

CHAPTER-2 | Self and Personality

QUIZ
PART-05

1. What does the term 'self' refer to?

- A. Only one's physical appearance
- B. A list of social roles assigned by society
- C. The totality of conscious experiences, ideas, thoughts, and feelings about oneself
- D. A fixed personality type shared by a group (C)

Explanation: The self encompasses one's conscious experiences, ideas, thoughts, and feelings about oneself, covering both personal and social identity.

2. Which pairing correctly contrasts the Indian and Western notions of self?

- A. Indian—fixed boundary & individualism; Western—flexible boundary & collectivism
- B. Indian—flexible boundary & collectivism; Western—fixed boundary & individualism
- C. Indian—focus on technology; Western—focus on spirituality
- D. Indian—strict separation from group; Western—fusion with others (B)

Explanation: The Indian view allows flexible boundaries with collectivistic orientation, while the Western view emphasizes a fixed self-other boundary and individualism.

3. What is meant by delay of gratification?

- A. Choosing immediate rewards over long-term goals
- B. Postponing immediate rewards to pursue long-term goals
- C. Avoiding goals that require self-control
- D. Ignoring social norms when deciding goals (B)

Explanation: Delay of gratification is part of self-regulation involving willpower to defer immediate rewards for longer-term outcomes.

4. Why is delay of gratification important for adult development?

- A. It helps resist situational pressures and achieve long-term goals
- B. It guarantees higher intelligence scores
- C. It removes all emotional conflict
- D. It ensures unconditional social approval (A)

Explanation: By enabling resistance to situational pressures and focus on long-term aims, it supports mature, adaptive functioning.

5. Which statement best defines personality?

- A. Temporary moods that change daily
- B. Unique and relatively stable qualities that characterize behavior across situations and time
- C. A collection of physical features unrelated to behavior
- D. A test score that never changes (B)

Explanation: Personality reflects relatively stable patterns that characterize an individual's behavior across contexts and over time.

6. Which list correctly includes the main approaches to the study of personality?

- A. Type, Trait, Psychodynamic, Humanistic, Behavioral, Cultural
- B. Genetic, Neurological, Pharmacological, Statistical
- C. Rationalist, Empiricist, Structuralist, Functionalism
- D. Physiological, Medical, Forensic, Industrial (A)

Explanation: The chapter outlines six approaches: type, trait, psychodynamic, humanistic, behavioral, and cultural.

7. How does the trait approach differ from the type approach?

- A. Trait is qualitative; type is quantitative along a continuum
- B. Trait is quantitative along a continuum; type is qualitative categorization into broad groups
- C. Both are strictly qualitative
- D. Both are strictly quantitative (B)

Explanation: Traits are measured along a continuum (quantitative), whereas types classify people into broad qualitative categories.

8. Which element of Freud's personality structure internalizes societal values and moral standards?

- A. Id
- B. Ego
- C. Superego
- D. Preconscious (C)

Explanation: The superego represents the moral conscience, internalizing societal norms; the id follows pleasure, and the ego balances reality.

9. Which pairing correctly distinguishes Horney's and Adler's views on depression?

- A. Horney—inferiority complex; Adler—basic anxiety
- B. Horney—disturbed early relationships → basic anxiety/hostility; Adler—inferiority complex and failure to overcome it
- C. Horney—biological factors only; Adler—social interest only
- D. Horney—will to power; Adler—unconscious wishes (B)

Explanation: Horney linked depression to disturbed childhood relationships leading to basic anxiety/hostility, while Adler emphasized inferiority complex and inadequate compensation through purposeful behavior/social interest.

10. In the humanistic approach, what does self-actualization mean?

- A. Achieving social dominance over others
- B. Fulfilling one's potential through growth, creativity, and meaningful goals
- C. Eliminating all emotions from decision-making
- D. Adopting group norms without question (B)

Explanation: Self-actualization involves realizing one's capacities and creativity as part of personal growth and meaningful goal pursuit.