



9. What is meant by structured personality tests? Which are the two most widely used structured personality tests? (Delhi Board 2010 Part)

Ans: Structured personality tests are self-report measures that have the following features:

- Questions are direct and structured.
- They are called self-report because the examinee has to respond objectively to the items of the measure and his/her response are accepted as they are.
- They are objective in nature and they deal with the present state of mind.
- Self-report measures use inventories and questionnaires to assess conscious part of personality.
- Goal of the test may be revealed.

These tests assess only conscious part of personality. Their results depend on motivation and emotional state of the examinee; they are non-projective and direct inferences are made.

Some of the self-report measures are:

1. Eysenck Personality Questionnaire (EPQ): This test was developed by Eysenck to assess two basic dimensions of personality namely introverted—extroversion and emotionally stable—emotionally unstable (Neuroticism).

2. MMPI: Minnesota Multiphasic Personality Inventory. This test was developed by Hathaway and Mckinely.

- It has been found very effective in detecting psychopathology like hypochondriasis, depression, hysteria etc.
- The test is divided into 10 sub scales. This test helps in clinical diagnosis of various mental disorders like hypochondriasis, depression, hysteria, etc.
- It has two sets MMPI-I and MMPI-II. Now-a-days, MMPI-II is being used.
- It has 567 items in the form of affirmative statements. The subject judges each item 'statements' as true or false.
- MMPI is one of the very good tests for clinical purposes (diagnosis).
- Indian version of MMPI is also available named as Jodhpur Multiphasic Personality Inventory (JMPI) by Malik and Joshi.

16-PF Questionnaire (Delhi board 2010)

- It is developed by Cattell.
- It identifies large set of personality descriptions—subjected to factor analysis to identify basic personality structure.
- Subject responds to situation by choosing from alternatives.
- This test is being used with high school level students in India for career guidance and counselling.

Problems Faced by self-report Measures

- Social Desirability: It is a tendency on part of the respondent to endorse items in a socially desirable manner.
- Acquiescence: It is a tendency of the subject to agree with items/questions irrespective of contents.

- Testing and understanding personality require great skill and training.
- People become self-aware and conscious, hesitate to share thoughts and feelings and motivation. If they do it, it is done in a socially desirable manner. So, the real personality characteristics are not manifested.

10. State in common features of projective techniques. Describe anyone projective technique.

Or

Explain how projective techniques assess personality. Which projective tests of personality are widely used by psychologists? (CBSE 2013, 2010, 2007)

Ans:

- Projective tests of personality are widely used by psychologists.
- Projective techniques are most indirect method to assess personality.
- Psycho analytic theory proposed that behaviour is also determined by unconscious forces.
- The projective techniques were developed to assess unconscious motives and feelings.
- The stimulus material is relative or fully unstructured and poorly defined.
- The person being assessed is usually not told the purpose and the method of scoring and interpretation before the administration of test. — The person is informed that there are no right or wrong responses.
- Each response is considered to reveal a true and significant aspect of personality.
- The scoring and interpretation in projective assessment are lengthy and subjective.

Projective Techniques

- Developed to assess unconscious motives, feelings and conflicts.
- A less structured or unstructured stimulus or situation will allow the individual to project his/her feelings, desires and needs on to that situation,
- Projections are interpreted by experts.
- Cannot be scored objectively, require qualitative analysis for which a rigorous training is needed.

1. The Rorschach Inkblot Test (Hermann Rorschach)

- Consists of 10 inkblots—5 black and white, 2 with red ink, 3 in pastel colours.
- Blots are symmetrical in design with a specific shape or form, made by dropping ink on a piece of paper and then folding the paper in half (hence called inkblot test).

The cards are administered individually in two phases:

- Performance proper: The subjects are shown the cards and are asked to tell what they see in each of them.
- Inquiry: A detailed report of the response is prepared by asking the subject to tell where, how, and on what basis was a particular response made.

Fine judgment is necessary to place the subject's responses in a meaningful context. Use and interpretation of this test requires extensive training.

2. The Thematic Apperception Test (TAT) Morgan and Murray

- This test consists of 30 black and white picture cards and one

blank card—each picture card depicts one or more people in a variety of situations.

- Some cards are used specifically with adult males or females, boys or girls—have been modified for the children and the aged.
- The cards are presented one at a time and the subject is asked to tell a story describing the situation presented in the picture—what led up to the situation, what is happening at the moment, what will happen in the future, what the characters are feeling and thinking?

Uma Chaudhury's Indian adaptation of TAT is also available.

3. Rosenzweig's Picture-Frustration Study (P-F Study)

- This study assesses how people express aggression in the face of a frustrating situation.
- Presents with the help of cartoon-like pictures a series of situations in which one person frustrates another, or calls attention to a frustrating condition.
- The subject is asked to tell what the other (frustrated) person will say or do.
- The analysis of responses is based on the type and direction of aggression—examine whether the focus is on the frustrating object (environment), or on protection of the frustrated person (oneself), or on constructive solution of the problem.
- Pareek has adapted this test for the Indian population

4. Sentence Completion Test

- This test makes use of a number of incomplete sentences—the starting part of the sentence is first presented and the subject has to provide an ending to the sentence.
- The type of endings used by the subjects reflect their attitudes, motivation and conflicts.
- The test provides subjects with several opportunities to reveal their underlying unconscious motivations.

5. Draw-a-Person Test

- In this test, the subject is asked to draw a person on a sheet of paper and then a figure of an opposite sex person.
- Finally, the subject is asked to make a story about the person as if he/she was a character in a novel or play.

Some examples of interpretations are as follows:

- Omission of facial features suggests that the person tries to evade a highly conflict-ridden interpersonal relationships.
- Graphic emphasis on the neck suggests lack of control over impulses.
- Disproportionately large head suggests organic brain disease and pre-occupation with headaches. ..

Limitations

- Interpretation of the responses requires sophisticated skills and specialized training.
- There are problems associated with the reliability of scoring and validity of interpretations.

11. Arihant wants to become a singer even though he belongs to a family of doctors. Though his family members claim to love him but strongly disapprove his choice of career. Using Carl Rogers' terminology, describe the attitudes shown by Arihant's family.

Ans: Arihant wants to become a singer even though he belongs to a family of doctors. His family 'claims' to love him, but disapproves of his choice of career. This fact warrants my attention towards an

important terminology given by Carl Rogers, i.e., unconditional positive regard. As the desire of Arihant to become a singer is contradicted by his family, it results in a situation of negative social conditions which will reduce his level of self-concept and self esteem.

His inability to fulfil his goal will prevent him from becoming a 'fully functioning person'. Moreover, his conception of an 'ideal self' involves him being a singer, while his 'real self' is not one due to familial pressure. This discrepancy between the real and ideal self results in dissatisfaction and unhappiness. The provision of unconditional positive regard which includes empathy, love and warmth irrespective of other factors is necessary for Arihant. According to Rogers, a person attains self-actualization only when people have reached their own fullest potential. His inability to pursue singing will not allow self-actualization to occur which will prevent his psychological health and well-being.

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