

GK Family Environment Scale (GKFES) By Dr George Kaliaden

Thirty three statements about families are given below. Read each statement carefully and decide whether the statement is true about your family. If it is true (or mostly true), then circle T in the answer sheet. If it is false (or mostly false), circle F in the answer sheet. You may feel some of the statements are true for some family members and false for other family members. Circle T if the statement is true for most members. Circle F if the statement is false for most members. If the members are evenly divided, decide what is the overall stronger impression and answer accordingly. Do not leave out any item. Remember we want to assess what your family appears to YOU. So do not try to figure out how other members see your family. Do give your own impression of your family for each statement. Everything you mark here will be fully confidential.

- T F **1** Most of us come forward willingly if something has to be done at home
- T F **2** It is difficult to express one's feelings at home
- T F **3** Family members generally do not become openly angry
- T F **4** In our family we are encouraged to become independent
- T F **5** We feel it is important to be the best in whatever we do
- T F **6** We rarely go for public meetings, lectures or workshops
- T T **7** Friends often come over to our house for dinner or to visit
- T F **8** We do not pray together regularly in our home
- T F **9** Keeping time and careful planning is very important in our family
- T F **10** There are very few rules to be followed in our family
- T F **10A** Someone in the family often gets beating or physical punishment
- T F **11** There is a feeling of oneness (unity) and sharing in our family

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- T F **12** We talk freely and joke with each other often in our family
- T F **13** We often criticize each other and argue about who is right and wrong
- T F **14** Each one is free to make one's own decisions in our family
- T F **15** "Complete your work before you enjoy"- this is the way In our family
- T F **16** We are not very interested in books, art shows, exhibitions etc.
- T F **17** We often go to cinema, stage programs, cultural events
- T F **18** We usually read holy books or listen to religious songs
- T F **19** Someone is always taking about keeping the house neat and tidy
- T F **20** Giving strict orders is quite common in our family
- T F **20A** Being shouted at and scolded is common in our family
- T F **21** When someone is in need, all members help and support him/her
- T F **22** We have to think twice before we can speak anything in our home
- T F **23** Family members blame each other and prove each other wrong
- T F **24** There is some privacy in our home to keep personal diary/ secrets
- T F **25** Family members are encouraged to imitate great men,do great things
- T F **26** We rarely discuss politics, social problems or global issues
- T F **27** As a family we watch TV shows, movies, programs etc
- T F **28** We often discuss religious beleifs or moral values
- T F **29** Washing dishes and keeping the kitchen clean is very important for us
- T F **30** Someone in our home is always checking on what we are doing
- T F **30A** Parents believe in strict disciplining and severe punishment

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SCORING KEY : 1 mark for each of the following answers:

1 T 2 F 3 F 4 T 5 T 6 F 7 T 8 F 9 T 10 F 10A T

11T 12T 13T 14T 15T 16F 17T 18T 19T 20T 20A T

21T 22F 23T 24T 25T 26F 27T 28T 29T 30T 30A T

Ach Exp Clr Ind Ach Int Rec Mor Org Ctr Pun

Interpretation: H M L

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