMISM</b> (having a pessimistic outlook; no faith in the future or humour)	_____	_____
<b>5. RELIGIOUS FAITH</b> (having a religious faith or a spiritual commitment)	_____	_____
<b>6. AFFECTION</b> (love/caring for the other; mutual trust; respect or support for partner; interest in each other's well being)	_____	_____
<b>7. COMMITMENT</b> (having a commitment to partner, children or family; having a feeling of responsibility for them; based on personal caring and love of the family)	_____	_____
<b>8. SELF-SACRIFICE</b> ( <u>one-way</u> sacrifice for the sake of the other, not returned)	_____	_____
<b>9. PAST ROLE MODELS</b> (influenced by or learned from parents and others in the past, including relatives, friends and community)	_____	_____

Both partners will take turns to answer questions 10 - 17 individually and separately.

	COUPLE RATING
10. VALUE DIFFERENCES (having different values, goals, priorities, interests, personality/cultural background from your spouse)	_____
11.COMUNICATION SKILLS (the use of effective communication, problem solving, good, shared decision making, coping, or planning skills to deal with relationship issues. It also includes reference to more specific skills or qualities like listening, being open and honest, using good solutions for both partners, pausing to avoid blowups with each other)	_____
12. TASK DIFFERENCES (chores and jobs differ; not acting together to solve problems or cope with challenges)	_____
13. SHARED FUN (doing things together for fun, recreation and rest to enhance relationship)	_____
14. SUPPORT NETWORKS (having family, friends, professional helpers, and others that give help or support)	_____
15. SAVING FACE (doing joint actions to prevent embarrassment, criticism, or social disapproval; avoid showing weakness)	_____
16. YOUR HISTORY AS A COUPLE (been together for a time; have learned from past problems or stress)	_____
17. LIMITED PHYSICAL RESOURCES (money, housing, other physical resources that help you and your partner deal with tasks)	_____

*Do you have any other comments on the above answers, or on your resilience as a couple? Please elaborate:*

Date of submission:

## **APPENDIX VI: SKALA TIMBAL BALAS PASANGAN**

Nama: \_\_\_\_\_  
Tarikh: \_\_\_\_\_

Pekerjaan: \_\_\_\_\_

Umur: \_\_\_\_\_

Untuk soalan 1 hingga 9, sila catatkan skor anda dan pasangan anda bagi setiap ciri-ciri berikut: Berikan skor yang terbaik sekali dari, 5(sangat baik), 4(baik), 3(sederhana), 2(rendah), 1(sangat rendah).

	Anda	Pasangan Anda
<b>1. DAYA TAHAN</b> (mempunyai kekuatan sendiri, keazaman, cekal menghadapi kesulitan, atau tabah: mampu meneruskan sesuatu, kekal kuat untuk meneruskan sesuatu daripada berputus asa)	_____	_____
<b>2. KEMAHIRAN KENDIRI</b> (kemahiran bercorak keilmuan atau profesional seperti kaunseling, kerja-kerja sosial atau pengetahuan psikologi; memahami orang lain, kehendak- kehendak dan ciri-ciri; kesedaran diri ( <i>peka</i> ); kematangan)	_____	_____
<b>3. TIADA TOLERANSI</b> (tidak sabar, tidak fleksibel, tiada tolak-ansur, tiada toleransi terhadap sesuatu perbezaan dan tidak mahu memaafkan)	_____	_____
<b>4. MUDAH PUTUS HARAPAN - PESIMIS</b> (mempunyai penampilan yang pesimis, tiada kepercayaan terhadap masa depan)	_____	_____
<b>5. KEPERCAYAAN KEAGAMAAN</b> (mempunyai kepercayaan keagamaan atau komitmen rohaniah)	_____	_____
<b>6. KASIH SAYANG</b> (menyayangi / mengambil berat terhadap orang lain; percaya, hormat atau memberi sokongan kepada pasangan, menunjukkan minat terhadap kesejahteraan pasangan)	_____	_____
<b>7. KOMITMEN</b> (mempunyai komitmen terhadap pasangan, anak / keluarga; bertanggungjawab terhadap mereka; berdasarkan kasih sayang dan sikap ambil berat terhadap keluarga)	_____	_____
<b>8. PENGORBANAN DIRI</b> (berkorban demi kebaikan pasangan tanpa mengharapkan ganjaran)	_____	_____
<b>9. INDIVIDU TERDAHULU (DICONTOHI)</b> (dipengaruhi oleh / dipelajari daripada ibubapa dan individu yang terdahulu, termasuklah saudara-mara, rakan-rakan dan masyarakat)	_____	_____

**Kedua-dua pasangan akan menjawab soalan 10 - 17 secara individu dan berasingan.**

**Skor Pasangan**

10. **PERBEZAAN NILAI**  
(mempunyai perbezaan nilai, matlamat, keutamaan, minat, personaliti / latarbelakang budaya suami / isteri )

\_\_\_\_\_
11. **KEMAHIRAN BERKOMUNIKASI**  
(penggunaan komunikasi yang efektif, penyelesaian masalah, membuat keputusan bersama-sama, keupayaan mengatasi, sesuatu cabaran dengan jayanya, kemahiran merancang untuk menghadapi isu-isu yang berkaitan dengan perhubungan. Ia juga merangkumi rujukan terhadap kemahiran-kemahiran seperti mendengar, berterus-terang dan jujur, menggunakan pendekatan terbaik untuk menyelesaikan masalah, dan berhenti untuk mengelakkan sebarang pertelingkahan antara pasangan)

\_\_\_\_\_
12. **PERBEZAAN TUGAS**  
(tugas yang berbeza, tidak bersama-sama menyelesaikan masalah atau mengatasi cabaran)

\_\_\_\_\_
13. **BERKONGSI KERIANGAN / KESERONOKAN**  
(membuat kerja bersama-sama untuk keseronokan, rekreasi dan istirehat, supaya hubungan baik dapat ditingkatkan)

\_\_\_\_\_
14. **RANGKAIAN SOKONGAN**  
(mempunyai ahli keluarga, rakan atau pembantu profesional yang boleh memberi bantuan atau sokongan)

\_\_\_\_\_
15. **MEMELIHARA MARUAH**  
(berkerjasama untuk mengelakkan sesuatu yang memalukan, kritikan, bangkangan / pertentangan sosial; elakkan daripada menunjukkan kelemahan)

\_\_\_\_\_
16. **KISAH LAMPAU PASANGAN**  
(pernah bersama untuk seketika, belajar daripada masalah atau tekanan yang lampau)

\_\_\_\_\_
17. **SUMBER FIZIKAL YANG TERHAD**  
(sumber kewangan, tempat berlindung, sumber fizikal yang lain yang membantu anda dan pasangan anda menghadapi tugas harian)

\_\_\_\_\_

*Adakah anda ingin menambah kepada jawapan di atas, mengenai timbal balas anda sebagai satu pasangan? Jika ya, sila terangkan jawapan anda...*



## COUPLE RESILIENCE - ANSWER SUMMARY SHEET

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## APPENDIX VIII

**COUPLE RESILIENCE (PARTNER RATING) – ANSWER SUMMARY SHEET**

[illegible]

## APPENDIX IX

### COUPLE RESILIENCE - DEMOGRAPHIC DATA.

SAMPLE	NUMBER	AGE	GENDER	ETHNICITY
1	1	46	2	2
1	2	44	1	2
1	3	41	2	2
1	4	39	1	2
1	5	49	2	1
1	6	40	1	1
1	7	48	2	1
1	8	43	1	1
1	9	47	2	1
1	10	44	1	1
1	11	50	2	1
1	12	50	1	1
1	13	48	2	3
1	14	46	1	2
1	15	50	2	3
1	16	43	1	3
1	17	55	2	3
1	18	44	1	3
2	19	45	2	3
2	20	45	1	3

SAMPLE : KLANG 1  
: KUALA SELANGOR 2

GENDER : FEMALE 1  
: MALE 2

RESPONDENT NUMBER : 1 - 20

ETHNICITY : MALAY 1  
CHINESE 2  
INDIAN 3

AGE GROUP : AGE OF RESPONDENT

# APPENDIX X

## COUPLE RESILIENCE - ANSWER SUMMARY SHEET

SAMPLE	NUMBER	AGE	GENDER	ETHNIC	CAT 1	CAT 2	CAT 3	CAT 4	CAT 5	CAT 6	CAT 7	CAT 8	CAT 9	CAT 10	CAT 11	CAT 12	CAT 13	CAT 14	CAT 15	CAT 16	CAT 17
1	1	46	2	2	4	3	4	3	3	4	4	3	3	3	4	2	4	3	4	4	3
1	2	44	1	2	5	4	3	2	3	3	5	3	4	4	3	3	3	2	3	4	3
1	3	41	2	2	3	3	3	2	3	3	2	2	1	3	2	2	3	1	3	3	4
1	4	39	1	2	3	3	1	2	3	4	4	2	1	2	3	3	4	2	3	3	4
1	5	49	2	1	4	4	3	3	4	5	5	5	1	4	4	2	4	3	4	4	4
1	6	40	1	1	4	3	3	3	3	5	5	5	5	4	5	4	5	4	4	4	4
1	7	48	2	1	4	3	2	1	5	4	5	4	3	2	5	2	4	4	4	2	3
1	8	43	1	1	5	3	1	3	5	5	5	5	5	2	4	2	5	4	5	1	3
1	9	47	2	1	5	5	2	4	5	5	5	5	5	4	4	2	4	4	5	4	4
1	10	44	1	1	4	2	1	1	5	5	5	5	4	3	4	4	5	4	4	4	2
1	11	50	2	1	4	3	4	4	5	3	5	4	4	4	3	4	5	4	4	5	4
1	12	50	1	1	3	4	2	3	3	4	4	4	3	3	3	4	4	3	3	4	3
1	13	48	2	3	4	4	4	2	3	3	3	5	2	2	3	3	3	4	2	4	2
1	14	46	1	2	5	3	3	3	4	3	5	4	3	3	3	3	3	4	2	4	3
1	15	50	2	3	5	4	1	1	5	5	5	4	4	3	3	2	4	3	1	5	1
1	16	43	1	3	3	4	1	1	5	5	5	5	4	4	3	3	4	3	1	5	1
1	17	55	2	3	4	3	3	4	3	5	3	4	4	4	4	3	3	3	2	2	3
1	18	44	1	3	5	3	3	4	4	3	5	5	3	4	3	2	3	2	3	3	4
2	19	45	2	3	4	4	2	3	5	5	5	5	5	3	2	4	3	4	4	4	3
2	20	45	1	3	5	4	1	1	5	5	5	5	5	1	5	3	3	5	5	5	3

## APPENDIX XI

### COUPLE RESILIENCE (PARTNER RATING) - ANSWER SUMMARY SHEET

SAMPLE	NUMBER	AGE	GENDER	ETHNIC	CAT 1	CAT 2	CAT 3	CAT 4	CAT 5	CAT 6	CAT 7	CAT 8	CAT 9
1	1	46	2	2	4	4	4	4	3	4	5	4	4
1	2	44	1	2	4	4	3	3	2	3	4	3	3
1	3	41	2	2	4	3	2	2	3	5	3	2	1
1	4	39	1	2	2	3	2	2	3	4	3	2	1
1	5	49	2	1	4	4	3	3	4	5	5	5	4
1	6	40	1	1	4	4	1	1	3	5	5	5	1
1	7	48	2	1	5	3	1	1	5	5	5	5	2
1	8	43	1	1	4	3	3	3	5	5	5	5	5
1	9	47	2	1	4	4	4	4	5	5	5	5	4
1	10	44	1	1	5	4	3	1	5	5	5	5	4
1	11	50	2	1	4	4	4	4	3	5	5	5	4
1	12	50	1	1	4	4	2	3	4	4	4	4	3
1	13	48	2	3	5	3	4	3	3	3	5	2	2
1	14	46	1	2	4	4	3	3	3	3	5	4	3
1	15	50	2	3	4	4	2	1	5	5	5	3	4
1	16	43	1	3	5	4	2	1	5	5	5	3	4
1	17	55	2	3	4	3	4	3	3	4	3	4	4
1	18	44	1	3	3	3	2	4	4	2	3	4	4
2	19	45	2	3	3	4	2	3	5	5	5	4	3
2	20	45	1	3	5	5	2	1	5	5	5	5	5

**APPENDIX XII**

**THE FREQUENCY TABLES**

**CATEGORIES 1 - 17**

**(PLEASE SEE FOLLOWING PAGES: 1 - 5)**

Statistics

	CAT_1	CAT_2	CAT_3	CAT_4	CAT_5	CAT_6	CAT_7	CAT_8
Valid	20	20	20	20	20	20	20	20
Missing	1	1	1	1	1	1	1	1

Statistics

	CAT_9	CAT_10	CAT_11	CAT_12	CAT_13	CAT_14	CAT_15
Valid	20	20	20	20	20	19	20
Missing	1	1	1	1	1	2	1

Statistics

	CAT_16	CAT_17
Valid	20	20
Missing	1	1

## ency Table

CAT\_1

	Frequency	Percent	Valid Percent	Cumulative Percent
3.00	4	19.0	20.0	20.0
4.00	9	42.9	45.0	65.0
5.00	7	33.3	35.0	100.0
Total	20	95.2	100.0	
g System	1	4.8		
	21	100.0		

CAT\_2

	Frequency	Percent	Valid Percent	Cumulative Percent
2.00	1	4.8	5.0	5.0
3.00	10	47.6	50.0	55.0
4.00	8	38.1	40.0	95.0
5.00	1	4.8	5.0	100.0
Total	20	95.2	100.0	
g System	1	4.8		
	21	100.0		

**CAT\_3**

	Frequency	Percent	Valid Percent	Cumulative Percent
1.00	6	28.6	30.0	30.0
2.00	4	19.0	20.0	50.0
3.00	7	33.3	35.0	85.0
4.00	3	14.3	15.0	100.0
Total	20	95.2	100.0	
System	1	4.8		
	21	100.0		

**CAT\_4**

	Frequency	Percent	Valid Percent	Cumulative Percent
1.00	5	23.8	25.0	25.0
2.00	4	19.0	20.0	45.0
3.00	7	33.3	35.0	80.0
4.00	4	19.0	20.0	100.0
Total	20	95.2	100.0	
System	1	4.8		
	21	100.0		

**CAT\_5**

	Frequency	Percent	Valid Percent	Cumulative Percent
3.00	8	38.1	40.0	40.0
4.00	3	14.3	15.0	55.0
5.00	9	42.9	45.0	100.0
Total	20	95.2	100.0	
System	1	4.8		
	21	100.0		

**CAT\_6**

	Frequency	Percent	Valid Percent	Cumulative Percent
3.00	6	28.6	30.0	30.0
4.00	4	19.0	20.0	50.0
5.00	10	47.6	50.0	100.0
Total	20	95.2	100.0	
System	1	4.8		
	21	100.0		



CAT\_7

	Frequency	Percent	Valid Percent	Cumulative Percent
2.00	1	4.8	5.0	5.0
3.00	1	4.8	5.0	10.0
4.00	3	14.3	15.0	25.0
5.00	15	71.4	75.0	100.0
Total	20	95.2	100.0	
ng System	1	4.8		
	21	100.0		

CAT\_8

	Frequency	Percent	Valid Percent	Cumulative Percent
2.00	3	14.3	15.0	15.0
3.00	2	9.5	10.0	25.0
4.00	7	33.3	35.0	60.0
5.00	8	38.1	40.0	100.0
Total	20	95.2	100.0	
ng System	1	4.8		
	21	100.0		

CAT\_9

	Frequency	Percent	Valid Percent	Cumulative Percent
1.00	3	14.3	15.0	15.0
2.00	1	4.8	5.0	20.0
3.00	6	28.6	30.0	50.0
4.00	6	28.6	30.0	80.0
5.00	4	19.0	20.0	100.0
Total	20	95.2	100.0	
ng System	1	4.8		
	21	100.0		

CAT\_10

	Frequency	Percent	Valid Percent	Cumulative Percent
1.00	1	4.8	5.0	5.0
2.00	4	19.0	20.0	25.0
3.00	8	38.1	40.0	65.0
4.00	7	33.3	35.0	100.0
Total	20	95.2	100.0	
ng System	1	4.8		
	21	100.0		

CAT\_11

	Frequency	Percent	Valid Percent	Cumulative Percent
2.00	1	4.8	5.0	5.0
3.00	10	47.6	50.0	55.0
4.00	6	28.6	30.0	85.0
5.00	3	14.3	15.0	100.0
Total	20	95.2	100.0	
ng System	1	4.8		
	21	100.0		

CAT\_12

	Frequency	Percent	Valid Percent	Cumulative Percent
2.00	9	42.9	45.0	45.0
3.00	7	33.3	35.0	80.0
4.00	4	19.0	20.0	100.0
Total	20	95.2	100.0	
ng System	1	4.8		
	21	100.0		

CAT\_13

	Frequency	Percent	Valid Percent	Cumulative Percent
3.00	8	38.1	40.0	40.0
4.00	8	38.1	40.0	80.0
5.00	4	19.0	20.0	100.0
Total	20	95.2	100.0	
ng System	1	4.8		
	21	100.0		

CAT\_14

	Frequency	Percent	Valid Percent	Cumulative Percent
2.00	3	14.3	15.8	15.8
3.00	6	28.6	31.6	47.4
4.00	9	42.9	47.4	94.7
5.00	1	4.8	5.3	100.0
Total	19	90.5	100.0	
ng System	2	9.5		
	21	100.0		

CAT\_15

	Frequency	Percent	Valid Percent	Cumulative Percent
1.00	2	9.5	10.0	10.0
2.00	3	14.3	15.0	25.0
3.00	5	23.8	25.0	50.0
4.00	7	33.3	35.0	85.0
5.00	3	14.3	15.0	100.0
Total	20	95.2	100.0	
ng System	1	4.8		
	21	100.0		

CAT\_16

	Frequency	Percent	Valid Percent	Cumulative Percent
1.00	1	4.8	5.0	5.0
2.00	2	9.5	10.0	15.0
3.00	3	14.3	15.0	30.0
4.00	10	47.6	50.0	80.0
5.00	4	19.0	20.0	100.0
Total	20	95.2	100.0	
ng System	1	4.8		
	21	100.0		

CAT\_17

	Frequency	Percent	Valid Percent	Cumulative Percent
1.00	2	9.5	10.0	10.0
2.00	2	9.5	10.0	20.0
3.00	9	42.9	45.0	65.0
4.00	7	33.3	35.0	100.0
Total	20	95.2	100.0	
ng System	1	4.8		
	21	100.0		

**APPENDIX XIII**

**THE COMPLETED COUPLE RESILIENCE SCALES**

**INDICATING THE RESPONDENTS SCORES**

**(PLEASE SEE THE FOLLOWING PAGES)**

No: 1

## COUPLE RESILIENCE SCALE

Your name/initials: Mr Lee

Job: Teacher

Age: 46

For questions 1 to 9, rate how high you and your partner are on each of these characteristics. Give each the rating that fits best, from 5 (very high), 4 (high), 3 (moderate), 2 (low) to 1 (very low).

	Own Rating	Partner Rating
1. <b>HARDINESS</b> (having personal strength, toughness, determination, courage in the face of hardship, or perseverance; ability to stick out or make a go of it, to remain strong rather than weaken or give up)	<u>4</u>	<u>4</u>
2. <b>PERSONAL SKILLS</b> (educational or professional skills such as counseling, social work, or psychological knowledge; understanding of the other, of needs and characteristics; self-awareness; maturity)	<u>3</u>	<u>4</u>
3. <b>INTOLERANCE</b> (being impatient, inflexible; no give-and-take; intolerant of differences and unforgiving)	<u>4</u>	<u>4</u>
4. <b>PESSIMISM</b> (having a pessimistic outlook; no faith in the future or humour)	<u>3</u>	<u>4</u>
5. <b>RELIGIOUS FAITH</b> (having a religious faith or a spiritual commitment)	<u>3</u>	<u>3</u>
6. <b>AFFECTION</b> (love/caring for the other; mutual trust; respect or support for partner; interest in each other's well being)	<u>4</u>	<u>4</u>
7. <b>COMMITMENT</b> (having a commitment to partner, children or family; having a feeling of responsibility for them; based on personal caring and love of the family)	<u>4</u>	<u>5</u>
8. <b>SELF-SACRIFICE</b> ( <u>one-way</u> sacrifice for the sake of the other, not returned)	<u>3</u>	<u>4</u>
9. <b>PAST ROLE MODELS</b> (influenced by or learned from parents and others in the past, including relatives, friends and community)	<u>3</u>	<u>4</u>

Both partners will take turns to answer questions 10 - 17 individually and separately.

	COUPLE RATING
<b>10. VALUE DIFFERENCES</b> (having different values, goals, priorities, interests, personality/cultural background from your spouse)	<u>3</u>
<b>11. COMMUNICATION SKILLS</b> (the use of effective communication, problem solving, good, shared decision making, coping, or planning skills to deal with relationship issues. It also includes reference to more specific skills or qualities like listening, being open and honest, using good solutions for both partners, pausing to avoid blowups with each other)	<u>4</u>
<b>12. TASK DIFFERENCES</b> (chores and jobs differ; not acting together to solve problems or cope with challenges)	<u>2</u>
<b>13. SHARED FUN</b> (doing things together for fun, recreation and rest to enhance relationship)	<u>4</u>
<b>14. SUPPORT NETWORKS</b> (having family, friends, professional helpers, and others that give help or support)	<u>3</u>
<b>15. SAVING FACE</b> (doing joint actions to prevent embarrassment, criticism, or social disapproval; avoid showing weakness)	<u>4</u>
<b>16. YOUR HISTORY AS A COUPLE</b> (been together for a time; have learned from past problems or stress)	<u>4</u>
<b>17. LIMITED PHYSICAL RESOURCES</b> (money, housing, other physical resources that help you and your partner deal with tasks)	<u>3</u>

*Do you have any other comments on the above answers, or on your resilience as a couple? Please elaborate:*

Date of submission: 7/10/1999

COUPLE RESILIENCE SCALE

Your name/initials: Mrs Lee

Job: Teacher

Age: 42

For questions 1 to 9, rate how high you and your partner are on each of these characteristics. Give each the rating that fits best, from 5 (very high), 4 (high), 3 (moderate), 2 (low) to 1 (very low).

	Own Rating	Partner Rating
<b>1. HARDINESS</b> (having personal strength, toughness, determination, courage in the face of hardship, or perseverance: ability to stick out or make a go of it, to remain strong rather than weaken or give up)	<u>5</u>	<u>4</u>
<b>2. PERSONAL SKILLS</b> (educational or professional skills such as counseling, social work, or psychological knowledge; understanding of the other, of needs and characteristics; self-awareness; maturity)	<u>4</u>	<u>4</u>
<b>3. INTOLERANCE</b> (being impatient, inflexible; no give-and-take; intolerant of differences and unforgiving)	<u>3</u>	<u>3</u>
<b>4. PESSIMISM</b> (having a pessimistic outlook; no faith in the future or humour)	<u>2</u>	<u>3</u>
<b>5. RELIGIOUS FAITH</b> (having a religious faith or a spiritual commitment)	<u>3</u>	<u>2</u>
<b>6. AFFECTION</b> (love/caring for the other; mutual trust; respect or support for partner; interest in each other's well being)	<u>3</u>	<u>3</u>
<b>7. COMMITMENT</b> (having a commitment to partner, children or family; having a feeling of responsibility for them; based on personal caring and love of the family)	<u>5</u>	<u>4</u>
<b>8. SELF-SACRIFICE</b> ( <u>one-way</u> sacrifice for the sake of the other, not returned)	<u>3</u>	<u>3</u>
<b>9. PAST ROLE MODELS</b> (influenced by or learned from parents and others in the past, including relatives, friends and community)	<u>4</u>	<u>3</u>

Both partners will take turns to answer questions 10 - 17 individually and separately.

	COUPLE RATING
10. <b>VALUE DIFFERENCES</b> (having different values, goals, priorities, interests, personality/cultural background from your spouse)	<u>4</u>
11. <b>COMUNICATION SKILLS</b> (the use of effective communication, problem solving, good, shared decision making, coping, or planning skills to deal with relationship issues. It also includes reference to more specific skills or qualities like listening, being open and honest, using good solutions for both partners, pausing to avoid blowups with each other)	<u>3</u>
12. <b>TASK DIFFERNCES</b> (chores and jobs differ; not acting together to solve problems or cope with challenges)	<u>3</u>
13. <b>SHARED FUN</b> (doing things together for fun, recreation and rest to enhance relationship)	<u>3</u>
14. <b>SUPPORT NETWORKS</b> (having family, friends, professional helpers, and others that give help or support)	<u>2</u>
15. <b>SAVING FACE</b> (doing joint actions to prevent embarrassment, criticism, or social disapproval; avoid showing weakness)	<u>3</u>
16. <b>YOUR HISTORY AS A COUPLE</b> (been together for a time; have learned from past problems or stress)	<u>4</u>
17. <b>LIMITED PHYSICAL RESOURCES</b> (money, housing, other physical resources that help you and your partner deal with tasks)	<u>3</u>

*Do you have any other comments on the above answers, or on your resilience as a couple? Please elaborate:*

Date of submission: 7/10/1999



Both partners will take turns to answer questions 10 - 17 individually and separately.

	COUPLE RATING
10. <b>VALUE DIFFERENCES</b> (having different values, goals, priorities, interests, personality/cultural background from your spouse)	<u>3</u>
11. <b>COMMUNICATION SKILLS</b> (the use of effective communication, problem solving, good, shared decision making, coping, or planning skills to deal with relationship issues. It also includes reference to more specific skills or qualities like listening, being open and honest, using good solutions for both partners, pausing to avoid blowups with each other)	<u>2</u>
12. <b>TASK DIFFERENCES</b> (chores and jobs differ; not acting together to solve problems or cope with challenges)	<u>2</u>
13. <b>SHARED FUN</b> (doing things together for fun, recreation and rest to enhance relationship)	<u>3</u>
14. <b>SUPPORT NETWORKS</b> (having family, friends, professional helpers, and others that give help or support)	<u>1</u>
15. <b>SAVING FACE</b> (doing joint actions to prevent embarrassment, criticism, or social disapproval; avoid showing weakness)	<u>3</u>
16. <b>YOUR HISTORY AS A COUPLE</b> (been together for a time; have learned from past problems or stress)	<u>3</u>
17. <b>LIMITED PHYSICAL RESOURCES</b> (money, housing, other physical resources that help you and your partner deal with tasks)	<u>4</u>

*Do you have any other comments on the above answers, or on your resilience as a couple? Please elaborate:*

Date of submission:

No: 4

COUPLE RESILIENCE SCALE

Your name/initials:

Job: Clerk

Age: 39

For questions 1 to 9, rate how high you and your partner are on each of these characteristics. Give each the rating that fits best, from 5 (very high), 4 (high), 3 (moderate), 2 (low) to 1 (very low).

	Own Rating	Partner Rating
1. <b>HARDINESS</b> (having personal strength, toughness, determination, courage in the face of hardship, or perseverance; ability to stick out or make a go of it, to remain strong rather than weaken or give up)	<u>3</u>	<u>2</u>
2. <b>PERSONAL SKILLS</b> (educational or professional skills such as counseling, social work, or psychological knowledge; understanding of the other, of needs and characteristics; self-awareness; maturity)	<u>3</u>	<u>3</u>
3. <b>INTOLERANCE</b> (being impatient, inflexible; no give-and-take; intolerant of differences and unforgiving)	<u>1</u>	<u>2</u>
4. <b>PESSIMISM</b> (having a pessimistic outlook; no faith in the future or humour)	<u>2</u>	<u>2</u>
5. <b>RELIGIOUS FAITH</b> (having a religious faith or a spiritual commitment)	<u>3</u>	<u>3</u>
6. <b>AFFECTION</b> (love/caring for the other; mutual trust; respect or support for partner; interest in each other's well being)	<u>4</u>	<u>4</u>
7. <b>COMMITMENT</b> (having a commitment to partner, children or family; having a feeling of responsibility for them; based on personal caring and love of the family)	<u>4</u>	<u>3</u>
8. <b>SELF-SACRIFICE</b> ( <u>one-way</u> sacrifice for the sake of the other, not returned)	<u>2</u>	<u>2</u>
9. <b>PAST ROLE MODELS</b> (influenced by or learned from parents and others in the past, including relatives, friends and community)	<u>1</u>	<u>1</u>

Both partners will take turns to answer questions 10 - 17 individually and separately.

	COUPLE RATING
10. <b>VALUE DIFFERENCES</b> (having different values, goals, priorities, interests, personality/cultural background from your spouse)	<u>2</u>
11. <b>COMMUNICATION SKILLS</b> (the use of effective communication, problem solving, good, shared decision making, coping, or planning skills to deal with relationship issues. It also includes reference to more specific skills or qualities like listening, being open and honest, using good solutions for both partners, pausing to avoid blowups with each other)	<u>3</u>
12. <b>TASK DIFFERENCES</b> (chores and jobs differ; not acting together to solve problems or cope with challenges)	<u>3</u>
13. <b>SHARED FUN</b> (doing things together for fun, recreation and rest to enhance relationship)	<u>4</u>
14. <b>SUPPORT NETWORKS</b> (having family, friends, professional helpers, and others that give help or support)	<u>2</u>
15. <b>SAVING FACE</b> (doing joint actions to prevent embarrassment, criticism, or social disapproval; avoid showing weakness)	<u>3</u>
16. <b>YOUR HISTORY AS A COUPLE</b> (been together for a time; have learned from past problems or stress)	<u>3</u>
17. <b>LIMITED PHYSICAL RESOURCES</b> (money, housing, other physical resources that help you and your partner deal with tasks)	<u>4</u>

*Do you have any other comments on the above answers, or on your resilience as a couple? Please elaborate:*

Date of submission:

COUPLE RESILIENCE SCALE

Your name/initials: HM

Job: MANAGER

Age: 49

For questions 1 to 9, rate how high you and your partner are on each of these characteristics. Give each the rating that fits best, from 5 (very high), 4 (high), 3 (moderate), 2 (low) to 1 (very low).

	Own Rating	Partner Rating
1. <b>HARDINESS</b> (having personal strength, toughness, determination, courage in the face of hardship, or perseverance: ability to stick out or make a go of it, to remain strong rather than weaken or give up)	<u>4</u>	<u>4</u>
2. <b>PERSONAL SKILLS</b> (educational or professional skills such as counseling, social work, or psychological knowledge; understanding of the other, of needs and characteristics; self-awareness; maturity)	<u>4</u>	<u>4</u>
3. <b>INTOLERANCE</b> (being impatient, inflexible; no give-and-take; intolerant of differences and unforgiving)	<u>3</u>	<u>3</u>
4. <b>PESSIMISM</b> (having a pessimistic outlook; no faith in the future or humour)	<u>3</u>	<u>3</u>
5. <b>RELIGIOUS FAITH</b> (having a religious faith or a spiritual commitment)	<u>4</u>	<u>4</u>
6. <b>AFFECTION</b> (love/caring for the other; mutual trust; respect or support for partner; interest in each other's well being)	<u>5</u>	<u>5</u>
7. <b>COMMITMENT</b> (having a commitment to partner, children or family; having a feeling of responsibility for them; based on personal caring and love of the family)	<u>5</u>	<u>5</u>
8. <b>SELF-SACRIFICE</b> ( <u>one-way</u> sacrifice for the sake of the other, not returned)	<u>5</u>	<u>5</u>
9. <b>PAST ROLE MODELS</b> (influenced by or learned from parents and others in the past, including relatives, friends and community)	<u>1</u>	<u>4</u>

Both partners will take turns to answer questions 10 - 17 individually and separately.

	COUPLE RATING
10. <b>VALUE DIFFERENCES</b> (having different values, goals, priorities, interests, personality/cultural background from your spouse)	<u>1</u>
11. <b>COMMUNICATION SKILLS</b> (the use of effective communication, problem solving, good, shared decision making, coping, or planning skills to deal with relationship issues. It also includes reference to more specific skills or qualities like listening, being open and honest, using good solutions for both partners, pausing to avoid blowups with each other)	<u>5</u>
12. <b>TASK DIFFERENCES</b> (chores and jobs differ; not acting together to solve problems or cope with challenges)	<u>2</u>
13. <b>SHARED FUN</b> (doing things together for fun, recreation and rest to enhance relationship)	<u>4</u>
14. <b>SUPPORT NETWORKS</b> (having family, friends, professional helpers, and others that give help or support)	<u>3</u>
15. <b>SAVING FACE</b> (doing joint actions to prevent embarrassment, criticism, or social disapproval; avoid showing weakness)	<u>4</u>
16. <b>YOUR HISTORY AS A COUPLE</b> (been together for a time; have learned from past problems or stress)	<u>4</u>
17. <b>LIMITED PHYSICAL RESOURCES</b> (money, housing, other physical resources that help you and your partner deal with tasks)	<u>4</u>

*Do you have any other comments on the above answers, or on your resilience as a couple? Please elaborate:*

Date of submission:

**COUPLE RESILIENCE SCALE**

**Your name/initials:** SURINA HASIM      **Job:** Housewife      **Age:** 40

For questions 1 to 9, rate how high you and your partner are on each of these characteristics. Give each the rating that fits best, from 5 (very high), 4 (high), 3 (moderate), 2 (low) to 1 (very low).

	<b>Own Rating</b>	<b>Partner Rating</b>
<b>1. HARDINESS</b> (having personal strength, toughness, determination, courage in the face of hardship, or perseverance; ability to stick out or make a go of it, to remain strong rather than weaken or give up)	<u>4</u>	<u>4</u>
<b>2. PERSONAL SKILLS</b> (educational or professional skills such as counseling, social work, or psychological knowledge; understanding of the other, of needs and characteristics; self-awareness; maturity)	<u>3</u>	<u>4</u>
<b>3. INTOLERANCE</b> (being impatient, inflexible; no give-and-take; intolerant of differences and unforgiving)	<u>3</u>	<u>1</u>
<b>4. PESSIMISM</b> (having a pessimistic outlook; no faith in the future or humour)	<u>3</u>	<u>1</u>
<b>5. RELIGIOUS FAITH</b> (having a religious faith or a spiritual commitment)	<u>3</u>	<u>3</u>
<b>6. AFFECTION</b> (love/caring for the other; mutual trust; respect or support for partner; interest in each other's well being)	<u>5</u>	<u>5</u>
<b>7. COMMITMENT</b> (having a commitment to partner, children or family; having a feeling of responsibility for them; based on personal caring and love of the family)	<u>5</u>	<u>5</u>
<b>8. SELF-SACRIFICE</b> ( <u>one-way</u> sacrifice for the sake of the other, not returned)	<u>5</u>	<u>5</u>
<b>9. PAST ROLE MODELS</b> (influenced by or learned from parents and others in the past, including relatives, friends and community)	<u>5</u>	<u>1</u>

Both partners will take turns to answer questions 10 - 17 individually and separately.

	COUPLE RATING
10. VALUE DIFFERENCES (having different values, goals, priorities, interests, personality/cultural background from your spouse)	<u>4</u>
11.COMUNICATION SKILLS (the use of effective communication, problem solving, good, shared decision making, coping, or planning skills to deal with relationship issues. It also includes reference to more specific skills or qualities like listening, being open and honest, using good solutions for both partners, pausing to avoid blowups with each other)	<u>4</u>
12. TASK DIFFERNCES (chores and jobs differ; not acting together to solve problems or cope with challenges)	<u>4</u>
13. SHARED FUN (doing things together for fun, recreation and rest to enhance relationship)	<u>5</u>
14. SUPPORT NETWORKS (having family, friends, professional helpers, and others that give help or support)	<u>4</u>
15. SAVING FACE (doing joint actions to prevent embarrassment, criticism, or social disapproval; avoid showing weakness)	<u>4</u>
16. YOUR HISTORY AS A COUPLE (been together for a time; have learned from past problems or stress)	<u>4</u>
17. LIMITED PHYSICAL RESOURCES (money, housing, other physical resources that help you and your partner deal with tasks)	<u>4</u>

*Do you have any other comments on the above answers, or on your resilience as a couple? Please elaborate:*

Date of submission:

**COUPLE RESILIENCE SCALE**

Your name/initials: Shafie b. Mohamed Job: Adm. staff Age: 48

For questions 1 to 9, rate how high you and your partner are on each of these characteristics. Give each the rating that fits best, from 5 (very high), 4 (high), 3 (moderate), 2 (low) to 1 (very low).

	Own Rating	Partner Rating
<b>1. HARDINESS</b> (having personal strength, toughness, determination, courage in the face of hardship, or perseverance; ability to stick out or make a go of it, to remain strong rather than weaken or give up)	<u>4</u>	<u>5</u>
<b>2. PERSONAL SKILLS</b> (educational or professional skills such as counseling, social work, or psychological knowledge; understanding of the other, of needs and characteristics; self-awareness; maturity)	<u>3</u>	<u>3</u>
<b>3. INTOLERANCE</b> (being impatient, inflexible; no give-and-take; intolerant of differences and unforgiving)	<u>2</u>	<u>1</u>
<b>4. PESSIMISM</b> (having a pessimistic outlook; no faith in the future or humour)	<u>1</u>	<u>1</u>
<b>5. RELIGIOUS FAITH</b> (having a religious faith or a spiritual commitment)	<u>5</u>	<u>5</u>
<b>6. AFFECTION</b> (love/caring for the other; mutual trust; respect or support for partner; interest in each other's well being)	<u>4</u>	<u>5</u>
<b>7. COMMITMENT</b> (having a commitment to partner, children or family; having a feeling of responsibility for them; based on personal caring and love of the family)	<u>5</u>	<u>5</u>
<b>8. SELF-SACRIFICE</b> ( <u>one-way</u> sacrifice for the sake of the other, not returned)	<u>4</u>	<u>5</u>
<b>9. PAST ROLE MODELS</b> (influenced by or learned from parents and others in the past, including relatives, friends and community)	<u>3</u>	<u>2</u>



Both partners will take turns to answer questions 10 - 17 individually and separately.

	COUPLE RATING
10. VALUE DIFFERENCES (having different values, goals, priorities, interests, personality/cultural background from your spouse)	<u>2</u>
11.COMMUNICATION SKILLS (the use of effective communication, problem solving, good, shared decision making, coping, or planning skills to deal with relationship issues. It also includes reference to more specific skills or qualities like listening, being open and honest, using good solutions for both partners, pausing to avoid blowups with each other)	<u>5</u>
12. TASK DIFFERNCES (chores and jobs differ; not acting together to solve problems or cope with challenges)	<u>2</u>
13. SHARED FUN (doing things together for fun, recreation and rest to enhance relationship)	<u>4</u>
14. SUPPORT NETWORKS (having family, friends, professional helpers, and others that give help or support)	<u>4</u>
15. SAVING FACE (doing joint actions to prevent embarrassment, criticism, or social disapproval; avoid showing weakness)	<u>4</u>
16. YOUR HISTORY AS A COUPLE (been together for a time; have learned from past problems or stress)	<u>2</u>
17. LIMITED PHYSICAL RESOURCES (money, housing, other physical resources that help you and your partner deal with tasks)	<u>3</u>

*Do you have any other comments on the above answers, or on your resilience as a couple? Please elaborate:*

Date of submission:

**COUPLE RESILIENCE SCALE**

**Your name/initials:** CHE ZABENAH ISUAIN **Job:** BANK EXECUTIVE **Age:** 43

For questions 1 to 9, rate how high you and your partner are on each of these characteristics. Give each the rating that fits best, from 5 (very high), 4 (high), 3 (moderate), 2 (low) to 1 (very low).

	Own Rating	Partner Rating
<b>1. HARDINESS</b> (having personal strength, toughness, determination, courage in the face of hardship, or perseverance: ability to stick out or make a go of it, to remain strong rather than weaken or give up)	<u>5</u>	<u>4</u>
<b>2. PERSONAL SKILLS</b> (educational or professional skills such as counseling, social work, or psychological knowledge; understanding of the other, of needs and characteristics; self-awareness; maturity)	<u>3</u>	<u>3</u>
<b>3. INTOLERANCE</b> (being impatient, inflexible; no give-and-take; intolerant of differences and unforgiving)	<u>1</u>	<u>3</u>
<b>4. PESSIMISM</b> (having a pessimistic outlook; no faith in the future or humour)	<u>3</u>	<u>3</u>
<b>5. RELIGIOUS FAITH</b> (having a religious faith or a spiritual commitment)	<u>5</u>	<u>5</u>
<b>6. AFFECTION</b> (love/caring for the other; mutual trust; respect or support for partner; interest in each other's well being)	<u>5</u>	<u>5</u>
<b>7. COMMITMENT</b> (having a commitment to partner, children or family; having a feeling of responsibility for them; based on personal caring and love of the family)	<u>5</u>	<u>5</u>
<b>8. SELF-SACRIFICE</b> ( <u>one-way</u> sacrifice for the sake of the other, not returned)	<u>5</u>	<u>5</u>
<b>9. PAST ROLE MODELS</b> (influenced by or learned from parents and others in the past, including relatives, friends and community)	<u>5</u>	<u>5</u>

Both partners will take turns to answer questions 10 - 17 individually and separately.

	COUPLE RATING
10. VALUE DIFFERENCES (having different values, goals, priorities, interests, personality/cultural background from your spouse)	<u>2</u>
11. COMMUNICATION SKILLS (the use of effective communication, problem solving, good, shared decision making, coping, or planning skills to deal with relationship issues. It also includes reference to more specific skills or qualities like listening, being open and honest, using good solutions for both partners, pausing to avoid blowups with each other)	<u>5</u>
12. TASK DIFFERENCES (chores and jobs differ; not acting together to solve problems or cope with challenges)	<u>2</u>
13. SHARED FUN (doing things together for fun, recreation and rest to enhance relationship)	<u>5</u>
14. SUPPORT NETWORKS (having family, friends, professional helpers, and others that give help or support)	<u>4</u>
15. SAVING FACE (doing joint actions to prevent embarrassment, criticism, or social disapproval; avoid showing weakness)	<u>5</u>
16. YOUR HISTORY AS A COUPLE (been together for a time; have learned from past problems or stress)	<u>1</u>
17. LIMITED PHYSICAL RESOURCES (money, housing, other physical resources that help you and your partner deal with tasks)	<u>3</u>

*Do you have any other comments on the above answers, or on your resilience as a couple? Please elaborate:*

Date of submission: 19/3/2020

COUPLE RESILIENCE SCALE

Your name/initials: ABU BAKAR B. HASRIN & HASSAN Job: TECHNICAL EXECUTIVE Age: 47 YEARS

For questions 1 to 9, rate how high you and your partner are on each of these characteristics. Give each the rating that fits best, from 5 (very high), 4 (high), 3 (moderate), 2 (low) to 1 (very low).

	Own Rating	Partner Rating
1. <b>HARDINESS</b> (having personal strength, toughness, determination, courage in the face of hardship, or perseverance; ability to stick out or make a go of it, to remain strong rather than weaken or give up)	<u>5</u>	<u>4</u>
2. <b>PERSONAL SKILLS</b> (educational or professional skills such as counseling, social work, or psychological knowledge; understanding of the other, of needs and characteristics; self-awareness; maturity)	<u>5</u>	<u>4</u>
3. <b>INTOLERANCE</b> (being impatient, inflexible; no give-and-take; intolerant of differences and unforgiving)	<u>2</u>	<u>4</u>
4. <b>PESSIMISM</b> (having a pessimistic outlook; no faith in the future or humour)	<u>4</u>	<u>4</u>
5. <b>RELIGIOUS FAITH</b> (having a religious faith or a spiritual commitment)	<u>5</u>	<u>5</u>
6. <b>AFFECTION</b> (love/caring for the other; mutual trust; respect or support for partner; interest in each other's well being)	<u>5</u>	<u>5</u>
7. <b>COMMITMENT</b> (having a commitment to partner, children or family; having a feeling of responsibility for them; based on personal caring and love of the family)	<u>5</u>	<u>5</u>
8. <b>SELF-SACRIFICE</b> ( <u>one-way</u> sacrifice for the sake of the other, not returned)	<u>5</u>	<u>5</u>
9. <b>PAST ROLE MODELS</b> (influenced by or learned from parents and others in the past, including relatives, friends and community)	<u>5</u>	<u>4</u>

Both partners will take turns to answer questions 10 - 17 individually and separately.

	COUPLE RATING
10. <b>VALUE DIFFERENCES</b> (having different values, goals, priorities, interests, personality/cultural background from your spouse)	<u>4</u>
11. <b>COMMUNICATION SKILLS</b> (the use of effective communication, problem solving, good, shared decision making, coping, or planning skills to deal with relationship issues. It also includes reference to more specific skills or qualities like listening, being open and honest, using good solutions for both partners, pausing to avoid blowups with each other)	<u>4</u>
12. <b>TASK DIFFERENCES</b> (chores and jobs differ; not acting together to solve problems or cope with challenges)	<u>2</u>
13. <b>SHARED FUN</b> (doing things together for fun, recreation and rest to enhance relationship)	<u>4</u>
14. <b>SUPPORT NETWORKS</b> (having family, friends, professional helpers, and others that give help or support)	<u>4</u>
15. <b>SAVING FACE</b> (doing joint actions to prevent embarrassment, criticism, or social disapproval; avoid showing weakness)	<u>5</u>
16. <b>YOUR HISTORY AS A COUPLE</b> (been together for a time; have learned from past problems or stress)	<u>4</u>
17. <b>LIMITED PHYSICAL RESOURCES</b> (money, housing, other physical resources that help you and your partner deal with tasks)	<u>4</u>

*Do you have any other comments on the above answers, or on your resilience as a couple? Please elaborate:*

Date of submission:

COUPLE RESILIENCE SCALE

Your name/initials: Zaman, Mohamed Job: Housewife Age: 44

For questions 1 to 9, rate how high you and your partner are on each of these characteristics. Give each the rating that fits best, from 5 (very high), 4 (high), 3 (moderate), 2 (low) to 1 (very low).

	Own Rating	Partner Rating
1. <b>HARDINESS</b> (having personal strength, toughness, determination, courage in the face of hardship, or perseverance: ability to stick out or make a go of it, to remain strong rather than weaken or give up)	<u>4</u>	<u>5</u>
2. <b>PERSONAL SKILLS</b> (educational or professional skills such as counseling, social work, or psychological knowledge; understanding of the other, of needs and characteristics; self-awareness; maturity)	<u>2</u>	<u>4</u>
3. <b>INTOLERANCE</b> (being impatient, inflexible; no give-and-take; intolerant of differences and unforgiving)	<u>3</u>	<u>3</u>
4. <b>PESSIMISM</b> (having a pessimistic outlook; no faith in the future or humour)	<u>1</u>	<u>1</u>
5. <b>RELIGIOUS FAITH</b> (having a religious faith or a spiritual commitment)	<u>5</u>	<u>5</u>
6. <b>AFFECTION</b> (love/caring for the other; mutual trust; respect or support for partner; interest in each other's well being)	<u>5</u>	<u>5</u>
7. <b>COMMITMENT</b> (having a commitment to partner, children or family; having a feeling of responsibility for them; based on personal caring and love of the family)	<u>5</u>	<u>5</u>
8. <b>SELF-SACRIFICE</b> ( <u>one-way</u> sacrifice for the sake of the other, not returned)	<u>5</u>	<u>5</u>
9. <b>PAST ROLE MODELS</b> (influenced by or learned from parents and others in the past, including relatives, friends and community)	<u>4</u>	<u>4</u>

Both partners will take turns to answer questions 10 - 17 individually and separately.

	COUPLE RATING
10. <b>VALUE DIFFERENCES</b> (having different values, goals, priorities, interests, personality/cultural background from your spouse)	<u>3</u>
11. <b>COMMUNICATION SKILLS</b> (the use of effective communication, problem solving, good, shared decision making, coping, or planning skills to deal with relationship issues. It also includes reference to more specific skills or qualities like listening, being open and honest, using good solutions for both partners, pausing to avoid blowups with each other)	<u>4</u>
12. <b>TASK DIFFERENCES</b> (chores and jobs differ; not acting together to solve problems or cope with challenges)	<u>4</u>
13. <b>SHARED FUN</b> (doing things together for fun, recreation and rest to enhance relationship)	<u>5</u>
14. <b>SUPPORT NETWORKS</b> (having family, friends, professional helpers, and others that give help or support)	<u>4</u>
15. <b>SAVING FACE</b> (doing joint actions to prevent embarrassment, criticism, or social disapproval; avoid showing weakness)	<u>4</u>
16. <b>YOUR HISTORY AS A COUPLE</b> (been together for a time; have learned from past problems or stress)	<u>4</u>
17. <b>LIMITED PHYSICAL RESOURCES</b> (money, housing, other physical resources that help you and your partner deal with tasks)	<u>2</u>

*Do you have any other comments on the above answers, or on your resilience as a couple? Please elaborate:*

Date of submission:

COUPLE RESILIENCE SCALE

Your name/initials: Mohd SALEH B Mohd NOFI Job: lecturer Age: 50

For questions 1 to 9, rate how high you and your partner are on each of these characteristics. Give each the rating that fits best, from 5 (very high), 4 (high), 3 (moderate), 2 (low) to 1 (very low).

	Own Rating	Partner Rating
1. <b>HARDINESS</b> (having personal strength, toughness, determination, courage in the face of hardship, or perseverance; ability to stick out or make a go of it, to remain strong rather than weaken or give up)	<u>4</u>	<u>4</u>
2. <b>PERSONAL SKILLS</b> (educational or professional skills such as counseling, social work, or psychological knowledge; understanding of the other, of needs and characteristics; self-awareness; maturity)	<u>3</u>	<u>4</u>
3. <b>INTOLERANCE</b> (being impatient, inflexible; no give-and-take; intolerant of differences and unforgiving)	<u>4</u>	<u>4</u>
4. <b>PESSIMISM</b> (having a pessimistic outlook; no faith in the future or humour)	<u>4</u>	<u>4</u>
5. <b>RELIGIOUS FAITH</b> (having a religious faith or a spiritual commitment)	<u>5</u>	<u>3</u>
6. <b>AFFECTION</b> (love/caring for the other; mutual trust; respect or support for partner; interest in each other's well being)	<u>3</u>	<u>5</u>
7. <b>COMMITMENT</b> (having a commitment to partner, children or family; having a feeling of responsibility for them; based on personal caring and love of the family)	<u>5</u>	<u>5</u>
8. <b>SELF-SACRIFICE</b> (one-way sacrifice for the sake of the other, not returned)	<u>4</u>	<u>5</u>
9. <b>PAST ROLE MODELS</b> (influenced by or learned from parents and others in the past, including relatives, friends and community)	<u>4</u>	<u>4</u>



Both partners will take turns to answer questions 10 - 17 individually and separately.

	COUPLE RATING
10. VALUE DIFFERENCES (having different values, goals, priorities, interests, personality/cultural background from your spouse)	<u>4</u>
11.COMMUNICATION SKILLS (the use of effective communication, problem solving, good, shared decision making, coping, or planning skills to deal with relationship issues. It also includes reference to more specific skills or qualities like listening, being open and honest, using good solutions for both partners, pausing to avoid blowups with each other)	<u>4</u>
12. TASK DIFFERENCES (chores and jobs differ; not acting together to solve problems or cope with challenges)	<u>4</u>
13. SHARED FUN (doing things together for fun, recreation and rest to enhance relationship)	<u>5</u>
14. SUPPORT NETWORKS (having family, friends, professional helpers, and others that give help or support)	<u>4</u>
15. SAVING FACE (doing joint actions to prevent embarrassment, criticism, or social disapproval; avoid showing weakness)	<u>4</u>
16. YOUR HISTORY AS A COUPLE (been together for a time; have learned from past problems or stress)	<u>5</u>
17. LIMITED PHYSICAL RESOURCES (money, housing, other physical resources that help you and your partner deal with tasks)	<u>4</u>

*Do you have any other comments on the above answers, or on your resilience as a couple? Please elaborate:*

Date of submission: 18/03/2020

**COUPLE RESILIENCE SCALE**

Your name/initials: N.I.

Job: TEACHER (H.N) Age: 50

For questions 1 to 9, rate how high you and your partner are on each of these characteristics. Give each the rating that fits best, from 5 (very high), 4 (high), 3 (moderate), 2 (low) to 1 (very low).

	Own Rating	Partner Rating
1. <b>HARDINESS</b> (having personal strength, toughness, determination, courage in the face of hardship, or perseverance: ability to stick out or make a go of it, to remain strong rather than weaken or give up)	<u>3</u>	<u>4</u>
2. <b>PERSONAL SKILLS</b> (educational or professional skills such as counseling, social work, or psychological knowledge; understanding of the other, of needs and characteristics; self-awareness; maturity)	<u>4</u>	<u>4</u>
3. <b>INTOLERANCE</b> (being impatient, inflexible; no give-and-take; intolerant of differences and unforgiving)	<u>2</u>	<u>2</u>
4. <b>PESSIMISM</b> (having a pessimistic outlook; no faith in the future or humour)	<u>3</u>	<u>3</u>
5. <b>RELIGIOUS FAITH</b> (having a religious faith or a spiritual commitment)	<u>3</u>	<u>4</u>
6. <b>AFFECTION</b> (love/caring for the other; mutual trust; respect or support for partner; interest in each other's well being)	<u>4</u>	<u>4</u>
7. <b>COMMITMENT</b> (having a commitment to partner, children or family; having a feeling of responsibility for them; based on personal caring and love of the family)	<u>4</u>	<u>4</u>
8. <b>SELF-SACRIFICE</b> ( <u>one-way</u> sacrifice for the sake of the other, not returned)	<u>4</u>	<u>4</u>
9. <b>PAST ROLE MODELS</b> (influenced by or learned from parents and others in the past, including relatives, friends and community)	<u>3</u>	<u>3</u>

Both partners will take turns to answer questions 10 - 17 individually and separately.

	COUPLE RATING
10. VALUE DIFFERENCES (having different values, goals, priorities, interests, personality/cultural background from your spouse)	<u>3</u>
11.COMMUNICATION SKILLS (the use of effective communication, problem solving, good, shared decision making, coping, or planning skills to deal with relationship issues. It also includes reference to more specific skills or qualities like listening, being open and honest, using good solutions for both partners, pausing to avoid blowups with each other)	<u>3</u>
12. TASK DIFFERENCES (chores and jobs differ; not acting together to solve problems or cope with challenges)	<u>4</u>
13. SHARED FUN (doing things together for fun, recreation and rest to enhance relationship)	<u>4</u>
14. SUPPORT NETWORKS (having family, friends, professional helpers, and others that give help or support)	<u>3</u>
15. SAVING FACE (doing joint actions to prevent embarrassment, criticism, or social disapproval; avoid showing weakness)	<u>3</u>
16. YOUR HISTORY AS A COUPLE (been together for a time; have learned from past problems or stress)	<u>4</u>
17. LIMITED PHYSICAL RESOURCES (money, housing, other physical resources that help you and your partner deal with tasks)	<u>3</u>

*Do you have any other comments on the above answers, or on your resilience as a couple? Please elaborate:*

Date of submission:

**COUPLE RESILIENCE SCALE**

Your name/initials: Mr Gomez

Job: Lecturer

Age: 48

For questions 1 to 9, rate **how high you and your partner are on each of these characteristics**. Give each the rating that fits best, from **5 (very high)**, **4 (high)**, **3 (moderate)**, **2 (low)** to **1 (very low)**.

	Own Rating	Partner Rating
<b>1. HARDINESS</b> (having personal strength, toughness, determination, courage in the face of hardship, or perseverance: ability to stick out or make a go of it, to remain strong rather than weaken or give up)	<u>4</u>	<u>5</u>
<b>2. PERSONAL SKILLS</b> (educational or professional skills such as counseling, social work, or psychological knowledge; understanding of the other, of needs and characteristics; self-awareness; maturity)	<u>4</u>	<u>3</u>
<b>3. INTOLERANCE</b> (being impatient, inflexible; no give-and-take; intolerant of differences and unforgiving)	<u>4</u>	<u>4</u>
<b>4. PESSIMISM</b> (having a pessimistic outlook; no faith in the future or humour)	<u>2</u>	<u>3</u>
<b>5. RELIGIOUS FAITH</b> (having a religious faith or a spiritual commitment)	<u>3</u>	<u>3</u>
<b>6. AFFECTION</b> (love/caring for the other; mutual trust; respect or support for partner; interest in each other's well being)	<u>3</u>	<u>3</u>
<b>7. COMMITMENT</b> (having a commitment to partner, children or family; having a feeling of responsibility for them; based on personal caring and love of the family)	<u>5</u>	<u>5</u>
<b>8. SELF-SACRIFICE</b> (one-way sacrifice for the sake of the other, not returned)	<u>2</u>	<u>2</u>
<b>9. PAST ROLE MODELS</b> (influenced by or learned from parents and others in the past, including relatives, friends and community)	<u>2</u>	<u>2</u>

**Both partners will take turns to answer questions 10 - 17 individually and separately.**

	<b>COUPLE RATING</b>
<b>10. VALUE DIFFERENCES</b> (having different values, goals, priorities, interests, personality/cultural background from your spouse)	<u>3</u>
<b>11. COMMUNICATION SKILLS</b> (the use of effective communication, problem solving, good, shared decision making, coping, or planning skills to deal with relationship issues. It also includes reference to more specific skills or qualities like listening, being open and honest, using good solutions for both partners, pausing to avoid blowups with each other)	<u>3</u>
<b>12. TASK DIFFERENCES</b> (chores and jobs differ; not acting together to solve problems or cope with challenges)	<u>3</u>
<b>13. SHARED FUN</b> (doing things together for fun, recreation and rest to enhance relationship)	<u>3</u>
<b>14. SUPPORT NETWORKS</b> (having family, friends, professional helpers, and others that give help or support)	<u>4</u>
<b>15. SAVING FACE</b> (doing joint actions to prevent embarrassment, criticism, or social disapproval; avoid showing weakness)	<u>2</u>
<b>16. YOUR HISTORY AS A COUPLE</b> (been together for a time; have learned from past problems or stress)	<u>4</u>
<b>17. LIMITED PHYSICAL RESOURCES</b> (money, housing, other physical resources that help you and your partner deal with tasks)	<u>2</u>

*Do you have any other comments on the above answers, or on your resilience as a couple? Please elaborate:*

Date of submission: 28/10/21

COUPLE RESILIENCE SCALEYour name/initials: Mrs GomezJob: TeacherAge: 46

For questions 1 to 9, rate how high you and your partner are on each of these characteristics. Give each the rating that fits best, from 5 (very high), 4 (high), 3 (moderate), 2 (low) to 1 (very low).

	Own Rating	Partner Rating
1. <b>HARDINESS</b> (having personal strength, toughness, determination, courage in the face of hardship, or perseverance; ability to stick out or make a go of it, to remain strong rather than weaken or give up)	<u>5</u>	<u>4</u>
2. <b>PERSONAL SKILLS</b> (educational or professional skills such as counseling, social work, or psychological knowledge; understanding of the other, of needs and characteristics; self-awareness; maturity)	<u>3</u>	<u>4</u>
3. <b>INTOLERANCE</b> (being impatient, inflexible; no give-and-take; intolerant of differences and unforgiving)	<u>3</u>	<u>3</u>
4. <b>PESSIMISM</b> (having a pessimistic outlook; no faith in the future or humour)	<u>3</u>	<u>3</u>
5. <b>RELIGIOUS FAITH</b> (having a religious faith or a spiritual commitment)	<u>4</u>	<u>3</u>
6. <b>AFFECTION</b> (love/caring for the other; mutual trust; respect or support for partner; interest in each other's well being)	<u>3</u>	<u>3</u>
7. <b>COMMITMENT</b> (having a commitment to partner, children or family; having a feeling of responsibility for them; based on personal caring and love of the family)	<u>5</u>	<u>5</u>
8. <b>SELF-SACRIFICE</b> ( <u>one-way</u> sacrifice for the sake of the other, not returned)	<u>4</u>	<u>4</u>
9. <b>PAST ROLE MODELS</b> (influenced by or learned from parents and others in the past, including relatives, friends and community)	<u>3</u>	<u>3</u>

Both partners will take turns to answer questions 10 - 17 individually and separately.

	COUPLE RATING
<b>10. VALUE DIFFERENCES</b> (having different values, goals, priorities, interests, personality/cultural background from your spouse)	<u>3</u>
<b>11. COMMUNICATION SKILLS</b> (the use of effective communication, problem solving, good, shared decision making, coping, or planning skills to deal with relationship issues. It also includes reference to more specific skills or qualities like listening, being open and honest, using good solutions for both partners, pausing to avoid blowups with each other)	<u>3</u>
<b>12. TASK DIFFERENCES</b> (chores and jobs differ; not acting together to solve problems or cope with challenges)	<u>3</u>
<b>13. SHARED FUN</b> (doing things together for fun, recreation and rest to enhance relationship)	<u>3</u>
<b>14. SUPPORT NETWORKS</b> (having family, friends, professional helpers, and others that give help or support)	<u>4</u>
<b>15. SAVING FACE</b> (doing joint actions to prevent embarrassment, criticism, or social disapproval; avoid showing weakness)	<u>2</u>
<b>16. YOUR HISTORY AS A COUPLE</b> (been together for a time; have learned from past problems or stress)	<u>4</u>
<b>17. LIMITED PHYSICAL RESOURCES</b> (money, housing, other physical resources that help you and your partner deal with tasks)	<u>3</u>

*Do you have any other comments on the above answers, or on your resilience as a couple? Please elaborate:*

Date of submission:

COUPLE RESILIENCE SCALEYour name/initials: NadaJob: Bank Mgr Age: 50

For questions 1 to 9, rate how high you and your partner are on each of these characteristics. Give each the rating that fits best, from 5 (very high), 4 (high), 3 (moderate), 2 (low) to 1 (very low).

	Own Rating	Partner Rating
1. <b>HARDINESS</b> (having personal strength, toughness, determination, courage in the face of hardship, or perseverance; ability to stick out or make a go of it, to remain strong rather than weaken or give up)	<u>5</u>	<u>4</u>
2. <b>PERSONAL SKILLS</b> (educational or professional skills such as counseling, social work, or psychological knowledge; understanding of the other, of needs and characteristics; self-awareness; maturity)	<u>4</u>	<u>4</u>
3. <b>INTOLERANCE</b> (being impatient, inflexible; no give-and-take; intolerant of differences and unforgiving)	<u>1</u>	<u>2</u>
4. <b>PESSIMISM</b> (having a pessimistic outlook; no faith in the future or humour)	<u>1</u>	<u>1</u>
5. <b>RELIGIOUS FAITH</b> (having a religious faith or a spiritual commitment)	<u>5</u>	<u>5</u>
6. <b>AFFECTION</b> (love/caring for the other; mutual trust; respect or support for partner; interest in each other's well being)	<u>5</u>	<u>5</u>
7. <b>COMMITMENT</b> (having a commitment to partner, children or family; having a feeling of responsibility for them; based on personal caring and love of the family)	<u>5</u>	<u>5</u>
8. <b>SELF-SACRIFICE</b> ( <u>one-way</u> sacrifice for the sake of the other, not returned)	<u>4</u>	<u>3</u>
9. <b>PAST ROLE MODELS</b> (influenced by or learned from parents and others in the past, including relatives, friends and community)	<u>4</u>	<u>4</u>



Both partners will take turns to answer questions 10 - 17 individually and separately.

	COUPLE RATING
10. <b>VALUE DIFFERENCES</b> (having different values, goals, priorities, interests, personality/cultural background from your spouse)	<u>3</u>
11. <b>COMMUNICATION SKILLS</b> (the use of effective communication, problem solving, good, shared decision making, coping, or planning skills to deal with relationship issues. It also includes reference to more specific skills or qualities like listening, being open and honest, using good solutions for both partners, pausing to avoid blowups with each other)	<u>3</u>
12. <b>TASK DIFFERENCES</b> (chores and jobs differ; not acting together to solve problems or cope with challenges)	<u>2</u>
13. <b>SHARED FUN</b> (doing things together for fun, recreation and rest to enhance relationship)	<u>4</u>
14. <b>SUPPORT NETWORKS</b> (having family, friends, professional helpers, and others that give help or support)	<u>3</u>
15. <b>SAVING FACE</b> (doing joint actions to prevent embarrassment, criticism, or social disapproval; avoid showing weakness)	<u>1</u>
16. <b>YOUR HISTORY AS A COUPLE</b> (been together for a time; have learned from past problems or stress)	<u>5</u>
17. <b>LIMITED PHYSICAL RESOURCES</b> (money, housing, other physical resources that help you and your partner deal with tasks)	<u>1</u>

Do you have any other comments on the above answers, or on your resilience as a couple? Please elaborate:

Date of submission: 16/4/2000

COUPLE RESILIENCE SCALE

Your name/initials: Lane Job: bank officer Age: 43

For questions 1 to 9, rate how high you and your partner are on each of these characteristics. Give each the rating that fits best, from 5 (very high), 4 (high), 3 (moderate), 2 (low) to 1 (very low).

	Own Rating	Partner Rating
<b>1. HARDINESS</b> (having personal strength, toughness, determination, courage in the face of hardship, or perseverance: ability to stick out or make a go of it, to remain strong rather than weaken or give up)	<u>3</u>	<u>5</u>
<b>2. PERSONAL SKILLS</b> (educational or professional skills such as counseling, social work, or psychological knowledge; understanding of the other, of needs and characteristics; self-awareness; maturity)	<u>4</u>	<u>4</u>
<b>3. INTOLERANCE</b> (being impatient, inflexible; no give-and-take; intolerant of differences and unforgiving)	<u>1</u>	<u>2</u>
<b>4. PESSIMISM</b> (having a pessimistic outlook; no faith in the future or humour)	<u>1</u>	<u>1</u>
<b>5. RELIGIOUS FAITH</b> (having a religious faith or a spiritual commitment)	<u>5</u>	<u>5</u>
<b>6. AFFECTION</b> (love/caring for the other; mutual trust; respect or support for partner; interest in each other's well being)	<u>5</u>	<u>5</u>
<b>7. COMMITMENT</b> (having a commitment to partner, children or family; having a feeling of responsibility for them; based on personal caring and love of the family)	<u>5</u>	<u>5</u>
<b>8. SELF-SACRIFICE</b> ( <u>one-way</u> sacrifice for the sake of the other, not returned)	<u>4</u>	<u>3</u>
<b>9. PAST ROLE MODELS</b> (influenced by or learned from parents and others in the past, including relatives, friends and community)	<u>11</u>	<u>11</u>

Both partners will take turns to answer questions 10 - 17 individually and separately.

	COUPLE RATING
10. <b>VALUE DIFFERENCES</b> (having different values, goals, priorities, interests, personality/cultural background from your spouse)	<u>3</u>
11. <b>COMMUNICATION SKILLS</b> (the use of effective communication, problem solving, good, shared decision making, coping, or planning skills to deal with relationship issues. It also includes reference to more specific skills or qualities like listening, being open and honest, using good solutions for both partners, pausing to avoid blowups with each other)	<u>3</u>
12. <b>TASK DIFFERENCES</b> (chores and jobs differ; not acting together to solve problems or cope with challenges)	<u>2</u>
13. <b>SHARED FUN</b> (doing things together for fun, recreation and rest to enhance relationship)	<u>4</u>
14. <b>SUPPORT NETWORKS</b> (having family, friends, professional helpers, and others that give help or support)	<u>3</u>
15. <b>SAVING FACE</b> (doing joint actions to prevent embarrassment, criticism, or social disapproval; avoid showing weakness)	<u>1</u>
16. <b>YOUR HISTORY AS A COUPLE</b> (been together for a time; have learned from past problems or stress)	<u>5</u>
17. <b>LIMITED PHYSICAL RESOURCES</b> (money, housing, other physical resources that help you and your partner deal with tasks)	<u>1</u>

*Do you have any other comments on the above answers, or on your resilience as a couple? Please elaborate:*

Date of submission: 16/4/2000

COUPLE RESILIENCE SCALE

Your name/initials: KRISHNAN M

Job: SECURITY GUARD Age: 55

For questions 1 to 9, rate how high you and your partner are on each of these characteristics. Give each the rating that fits best, from 5 (very high), 4 (high), 3 (moderate), 2 (low) to 1 (very low).

	Own Rating	Partner Rating
1. <b>HARDINESS</b> (having personal strength, toughness, determination, courage in the face of hardship, or perseverance: ability to stick out or make a go of it, to remain strong rather than weaken or give up)	<u>4</u>	<u>4</u>
2. <b>PERSONAL SKILLS</b> (educational or professional skills such as counseling, social work, or psychological knowledge; understanding of the other, of needs and characteristics; self-awareness; maturity)	<u>3</u>	<u>3</u>
3. <b>INTOLERANCE</b> (being impatient, inflexible; no give-and-take; intolerant of differences and unforgiving)	<u>3</u>	<u>4</u>
4. <b>PESSIMISM</b> (having a pessimistic outlook; no faith in the future or humour)	<u>4</u>	<u>3</u>
5. <b>RELIGIOUS FAITH</b> (having a religious faith or a spiritual commitment)	<u>3</u>	<u>3</u>
6. <b>AFFECTION</b> (love/caring for the other; mutual trust; respect or support for partner; interest in each other's well being)	<u>5</u>	<u>4</u>
7. <b>COMMITMENT</b> (having a commitment to partner, children or family; having a feeling of responsibility for them; based on personal caring and love of the family)	<u>3</u>	<u>3</u>
8. <b>SELF-SACRIFICE</b> ( <u>one-way</u> sacrifice for the sake of the other, not returned)	<u>4</u>	<u>4</u>
9. <b>PAST ROLE MODELS</b> (influenced by or learned from parents and others in the past, including relatives, friends and community)	<u>4</u>	<u>4</u>

Both partners will take turns to answer questions 10 - 17 individually and separately.

	COUPLE RATING
<b>10. VALUE DIFFERENCES</b> (having different values, goals, priorities, interests, personality/cultural background from your spouse)	<u>4</u>
<b>11. COMMUNICATION SKILLS</b> (the use of effective communication, problem solving, good, shared decision making, coping, or planning skills to deal with relationship issues. It also includes reference to more specific skills or qualities like listening, being open and honest, using good solutions for both partners, pausing to avoid blowups with each other)	<u>3</u>
<b>12. TASK DIFFERENCES</b> (chores and jobs differ; not acting together to solve problems or cope with challenges)	<u>3</u>
<b>13. SHARED FUN</b> (doing things together for fun, recreation and rest to enhance relationship)	<u>3</u>
<b>14. SUPPORT NETWORKS</b> (having family, friends, professional helpers, and others that give help or support)	<u>3</u>
<b>15. SAVING FACE</b> (doing joint actions to prevent embarrassment, criticism, or social disapproval; avoid showing weakness)	<u>2</u>
<b>16. YOUR HISTORY AS A COUPLE</b> (been together for a time; have learned from past problems or stress)	<u>2</u>
<b>17. LIMITED PHYSICAL RESOURCES</b> (money, housing, other physical resources that help you and your partner deal with tasks)	<u>3</u>

*Do you have any other comments on the above answers, or on your resilience as a couple? Please elaborate:*

Date of submission:

COUPLE RESILIENCE SCALE

Your name/initials: INDRA DEVI

Job: LAB. ASSISTANT Age: 44

For questions 1 to 9, rate how high you and your partner are on each of these characteristics. Give each the rating that fits best, from 5 (very high), 4 (high), 3 (moderate), 2 (low) to 1 (very low).

	Own Rating	Partner Rating
1. <b>HARDINESS</b> (having personal strength, toughness, determination, courage in the face of hardship, or perseverance: ability to stick out or make a go of it, to remain strong rather than weaken or give up)	<u>5</u>	<u>3</u>
2. <b>PERSONAL SKILLS</b> (educational or professional skills such as counseling, social work, or psychological knowledge; understanding of the other, of needs and characteristics; self-awareness; maturity)	<u>3</u>	<u>3</u>
3. <b>INTOLERANCE</b> (being impatient, inflexible; no give-and-take; intolerant of differences and unforgiving)	<u>3</u>	<u>2</u>
4. <b>PESSIMISM</b> (having a pessimistic outlook; no faith in the future or humour)	<u>4</u>	<u>4</u>
5. <b>RELIGIOUS FAITH</b> (having a religious faith or a spiritual commitment)	<u>4</u>	<u>4</u>
6. <b>AFFECTION</b> (love/caring for the other; mutual trust; respect or support for partner; interest in each other's well being)	<u>3</u>	<u>2</u>
7. <b>COMMITMENT</b> (having a commitment to partner, children or family; having a feeling of responsibility for them; based on personal caring and love of the family)	<u>5</u>	<u>3</u>
8. <b>SELF-SACRIFICE</b> ( <u>one-way</u> sacrifice for the sake of the other, not returned)	<u>5</u>	<u>4</u>
9. <b>PAST ROLE MODELS</b> (influenced by or learned from parents and others in the past, including relatives, friends and community)	<u>3</u>	<u>4</u>

Both partners will take turns to answer questions 10 - 17 individually and separately.

	COUPLE RATING
10. <b>VALUE DIFFERENCES</b> (having different values, goals, priorities, interests, personality/cultural background from your spouse)	<u>4</u>
11. <b>COMMUNICATION SKILLS</b> (the use of effective communication, problem solving, good, shared decision making, coping, or planning skills to deal with relationship issues. It also includes reference to more specific skills or qualities like listening, being open and honest, using good solutions for both partners, pausing to avoid blowups with each other)	<u>3</u>
12. <b>TASK DIFFERNCES</b> (chores and jobs differ; not acting together to solve problems or cope with challenges)	<u>2</u>
13. <b>SHARED FUN</b> (doing things together for fun, recreation and rest to enhance relationship)	<u>3</u>
14. <b>SUPPORT NETWORKS</b> (having family, friends, professional helpers, and others that give help or support)	<u>2</u>
15. <b>SAVING FACE</b> (doing joint actions to prevent embarrassment, criticism, or social disapproval; avoid showing weakness)	<u>3</u>
16. <b>YOUR HISTORY AS A COUPLE</b> (been together for a time; have learned from past problems or stress)	<u>3</u>
17. <b>LIMITED PHYSICAL RESOURCES</b> (money, housing, other physical resources that help you and your partner deal with tasks)	<u>4</u>

*Do you have any other comments on the above answers, or on your resilience as a couple? Please elaborate:*

Date of submission:

COUPLE RESILIENCE SCALE

Your name/initials: *R. RAJAGOPALAN*

Job: *FIELD ASSISTANT* Age: *45*

For questions 1 to 9, rate how high you and your partner are on each of these characteristics. Give each the rating that fits best, from 5 (very high), 4 (high), 3 (moderate), 2 (low) to 1 (very low).

	Own Rating	Partner Rating
1. <b>HARDINESS</b> (having personal strength, toughness, determination, courage in the face of hardship, or perseverance; ability to stick out or make a go of it, to remain strong rather than weaken or give up)	<u>4</u>	<u>3</u>
2. <b>PERSONAL SKILLS</b> (educational or professional skills such as counseling, social work, or psychological knowledge; understanding of the other, of needs and characteristics; self-awareness; maturity)	<u>4</u>	<u>4</u>
3. <b>INTOLERANCE</b> (being impatient, inflexible; no give-and-take; intolerant of differences and unforgiving)	<u>2</u>	<u>2</u>
4. <b>PESSIMISM</b> (having a pessimistic outlook; no faith in the future or humour)	<u>3</u>	<u>3</u>
5. <b>RELIGIOUS FAITH</b> (having a religious faith or a spiritual commitment)	<u>5</u>	<u>5</u>
6. <b>AFFECTION</b> (love/caring for the other; mutual trust; respect or support for partner; interest in each other's well being)	<u>5</u>	<u>5</u>
7. <b>COMMITMENT</b> (having a commitment to partner, children or family; having a feeling of responsibility for them; based on personal caring and love of the family)	<u>5</u>	<u>5</u>
8. <b>SELF-SACRIFICE</b> ( <u>one-way</u> sacrifice for the sake of the other, not returned)	<u>5</u>	<u>4</u>
9. <b>PAST ROLE MODELS</b> (influenced by or learned from parents and others in the past, including relatives, friends and community)	<u>3</u>	<u>3</u>



Both partners will take turns to answer questions 10 - 17 individually and separately.

	COUPLE RATING
10. <b>VALUE DIFFERENCES</b> (having different values, goals, priorities, interests, personality/cultural background from your spouse)	<u>2</u>
11. <b>COMMUNICATION SKILLS</b> (the use of effective communication, problem solving, good, shared decision making, coping, or planning skills to deal with relationship issues. It also includes reference to more specific skills or qualities like listening, being open and honest, using good solutions for both partners, pausing to avoid blowups with each other)	<u>4</u>
12. <b>TASK DIFFERENCES</b> (chores and jobs differ: not acting together to solve problems or cope with challenges)	<u>3</u>
13. <b>SHARED FUN</b> (doing things together for fun, recreation and rest to enhance relationship)	<u>3</u>
14. <b>SUPPORT NETWORKS</b> (having family, friends, professional helpers, and others that give help or support)	<u>4</u>
15. <b>SAVING FACE</b> (doing joint actions to prevent embarrassment, criticism, or social disapproval; avoid showing weakness)	<u>4</u>
16. <b>YOUR HISTORY AS A COUPLE</b> (been together for a time; have learned from past problems or stress)	<u>4</u>
17. <b>LIMITED PHYSICAL RESOURCES</b> (money, housing, other physical resources that help you and your partner deal with tasks)	<u>3</u>

*Do you have any other comments on the above answers, or on your resilience as a couple? Please elaborate:*

*No comments.*

Date of submission:

*22/3/2000*

COUPLE RESILIENCE SCALE

Your name/initials: LETCHUMI. M.

Job: HOUSE WIFE Age: 45

For questions 1 to 9, rate how high you and your partner are on each of these characteristics. Give each the rating that fits best, from 5 (very high), 4 (high), 3 (moderate), 2 (low) to 1 (very low).

	Own Rating	Partner Rating
1. <b>HARDINESS</b> (having personal strength, toughness, determination, courage in the face of hardship, or perseverance; ability to stick out or make a go of it, to remain strong rather than weaken or give up)	<u>5</u>	<u>5</u>
2. <b>PERSONAL SKILLS</b> (educational or professional skills such as counseling, social work, or psychological knowledge; understanding of the other, of needs and characteristics; self-awareness; maturity)	<u>2</u>	<u>5</u>
3. <b>INTOLERANCE</b> (being impatient, inflexible; no give-and-take; intolerant of differences and unforgiving)	<u>1</u>	<u>2</u>
4. <b>PESSIMISM</b> (having a pessimistic outlook; no faith in the future or humour)	<u>1</u>	<u>1</u>
5. <b>RELIGIOUS FAITH</b> (having a religious faith or a spiritual commitment)	<u>5</u>	<u>5</u>
6. <b>AFFECTION</b> (love/caring for the other; mutual trust; respect or support for partner; interest in each other's well being)	<u>5</u>	<u>5</u>
7. <b>COMMITMENT</b> (having a commitment to partner, children or family; having a feeling of responsibility for them; based on personal caring and love of the family)	<u>5</u>	<u>5</u>
8. <b>SELF-SACRIFICE</b> ( <u>one-way</u> sacrifice for the sake of the other, not returned)	<u>5</u>	<u>5</u>
9. <b>PAST ROLE MODELS</b> (influenced by or learned from parents and others in the past, including relatives, friends and community)	<u>5</u>	<u>5</u>

Both partners will take turns to answer questions 10 - 17 individually and separately.

	COUPLE RATING
<b>10. VALUE DIFFERENCES</b> (having different values, goals, priorities, interests, personality/cultural background from your spouse)	<u>1</u>
<b>11. COMUNICATION SKILLS</b> (the use of effective communication, problem solving, good, shared decision making, coping, or planning skills to deal with relationship issues. It also includes reference to more specific skills or qualities like listening, being open and honest, using good solutions for both partners, pausing to avoid blowups with each other)	<u>5</u>
<b>12. TASK DIFFERNCES</b> (chores and jobs differ; not acting together to solve problems or cope with challenges)	<u>3</u>
<b>13. SHARED FUN</b> (doing things together for fun, recreation and rest to enhance relationship)	<u>3</u>
<b>14. SUPPORT NETWORKS</b> (having family, friends, professional helpers, and others that give help or support)	<u>5</u>
<b>15. SAVING FACE</b> (doing joint actions to prevent embarrassment, criticism, or social disapproval; avoid showing weakness)	<u>5</u>
<b>16. YOUR HISTORY AS A COUPLE</b> (been together for a time; have learned from past problems or stress)	<u>5</u>
<b>17. LIMITED PHYSICAL RESOURCES</b> (money, housing, other physical resources that help you and your partner deal with tasks)	<u>3</u>

*Do you have any other comments on the above answers, or on your resilience as a couple? Please elaborate:*

Date of submission: 22/3/00