

CHAPTER-2 | Self and Personality

QUIZ
PART-06

1. Which statement best defines 'self'?
- A psychological term used to describe emotions only
 - The unconscious part of an individual's mind
 - The totality of one's conscious experiences, thoughts, and feelings
 - A temporary reflection of a person's behavior
- (C)

Explanation: The self is the full set of conscious experiences, thoughts, and feelings a person has about themselves.

2. The Indian view of self differs from the Western view because it:
- Emphasizes clear boundaries between self and others
 - Considers self as fixed and unchangeable
 - Allows flexible boundaries between self and others
 - Denies the existence of social self
- (C)

Explanation: The Indian perspective accepts flexible self-other boundaries and a collectivistic orientation.

3. In Bandura's terms, self-efficacy refers to:
- The ability to regulate others' behavior
 - The tendency to avoid responsibility
 - One's belief in their ability to handle a situation
 - The judgment of one's physical appearance
- (C)

Explanation: Self-efficacy is the belief that one can organize and execute actions to manage situations effectively.

4. What is the core assumption of Freud's psychodynamic theory?
- Behaviour is governed solely by conscious thoughts
 - Human actions are based on external rewards
 - Behaviour is driven by unconscious motives and conflicts
 - Personality is determined only by genetic traits
- (C)

Explanation: Psychodynamic theory posits that unconscious motives and conflicts shape behaviour and personality.

5. According to Carl Rogers, which condition nurtures personality development?
- Conditional love
 - Strict discipline
 - Unconditional positive regard
 - Fixed moral values
- (C)

Explanation: Rogers emphasized the need for unconditional positive regard to foster healthy growth.

6. Which of the following is a projective technique used to assess personality?
- MMPI
 - 16 PF
 - Rorschach Inkblot Test
 - Eysenck Personality Questionnaire
- (C)

Explanation: The Rorschach Inkblot Test is a classic projective method that elicits interpretive responses to ambiguous stimuli.

7. Which personality type is more prone to coronary heart disease (CHD)?
- Type B
 - Type D
 - Type A
 - Type C
- (C)

Explanation: Type A—marked by competitiveness, time urgency, and hostility—shows higher CHD risk.

8. In Allport's theory, traits like "likes mangoes" or "prefers ethnic clothes" are:
- Central traits
 - Cardinal traits
 - Secondary traits
 - Source traits
- (C)

Explanation: These are secondary traits—preferences that are less central and more situation-specific.

9. The Five-Factor Model of personality does NOT include:
- Openness to experience
 - Conscientiousness
 - Psychoticism
 - Agreeableness
- (C)

Explanation: Psychoticism is not part of the Big Five; the model includes Openness, Conscientiousness, Extraversion, Agreeableness, and Neuroticism.

10. What is the primary focus of the cultural approach to personality?
- Observing unconscious motives
 - Studying bodily fluids to understand traits
 - Understanding personality in relation to ecological and cultural contexts
 - Measuring intelligence and aptitude
- (C)

Explanation: The cultural approach links personality with ecological conditions, social practices, and cultural norms.