

Year 11 ATAR Psychology Personality Project – VALIDATION

Name: _____

Task:

You will be provided with two (2) questions where you will be required to demonstrate your understanding of the personality theories studied throughout the unit. **You must answer two (2) questions.**

Please record your response on the lined paper provided, clearly labelling which question you are addressing at the top of the page.

You have 4 minutes reading time.

You have 60 minutes to complete this task.

Question 1 - 25 marks

Alanna is a 15-year-old teenager who is known by her peers as fiery and stubborn, losing her temper easily and swears like a sailor, which doesn't really endear her to her teachers. Even though she is talkative and excitable in class, she refuses to ask for help even when she really needs it. Alanna has recently got a part-time job which she is proud of as she won employee of the month, this has made her behaviour worse at school as she does not see a point in learning as she has never felt academic or smart. As her behaviour has worsened, issues with her current friendship group have increased, her friends find her restlessness disruptive and unpredictable. They do not know what they are going to get when they hang out with her. However, instead of confronting her about how they feel, they instead avoid sitting in the same spot, so she does not know where to find them at recess and lunch. Alanna becomes extremely distressed and lonely at break time, vigorously searching the school grounds for her group of friends.

Using your understanding of Trait and Humanistic theories to explain Alanna's personality and behaviour. In your response:

- **describe/define Trait theory of personality and name the theorist associated with the theory you are discussing**
- **describe/define humanistic theory of personality and name the theorist associated with the theory you are discussing**
- **apply/relate these theories to Alanna's behaviour/ personality**
- **compare and contrast the strengths and limitations of the Trait and Humanistic theories.**

Question 2 (23 marks)

Tony and Maria are a married couple who no longer enjoy each other's company. This has caused distress for Maria, who values a healthy marriage and is trying her hardest to fix the marriage as she always wants to do what is best for her two children. Without realising it, Maria gives Tony her full attention when they get home from work, asking him how his day was, asking relevant questions and smiling and nodding so she appears very interested in what he has to say, even though she finds the conversation really boring. For over a year Maria did this, before becoming increasingly frustrated with other even smaller aspects of his personality, such as his orderliness, compulsion for control, constant smoking and biting of his nails. Maria finally feels she is in a good headspace to have the uncomfortable conversation with Tony about their marriage problems, he shrugs and simply says that "Romance is not something that married couples need, I see no problem in our relationship". Maria makes the decision to ask Tony to either start working on the relationship and seeing a marriage counsellor or to think about separating as staying together and being unhappy would be worse for the children.

Use your understanding of Psychodynamic theory to explain Tony and Maria's personality and behaviour. In your response:

- **describe/define Psychodynamic theory of personality and name the theorist associated with the theory you are discussing**
- **apply/relate the theory to Maria's behaviour/ personality**
- **apply/relate the theory to Tony's behaviour/ personality**
- **explain the change that motivated Maria to confront Tony**
- **Identify and describe how personality is measured by psychoanalysts, including an example and limitation.**
