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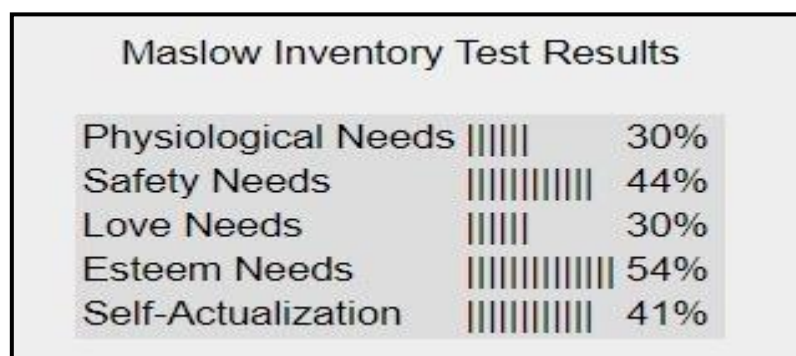
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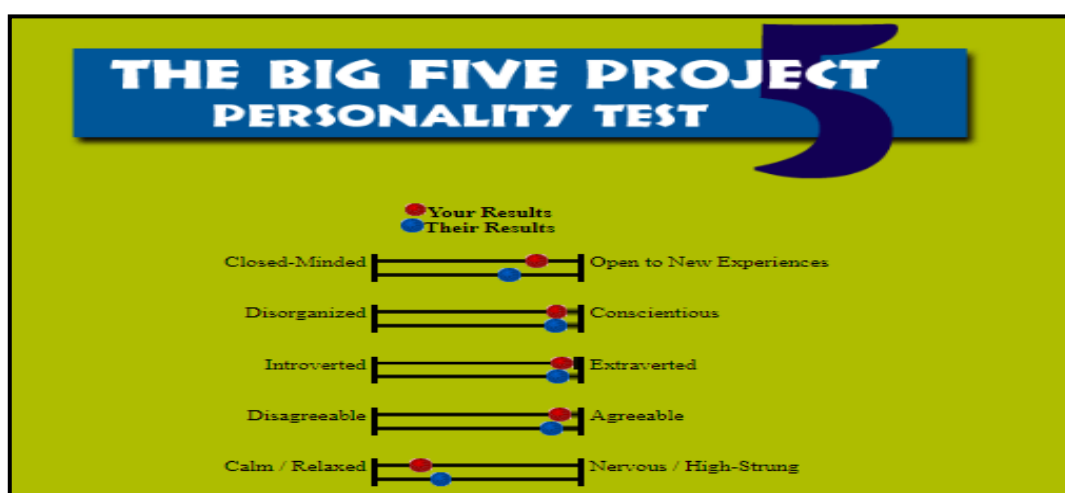
Assignment 2: Personality

Q. 1. Take any two-personality test that is based on different personality theories that we have studied. Please digitally cut and paste the results in a word document so that you may reference them later. You may have to do some basic formatting of the results to make them fit. Remember, these are simple online personality tests. The results are general and are not to be taken as completely accurate.

1. Result for Maslow personality test: (<http://similarminds.com/maslow.html> (Links to an external site.) results for each level and copy and paste the grey box with the % of your results under “Maslow Personality” on your results sheet.)



2. Result for The Big 5 Survey: (<http://www.outofservice.com/bigfive/> (Links to an external site.) Answer questions and copy and paste answers from the graph with the red dots showing where you fall on the scale. Be sure to read the results with the blue O.C.E.A.N. acronym which specifically describes your personality. Feel free to analyze someone you know well while taking this survey. It's very interesting, indeed!)





Personal Insights from Personality Assessments :-

Recently, I took two personality assessments: the Maslow Personality Test and the Big Five Survey. My aim was to gain a deeper understanding of my personal traits and motivations, and both tests offered valuable insights into who I am. While I recognize that these assessments do not define my entire being, they helped highlight some of my strengths and areas for growth.

The **Maslow Personality Test**, based on Maslow's hierarchy of needs, evaluated my motivations across various levels. According to the results, I scored as follows:

- Physiological Needs: 30%
- Safety Needs: 44%
- Love/Belonging Needs: 30%
- Esteem Needs: 54%
- Self-Actualization Needs: 41%

My low score in physiological needs suggests that I may not prioritize basic survival necessities, such as food and shelter, as much as other individuals might. This could indicate that I take my basic needs for granted, feeling secure in these areas. My moderate score in safety needs shows that I seek some degree of security and stability, particularly regarding personal safety and financial matters, though it is not a constant concern for me.

Regarding love and belonging, my score indicates that while I appreciate my relationships, I may not rely heavily on them for my overall happiness. My moderate score in esteem needs reflects that recognition and respect from others matter to me, and I value being acknowledged for my achievements.

Lastly, my score in self-actualization indicates that I am actively working on personal growth and striving to reach my full potential, although I recognize that there is still room for development.

The Big Five Survey evaluated my personality based on five key traits: openness, conscientiousness, extraversion, agreeableness, and neuroticism. The results were:

- Openness: Low
- Conscientiousness: High
- Extraversion: Moderate
- Agreeableness: High
- Neuroticism: Low

The low score in openness suggests that I tend to prefer routine and familiar methods rather than embracing abstract or creative ideas. This trait makes me practical and grounded, though it may limit my willingness to explore new perspectives. On the other hand, my high conscientiousness score reflects my reliability, organization, and discipline, which I value highly in both my personal and professional life.

Regarding extraversion, my moderate score indicates that I enjoy social interactions but do not crave the spotlight. I appreciate meaningful conversations and value my alone time, allowing for a balanced social life. My high agreeableness score reveals that I am empathetic, kind, and strive to maintain harmony in my relationships. Finally, the low score in neuroticism indicates that I generally manage stress well and remain calm in challenging situations.

After discussing my results with a close friend who knows me well, I was surprised at how accurately the assessments reflected my personality. They affirmed my dependability and strong organizational skills, mirroring my high conscientiousness score. They also recognized my balanced approach to socializing, confirming my moderate extraversion. Furthermore, they noted that my calm demeanor during stressful situations aligns with the low neuroticism score from the Big Five Survey.

Reflecting on these results, I believe that both tests provided valuable insights into my personality. The Maslow Personality Test allowed me to examine my motivations and prioritize personal growth, while the Big Five Survey offered a clearer understanding of my traits and how they influence my behavior. The theories behind these assessments resonate with me, and I find the information useful for guiding my personal development.

In conclusion, taking these personality assessments was an enlightening experience that affirmed many aspects of my character while also highlighting areas for growth. I appreciate the insights I gained about myself and look forward to using this knowledge to continue evolving as an individual.

Q. 2. write one short essay (3-4 pages) in which you apply the principles of a personality theories discussed in class (Freud - id, ego, superego and defence mechanisms Adler - compensation and birth order; Jung - personal unconscious and collective unconscious; Horney - psychoanalytic social theory; skinner learning theory in shaping behaviour, Bandura theory of Modelling/ observation, Maslow - hierarchy of needs; Rogers - unconditional positive regard; Big 5 Dimensions of Personality; Eysenck's Hierarchy of Personality Traits for Psychoticism, extraversion, and neuroticism (P-E-N) to explain something about yourself.)

Understanding My Personality Through Psychological Theories :-

Personality theories play a crucial role in understanding human behavior and the reasons behind the choices we make. They provide valuable insights into the different factors that influence our personalities over time. Reflecting on my own life through the lens of these theories has helped me gain a clearer understanding of my personality, motivations, and behaviors. The concepts put forth by psychologists such as Freud, Bandura, and Maslow offer significant insights into how our experiences shape who we are. By examining my life through these theories, I can better grasp what influences my actions and how I have grown as an individual.

One theory that resonates deeply with my experience is Bandura's Social Learning Theory. This theory emphasizes that we learn behaviors by observing others and seeing the rewards or punishments they receive for their actions. Growing up, I was significantly influenced by the people around me, particularly my parents. They demonstrated traits such as hard work, discipline, and perseverance in their daily lives. Observing how they tackled challenges and remained focused on their goals inspired me to adopt similar behaviors. Bandura's concept of learning through observation has been evident in my life because I didn't just learn from my own experiences; I also learned from the actions of those around me. For instance, witnessing my parents receive praise for their hard work motivated me to strive for similar achievements in my own life. This emphasis on modeling behavior has become a foundational aspect of my character and continues to influence how I approach challenges today.

In addition to Bandura's theory, Freud's theory of the id, ego, and superego offers valuable insight into my decision-making process. According to Freud, the id represents our basic desires and instincts, the superego embodies our moral standards and ideals, and the ego serves as a mediator between the two. I consider myself to be ego-balanced, as I have learned to find a middle ground between my personal desires and my responsibilities. For example, when faced with career decisions, I don't simply act on my immediate desires (the id); I also consider what is morally right and the long-term consequences of my choices (the superego). My ego helps me navigate this balance, allowing me to pursue my goals while still being responsible and ethical. This ability to strike a practical balance between my desires and values is essential to my decision-making process and reflects a mature approach to my personal and professional life.

When considering my key personality traits, the framework of the Big Five Dimensions of Personality is particularly helpful. I would categorize myself as conscientious, agreeable, and moderately extraverted. Being conscientious means I am organized, responsible, and disciplined in how I approach tasks. This trait has been a significant factor in my success in both school and work, as I set clear goals, create detailed plans, and follow through on my commitments. My conscientiousness allows me to manage my time effectively, prioritize my responsibilities, and maintain a strong work ethic, which has greatly contributed to my academic and professional achievements.

My agreeableness is evident in my interactions with others. I genuinely care about the feelings and needs of those around me and prioritize empathy and cooperation. I value harmony and tend to avoid conflict whenever possible, striving to create positive and supportive relationships. This trait has helped me build strong connections with family, friends, and colleagues, making me approachable and trustworthy in their eyes. Being agreeable also means that I often find myself in supportive roles, where I can contribute positively to the well-being of others. I believe that my ability to relate to people and foster harmonious interactions is a vital part of my personality.

In terms of extraversion, I consider myself moderately extraverted. I enjoy socializing and engaging in conversations with others, which often brings me joy and fulfillment. However, I also need time to recharge after social interactions, reflecting a balanced approach to my social life. This means I thrive in social settings but also appreciate the moments of solitude that allow me to reflect and regain my energy. This balanced approach to extraversion helps me manage social situations effectively without feeling overwhelmed or drained.

Freud's idea of defense mechanisms also plays a role in how I cope with stress. I often rely on rationalization and intellectualization to protect my ego from uncomfortable feelings. For instance, when I encounter setbacks or failures, I find myself justifying the outcome by attributing it to external factors rather than taking full responsibility for my role in the situation. This rationalization serves to shield my ego from feelings of inadequacy or failure, but I recognize that it can hinder my ability to learn and grow from my experiences. Additionally, I often resort to intellectualization, where I focus on logical analysis to avoid confronting my emotions directly. When faced with stressful situations, I analyze the problem rationally, which helps me maintain composure, but it can also prevent me from fully engaging with my feelings and processing them in a healthy way.

From a behavioral perspective, I've learned a great deal through rewards and punishments, as outlined in Skinner's operant conditioning. Positive reinforcement has had a significant impact on my behavior throughout my life.

For example, when I received praise for good grades as a child, it motivated me to continue working hard in school.

The recognition and encouragement I received pushed me to strive for excellence, reinforcing the importance of diligence and effort in my academic and professional pursuits. Conversely, I learned valuable lessons from the negative consequences of poor behavior, such as disciplinary actions for failing to meet responsibilities. These experiences have taught me the importance of being accountable and managing my time effectively, ultimately shaping my personality to be goal-oriented and focused on achieving success.

When contemplating whether personality remains stable or changes over time, I believe that while some core traits remain constant, individuals can change in response to life experiences. For instance, I have always been a conscientious person, but over the years, I have become more open to new experiences. In the past, I tended to prefer familiar routines and was hesitant to take risks. However, as I have encountered new cultures, ideas, and challenges, I have learned to embrace change and adapt to new circumstances. This growth reflects my increased openness, allowing me to explore opportunities and take on challenges that I might have previously avoided. I have come to appreciate the value of being adaptable and flexible, especially in a rapidly changing world. This shift in my personality not only enhances my personal growth but also broadens my perspective on life.

Furthermore, my life goals have played a significant role in shaping my personality. I am driven by a desire for self-actualization, which is the highest level of Maslow's hierarchy of needs. With my basic physiological needs and safety concerns met, I now focus on achieving personal growth, fulfillment, and realizing my full potential. This drive motivates me to keep learning, seek new challenges, and push myself toward new goals. As I work toward these objectives, my conscientiousness and ambition are reinforced, enabling me to overcome obstacles along the way. The pursuit of self-actualization has also taught me to view failures as valuable learning experiences rather than setbacks. My life goals influence how I approach challenges and interact with others, providing me with a framework for making choices that align with my aspirations.

In addition to my academic and professional goals, I also aspire to build meaningful relationships and contribute positively to my community. This ambition is shaped by my agreeableness, as I find fulfillment in helping others and creating a supportive environment. Engaging in volunteer work has further enhanced my sense of purpose and connection with others, reinforcing the importance of empathy and cooperation in my personality. Through these experiences, I have learned the value of social responsibility, which has become a key component of my identity.

Moreover, the impact of my upbringing and cultural background cannot be overlooked in shaping my personality. Growing up in a diverse environment, I learned to appreciate different perspectives and value inclusivity. This exposure has fostered an open-mindedness that enriches my interactions with people from various backgrounds. I believe that understanding and accepting differences is crucial in today's interconnected world, and it aligns with my goals of promoting harmony and cooperation in my community.

In conclusion, various personality theories provide insights into the different aspects of my personality. Bandura's Social Learning Theory, Freud's psychoanalytic theory, and the Big Five Dimensions of Personality help explain how I have developed traits like conscientiousness, agreeableness, and moderate extraversion. By learning from my environment, using defense mechanisms to cope with stress, and pursuing personal goals, I have realized that while my core traits remain stable, I also continue to grow and change over time. The pursuit of self-actualization keeps me striving for personal growth and success, and these psychological theories offer a valuable perspective on how my personality has evolved. Understanding these influences allows me to navigate my behavior more effectively and empowers me to make informed decisions about my future.

Overall, the exploration of personality theories not only helps me make sense of my own behaviors and choices but also equips me with tools to navigate future challenges. By understanding the foundational aspects of my personality and how they relate to my experiences, I can continue to grow, adapt, and strive for the best version of myself. Each theory provides a different lens through which I can examine my life, allowing for deeper reflection and insight as I pursue my goals and navigate my journey.

