



## Chapter - 2 | Self and Personality

## QUIZ-01

1. What does self-concept primarily refer to?

- A. Others' perception of you
- B. View of oneself
- C. Awareness of surroundings
- D. Ability to manage emotions (B)

**Explanation :** Self-concept refers to the way individuals perceive themselves, including their competencies and attributes.

2. Which concept is based on Bandura's social learning theory?

- A. Self-esteem
- B. Self-regulation
- C. Self-efficacy
- D. Self-concept (C)

**Explanation :** Self-efficacy refers to the belief in one's ability to handle specific situations, as explained by Bandura.

3. What does the 'id' operate on in Freud's theory?

- A. Morality principle
- B. Social principle
- C. Pleasure principle
- D. Reality principle (C)

**Explanation :** The 'id' functions on the pleasure principle, seeking immediate gratification of desires.

4. Which personality type is prone to coronary heart disease (CHD)?

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

**Explanation :** Type A individuals are highly competitive and impatient, making them more prone to CHD.

5. What is the main focus of humanistic approach?

- A. Repressed desires
- B. Environmental reinforcements
- C. Free will and self-actualisation
- D. Cultural adaptation (C)

**Explanation :** Humanistic approach emphasizes growth, free will, and the drive towards self-actualisation.

6. Which test involves interpreting ambiguous inkblots?

- A. TAT
- B. MMPI
- C. EPQ
- D. Rorschach (D)

**Explanation :** The Rorschach test presents inkblots and assesses personality based on interpretation.

7. Which personality trait from the Five-Factor Model is related to emotional instability?

- A. Openness
- B. Conscientiousness
- C. Neuroticism
- D. Agreeableness (C)

**Explanation :** Neuroticism involves traits like anxiety, moodiness, and emotional instability.

8. What is self-regulation mainly associated with?

- A. Controlling others
- B. Self-monitoring and self-control
- C. Enhancing appearance
- D. Gaining popularity (B)

**Explanation :** Self-regulation is the ability to monitor and modify one's behaviour for long-term goals.

9. The concept of 'ideal self' is associated with which psychologist?

- A. Freud
- B. Rogers
- C. Adler
- D. Eysenck (B)

**Explanation :** Carl Rogers introduced the idea of 'ideal self' as the self one strives to become.

10. What is the aim of projective techniques?

- A. Measure IQ
- B. Analyse handwriting
- C. Reveal unconscious desires
- D. Test memory (C)

**Explanation :** Projective techniques aim to uncover unconscious motives and conflicts.