



INDIAN SCHOOL AL WADI AL KABIR
DEPARTMENT OF PSYCHOLOGY (2025-26)
CLASS – XII
Self & Personality

Objectives:

Q.1. _____ refers to the attributes of a person that makes him different from the others.

a) Social identity b) Familial identity c) Personal identity

Q.2. Goals and ideas that are considered important and worthwhile to achieve are known _____.

a) Character b) Disposition c) Trait d) Values

Q.3. The way we perceive ideas about ourselves and about our competencies is called _____.

a) Self Esteem b) Self Efficacy c) Self Regulation d) Self Concept

Q.4. The tendency of a person to react to given situation in a particular way is called _____.

a) Temperament b) Trait c) Character d) Disposition

Q.6. The judgment of one's own value or worth is called _____.

a) Self regulation b) Self Concept c) Self Esteem d) Self Efficacy

Q.7. Cattell applied a statistical technique called _____ to find the various types of traits.

Q.8. _____ guna includes intensive activity, desire for self gratification and envy for others.

a) Tamasguna b) Rajas Guna c) SattvaGuna

Q.9. _____ refers to rewarding behavior's that have pleasant outcome.

a) Self Instruction b) Self Control c) Self Regulation d) Self Reinforcement

Q.10. Type C and D personality was suggested by _____. a) Binet b) Sternberg c) Morris d) Friedman

Short Questions:

1. What is self concept?
2. How does self esteem relate to everyday behavior?
3. Explain self regulation in detail
4. Explain self efficacy in detail
5. Explain self esteem

Long Questions:

Q.1. Explain Paul Costa's and Robert Mc Crae's personality theory?

Q.2. Distinguish between the source and surface traits given by Raymond Cattell? Give examples.

Q.3. Explain the cognitive and behavioural aspects of self.