

MANUAL FOR

# Social Skills *Rating Scale*

SSRS-SVAAKS

**Dr. Vishal Sood**

Assistant Professor (Education)  
ICDEOL, H.P. University  
SHIMLA (H.P.)

**Dr. (Mrs.) Arti Anand**

Assistant Professor (Education)  
Abhilashi P.G. College of Education  
NERCHOWK, DISTT. MANDI (H.P.)

**Suresh Kumar**

Research Scholar  
PADHAR, DISTT. MANDI (H.P.)



Estd. 1971

T. M. Regd. No. 564838  
Copyright Regd. No. A-73256/2005 Dt. 13.5.05

☎ 0562-2464926

**NATIONAL PSYCHOLOGICAL CORPORATION**

BHARGAVA BHAWAN, 4/230, KACHERI GHAT, AGRA-282 004 (INDIA)

• Email-npc\_agra@yahoo.com • website : www.npcindia.com

## INTRODUCTION

It has universally been accepted that prosperity of a nation is reflected by its educational system. Quality and progress of a nation depends upon the quality of its people and economic growth. But, both of these depend upon quality of education imparted to its people. Without education generally, one can not live like an efficient human being. It is an important input both for the growth of the society as well as for the development of the individual. Hence, education has become the social mission across the world. Education is the only source of all illumination and nothing is purifying on each than knowledge. Education is supposed to be the core of human development and an essential prerequisite for achieving equality, dignity and social justice. One of the universally accepted objectives of education is the comprehensive development of human personality. The major component of personality development is effective social skills.

The term 'skill' has two general meanings. One describes a constellation of behaviours that make up 'a skill'. In the second, skill refers to something the individual possesses a capability to perform a task with a high order of proficiency. Broadly defined, 'skills are the abilities to deal effectively with the demands and challenges of everyday life. These are persons' ability to maintain a state of mental wellbeing and to demonstrate the same in adaptive and positive behaviour while interacting with others understanding their world, building positive relationship with friends, family and peers, listening and communicating effectively, taking responsibility and coping with stress. Social skills enable the students to be accepted in society and to accept social norms that provide foundation for adult social behaviour.

Social skills have been defined as the ability to emit behaviours that are positively or negatively reinforced and not to emit behaviours that are punished or extinguished by others. Social skill implies the selection and exhibition of behaviour at appropriate times and in specific situations. Social skills are defined as those social, interpersonal and task-related behaviours that produce positive consequences in the school and classroom settings. Social skills are the abilities to interact with other people in acceptable ways that will lead to beneficial outcomes. Social skills are the behaviours, verbal and non-verbal, that we use in order to communicate effectively with other people. Social skills are governed by culture, beliefs and attitudes. They continuously change and develop throughout our lives. Social skills are learned behaviours that students perform to successfully complete social tasks. Social skills facilitate the development and maintenance of positive social relationships and friendships, improve school adjustment and help students to cope effectively and positively with the demands of their social environment.



T. M. Regd. No. 564838  
Copyright Regd. No. © A-73256/2005 Dt. 13.5.05

**Dr. Vishal Sood (Shimla)**  
**Dr. (Mrs.) Arti Anand (Nerchowk)**  
**Suresh Kumar (Padhar)**

**Consumable Booklet**  
**of**

**SSRS-SVAKS**  
(Hindi Version)

कृपया निम्नलिखित सूचनाएँ भरिए—

दिनांक

नाम  लिंग : पुरुष  स्त्री

पिता का नाम

कक्षा  जन्मतिथि

क्षेत्र : शहरी  ग्रामीण  स्कूल का नाम

स्कूल का प्रकार : लड़का  लड़की  सह-शिक्षा

स्कूल की प्रकृति: सरकारी  अर्द्धसरकारी  गैर सरकारी

### निर्देश

अग्रिम पृष्ठों में कुल 92 कथन दिए गए हैं, जो विभिन्न सामाजिक कौशलों (Social Skills) पर आधारित हैं। प्रत्येक कथन के पाँच संभावित उत्तर दिए गए हैं, यथा सदैव, प्रायः, कभी-कभी, बहुत कम तथा कभी नहीं। प्रत्येक कथन को ध्यानपूर्वक पढ़िए तथा दिए हुए पाँच सम्भावित उत्तरों में से उस एक उत्तर पर सही का चिन्ह  लगाइए जो आपके अन्दर विद्यमान विशेषता को उपयुक्त ढंग से दर्शाता हो। इन कथनों का उत्तर देने के लिए कोई समय-सीमा नहीं है। आप पूर्णतया सोच-समझकर कथनों के उत्तर दें। आपके द्वारा दिया गया कोई भी उत्तर सही या गलत नहीं है। आपके उत्तरों को गोपनीय रखा जायेगा।

अब आप कृपया पृष्ठ बदलें तथा निःसंकोच उत्तर देना आरम्भ करें।

### SCORING TABLE

Areas	I	II	III	IV	V	Total Score
Raw Score						
z-Score						
Grade						
Level						
Level of Social Skill Rating	<input type="text"/>					Scorer <input type="text"/>

Estd. 1971

www.npcindia.com

☎:(0562) 2464926

**NATIONAL PSYCHOLOGICAL CORPORATION**

4/230, KACHERI GHAT, AGRA-282 004 (INDIA)