Multiple Choice Questions

1. **Who proposed the concepts of id, ego, and superego?**
   (a) Erik Erikson
   (b) Sigmund Freud
   (c) Carl Jung
   (d) Alfred Adler

2. **The structural unit of personality is:**
   (a) Self-concept
   (b) Personality
   (c) Trait
   (d) Self-esteem

3. **MMPI-2 consists of how many statements?**
   (a) 10
   (b) 568
   (c) 300
   (d) 100

4. **Freud's psychoanalysis focuses on:**
   (a) Social identity
   (b) Learning
   (c) The unconscious mind
   (d) Self-efficacy

5. **Cattell classified traits into:**
   (a) Introvert and extravert
   (b) Self and self-concept
   (c) Surface and source traits
   (d) Openness and neuroticism

6. **Which type of personality tends to be competitive and time-urgent?**
   (a) Type B
   (b) Type A
   (c) Type C
   (d) Type D

7. **Self-regulation refers to:**
   (a) Monitoring others
   (b) Controlling one's own behaviour
   (c) Following instructions
   (d) Changing others

8. **Which theory uses projective techniques for personality assessment?**
   (a) Behavioural
   (b) Psychoanalytic
   (c) Humanistic
   (d) Trait

9. **The ability to believe in one's capacity to execute actions is called:**
   (a) Self-esteem
   (b) Self-concept
   (c) Self-efficacy
   (d) Self-identity

10. **Carl Rogers emphasized the role of:**
   (a) Collective unconscious
   (b) Conditional acceptance
   (c) Free will and self-actualisation
   (d) Projective techniques

Fill in the blanks :

11. According to Freud, the _____ works on the reality principle.

12. Cattell identified _____ source traits through factor analysis.

True / False

13. Humanistic theory believes that behaviour is driven by unconscious forces.

14. Observation can be used as a method of personality assessment

Very Short Type Questions

15. What is meant by self-efficacy?

16. Define personality in psychological terms.

Short Type Questions

17. Differentiate between self-concept and self-esteem.

18. Mention three characteristics of projective techniques.

Essay Type Questions

19. Describe Freud's structure of personality.

20. Explain trait approach to personality with reference to Eysenck and Cattell.

HOTS

21. **Assertion (A):** Projective techniques are useful in revealing unconscious motives.

   Reason (R): They provide a structured set of statements to which responses are scored.

   a) Both A and R are true and R is the correct explanation

   b) Both A and R are true but R is not the correct explanation

   c) A is true, R is false

   d) A is false, R is true

CBSE | **CLASS-12 | PSYCHOLOGY**

Chapter– 2 | Self and Personality

Worksheet-1
Answer & Solution

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1. **(b)** He introduced id, ego, and superego.
2. **(c)** It is considered the structural unit of personality.
3. **(b)** MMPI-2 consists of 568 true/false items.
4. **(c)** Psychoanalysis focuses on unconscious drives.
5. **(c)** Cattell's classification.
6. **(b)** Competitive, aggressive, impatient.
7. **(b)** Self-regulation.
8. **(b)** Uses Rorschach and TAT.
9. **(c)** Belief in one's ability to perform tasks.
10. **(c)** Carl Rogers emphasized human potential.
11. Ego
12. 16
13. **False**

    Humanistic theory emphasizes free will and conscious choice.
14. **True**

    Observation is used in behavioural assessment.
15. Self-efficacy is an individual's belief in their ability to succeed in specific situations.
16. Personality refers to the unique and stable patterns of behaviour, thoughts, and emotions in an individual.
17. Self-concept: Total perception about one's own identity.

- **Self-esteem:** Value judgment of oneself (how much one likes themselves).
18. Use of ambiguous stimuli
- Indirect and open-ended responses
- Helps reveal unconscious conflicts and motives
19. Sigmund Freud, the founder of psychoanalysis, proposed that human personality has a structured model made up of three major systems: id, ego, and superego. These three operate across different levels of consciousness and interact constantly to shape an individual's behaviour, desires, and thoughts.

1. **Id**
- It is the most primitive part of the personality.
- Present from birth, it is entirely unconscious.
- Operates on the pleasure principle, meaning it seeks immediate gratification of all desires, wants, and urges (e.g., hunger, sex).
- It is impulsive, irrational, and selfish.

2. **Ego**
- Develops in early childhood to mediate between the unrealistic id and the external real world.

- Operates on the reality principle.
- Rational and logical; it delays gratification when necessary and plans strategies to fulfill desires in socially acceptable ways.
- Functions at all three levels: conscious, preconscious, and unconscious.

3. Superego
- Develops around age 5–6 through interactions with parents and society.
- Represents the moral standards and ideals we acquire (the conscience).
- It strives for perfection and judges actions as right or wrong.
- If we violate its standards, it induces guilt; if we live up to them, we feel pride. Interaction of Id, Ego, and Superego
- The ego balances the demands of the id (instincts) and the superego (morals), along with the realities of the external world.
- Mental conflict arises when these systems are in disagreement, leading to anxiety and the use of defense mechanisms like repression, denial, or projection.

Conclusion:
Freud's structural model provides a foundational understanding of personality as a dynamic interaction of instinctual drives, realistic thinking, and internalized moral standards.

20. The trait approach views personality as a collection of traits—enduring patterns of behaviour, thought, and emotion. Traits are stable over time, differ among individuals, and influence behaviour consistently across situations. Two major contributors to trait theory are Raymond Cattell and Hans Eysenck.

1. Raymond Cattell's Trait Theory:
- Used factor analysis to reduce thousands of traits into core dimensions.
- Distinguished between:
- Surface traits: Observable behaviours (e.g., sociability)
- Source traits: Underlying, stable traits that explain surface traits
- Identified 16 source traits, which formed the basis of his 16 Personality Factor Questionnaire (16 PF).
- Examples of traits: Reserved vs. Outgoing, Trusting vs. Suspicious.

Importance:
Cattell's work allowed objective measurement of personality and provided a practical tool for personality assessment in clinical, occupational, and educational settings.

2. Hans Eysenck's Dimensional Model:
- Proposed a biological basis for personality and used empirical research to identify major traits.

21. c) A is true, R is false
Projective techniques do reveal unconscious motives, but they are not based on structured sets of responses.