

## Chapter 2 Self and Personality

### Learning Objectives

Aspects of self; self concept; Self-esteem and self-regulation; Culture and self; Personality; Concept; Approaches to personality; Type and Trait, Psychodynamic, Humanistic, Behavioural and Cultural; Assessment of Personality; Self - report measures, Behavioural Analysis, and Projective Measures.

#### **PART A**

**(1 Mark)**

1. Which indirect technique is used for assessing the personality of a person :  
a. Psychometric Test (b) Self Report Measures (c) Projective techniques (d) Interviews.
2. The two theory of Analytical Psychology was proposed by : (a) Carl Jung (b) Carl Rogers (c) Abraham Maslow (d) Friedman
3. Some people seem to possess high motivation lack patience, feel short of time, be in a great hurry and feel like being always burdened in the work. Such people are characterized as (a) Type A personality (b) Type B personality (c) Type C personality (d) Type D personality.
4. Which tests assess how people express aggression in the face of a frustrating situation : (a) Thematic Apperception Test (b) Rosenzweig's P - F Study (c) Draw a person test (d) None of the above.
5. Goals and ideals that are considered important and worthwhile to achieve \_\_\_\_\_ .
6. The five factor model of personality was given by \_\_\_\_\_ .
7. Projective techniques were developed on the working of \_\_\_\_\_ feelings.
8. The MMPI inventory was devised by \_\_\_\_\_ .
9. Definition of a healthy person is based on behaviourist / humanistic theories.
10. Who proposed a typology of personality based fluid or humour \_\_\_\_\_ ?
11. Structure of mind, according to Freud consists of \_\_\_\_\_.
12. Delay of gratification is an example of self-control. (True/False)
13. Self refers to the totality of beliefs and feelings about oneself. T/F
14. Endomorphic people are relaxed and sociable (T/F)
15. Allport proposed that traits are generalized behavioural tendencies (T/F)

#### **PART B**

**(2 Marks)**

1. Describe any two factors from the five factor model of personality.
2. How is personal identity different from social identity?
3. How is personal self different from social self?
4. What is situational stress test?
5. What is a halo effect?

#### **PART C**

**(3 Marks)**

1. Explain the problem faced by Self report measures.
2. Distinguish between type approach and trait approach.
3. Who is a healthy person? State the characteristics.
4. Explain Erik Erikson's theory.
5. Explain EPQ.

6. State the limitations of observation and interview method.
7. What is personality assessment? Explain the various well known self report measures.
8. What are the broad dimensions of personality proposed by Eysenck?
9. Discuss the concept of Gunas.
10. Describe any two factors from five factor model of personality.

#### **PART D**

**(4 Marks)**

1. How is assessment of personality done using indirect techniques? Briefly describe one such technique.
2. How can personality be measured through Behavioural Analysis?
3. Explain the psychological techniques of self control.
4. Highlight the significance of Individual Psychology by Alfred Adler.
5. Who were post - Freudians ? Explain Karen Horney's and Erich Fromm's theories based on post Freudian approach.
6. Explain the criticisms faced by psycho-dynamic theories.
7. Briefly describe Abraham Maslow's and Carl Roger's contribution to the development of humanistic perspective on personality.
8. Explain any four post Freudian approaches to personality.
9. What are the different levels of consciousness proposed by Freud.
10. What is self actualization ? What are the characteristics of self - actualised person.

#### **PART E**

**(6 Marks)**

1. State the major approaches to the study of personality and explain any three.
2. Explain Psychodynamic approach.
3. Explain Defense Mechanism with examples.
4. Critically evaluate Freud psycho - analytic theory of personality.
5. Explain behaviouristic approach of personality development.