Self and Personality

Standard difficulty · 20 questions · 40 marks · Time: 36 minutes

Name: _____ Date: _____ Score: ____ / 40

Show your working for Sections B and C. Answers are on the last page — try every question first!

Section A — Choose the correct answer — 8 × 1 = 8 marks

1. A person's belief that they have the ability a situation demands is called:
   (a) self-concept **(b)** self-regulation
   (c) self-esteem **(d)** self-efficacy

2. Kabir has no memory at all of an embarrassing moment on stage, though friends recall it. Which defence mechanism is this, in Freud's terms?
   (a) denial **(b)** reaction formation
   (c) repression **(d)** rationalisation

3. Dev wants to eat the whole box of sweets right now. Which part of personality, in Freud's theory, is at work?
   (a) superego **(b)** ego **(c)** id **(d)** archetype

4. Who proposed 16 source traits?
   (a) Cattell **(b)** Friedman and Rosenman
   (c) Jung **(d)** Sheldon

5. In the Big Five, people who score high on conscientiousness are:
   (a) socially active, assertive and outgoing
   (b) imaginative, curious and open to new ideas
   (c) helpful, cooperative, friendly and caring
   (d) achievement-oriented, dependable and responsible

6. What kind of personality assessment is the Draw-a-Person Test?
   (a) behavioural analysis **(b)** case study
   (c) self-report measure **(d)** projective technique

7. Arjun notes each evening when attention drifted during homework. Which technique of self-regulation is this?
   (a) self-instruction **(b)** projection
   (c) observation of one's own behaviour **(d)** self-reinforcement

8. Which idea is Erikson known for?
   (a) the levels of processing view
   (b) identity and the identity crisis of adolescence
   (c) individual psychology and the inferiority complex
   (d) an optimistic view stressing social and cultural factors

Section B — Short answer — 8 × 2 = 16 marks

9. Distinguish between personal identity and social identity.

10. Name the defence mechanism in each case. (a) Dev, not picked for the team, says the team was not worth joining anyway. (b) Kabir dislikes a classmate but insists it is the classmate who dislikes them.

11. Is each description part of personal or social identity? Type personal or social. (a) “I am hardworking.” (b) “I am a member of the school band.”

12. Type id, ego or superego for each. (a) Dev plans to play for an hour after finishing homework. (b) Zoya wants to skip homework and play all evening, whatever happens.

13. Describe high scorers on each Big Five factor: (a) conscientiousness (b) extraversion

14. Who proposed each? (a) the Big Five factors (b) sanguine, phlegmatic, melancholic and choleric types

15. Name the kind of assessment: (a) a situational stress test (b) the 16 Personality Factor Questionnaire

16. Suppose a psychologist uses 15 TAT picture cards with one person, allowing about 5 minutes for each story. How long will the test take, and how many of the TAT’s 30 picture cards are left unused?

Section C — Word problems — 4 × 4 = 16 marks

17. Explain the Big Five factors of personality.

18. Match each with its meaning: (a) central traits (b) cardinal traits (c) superego. Choose from: moral standards and conscience; quite generalised, like warm, sincere or diligent; highly generalised, around which a whole life revolves.

19. Priya, secretly jealous of a friend's prize, praises the friend loudly to everyone. (a) Which concept does this show? (b) Explain your answer.

20. Explain the main idea of each post-Freudian and say how each moved away from Freud: (a) Jung (b) Erikson

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Answer key

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Q	Answer	Working
1	(d) self-efficacy	—
2	(c) repression	—
3	(c) id	—
4	(a) Cattell	—
5	(d) achievement-oriented, dependable and responsible	—
6	(d) projective technique	—
7	(c) observation of one's own behaviour	—
8	(b) identity and the identity crisis of adolescence	—
9	Personal identity: attributes that make a person different from others (name, qualities, abilities). Social identity: aspects that link a person to social or cultural groups.	—
10	(a) rationalisation (b) projection	—
11	(a) personal (b) social	—
12	(a) ego (b) id	(a) weighs the wish against what is realistic, so ego (b) wants pleasure at once, whatever happens, so id
13	(a) achievement-oriented, dependable and responsible (b) socially active, assertive and outgoing	—
14	(a) Costa and McCrae (b) Hippocrates	—
15	(a) behavioural analysis (b) self-report measure	—
16	75 minutes; 15 cards	15 × 5; 30 − 15
17	Openness to experience, extraversion, agreeableness, neuroticism (versus emotional stability) and conscientiousness, identified by Costa and McCrae.	—
18	(a) quite generalised, like warm, sincere or diligent (b) highly generalised, around which a whole life revolves (c) moral standards and conscience	—
19	(a) reaction formation (b) Reaction formation: behaving in the opposite	—

Q	Answer	Working
	way to one's true feelings, which the ego uses to reduce anxiety	
20	**(a) the collective unconscious and archetypes (b) identity and the identity crisis of adolescence; both gave a bigger role to the ego, social forces and present circumstances than to instincts**	—