

Psychology

(Psychology) (Chapter – 2) (Self and Personality)

(Class – XII)

Review Questions

Question 1:

What is self? How does the Indian notion of self differ from the Western notion?

Answer 1:

Within the culture, the self and therefore the group exist as two different entities with clearly defined boundaries i.e. individual members of the group maintain their individuality while within the Indian culture, the self is mostly not separated from one's own group; rather both remain in a very state of harmonious co-existence. In any case, the foremost significant contrast is that the manner by which fine the limit is between the thought of self and also the other or gathering. While the Western idea asserts that the bounds among self and therefore the gathering are unbending, the Indian idea guarantees that the bounds frequently move.

Question 2:

What is meant by delay of gratification? Why is it considered important for adult development?

Answer 2:

Learning to delay or defer the gratification of needs is called self-control. It arises from self-regulation.

- Self-regulation is a behavioral component of self.
- Relates to the ability to organize and control one's behavior. People who are able to change their behavior in response to the demands of their external environment have excellent self-control.
- Self-regulation leads to self-control.
- play an important role in achieving our long-term goals.
- Indian culture offers us effective mechanisms for developing self-control, such as fasting (vrata or roza) and detachment from worldly things.
- Ability to decline.

Psychological techniques for developing self-control include:

- Observing Your Own Behavior: Provides necessary information that can be used to alter, modify, or reinforce certain concepts of self and personality.
- Self-Guidance: We often tell ourselves to do what we want to do.
- Self-reinforcement: Includes rewarding behaviors with pleasurable results (such as watching a movie with a friend when you do well on an exam).

Self-control is important for building a mature personality. For this reason, self-control is emphasized in all cultures. It helps you reach your long-term goals. Indian cultural traditions provide us with certain effective mechanisms. B. Fasting in Vartha or Loja, knowing attachment to worldly things and developing self-control.

Self-control is also important for social networks to function effectively.

Question 3:

How do you define personality? What are the main approaches to the study of personality?

Answer 3:

The word "personality" comes from the Latin word "persona", meaning the mask or fake face worn by Greek actors when performing on stage is the dynamic organization within the individual of the psychological system that determines unique adaptations to the environment."

One of the most important approaches to understanding personality has been to develop a theory about what personality is. There are many popular personality theories that can be grouped into four categories.

- A dynamic approach that emphasizes the ongoing interplay between motives, drives, and psychological processes.
- Types and training approaches focused on people's traits, such as stubbornness, shyness, and how these traits are organized into the system.
- A humanistic approach that emphasizes the importance of self and individual subjective worldviews.
- Learning and action approaches that emphasize how habits are acquired through basic learning processes.

Question: 4

What is trait approach to personality? How does it differ from type approach?

Answer 4:

Trait-approach psychologists describe personality in terms of specific psychological traits. Type-oriented psychologists believe that personality can be divided into broad categories. A trait is a relatively stable, persistent, distinctive pattern of behavior that distinguishes an individual from others.

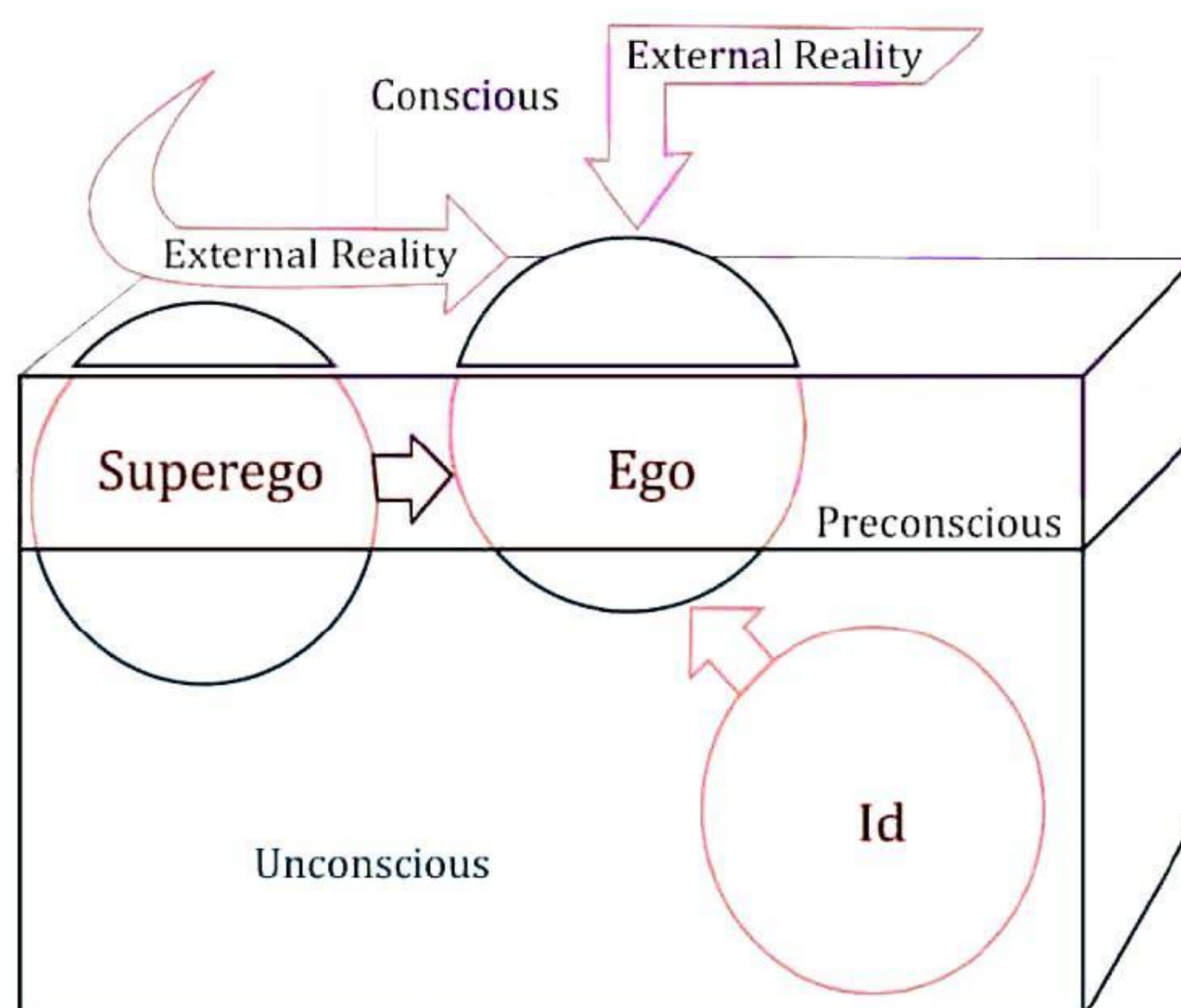
- These are essentially duplicates. H. Included.
- A trait is a particular psychological trait, eg. shyness or shyness. A type is a cluster of similar characteristics.
- These are broad categories.
- These are not duplicates. They have an exclusive character. extroverted or introverted.

Question: 5

How does Freud explain the structure of personality?

Answer 5:

According to Freud's theory, there are three primary structural elements of personality which are id, ego, and superego. They reside in the unconscious as forces and they can be inferred from the ways people behave.



- **Id:** The source of human instinctive energy. It deals with immediate gratification of primordial needs, sexual desires and aggressive urges. It is based on the pleasure principle that people seek pleasure and try to avoid pain. Freud viewed much of a person's instinctive energy as sexual and the rest as aggressive. I don't care about moral values, society, or other individuals.
- **Ego:** It grows out of the id and tries to satisfy the instinctive needs of the individual according to reality. It works on real-world principles, often pointing id towards better behavior. The ego is patient, rational, and works according to the principles of reality.
- **Superego:** The best way to characterize the superego is to regard it as a moral branch of mental functioning. The Superego tells the Id and Ego whether satisfaction is ethical in a particular case. Helps control identity by internalizing custody through the process of socialization. Thus, regarding the functions of the individual, Freud thought that the unconscious he consisted of three competing forces. In some people the id is stronger than the superego. In others it is the superego. The relative strengths of the id, ego, and superego determine each person's stability. Freud also postulated that the id is driven by two drives he called the life drive and the death drive. He paid less attention to the death instinct and focused more on the life (or sexual) instinct. The instinctive life force that activates the id is called the libido. They work on the pleasure principle and seek immediate gratification.

Question 6:

How would Horney's explanation of depression be different from that of Alfred Adler?

Answer 6:

Horney was one of Freud's students who developed a theory that deviated from Freud's basic principles. She adopted a more optimistic view of human life, with an emphasis on human growth and self-realization. Her Horney's main contribution is in questioning Freud's treatment of women as inferior. In their opinion, each gender has qualities that the other can admire, and neither gender is considered superior, nor inferior. She countered that women are more susceptible to social and cultural factors than biological factors. She argued that mental disorders are caused by interpersonal disruptions in childhood. When parental behavior toward children is apathetic, discouraging, and unpredictable, children feel insecure, an emotion called underlying anxiety. occurs. This fear creates deep parental resentment and underlying hostility. With excessive control or indifference, or with too much or too little consent, parents can leave their children feeling isolated and helpless and undermine their healthy development.

In contrast, Adler's theory known as individual psychology. Its basic premise is that human behavior is purposeful and purposeful. Each of us has the ability to choose and create. Our personal goals are our source of motivation. Goals that give us a sense of security and help us overcome our feelings of inadequacy are important to our personality development that is, suffer from an inferiority complex. Overcoming this complex is essential for optimal personality development.

Question 7:

What is the main proposition of humanistic approach to personality? What did Maslow mean by self-actualisation?

Answer 7:

Humanistic theories emphasize personal responsibility and renew the trend toward personal growth. They focus on the importance of people's subjective attitudes, feelings, and beliefs, especially when it comes to self.

- (i) According to the humanistic approach, we humans are the most creative, growing, fully functioning and self-actualizing human beings.

- (ii) According to Rogers theory, a fully functioning individual, a mentally healthy individual enjoying life to the fullest.
- (iii) Live in the here and now and trust your emotions. They are sensitive to the needs of others, but do not allow society's standards to unfairly shape their feelings and behavior.
- (iv) Rogers proposes that every individual has a conception of an ideal self. A mismatch occurs when there is a discrepancy between the real self and the ideal self.
- (v) Rogers proposed two basic assumptions.
 - human behavior is purposeful and meaningful;
 - Humans always choose adaptive and self-fulfilling behavior.
- (vi) Rogers argues that many people fail to become fully functioning human beings because they grow up in an atmosphere of conditioned positive attention and develop a distorted self-concept that impedes personal growth. It was believed that such people cannot understand themselves.
- (vii) All humans desire unconditional positive interest, agency, and a sense of accomplishment in order to achieve self-actualization.
- (viii) Humanist theories do not deny the importance of past experience, but generally focus on the present. Maslow's contribution to the humanistic approach.
- (ix) Maslow self-actualization:
 - A state in which a person has reached their full potential;
 - He was optimistic about people with potential for love, joy and creative work. (xi) In his opinion, people are free to shape their lives and realize themselves.

Question 8:

Discuss the main observational methods used in personality assessment. What problems do we face in using these methods?

Answer 8:

The main observational methods used in personality assessment are interviews, observations, assessments, nominations, and situational tests.

- **Interview:** This is a commonly used personality evaluation method. This includes talking to the person being evaluated and asking specific questions. Diagnostic questions typically include detailed questions.
Interviews designed to go beyond human answers. Interviews can be structured or unstructured, depending on the purpose or purpose of the assessment. In an unstructured interview, the interviewer asks a series of questions to try to form an impression of the person. The way a person presents themselves and answers questions has enough potential to reveal a person's character. A structured interview deals with very specific questions and sets Follow the steps given. This is often done to allow objective comparisons of survey subjects. Rating scales can be used to further improve the objectivity of the evaluation.
- **Observation:** Behavioral observation is another method very commonly used to assess personality. Using observations to assess personality is an advanced process that cannot be performed by untrained individuals. Assessing a particular person's personality requires careful training of observers and fairly detailed behavioral analysis guidelines. For example, a clinical psychologist might want to observe the client's interactions with family members and visitors. Carefully planned observations can give clinical psychologists considerable insight into a client's personality.
- **Behavioral Assessments:** These are commonly used to assess personality in educational and industrial settings. Behavioral assessments are generally performed by someone who knows the person being assessed well and has had the opportunity to interact with or observe them over a period of time. They try to classify individuals into specific categories based on the quality of their

behavior. Categories may have different numbers or descriptive terms. We know that the use of numbers and common descriptive adjectives in rating scales always confuses raters. Effective use of ratings requires well-defined traits in the form of carefully formulated behavioral anchors

- **Nominations:** This is the method often used to obtain peer review. It can be used with people who have long-term interactions and know each other well. Upon nomination, each person is asked to choose one or more people from the group with whom she would like to work, learn, play, or participate in other activities. We may also discuss the reasons for selection.
- **Situational tests:** Various situational tests have been developed to assess personality. The most commonly used test of this type is the situational stress test. It provides information about how a person behaves in stressful situations. This test requires you to perform a specific task with other people who are uncooperative and instructed to intervene. Testing involves a kind of role-play. The person is instructed to play the role being observed. You will also receive a verbal report on the content of your request. The situation can be realistic or created by a video game. Problems using these methods:

Observation and interview methods have the following limitations:

- The specialized training required to collect useful data with these methods is very difficult and time consuming;
- Psychologist maturity is a prerequisite for obtaining valid data through these techniques;
- The presence of an observer can skew the results; As a stranger, the observer can influence the behavior of the person being observed, thus not getting good data. Behavioral assessment has the following major limitations:
- Evaluators often exhibit certain biases that influence their evaluation of various characteristics. For example, most of us are strongly influenced by one favorable or unfavorable trait. This is often the basis for an individual's overall assessment by raters. This tendency is known as the halo effect.
- The rater puts people in the middle of the scale by avoiding extreme positions (intermediate category called his bias) or extreme positions by avoiding the middle category of the scale (extreme response bias). These tendencies can be overcome by properly training raters or developing scales that appear to have low response bias. You can analyze the nominations you receive to understand the person's character and behavioral qualities. Although this technique has proven to be very reliable, it can also be subject to personal bias.

Question 9:

What is meant by structured personality tests? Which are the two most widely used structured personality tests?

Answer 9:

Structured personality tests are self-report measures that have the subsequent features:

- a) Questions are direct and structured.
- b) They're called self-report because the examinee needs to respond objectively to the things of the measure and his/her response are accepted as they're.
- c) They are objective in nature and that they house the current state of mind.
 - Self-report measures use inventories and questionnaires to assess conscious a part of personality.
 - Goal of the test is also revealed.
 - These tests assess only conscious a part of personality.
- d) Their results depend upon motivation and emotion of the examinee; they're non-projective and direct inferences are made.

Some of the self-report measures are:

- Eysenck Personality Questionnaire (EPQ): This test was developed by Eysenck to assess two basic dimensions of personality namely introverted—extroversion and emotionally stable—emotionally unstable (Neuroticism).
- MMPI: Minnesota Multiphasic personality test. This test was developed by Hathaway and Mckinely.
- It's been found very effective in detecting psycho-pathology like hypochondriasis, depression, hysteria etc.
- The test is split into 10 sub scales. This test helps in clinical diagnosis of varied mental disorders like hypochondriasis, depression, hysteria, etc.
- It's two sets' MMPI-I and MMPI-II. Now-a-days, MMPI-II is getting used.
- It's 567 items within the variety of affirmative statements. The topic judges each item 'statements' as true or false.
- MMPI is one amongst the superb tests for clinical purposes (diagnosis).
- Indian version of MMPI is additionally available named as Jodhpur Multiphasic personality assessment (JMPI) by Malik and Joshi.

Problems Faced by self-report Measures

- Social Desirability: it's an inclination on a part of the respondent to endorse items in a very socially desirable manner.
- Acquiescence: it's a bent of the topic to consider items/questions no matter contents.
- Testing and understanding personality require great skill and training.
- People become self-aware and conscious, hesitate to share thoughts and feelings and motivation. If they are doing it, it's drained a socially desirable manner. So, the 000 personality characteristics aren't manifested.

Question 10:

Explain how projective techniques assess personality. Which projective tests of personality are widely used by psychologists?

Answer 10:

- Projective personality tests are widely used by psychologists.
- Projection is the most indirect way of assessing personality.
- Psychoanalytic theory assumes that actions are also determined by unconscious forces.
- Projective techniques were developed to assess unconscious motives and emotions.
 - The stimulant is relatively or completely unstructured and not well defined.
 - The person being evaluated is usually not informed of the purpose and method of evaluation and interpretation before the test is performed.
 - The person is informed that there is no right or wrong answer.
 - Each response is considered a revelation of a true and important aspect of personality.
 - The scoring and interpretation in projective assessment are lengthy and subjective.

Projective Techniques

- Developed to assess unconscious motives, feelings and conflicts.
- A less structured or unstructured stimulus or situation will allow the individual to project his/her feelings, desires and wishes on thereto situation,
- Projections are interpreted by experts.
- Cannot be scored objectively, require analysis that a rigorous training is required.

The Rorschach Rorschach Test (Hermann Rorschach)

- Consists of 10 inkblots—5 black and white, 2 with sum of money, 3 in pastel colours.
- Blots are symmetrical in design with a selected shape or form, made by dropping ink on a bit of paper and so folding the paper in half (hence called inkblot test).
- The cards are administered individually in two phases:
- Performance proper: the themes are shown the cards and are asked to inform what they see in each of them.
- Inquiry: a close report of the response is ready by asking the topic to inform where, how, and on what basis was a specific response made.
- Fine judgment is important to position the subject's responses in an exceedingly meaningful context. Use and interpretation of this test requires extensive training

The Thematic Apperception Test (TAT) Morgan and Murray

- This test consists of 30 black and white face cards and one blank card—each picture card depicts one or more people during a sort of situations.
- Some cards are used specifically with adult males or females, boys or girls—have been modified for the kids and also the aged.
- The cards are presented one at a time and also the subject is asked to inform a story describing matters presented within the picture—what led up to true, what's happening at the instant, what's going to happen within the future, what the characters are feeling and thinking?
- Uma Chaudhury's Indian adaptation of TAT is additionally available.

Rosenzweig's Picture-Frustration Study (P-F Study)

- This study assesses how people express aggression within the face of a frustrating situation.
- Presents with the assistance of cartoon-like pictures a series of situations during which one person frustrates another, or calls attention to a frustrating condition.
- The topic is asked to inform what the opposite (frustrated) person will say or do.
- The analysis of responses is predicated on the sort and direction of aggression—examine whether the main focus is on the frustrating object (environment), or on protection of the frustrated person (oneself), or on constructive solution of the matter.
- Pareek has adapted this test for the Indian population

Sentence Completion Test

- This test makes use of variety of incomplete sentences—the starting a part of the sentence is first presented and therefore the subject must provide an ending to the sentence.
- The kind of endings employed by the themes reflect their attitudes, motivation and conflicts.
- The test provides subjects with several opportunities to reveal their underlying unconscious motivations.

Draw-a-Person Test

- During this test, the topic is asked to draw an individual on a sheet of paper then a figure of an female person.
- Finally, the topic is asked to form a story about the person as if he/she was a personality during a novel or play.
- Some samples of interpretations are as follows:

- Omission of countenance suggests that the person tries to evade a highly conflict-ridden interpersonal relationships.
- Graphic emphasis on the neck suggests lack of control over impulses.
- Disproportionately large head suggests organic neurological disease and pre-occupation with headaches.

Limitations

- Interpretation of the responses requires sophisticated skills and specialized training.
- There are problems related to the reliability of scoring and validity of interpretations.

Question 11:

Arihant wants to become a singer even though he belongs to a family of doctors. Though his family members claim to love him but strongly disapprove his choice of career. Using Carl Rogers' terminology, describe the attitudes shown by Arihant's family.

Answer 11:

Carl Rogers' terminology, people try to express their abilities, potential, and talents as best they can. Humans have an innate tendency to direct them to realize their inherited natures. He made his two hypotheses about human behavior. One is that actions are intentional and meaningful. Second, humans (naturally good people) mostly choose adaptive and self-fulfilling behaviors. He pointed out that self is an important factor in the client's experience. His theory is therefore built around the concept of the self. This theory assumes that people are always busy realizing their true selves. He recognizes the role of social influences in the development of self-concept. Self-concept and self-esteem are high when social conditions are favorable. In contrast, when conditions are negative, self-concept and self-esteem are low. Therefore, the Arihant family objects to his career choice of wanting to become a doctor to fulfill her self-image.