

**Indian School Wadi Kabir**  
**2024-25**  
**Gr 12**



**Chp 2: Self & Personality**  
**Question Bank**

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**1 mark**

1. The way we perceive ourselves and the ideas we hold about our competencies and attributes are called self concept.
2. Self esteem is an important aspect of our self.
3. Self esteem shows a strong relationship with our everyday behavior.
4. Studies show that warm and positive parenting helps in the development of high esteem in children.
5. The notion of self efficacy is based on Bandura's social learning theory.
6. Self regulation refers to our ability to organise and monitor our own behavior.
7. Learning to delay or defer gratification of needs is called self control.
8. Self control plays an important role in the fulfilment of long term goals.
9. In the Western view the boundary is fixed.
10. In the Western culture, the self and group exist as 2 different entities with clear boundaries.
11. Western cultures are individualistic whereas many Asian cultures are collectivistic.
12. Define :
  - ID
  - superego
  - ego
  - psychoanalysis
  - Libido

**2 marks**

1. What is self concept?
  1. 2. How does self esteem relate to everyday behavior?
  3. Describe in brief the Phallic stage under stages of personality
  4. Explain the Carl Jung's theory - analytical psychology
  5. Write short notes on ;
    - (a) Erikson's theory of personality
    - (b) Self-actualization
    - (c) Self-report measures
    - (d) Projective techniques
    - (e) Nomination method
    - (f) Situational stress test

### 3 marks

1. Explain self regulation in detail
2. Explain self efficacy in detail
3. Explain self esteem
4. Explain the three psychological methods of self regulation
5. Give at least 3 differences between western and Indian concept of self.
6. What are the three levels of consciousness. Explain on the basis of Freudian theory
7. How does humanistic approach explain the development of personality ?
8. Describe the following tests:

(i) MMPI

(ii) TAT

(iii) 16 PF

(iv) EPQ

(v) P-F Study

(vi) Rorschach Inkblot Test

(vii) Draw-a-person test

9. What is an interview? Explain the two types of interview.
10. How is the technique of 'behavioural observation' used to assess personality?

### 4 marks

1. What is self control?
2. What is defence mechanism? Explain the Freudian kinds of defence mechanisms
3. Write in brief on the 5 stages of personality development .
4. Explain the technique of behavioural ratings.
5. Enumerate the limitations shared by observation and interview method
6. Discuss the main limitations of behavioural ratings method.

### 6 Marks

Explain the cognitive and behavioural aspects of self.  
What is the rationale of projective techniques?

### Post-Freudian approaches – Question and answers.

Fill in the blanks.

1. Analytical psychology was proposed by \_\_\_\_\_
2. He claimed that there was a \_\_\_\_\_ which consisted of \_\_\_\_\_
3. He held that the self strives for \_\_\_\_\_
4. Karen Horney argued that psychological disorders were caused by \_\_\_\_\_
5. \_\_\_\_\_ is a feeling developed when parents are erratic, indifferent and discouraging.
6. Alfred Adler's theory is known as \_\_\_\_\_
7. \_\_\_\_\_ are our source of motivation
8. Inferiority complex is a feeling of \_\_\_\_\_

Questions.

2. Describe the theory of analytical psychology.
3. Who are the Neo-Freudian theorists?
4. Enumerate on "Karen Horney: Optimism" ? Where do her major contribution lie?