

CHAPTER-2 | Self and Personality

QUIZ
PART-02

1. What best defines personality?

- A. Temporary moods that change daily
- B. Unique and relatively stable patterns of behavior, thought, and emotion
- C. A collection of physical features
- D. A fixed IQ score over time (B)

Explanation: Personality refers to our characteristic ways of responding—unique and relatively stable patterns of behavior, thought, and emotion.

2. Which approach attempts to understand people by grouping them into broad behavior patterns or “types”?

- A. Trait approach
- B. Learning approach
- C. Type approach
- D. Humanistic approach (C)

Explanation: The type approach examines broad, observable behavior patterns and places individuals into corresponding types.

3. Who proposed that temperament depends on four bodily humours?

- A. Sheldon
- B. Jung
- C. Friedman & Rosenman
- D. Hippocrates (D)

Explanation: Hippocrates’ four humours—blood, yellow bile, black bile, and phlegm—were linked to temperament types.

4. Which humour is linked with a choleric temperament?

- A. Blood
- B. Yellow bile
- C. Black bile
- D. Phlegm (B)

Explanation: Yellow bile corresponds to the choleric temperament in the four-humour scheme.

5. In Sheldon’s somatotype theory, which body type is described as fragile and thin, often shy and intellectual?

- A. Endomorph
- B. Mesomorph
- C. Ectomorph
- D. Isomorph (C)

Explanation: Ectomorphs are characterized as fragile and thin, with shy and intellectual tendencies.

6. Which description fits Jung’s introvert?

- A. Outgoing and strongly drawn to social activity
- B. Prefers to be alone, avoids others, and withdraws during emotional conflicts
- C. Competitive and aggressive in social settings
- D. Relaxed and easy-going in crowds (B)

Explanation: Jung’s introverts prefer solitude, avoid excessive social contact, and withdraw in emotionally charged situations.

7. Which pair correctly matches the cardiovascular risk pattern described by Friedman & Rosenman?

- A. Type A — relaxed, easy-going
- B. Type B — competitive, aggressive
- C. Type A — competitive, aggressive
- D. Type B — impatient, hostile (C)

Explanation: Type A is characterized by competitiveness and aggressiveness, whereas Type B is relaxed and easy-going.

8. Which set of features is associated with Type C personality?

- A. Adventurous, muscular, assertive
- B. Cooperative, unassertive, patient; suppresses negative emotions
- C. Sociable, round body build, talkative
- D. Withdrawn, thin, anxious (B)

Explanation: Type C is noted as cooperative, unassertive, and patient, with a tendency to suppress negative emotions like anger.

9. Which type is characterized by proneness to depression?

- A. Type A
- B. Type B
- C. Type C
- D. Type D (D)

Explanation: Type D is identified by a tendency toward depressive affect.

10. Which sequence lists Sheldon’s three somatypes?

- A. Endomorph, Mesomorph, Ectomorph
- B. Sanguine, Choleric, Melancholic
- C. Introvert, Ambivert, Extravert
- D. Type A, Type B, Type C (A)

Explanation: Sheldon outlined three body types—endomorph (round), mesomorph (muscular), and ectomorph (thin)—each linked to characteristic tendencies.