

Psychometric Tests

**NEURO-COGNITIVE-EMOTIONAL
INTELLIGENCE BEHAVIOUR
COMPETENCY MAPPING**

REPORT



NAME

Victor

AGE

32

GENDER

Male

ADDRESS

B 1304 Raunak Paradise

CONTACT NO

9833086018

EMAIL ID

vittoriasmartlearning@gmail.com

PROFESSION

Professional

COUNSELLOR

Dr. Antony Augusthy

CONTACT NO

+ 91 9833086018

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Development of Psychometric Research

Psychometric tests are based on scientific principles of measurement and aim to provide reliable and valid assessments of human behavior and cognitive abilities.

- **1884:** Sir Francis Galton coined the term "eugenics" and conducted early research on human abilities and traits, which laid the groundwork for the development of psychometric tests.
- **1905:** Alfred Binet and Theodore Simon introduced the Binet-Simon Scale, the first modern intelligence test, to identify children with learning difficulties in French schools.
- **1916:** Lewis Terman adapted and standardized Binet's test, creating the Stanford-Binet Intelligence Scales, which became one of the most widely used intelligence tests in the United States.
- **1939:** David Wechsler developed the Wechsler-Bellevue Intelligence Scale, which measured both verbal and non-verbal abilities and laid the foundation for subsequent Wechsler intelligence tests.
- **1943:** Raymond Cattell introduced the concept of "fluid" and "crystallized" intelligence, contributing to the understanding of human cognitive abilities.
- **1949:** The Myers-Briggs Type Indicator (MBTI), based on Carl Jung's theory of personality, was developed by Isabel Briggs Myers and Katharine Cook Briggs, becoming one of the most widely used personality tests.
- **1950:** Hans Eysenck developed the Eysenck Personality Questionnaire, contributing to the study of personality traits and dimensions.
- **1961:** Raymond Cattell introduced the concept of "fluid" and "crystallized" intelligence, contributing to the understanding of human cognitive abilities.
- **1962:** The Minnesota Multiphasic Personality Inventory (MMPI) was revised by Starke R. Hathaway and J.C. McKinley, becoming a widely used tool in clinical and research settings.
- **1983:** Howard Gardner published his groundbreaking book "Frames of Mind: The Theory of Multiple Intelligences," where he introduced the concept of multiple intelligences.
- **1985:** Daniel Goleman introduced the concept of Emotional Intelligence (EI), paving the way for the development of EI assessments.
- **1995:** The Big Five Personality Traits model gained popularity, focusing on five major personality dimensions: openness, conscientiousness, extraversion, agreeableness, and emotional stability.
- **2003:** The VIA Survey of Character Strengths, based on positive psychology, was developed by Christopher Peterson and Martin Seligman to assess character strengths.
- **2011:** The introduction of web-based and computer-adaptive testing revolutionized psychometric assessments, making them more accessible and efficient.

These milestones represent some key developments in the field of psychometrics, but it's important to note that research and advancements in this area continue to evolve, enhancing the quality and utility of psychometric tests for various purposes.



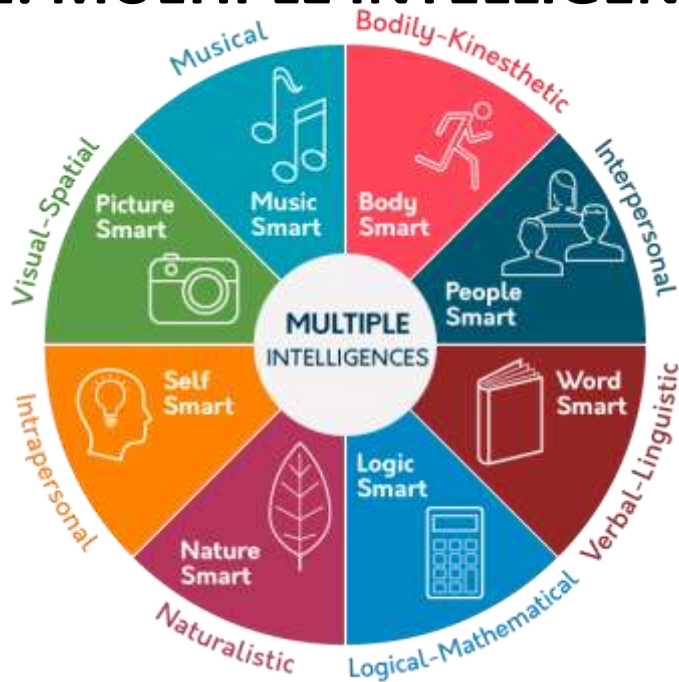
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1. MULTIPLE INTELLIGENCE





MULTIPLE INTELLIGENCE

1. Linguistic Intelligence

Score: 25 (Category: Strong Proficiency)

Feedback:

Congratulations, your linguistic intelligence falls within the strong proficiency range. You have a solid command of language and can effectively express yourself. Keep refining your skills by exploring different writing styles, experimenting with complex sentence structures, and engaging in advanced language-related activities. Leveraging your linguistic abilities, you could consider pursuing careers in writing, translation, content creation, or public speaking, where your communication skills will be highly valued.

Career Suggestions:

- **Journalist:** Pursue a career in journalism, reporting on various topics and using your strong language skills to convey information accurately.
- **Public Relations Specialist:** Work in PR, where effective communication is essential for building and maintaining a positive image for clients.
- **Author:** Consider writing novels, non-fiction books, or essays, leveraging your strong proficiency in language to engage readers.



2 Logical/Mathematical Intelligence

Score: 27 (Category: Strong Proficiency)

Feedback:

Congratulations, your logical/mathematical intelligence falls within the strong proficiency range. Your ability to analyze patterns, make connections, and solve intricate problems is impressive. Keep challenging yourself by tackling advanced mathematical concepts, exploring formal logic, and delving into fields such as computer science, engineering, or mathematics. Your strong logical/mathematical skills open doors to careers that involve data analysis, research, software development, and strategic planning.

Career Suggestions:

- **Data Scientist:** Dive into complex data analysis, predictive modeling, and machine learning to leverage your strong analytical skills.
- **Software Developer:** Create innovative software solutions by applying your logical abilities to design and code complex algorithms.
- **Financial Analyst:** Analyze financial data, forecast trends, and provide strategic insights based on your strong mathematical proficiency.
- **Operations Research Analyst:** Optimize processes, make data-driven decisions, and solve complex logistical problems in various industries.



Picture Smart

3 Visual/Spatial Intelligence

Score: 25 (Category: Strong Proficiency)

Feedback:

Congratulations, your Visual/Spatial intelligence falls within the strong proficiency range. You have a solid command of visualizing and understanding spatial information. Your ability to manipulate and analyze visual data is impressive. Consider exploring careers in fields such as graphic arts, interior design, cartography, virtual reality development, or engineering, where your strong visual and spatial skills will be highly valued. Continuing to refine your abilities and seeking opportunities for creativity could lead to a successful and fulfilling career.

Career Suggestions:

- **Architect:** Pursue a career in architecture, where you can design buildings and spaces.
- **Industrial Designer:** Use your strong visual and spatial skills to create innovative product designs.
- **Virtual Reality Developer:** Enter the world of VR development, creating immersive digital environments.
- **Cartographer:** Become a professional mapmaker, specializing in spatial representation.
- **Civil Engineer:** Apply your spatial intelligence to design and analyze infrastructure projects.

4 Interpersonal Intelligence



Score: 24 (Category: Strong Proficiency)

Feedback:

Congratulations, your interpersonal intelligence is in the strong proficiency range. You have a knack for understanding and interacting with people, which can lead to fulfilling careers. Cultivate your ability to build rapport, mediate conflicts, and lead teams. Consider pursuing roles in leadership, coaching, counselling, or community organizing, where your strong interpersonal skills can have a positive impact on individuals and groups.

Career Suggestions:

- **Leadership Positions:** Your strong interpersonal skills make you an ideal candidate for roles such as team leader, supervisor, or department manager.
- **Coach or Mentor:** Help individuals and teams reach their full potential by offering guidance and support.
- **Counselor or Therapist:** Consider specializing in areas such as marriage and family therapy, addiction counseling, or career counseling.
- **Community Organizer:** Your ability to connect with people can be valuable in bringing communities together for a common cause.



5 Musical Intelligence

Score: 29 (Category: Strong Proficiency)

Feedback:

Congratulations, your musical intelligence falls within the strong proficiency range. You have a solid foundation in understanding and creating music. To continue advancing, consider formal music training, learning advanced techniques on your chosen instrument, and exploring composition. Your developed musical intelligence could lead to opportunities in music performance, teaching, music therapy, or even music production, where your ability to understand and convey emotions through music is highly valuable.

Career Suggestions:

- **Professional Musician:** Pursue a career as a solo artist or join a band as a musician or vocalist.
- **Music Teacher (Intermediate/Advanced Levels):** Teach more advanced music techniques to students in your chosen instrument or vocal training.
- **Music Producer:** Learn the ropes of music production and studio recording, working with artists to create and refine their music.

6 Naturalistic Intelligence



Nature Smart

Score: 28 (Category: Strong Proficiency)

Feedback:

Congratulations, your naturalistic intelligence falls within the strong proficiency range. You have a keen ability to connect with and understand the natural world. Your deep appreciation for nature could lead you towards impactful careers such as environmental education, ecological research, or park management. Continue to expand your expertise by delving into more specialized areas of naturalistic study and sharing your knowledge with others.

Career Suggestions:

- **Ecologist:** Conduct research on ecosystems, species interactions, and environmental changes to contribute to conservation efforts.
- **Environmental Educator:** Lead workshops, design educational materials, and inspire others to take action for the environment.
- **Park Manager:** Oversee the management and conservation of natural areas, ensuring their sustainability and educational value.



Body Smart

7 Body/Kinaesthetic Intelligence

Score: 27 (Category: Strong Proficiency)

Feedback:

Congratulations, your Body/Kinesthetic intelligence is in the strong proficiency range. You have a solid command of physical coordination and movement, allowing you to excel in activities that require hands-on skills. To further enhance your abilities, consider specializing in a particular physical discipline or art form. This could involve pursuing careers in dance, sports, acting, or other performance-related fields. Your strong kinesthetic intelligence can also be valuable in careers such as physical education, fitness training, or even fields that involve hands-on craftsmanship.

Career Suggestions:

- **Professional Athlete:** Pursue a career in professional sports, where your strong kinesthetic intelligence can excel in a competitive environment.
- **Professional Dancer:** Consider becoming a professional dancer, specializing in a specific dance style like ballet, hip-hop, or contemporary.
- **Physical Education Teacher:** Use your skills to educate and inspire students as a physical education teacher in schools.
- **Choreographer:** Develop intricate dance routines or movement sequences as a choreographer in the entertainment industry.

8 Intrapersonal Intelligence



Self Smart

Score: 29 (Category: Strong Proficiency)

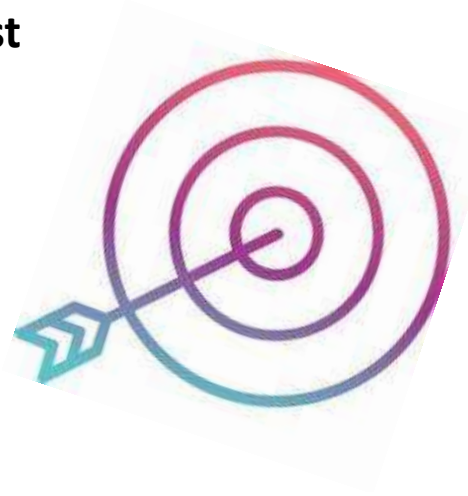
Feedback:

Congratulations, your intrapersonal intelligence suggests a strong level of self-awareness. You have a solid grasp of your emotions, values, and internal processes. Your ability to navigate your inner world can serve you well in both personal and professional settings. Consider pursuing careers involving coaching, counselling, psychology, or leadership roles where your adept understanding of human behaviour and motivation can significantly impact you.

Career Suggestions:

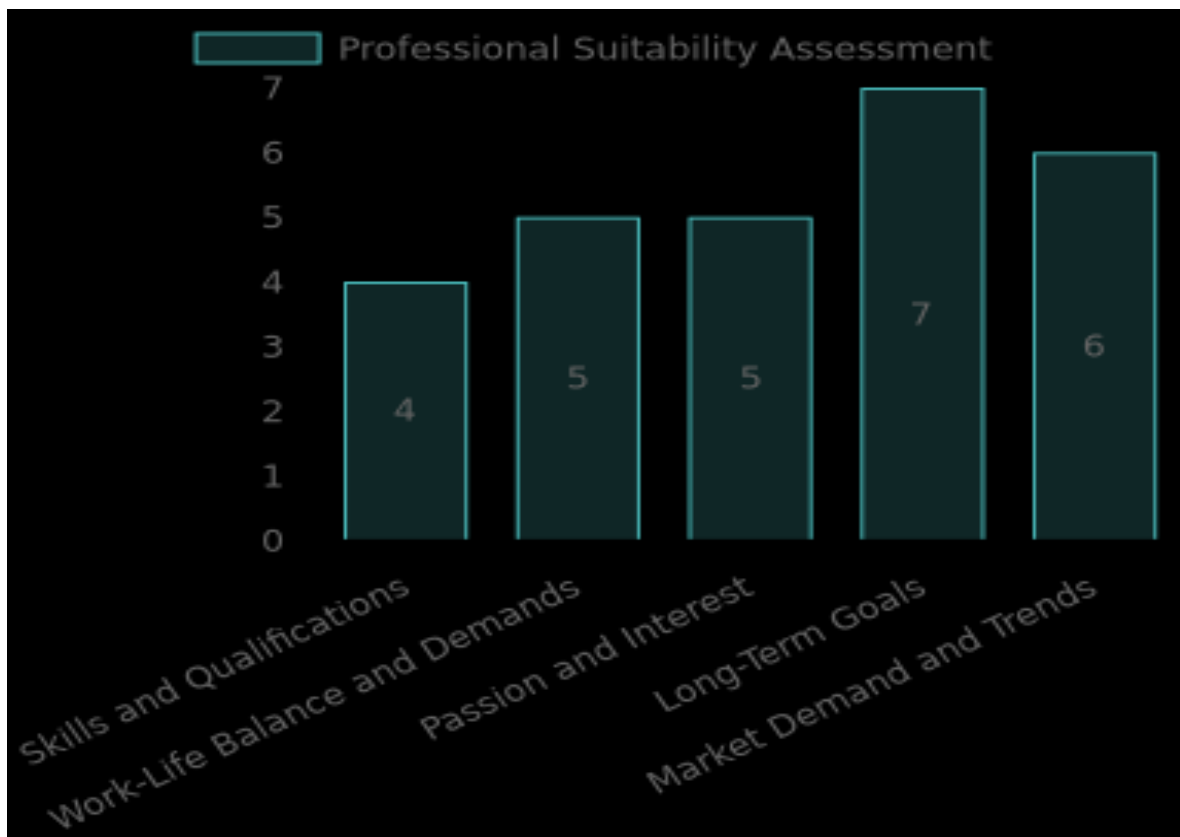
- **Psychologist:** Utilize your strong self-awareness to provide therapy and counseling to individuals seeking personal growth and healing.
- **Leadership Coach:** Help leaders enhance their effectiveness by drawing on your understanding of human behavior and motivation.
- **Motivational Speaker:** Share your journey and insights to inspire and motivate others in various aspects of life.

Career Priority List



1. Fashion Designer
2. Carpenter
3. Psychologist
4. Meditation Instructor
5. Mindful Healing Practitioner
6. Spiritual Leader
7. Self-Help Author
8. Self-Care Advocate
9. Motivational Speaker
10. Personal Development Trainer

2. PROFESSIONAL SUITABILITY ASSESSMENT



PROFESSIONAL SUITABILITY ASSESSMENT

Skills and Qualifications:

Score : 4 (Category: Competing)

Feedback:

You possess certain skills and qualifications that relate to the profession. Consider investing in further training and development to bolster your capabilities and effectiveness.



Passion and Interest:

Score : 5 (Category: Competing)

Feedback:

You have some level of passion and interest in the profession. By nurturing and deepening these aspects, you'll find increased satisfaction and drive in your career.



Work-Life Balance and Demands:

Score : 5 (Category: Competing)

Feedback:

You have a general sense of the work-life balance and demands, though further exploration and preparation are recommended to align your expectations effectively.



PROFESSIONAL SUITABILITY ASSESSMENT

Long-Term Goals:

Score : 7 (Category: Excelling)

Feedback:

Your long-term goals are well-suited to the profession, and with some refinement, you'll craft a clear path toward meaningful accomplishments.



Market Demand and Trends:

Score : 6 (Category: Excelling)

Feedback:

You have a solid grasp of market dynamics, and with ongoing exploration, you'll stay ahead of trends that can shape your career journey.



3. INTEGRITY ASSESSMENT

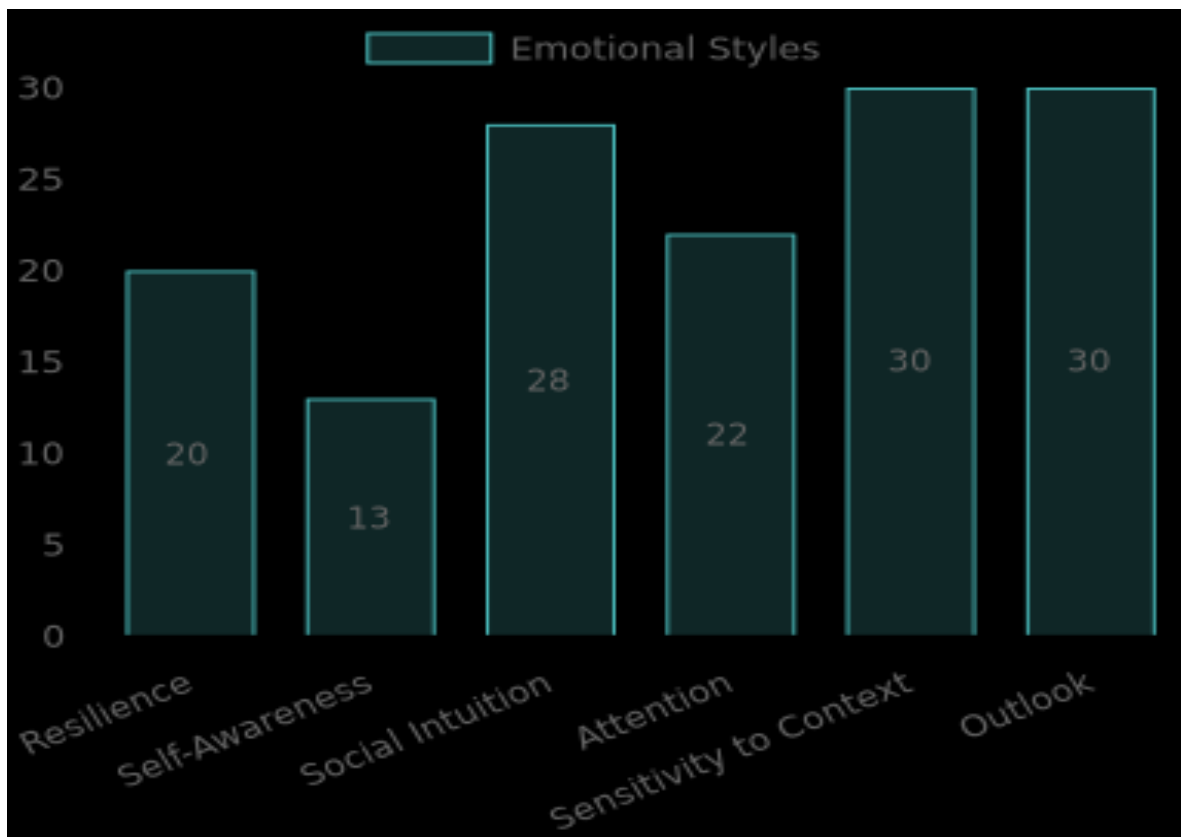


Score: 16 (Category: Progressing)

Feedback:

Your integrity assessment score indicates a basic level of ethical conduct. There are areas where your actions could be better aligned with your values, highlighting an opportunity for growth in consistently making ethical choices. By actively working on enhancing your ethical decision-making, you can contribute to a more trustworthy environment.

4. EMOTIONAL STYLES



EMOTIONAL STYLES



Dimension 1 - Resilience

Score: 20 (Category: Progressing)

Interpretation:

Your total score indicates that you are in the process of developing your resilience. While you possess some coping mechanisms, further exploration and investment in resilience-building strategies will serve you well. Focus on learning and applying techniques to enhance your emotional strength.

Dimension 2 - Outlook



Score: 30 (Category: Competing)

Interpretation:

Your total score suggests a balanced outlook on life. You have a mix of positive and realistic perspectives, which allows you to navigate challenges with a reasonable approach. Focus on cultivating both optimism and pragmatism for a well-rounded outlook.

EMOTIONAL STYLES



Dimension 3 - Social Intuition

Score: 28 (Category: Competing)

Interpretation:

Your total score suggests a good level of social intuition. You're attuned to social dynamics, although there's room for deeper understanding. By honing your skills and being attentive to nonverbal cues, you'll enhance your social interactions.

Dimension 4 - Self-Awareness



Score: 13 (Category: Developing)

Interpretation:

Your total score suggests minimal self-awareness at the moment. Developing this skill can greatly benefit your personal growth and relationships. Consider engaging in self-reflection exercises, seeking feedback, and exploring resources to increase your self-awareness.

EMOTIONAL STYLES



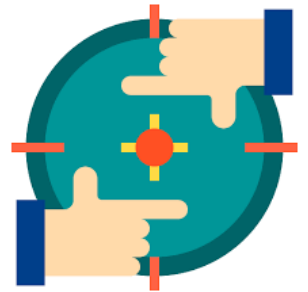
Dimension 5 - Sensitivity to Context

Score: 30 (Category: Competing)

Interpretation:

Your total score suggests an adequate level of sensitivity to context. You are beginning to recognize the influence of context on different scenarios. By further honing this skill, you can increase your adaptability and understanding.

Dimension 6 -Attention

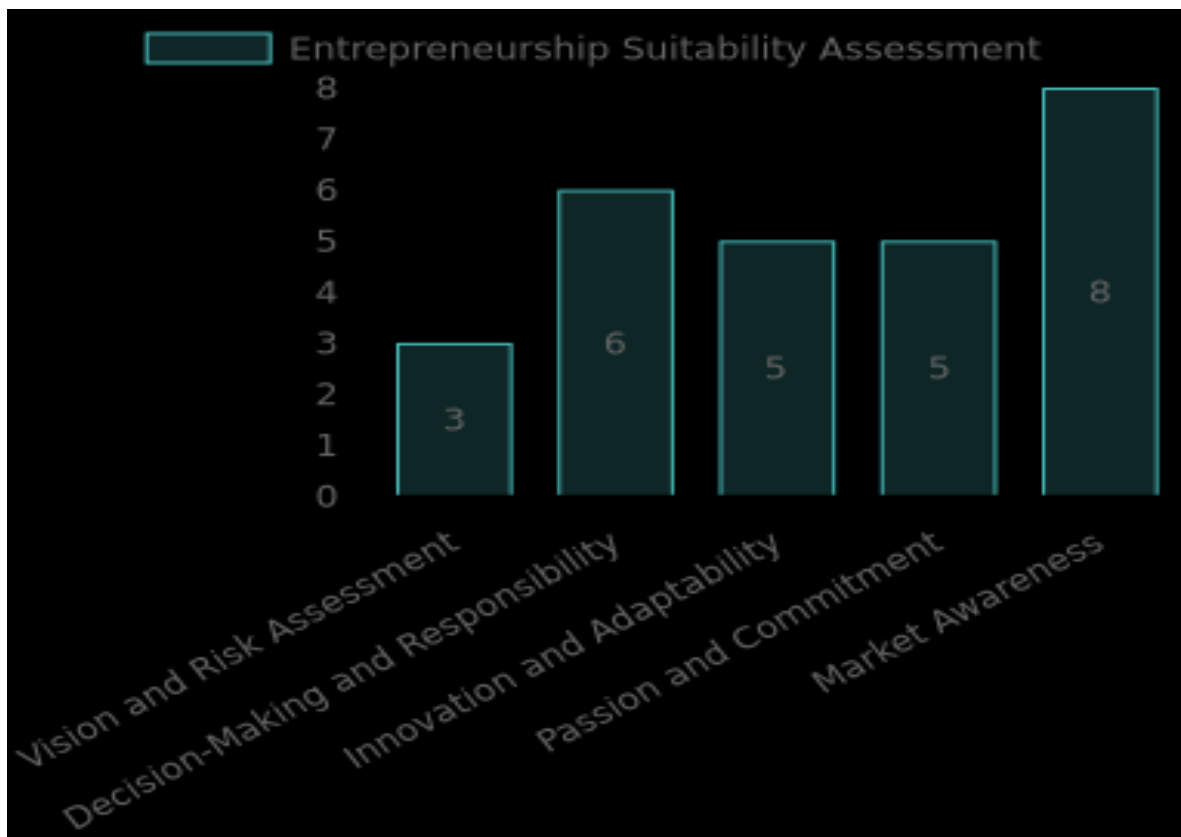


Score: 22 (Category: Progressing)

Interpretation:

Your total score indicates that you are developing your attention skills. There is room for improvement in maintaining focus and attention on tasks. By implementing strategies for enhancing concentration and managing distractions, you can make meaningful progress.

5. ENTREPRENEURSHIP SUITABILITY



ENTREPRENEURSHIP SUITABILITY

Vision and Risk



Score: 3 (Category: Progressing)

Interpretation:

You're unsure about your vision or hesitant to take risks in entrepreneurship.

Passion and Commitment



Score: 5 (Category: Competing)

Interpretation:

You have some passion for entrepreneurship, but your commitment needs reinforcement.



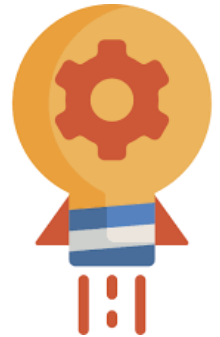
ENTREPRENEURSHIP SUITABILITY

Decision-Making and Responsibility

Score: 6 (Category: Excelling)

Interpretation:

You're comfortable with decision-making but could bolster your sense of responsibility.



Innovation and Adaptability

Score: 5 (Category: Competing)

Interpretation:

You have potential for innovation and adaptability, but there's room for growth.



ENTREPRENEURSHIP SUITABILITY

Market Awareness

Score: 8 (Category: Outstanding)

Interpretation:

Your understanding of the market, customers, and competitors is exceptional.

6. WORK-LIFE BALANCE





WORK-LIFE BALANCE

Time Management

Score: 11 (Category: Competing)

Interpretation:

Focus on enhancing time management to better balance work and personal life.

Boundaries and Communication



Score: 11 (Category: Competing)

Interpretation:

Focus on strengthening your boundaries and communication for improved balance.



WORK-LIFE BALANCE

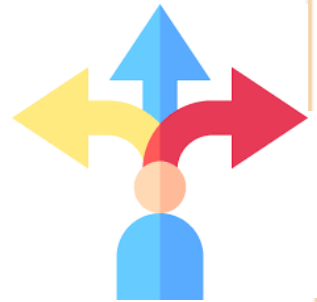
Well-being and Self-Care

Score: 14 (Category: Excelling)

Interpretation:

You're doing well, but further commitment to well-being and self-care can lead to even better balance.

Flexibility and Adaptability



Score: 11 (Category: Competing)

Interpretation:

Embrace changes more effectively to prevent disruptions and enhance your work-life equilibrium.



WORK-LIFE BALANCE

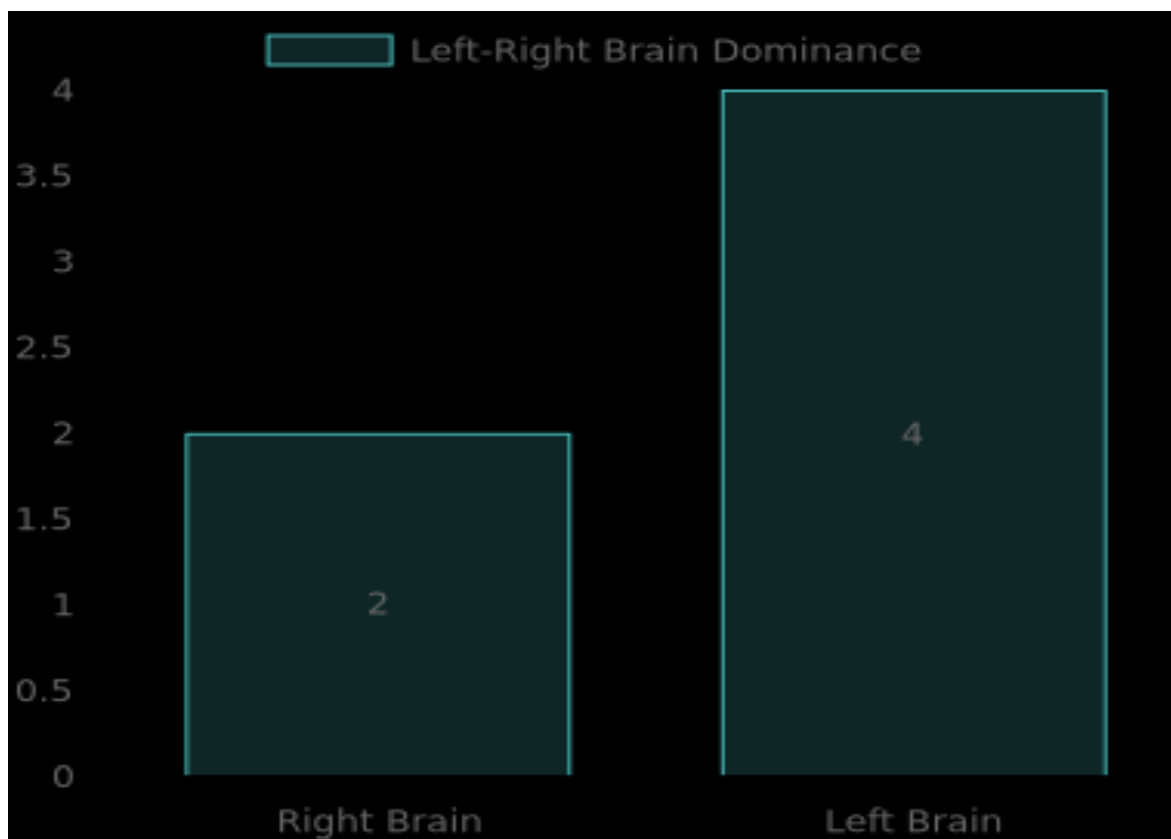
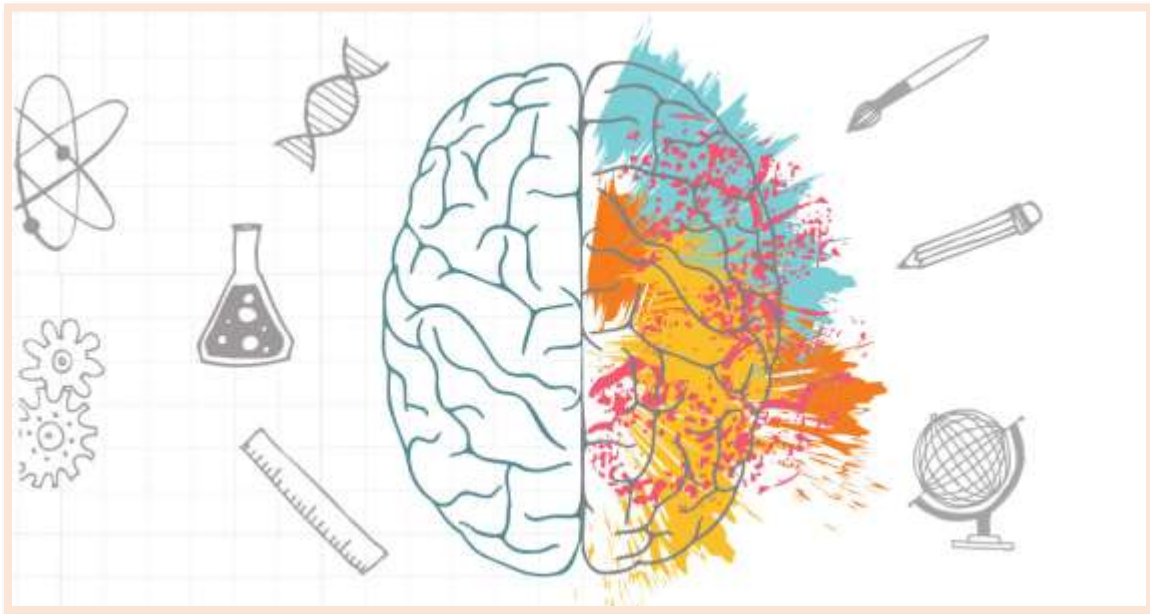
Relationships and Fulfilment

Score: 12 (Category: Competing)

Interpretation:

Invest more time in relationships and activities outside of work for a more balanced and fulfilling life.

7. RIGHT-LEFT BRAIN DOMINANCE



RIGHT-LEFT BRAIN DOMINANCE



Left Brain Dominance:

Score : 4 (Category: Developing Dominance)

Feedback:

Analytical Thinking: Some logical problem-solving skills.

Language Skills: Adequate verbal communication and grammar.

Math and Logic: Basic comfort with numbers and reasoning.

Structured Planning: Can organize tasks and set goals.

Sequential Processing: Follows linear sequences with effort.



Right Brain Dominance:

Score : 2 (Category: Limited Dominance)

Feedback:

Creativity: Minimal capacity for imaginative thinking.

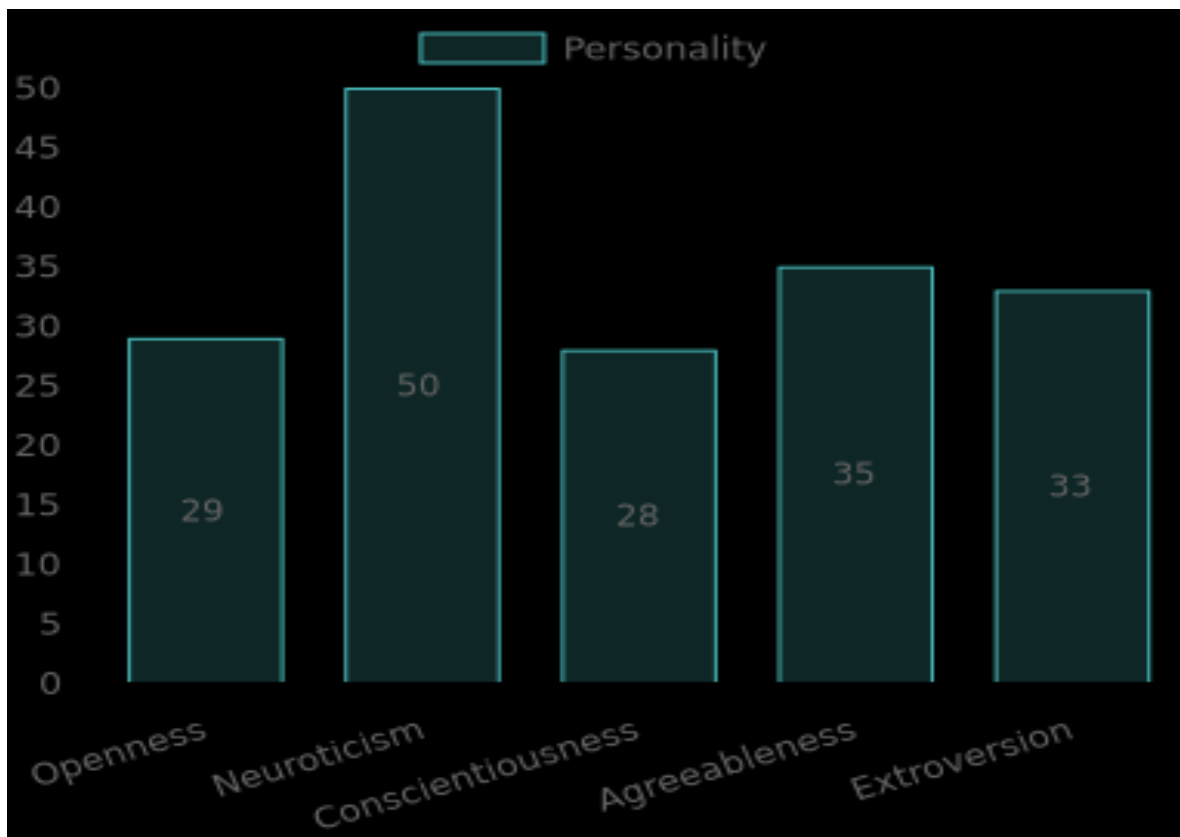
Visual Perception: Difficulty noticing shapes and colors.

Intuition: Struggles to rely on instincts or gut feelings.

Holistic Thinking: Trouble seeing the big picture and making connections.

Artistic Abilities: Challenges in artistic expression.

8. PERSONALITY TRAITS DOMINANCE



PERSONALITY TRAITS DOMINANCE

1 Extroversion:



Score : 33 (Category: Excelling)

Feedback:

Your extroverted tendencies are noticeable, and you thrive in social settings. You are energized by interactions with others and enjoy being part of groups.

Possible Personality Type: Possible Personality Type: Outgoing, Sociable, Energetic

Career Options:

Pursue roles that involve frequent interaction with people, leadership, and dynamic environments. Public relations, customer service, teaching, or counseling may align well with your personality.



2 Agreeableness:

Score : 35 (Category: Excelling)

Feedback:

Your agreeable nature is evident in your interactions, and you excel at maintaining positive relationships. You value cooperation and may prioritize group cohesion over individual achievements.

Possible Personality Type: Possible Personality Type: Cooperative, Supportive, Amiable

Career Options:

Pursue roles that involve mentoring, coaching, or community engagement. Nonprofit work, counseling, healthcare, or teaching may be fulfilling avenues for you.

PERSONALITY TRAITS DOMINANCE

3 Conscientiousness:



Score : 28 (Category: Competing)

Feedback:

You maintain a balanced approach to organization and responsibility, effectively managing your tasks and goals. You can shift between focused, goal-oriented work and more flexible activities.

Possible Personality Type: Possible Personality Type: Balanced, Diligent, Methodical

Career Options:

Consider roles that involve a mix of planning, execution, and adaptability. Project management, administrative roles, data analysis, or research positions could be suitable.

4 Neuroticism:



Score : 50 (Category: Outstanding)

Feedback:

Your emotional experiences tend to be intense, and you may face challenges in managing stress and negative emotions. However, your depth of emotional awareness can also lead to profound self-discovery and empathy for others. the performing arts could provide outlets for your emotional depth.

Possible Personality Type: Possible Personality Type: Emotional, Empathetic, Introspective

Career Options:

Seek roles that center around emotional support, creativity, and individual growth. Therapy, art therapy, social work, or roles in the performing arts could provide outlets for your emotional depth.

PERSONALITY TRAITS DOMINANCE

5. Openness :



Score : 29 (Category: Competing)

Feedback:

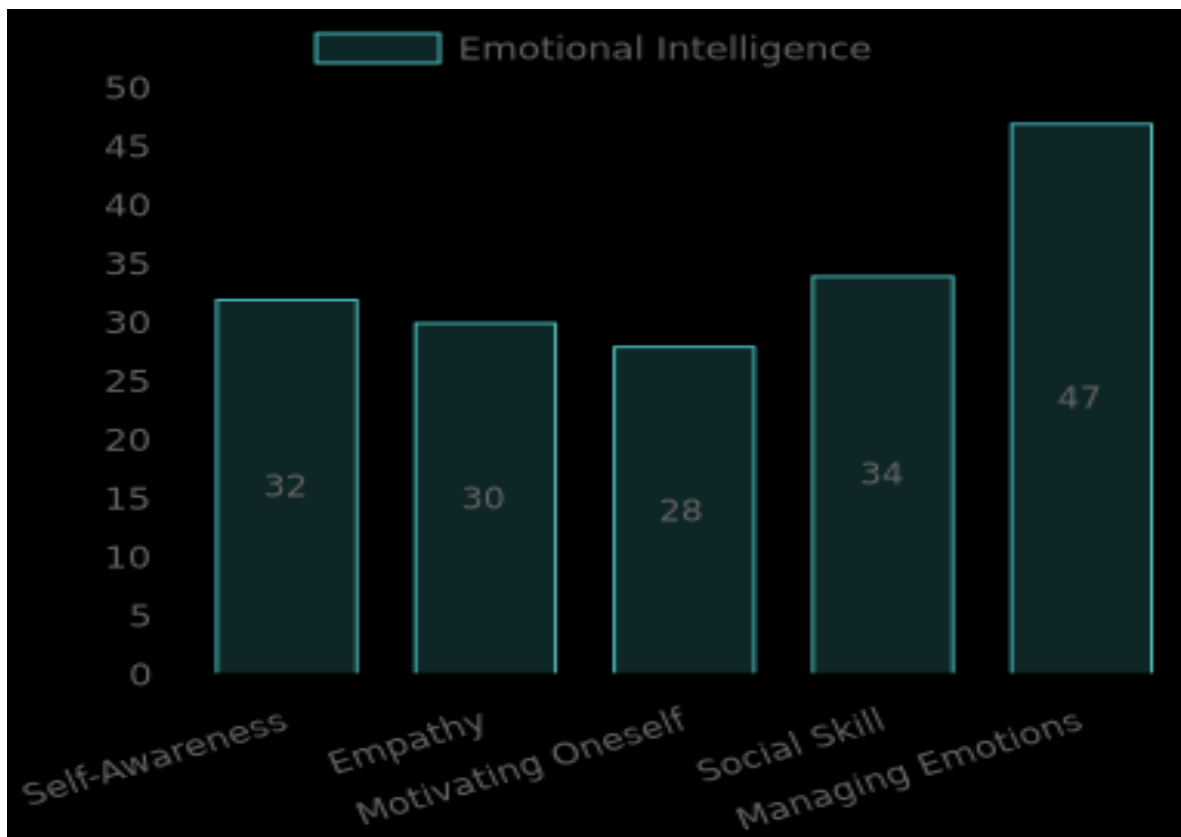
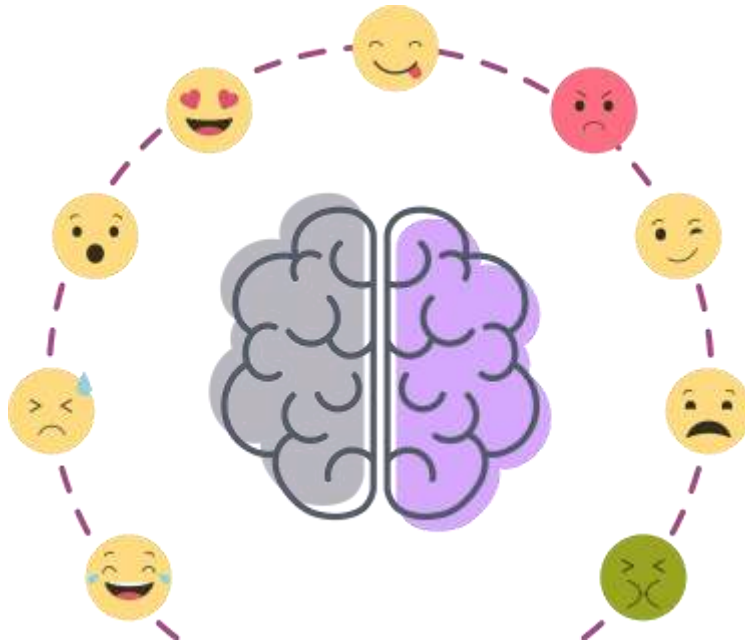
Your personality reflects an openness to novel ideas and experiences, alongside an appreciation for established practices. You strike a balance between creativity and practicality.

Possible Personality Type: Possible Personality Type: Inquisitive, Versatile, Adaptive

Career Options:

Look for roles that encourage problem-solving, innovation, and diverse perspectives. Marketing, design, education, or roles in technology could be avenues for your talents.

9. EMOTIONAL INTELLIGENCE



EMOTIONAL INTELLIGENCE



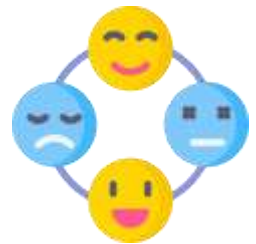
1. Self-Awareness

Score : 32 (Category: Competing)

Feedback:

You're on the right track! Your self-awareness is developing nicely. You are attuned to your emotions and can often decipher their impact on your decisions. As you continue to explore your thought patterns and motivations, you'll find more growth opportunities. By deepening your understanding of your own experiences, you're positioning yourself to navigate challenges with greater insight and resilience.

2. Managing Emotions



Score : 47 (Category: Outstanding)

Feedback:

Outstanding job! Your ability to manage emotions is exceptional. You've demonstrated a high level of emotional regulation and control. Your skill in handling challenging situations and maintaining a balanced emotional state is truly commendable. Your proficiency in managing emotions positively influences your interactions, decision-making, and overall well-being. Keep up the impressive work in maintaining emotional resilience and equilibrium.

3. Motivating Oneself

Score : 28 (Category: Progressing)

Feedback:

You are in the process of developing your self-motivation skills. You demonstrate an understanding of the importance of motivation, but there's room for improvement in consistently applying it to your goals. Recognize the significance of maintaining a positive mindset and finding sources of inspiration, even when facing challenges. With effort and dedication, you can strengthen your self-motivation and see positive changes in your accomplishments.



EMOTIONAL INTELLIGENCE

4. Empathy



Score : 30 (Category: Competing)

Feedback:

You possess a moderate level of empathy, indicating that you are attuned to the emotions of others to some extent. As you continue to develop this skill, you can further enhance your ability to connect with people on an emotional level. By actively listening and demonstrating understanding, you'll strengthen your relationships and contribute to a more harmonious and empathetic environment.

5. Social Skill



Score : 34 (Category: Competing)

Feedback:

Your social skills are at a satisfactory level, and you demonstrate an ability to engage with others in various situations. As you continue to refine your social skills, focus on active listening and empathy to better understand others' perspectives. By consistently working on your communication and interpersonal abilities, you can create more fulfilling connections and navigate social dynamics more effectively.

10. LEARNING STYLE



LEARNING STYLE

1. Visual



Score : 21 (Category: Moderate)

Feedback:

You have a balanced approach to learning, valuing both visual aids and other methods. Visual materials like diagrams, charts, and videos complement your learning style well and enhance your understanding of concepts.



2. Auditory

Score : 20 (Category: Moderate)

Feedback:

If you have a moderate preference for auditory learning, you maintain a balanced approach to learning by appreciating both auditory explanations and other methods. Your capacity to engage in productive discussions and actively listen to lectures is an asset. To further enhance your learning experience, utilize visual aids when appropriate to complement your auditory learning style and reinforce your understanding of complex concepts.

3. Kinaesthetic

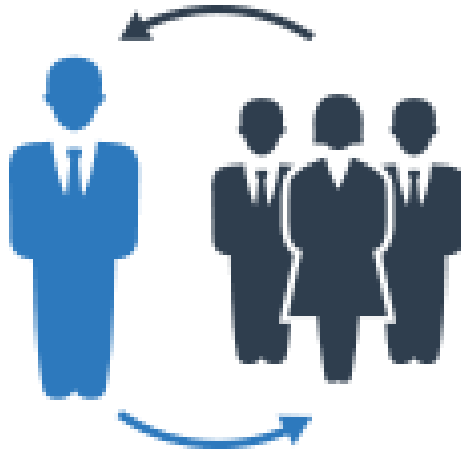


Score : 21 (Category: Moderate)

Feedback:

You have a balanced approach to learning, valuing both hands-on experiences and other methods. Practical applications, experiments, and physical engagement support your learning style. Integrating kinesthetic methods with visual and auditory aids can lead to comprehensive understanding.

11. LEADERSHIP SKILLS



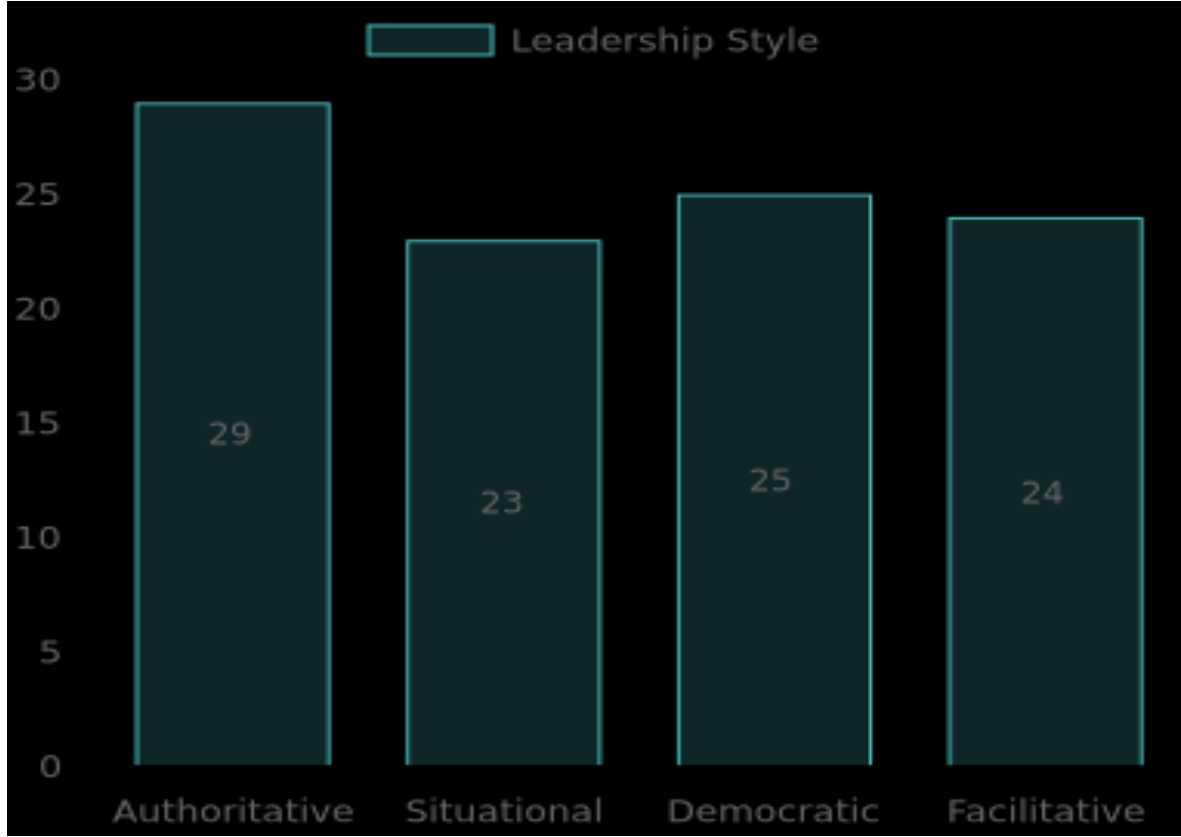
Leadership Skills

Score : 78 (Category: Excelling)

Feedback:

Well done! Your leadership skills are solid and reliable. You exhibit a good balance between guiding your team and fostering collaboration. There's room for growth, but your communication and management abilities are effective in achieving team goals. Keep refining your leadership techniques to elevate your impact and ensure continued growth.

12. LEADERSHIP STYLE



LEADERSHIP STYLE

Authoritative



Score : 29 (Category: Strong Proficiency)

Feedback:

With a score in this range, you exhibit a solid grasp of the authoritative leadership style. Your ability to set a clear direction, inspire your team, and make well-informed decisions is commendable. You likely foster an environment of respect and accountability, enabling your team members to thrive under your guidance. As you continue to refine your skills, focus on continuously fostering open dialogue while staying true to your role as a decisive leader.



Democratic

Score : 25 (Category: Strong Proficiency)

Feedback:

Your score in this range suggests a strong dedication to democratic leadership principles. Your ability to foster an environment of trust and mutual respect greatly benefits your team's dynamics. By valuing team members' expertise and involving them in decision-making, you create a sense of shared purpose. This can lead to increased creativity, better problem-solving, and a more cohesive team overall.

LEADERSHIP STYLE



Facilitative

Score : 24 (Category: Strong Proficiency)

Feedback:

Your score within this range reflects a solid grasp of the facilitative leadership style. You're effective at encouraging team participation, leveraging diverse perspectives, and making decisions collaboratively. This approach helps create a culture of ownership and engagement among your team members. Keep honing your skills by ensuring that discussions remain constructive and that everyone's contributions are acknowledged and respected.



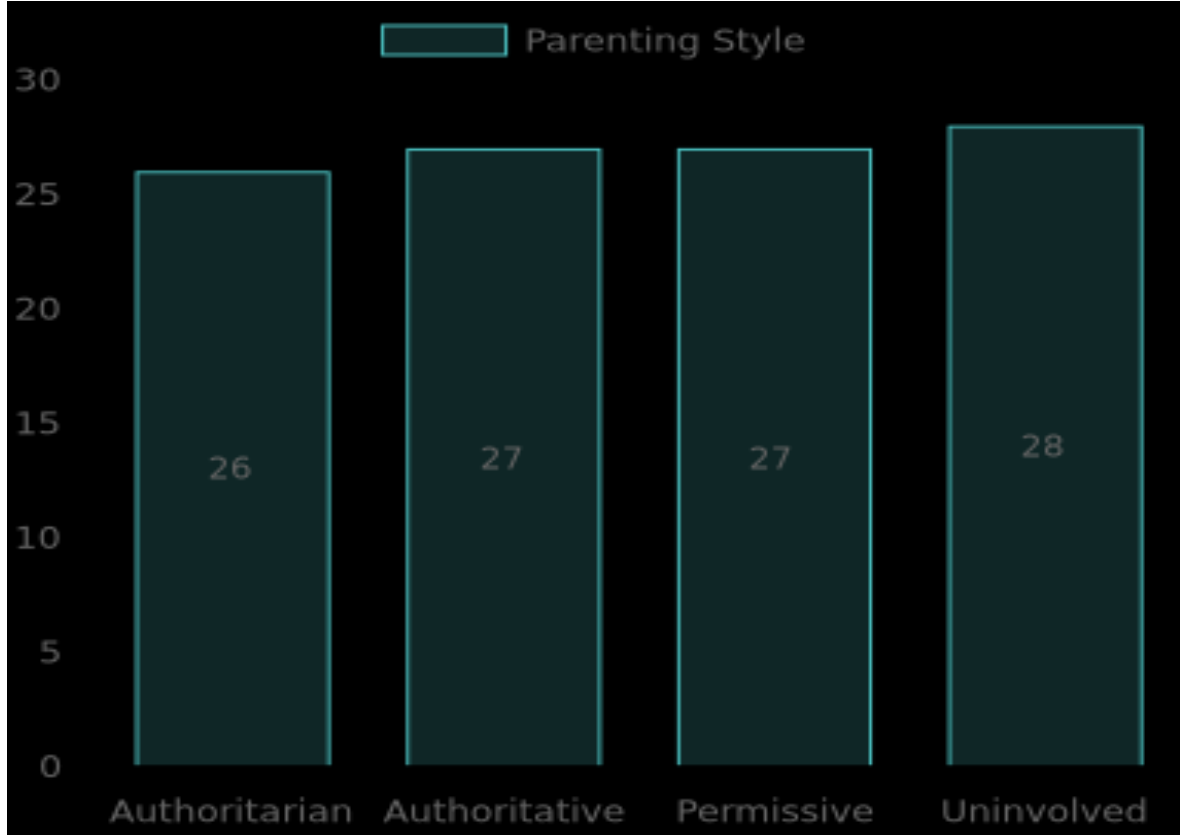
Situational

Score : 23 (Category: Strong Proficiency)

Feedback:

Your score in this range showcases a solid understanding of the situational leadership style. You're skilled at gauging your team members' readiness levels and adjusting your leadership behaviours to match. Your adaptive approach likely contributes to a productive and harmonious work environment. Keep honing your skills by maintaining open communication with your team members and regularly assessing their development needs to ensure their continuous growth.

13. PARENTING STYLE



PARENTING STYLE

Authoritarian



Score : 26 (Category: Competing)

Feedback:

Your parenting style falls into the high authoritarian category. You have a strong focus on rules, discipline, and control in your approach to parenting. While this can create a structured and orderly environment, it's essential to be mindful of balancing rules with emotional support and understanding. Consider allowing your child more room for self-expression and independence within appropriate boundaries.



Authoritative

Score : 27 (Category: Competing)

Feedback:

Your parenting style falls into the high authoritative category. You excel in creating a structured and supportive environment for your child. You balance clear rules and expectations with warmth and understanding. Keep up the good work, as this approach is known to foster independence, self-esteem, and healthy development in children.

PARENTING STYLE

Permissive



Score : 27 (Category: Competing)

Feedback:

Your parenting style falls into the high permissiveness category. You tend to be lenient and permissive, allowing your child a great deal of freedom and autonomy. While this approach can foster independence, it's essential to ensure that there are clear boundaries and expectations in place to promote responsible behaviour and learning.



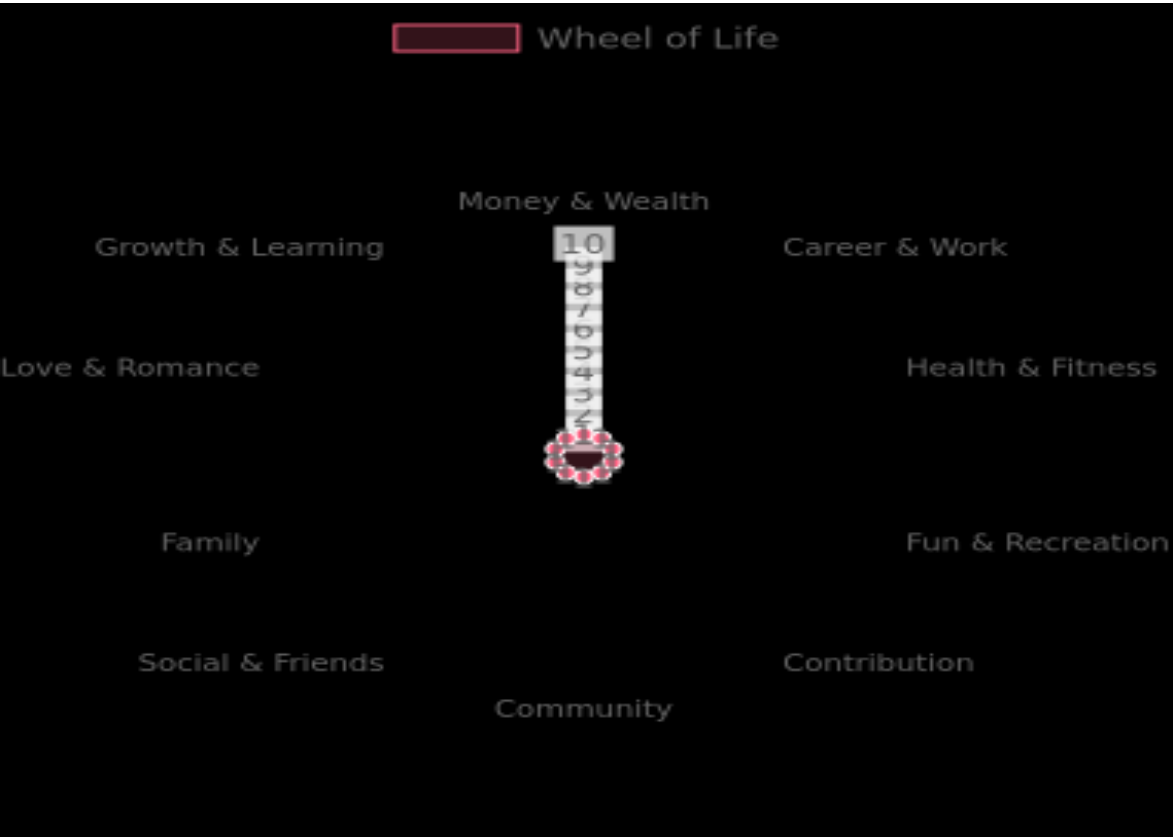
Uninvolved

Score : 28 (Category: Competing)

Feedback:

Your parenting style falls into the high uninvolved category. This suggests that you are generally distant and uninvolved in your child's life. It's crucial to recognize the importance of being present and emotionally available for your child. Consider seeking ways to improve your engagement and support, as your child needs your presence and guidance for their development.

14. WHEEL OF LIFE WELLNESS DIMENSIONS



WHEEL OF LIFE: WELLNESS DIMENSIONS

Feedback:

Score :

Your financial situation requires significant improvement. It's important to take proactive steps to address your financial challenges. Consider creating a budget, seeking financial advice, and exploring opportunities for saving and investing. Focusing on enhancing your financial literacy and setting clear financial goals will help you build a stronger foundation for your future.

1/10
(Needs Significant Improvement)

Your career and work situation requires significant improvement, as you're currently in the lower percentage range. It's important to evaluate your career goals, assess your current role, and consider opportunities for advancement or skill development.

1/10
(Needs Significant Improvement)

Your health and fitness routines are in need of significant improvement. It's crucial to address this area for the sake of your overall well-being. Consider consulting a healthcare professional to create a plan that includes regular exercise, balanced nutrition, and a focus on mental health.

1/10
(Needs Significant Improvement)

WHEEL OF LIFE: WELLNESS DIMENSIONS

Feedback:

Score :

Your engagement in fun and recreational activities needs significant improvement. Allocating time for enjoyable pursuits can greatly enhance your overall happiness. Consider exploring new hobbies or finding ways to incorporate leisure into your routine.

1/10
(Needs Significant Improvement)

Your level of contribution to others and the community needs significant improvement. There's a notable opportunity for you to make a more positive impact on those around you.

1/10
(Needs Significant Improvement)

Your engagement with your community needs significant improvement. Consider exploring ways to actively participate in community events and initiatives to foster stronger connections.

1/10
(Needs Significant Improvement)

WHEEL OF LIFE: WELLNESS DIMENSIONS

Feedback:

Your engagement and connection with your family need significant improvement. Investing time and effort in nurturing familial relationships can lead to stronger bonds and greater happiness.

Score :

1/10
(Needs Significant Improvement)

Your social interactions and friendships need significant improvement. Investing more time and effort in building and maintaining connections can lead to a richer social life.

1/10
(Needs Significant Improvement)

Your love and romance aspect needs significant improvement. It's important to invest time and effort into nurturing your romantic relationships and addressing any underlying concerns.

1/10
(Needs Significant Improvement)

Your commitment to personal growth and learning requires significant improvement. It's important to invest time and effort in expanding your knowledge and skills to reach your full potential.

1/10
(Needs Significant Improvement)

15. CYBER DEPENDENCY

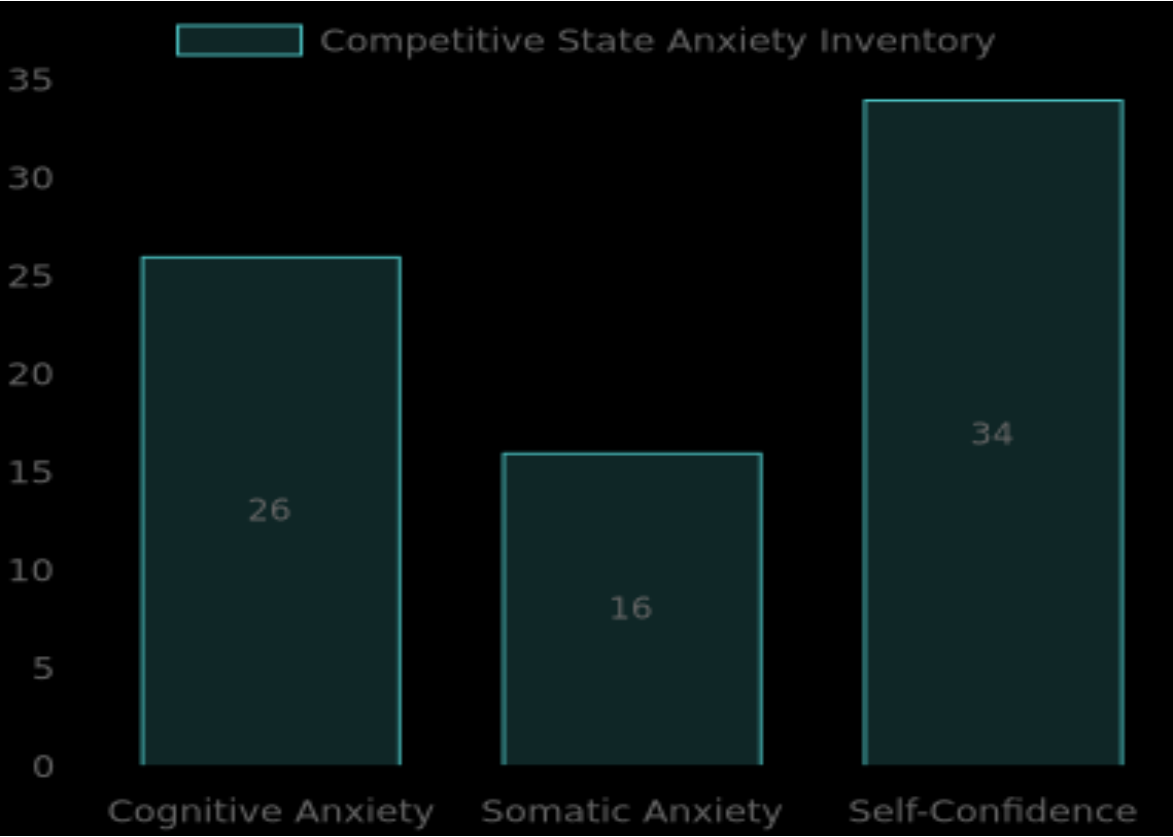


Score : 100 (Category: High Dependency)

Feedback:

Your cyber dependency score is high, suggesting a heavy reliance on digital technologies for various tasks. While this is common in today's interconnected world, it also exposes you to vulnerabilities in case of technological failures or cyber incidents. To enhance your resilience, focus on reducing your dependency, developing offline capabilities, and having contingency plans for digital disruptions.

16. COMPETITIVE STATE ANXIETY INVENTORY



COMPETITIVE STATE ANXIETY

Cognitive Anxiety



Score : 26 (Category: Moderate)

Feedback:

Your cognitive anxiety score falls within the moderate range, indicating that you might experience a noticeable level of anxious thoughts and concerns. It's important to remember that anxiety is a common emotion, and many individuals face similar challenges. Consider exploring mindfulness techniques, deep breathing exercises, and cognitive-behavioral strategies to manage and redirect your anxious thoughts, allowing you to regain a greater sense of control over your thinking patterns.

Somatic Anxiety



Score : 16 (Category: Mild)

Feedback:

Your score indicates mild somatic anxiety. While you might experience some physical symptoms in response to stress or anxiety, your ability to cope and manage these sensations is admirable. Remember that these bodily sensations are natural reactions, and your capacity to navigate them suggests that you possess valuable skills for maintaining a balanced approach to stress.

Confidence



Score : 34 (Category: High)

Feedback:

High Self-Confidence: Congratulations on your high self-confidence! Your self-assured attitude and belief in yourself are powerful assets. Continue to tackle challenges with your optimistic outlook and embrace new opportunities. Remember, your confidence not only influences your actions but also inspires those around you.

Disclaimer

The information provided in this analysis belongs to its owner only. In case of a minor, the rights of information are with his legal guardian. The content of this analysis is only for reference, based on the scientific research in the field of psychology and statistical study conducted based on the psychometric tests and counselling session. The decision to follow any instruction, advise, suggestion or recommendation completely depends upon you and you will be solely responsible for the consequences of the same. We as an organization or any of its representatives are not responsible for any consequences under any circumstance. Before taking any crucial decision, please refer to a professional counsellor. The results are only indicative and the company or any authorized representative of the company shall in no case be liable for failure in any particular course of study or activity recommended in the report or any important decisions taken based on this report. Thus, it should not be used as a standalone instrument for any important decision-making. The accuracy of test results may be influenced by the honesty and self-awareness of the participants taking the test.