

Personality

I] Fill in the blanks :-

- 1) Allport defined personality as the dynamic organization within the individual of those psychophysical systems that determine his unique adjustment to his environment.
- 2) Extrovert are outgoing, friendly and talkative people.
- 3) Cardinal traits are the dominant characteristic of a person.
- 4) Unconscious is the second level of mind which is concerned with facing the reality with rational thought.

II] Match the pairs :-

- 1) Super Ego - Moral values.
- 2) Projective technique - TAT
- 3) Rorschach - Ink Blot Test
- 4) Trait - Enduring characteristics.
- 5) Mesomorph - Sheldon.

C] State whether True or False :-

1) Allport reduced personality traits to twelve source traits.

Ans False.

2) Kretschmer classified people on the basis of somatotype.

Ans False.

3) Sheldon classified people into the pyknic and the asthenic.

Ans False.

4) A person who is shy and reserved is called Extrovert.

Ans False.

II] Explain the following :-

1) Trait -

Traits can be defined, as relatively enduring and consisting ways of thinking, acting and feeling that are believed by some theorists. Traits are characteristics that lead people to behave in more or less distinctive and consistent ways across situations and over a period of time.

2) Five factor model of personality -

The most influential trait approach today contends that five broad trait factors - called the 'Big Five Factor Model' of personality proposed by Robert McCrae and Paul Costa. The factors include:

- ① Neuroticism
- ② Extroversion
- ③ Openness to Experience
- ④ Agreeableness
- ⑤ Conscientiousness

3) Sentence completion test -

This test makes use of a number of incomplete sentences. In the test, the starting point / part of the sentence is first presented and the subject has to provide an ending to the sentence. It is held that the type of ending used by the subjects reflect their attitudes, motivation and conflicts.

III/ Give the Psychological reasons:-

1) Family influences on the development of personality.

Ans Family is one of the most important sources of influence on individual personality. The main three aspects of the family which influence individual personality are -

① Structure of the family -

The family pattern is constantly changing. In modern world, we see having single parent families, nuclear family; we have families which are not intact either due to death, divorce or separation of one or both the parents.

② Atmosphere of the family -

Researchers have found that it is not the structure of the families which affects the child's development, but the ability of the parents to create favourable environment, especially the social and psychological environment.

③ Relationship in Family -

The relationship between family children and parents are considerably shapes the personality of the child. As family patterns and values differ from culture and from society to society.

2) Sentence completion test is a projective test.

Ans In sentence completion tests, beginning of sentences are presented to a subject. The psychologist then requests that the subjects complete the sentence any way they would like. This method is based on the idea that it will reveal more about thoughts, fantasies and emotional conflicts than testing with direct questions. These tests are developed to be as vague as possible so the most amount of

projection as possible so ~~the most~~ can occur. Since the sentence completion tests help a person project their innermost thoughts, they are known as projective tests.

IV Write short notes:-

i) Structure of personality -

According to Sigmund Freud's psychoanalytic theory of personality, personality is composed of three elements.

① Id -

Id is the raw, unorganised, inborn part of personality. Id attempts to reduce tension created by primitive drives related to hunger, sex, aggression and irrational impulses.

② Ego -

Ego strives to balance the desires of the Id and the realities of the objective outside world.

③ Super Ego -

The final structure of personality to develop, represents social right and wrong as taught and modelled by a person's parents, teachers and other significant individuals.

2) Rorschach inkblot test.-

This test was developed by Herman Rorschach in 1921. The test consists of 10 inkblots. Five of them are black and white, two with some red ink and remaining three in some pastel colours. The blots are symmetrical in design with a specific shape and form. Each blot is printed in the centre of a card board. The blots made by dropping ink on a piece of paper and then folding the paper in half. The cards are administered individually in two phases. In first phase called performance proper in which the subjects are shown cards and are asked to tell what they see in each of them. In the second phase, called inquiry, a detailed report of the response is prepared by asking the subject to tell where, how and on what basis was a particular response is written or made.

3) Behavioural analysis -

A person's behaviour in a variety of situations can provide us with meaningful information about his/her personality. Observation of behaviour serves as the basis of behavioural analysis. An observer's report may contain data obtained from interview, observation, ratings, nomination and situational tests.

① Interview -

It can be defined as a face to face conversation carried on with some goal. Interview method of measuring personality is mostly used by clinical psychologist, educational psychologist and vocational counsellors.

② Observation -

Behavioural observation is another method which is commonly used for the assessment of personality for the purpose of personality assessment we required trained observers.

V Answer in 100 to 150 words :-

1) Explain influencing factors of personality .

① Family

② School

③ Neighbourhood

④ Peer Groups

⑤ Culture

Ans Personality development is influenced by biological factors including genetic potential, body chemistry, role of endocrine glands, physique and physical defects or disabilities.

① Family -

The structure and atmosphere of the family and relationships within the family strongly influences on individuals personality. The relationship between family children and parents ~~are~~ considerably shapes the personality

of the child. As family patterns and values differ from culture to culture and from society to society. In some families social roles ~~as~~ are quite flexible. This culture pattern and social roles in family influences development patterns and the personality of the developing child.

In families where authoritarian leadership is there it is on that children develop adjustment personality with many behavioural problems.

② School -

Factors like the school facilities, adjustment of the child to discipline and academics, role of the teacher and school mates, religious affiliation and socio economic status plays a major role in personality development.

③ Neighbourhood -

It influences individuals values, social norms, roles and other form of behaviour from the neighbourhood. Children those who come from slums or from certain unprivileged neighbourhoods, do not acquire certain experience due to lack of resources.

④ Peer groups -

It refers to other children of the same age who study with or play with the children. ~~to learn~~ Peer groups help the children to learn gender appropriate behaviour.

There are many things which are learnt through peer influence eg. socialization, enhance relationship, sense of belongingness, sense of identity, communication skills, co-operation, roles, realistic view of their abilities and emotional security.

At the same time through peer relationships some negative effects are shock lifting, begin to use drug etc. It influences the behaviour when the issues are unclear, reinforce prejudice among the members towards outsiders.

⑤ Culture -

Cultural environment influences personality such as moral values, ethical values, beliefs and norms. Scientific advance and technological changes have made life more efficient and rational but also more fast paced and competitive. Mass media influences our personality, expectations eg. films, T.V, radio, printed literatures etc. Mass media impacts on our personality attitudes values, beliefs and behaviour patterns.

2) Explain the major approaches of personality

① Trait approach.

② Type approach.

Ans ① Trait Approach -

Traits are important ways of describing an individual's personality.

Traits can be defined, as, relatively enduring and consisting ways of thinking, acting and feeling that are believed by some theorists. Traits are characteristics that lead people to behave in more or less distinctive and consistent ways across situations and over a period of time. Trait approach is very similar to our common experience in every day life. For example, when we come to know that a person is sociable, we assume that he/she will not be cooperative, friendly and helping but also engage in behaviours that involve other social components.

② Type approach -

Type approach refers to a psychological or psycho-biological classification of different types of people. Various classifications given by different psychologists.

① Hippocrates -

As per Hippocrates, temperament or personality is determined by a person's level of 4 different body fluids, called humors. He says that blood is associated with cheerful temperament. Phlegm is associated with a calm temperament. Black bile is associated with depressed temperament. And yellow bile is associated with an irritable temperament.

② William Sheldon -

He gave a theory of Somatotypes i.e. body types or Constitutional

theory of personality that classifies personalities into an ectomorph with thin, frail body with shy, restrained temperament, a mesomorph with muscular, strong body with bold, assertive, energetic nature, and an endomorph with large, soft body with relaxed, sociable easygoing temperament.

③ Kretschmer -

Kretschmer developed a classification system based on three main body types: Asthenic who have a thin, small, weak body, athletic who have muscular largeboned body and pyknic that has a stocky, fat body.

3) Explain Big-five factors of personality.

- ① Neuroticism
- ② Extroversion
- ③ Openness to experience
- ④ Agreeableness
- ⑤ Conscientiousness

Ans The Big Five factors Model of personality proposed by Robert McCrae and Paul Costa.

① Neuroticism -

Neuroticism refers to the tendency to experience negative feelings. Those who score high of Neuroticism may experience primarily one specific negative feeling such as anxiety, anger or depression, but are likely to experience several of these emotions. People high in Neuroticism are emotionally reactive. They respond

emotionally to events that would not affect most people and their reactions tend to be more intense than normal. They are more likely to interpret ordinary situations as threatening, and minor frustrations as hopelessly difficult.

② Extroversion -

Extroversion is marked by distinct engagement with external world. Extroverts enjoy being with people, are energetic and often experience positive emotion. They tend to be enthusiastic, talkative, assertive, optimistic and action-oriented person who are likely to draw attention to themselves. Introverts tend to be shy, quiet and disengaged from the social world. They need less stimulation, prefer to be alone and show low level of energy and activity.

③ Openness to experience -

It refers to a dimension of cognitive style that distinguishes imaginative person from conventional person. Open to experience people are intellectually curious, appreciative of art and sensitive to duty and often act in individualistic and non conforming ways.

Those who score low on openness to experience tend to have narrow interest and prefer things that are plain, straight-forward or familiar. They tend to be conservative and resistance to change.

④ Agreeableness -

Agreeableness refers to extent of individual differences in relation to cooperation and social harmony. Agreeable person are considerate, friendly, helpful, have an optimistic view of human nature and believe people to be honest, decent, and trustworthy.

Disagreeable individuals are generally unconcerned with well-being of others and appear suspicious, unfriendly and un-cooperative.

⑤ Conscientiousness -

Conscientiousness concerns with the way in which a person controls, regulates and directs his/her impulses. Conscientiousness individuals avoid trouble and try to achieve high level of success through purposeful planning and persistence. They tend to be regarded as intelligent and reliable. However they can be perfectionist and workaholics and might even be regarded as rigid and boring.

4) Explain the various methods of personality measurement.

① Self report

② Projective techniques

③ Behavioural Analysis

A) Interview B) Observation.

Ans Psychologist have tried to assess personality in

various ways.

① Self report measure -

Allport suggested that the best method to assess person is by asking him/her about himself/herself, which leads to the use of self report measure.

There are fairly structured measures where the subject to objectivity report his/her own feelings with respect to various items.

The Minnesota multi-phasic personality Inventory (MMPI). McKinley and Hathaway developed this test as helping tool for psychiatric diagnosis. But the test has been found very effective in identifying varieties psychopathology.

The revised version is available as MMPI-2. It consist of 567 statements, the subject as to judge each statement as true or false for him/her. The test is divided into ~~40~~ 10 sub scales which seek to diagnose psychometric symptoms, neurological disorders, motor disturbances, sexual attitude, political attitude, obsession, delusion, phobia etc.

② Projective Techniques -

Projective Techniques were developed to assess unconscious motives and feelings. These techniques are based on the assumptions that a less structured or unstructured stimulus or situation will allow

the individuals to project his/her feelings desires and needs onto that situation. Thematic Apperception Test (TAT). TAT was developed by C.D Morgan and Henry A. Murray. It is projective technique which tends to expose unconscious thoughts and fantasies. TAT consist of 30 black and white pictures. and one black card. Each picture depicts people in variety of situations. Some cards are used with boys and girls or in combinations. Twenty cards are appropriate for a subject. Person is asked to tell a story describing the situation he/she perceives in the card. The story can be in the past, present or future tense. Uma Chaudhary has revised Indian adaptation of TAT.

Rorschach Ink Blot Test. Herman Rorschach developed ink blot test in 1921. The test consist of 10 ink blot 5 of them are black and white, two with some red ink and remaining three in some pastel colours. The blots are symmetrical in design with a specific shape and form. Each blot is printed in the centre of a card board of about 7 x 10" size. The blots made by dropping ink on a piece of paper and then folding the paper in half. The cards are administered individually in two phases.

In first phase called performance proper in which the subject are shown cards and asked to tell what they see in each of them.

In second phase, called injury, a detailed report of the response is prepared by asking the subject to tell where, how and on what basis was a particular response is written or made. The use and interpretation of this test requires extensive training.

Sentence Completion Test. This test makes use of a number of incomplete sentences. In the test, the starting part of the sentence is first presented and the subject has to provide an ending to the sentence. It is held that the type of ending used by the subjects reflect their attitude, motivation and conflicts eg ① My mother ———
② I'm proud of ———. ③ My greatest fear is ———.

③ Behavioural Analysis -

Behaviour is observed in specific situation or response to questions posed are analysed to reveal personality attributes.

① Interview -

Interview is a face to face conversation carried on with some goal. Interview method of measuring personality is mostly used by clinical psychologist, educational and vocational counsellors.

② Observation -

Behavioural observation is another method which is commonly used for the assessment of ~~per~~ personality. For the

purpose of personality assessment we required trained observers.