

UNIT -3

Personality And Adjustment

Part – A

I) One mark questions to be answered in a sentence each.

- 1) Define the term “Personality”? (K)
- 2) Write the etymological meaning of the term “Personality”? (K)
- 3) What is the meaning of the Latin word ‘Persona’? (K)
- 4) State any one dimensions of “Personality”? (K)
- 5) Mention any one type of determinants of “Personality”? (K)
- 6) What is heredity? (K)
- 7) Define the term Heredity. (K)
- 8) Name one biological determinant of personality. (K)
- 9) Name one environmental determinant of personality. (K)
- 10) What is the meaning of environment? (K)
- 11) What are genes? (K)
- 12) How many pairs of chromosomes do the fertilized nucleus has? (U)
- 13) Write any one function of nervous system. (U)
- 14) Name one ductless gland. (K)
- 15) Where does the adrenal gland locate in the human body? (U)
- 16) Where does the pituitary gland locate in the human body? (U)
- 17) Where does the thyroid gland locate in the human body? (U)
- 18) What are ductless glands? (K)
- 19) Name the hormone secreted by Adrenal gland. (K)
- 20) Name the hormone secreted by Thyroid gland. (K)
- 21) Which gland is called as Master gland? (U)
- 22) Why pituitary gland is called as master gland? (A)
- 23) Name any one personality test. (K)
- 24) What is rating scale? (K)
- 25) Expand-TAT. (U)
- 26) What is meant by adjustment? (K)
- 27) Define the term adjustment. (K)
- 28) Write the meaning of interview? (K)
- 29) What is frustration? (K)
- 30) Name any one type of mental conflict. (U)
- 31) What is mental stress? (K)
- 32) What is maladjustment? (K)
- 33) Give one reason for maladjustment. (A)
- 34) Name one barrier to adjustment. (U)
- 35) What are defense mechanisms? (K)
- 36) Name any one type of defense mechanism. (U)
- 37) Define the term defense mechanism. (K)
- 38) What is aggressive defense mechanism? (K)
- 39) What is escape defense mechanism? (K)
- 40) What is adjustment defense mechanism? (K)
- 41) Name one type of aggressive defense mechanism. (U)
- 42) Name one type of escape defense mechanism. (U)

- 43) Name one type of adjustment defense mechanism. (U)
- 44) What are projective techniques? (K)
- 45) Name any one mass-media. (U)
- 46) What is approach-approach conflict? (K)
- 47) What is approach-avoidance conflict? (K)
- 48) What is avoidance-avoidance conflict? (K)
- 49) Give an example for Approach-approach conflict. (A)
- 50) Give an example for Approach- avoidance conflict. (A)
- 51) Give an example for avoidance-avoidance conflict. (A)
- 52) What is day- dreaming? (K)

PART-B

II. Two mark questions to be answered in 2-3 sentences each

- 53) Write the concept of personality. (U)
- 54) Name any two dimensions of personality. (U)
- 55) Name biological determinants of personality. (U)
- 56) Name environmental determinants of personality. (U)
- 57) What is heredity? Write one importance of it. (K/A)
- 58) What are ductless glands? Name any one of it. (U)
- 59) Write any two functions of pituitary glands. (A)
- 60) Write any two functions of thyroid glands. (A)
- 61) Write any two functions of adrenal glands. (A)
- 62) Write two uses of interview as an objective test of personality. (A)
- 63) What is projective technique? Mention one type of it. (K/A)
- 64) What is an objective test of personality? Write an example. (K/U)
- 65) Write the concept of adjustment. (U)
- 66) Name any two barriers to adjustment. (U)
- 67) Give two examples for Approach-Approach conflict. (U)
- 68) Give two examples for Approach- Avoidance conflict. (U)
- 69) Give two examples for Avoidance-Avoidance conflict. (U)
- 70) Mention two causes for maladjustment. (A)
- 71) Write the concept of defense mechanism. (U)
- 72) What is defense mechanism? Write one type of it. (K/U)
- 73) Write any two functions of nervous system. (A)
- 74) What is rating scale? Mention one use of it. (K/A)
- 75) What is aggressive mechanism? Mention one type. (K/U)
- 76) What is escape mechanism? Mention one type. (K/U)
- 77) What is adjustment mechanism? Mention one type. (K/U)
- 78) What is rationalization? Mention its purpose. (K/U)
- 79) What is day-dreaming? Mention one use of it. (K/A)
- 80) What is mass- media? Name any one. (K/U)
- 81) To which defense mechanism does displacement belong? (U)
- 82) What is the difference between repression and suppression in defense mechanism? (U)
- 83) What is self-blame? Mention its purpose. (A)
- 84) Write the concept of adjustment mechanism. (U)
- 85) Mention two projective techniques of personality assessment. (U)

- 86) Mention two objective tests of personality assessment. (U)
- 87) Mention two subjective tests of personality assessment. (U)
- 88) Mention two examples for projective techniques. (U)

PART-C

III. Five mark questions to be answered in not more than a page each

- 89) Briefly explain the dimensions of personality. (U)
- 90) What is the role of physique and ductless glands as the determinants of personality? (U)
- 91) What is the role of heredity and nervous system as the determinants of personality? (U)
- 92) Write the functions of home in determining the personality of a child. (U)
- 93) Write the functions of school in determining the personality of children. (U)
- 94) What is mass-media? What is its role in determining the personality of an individual? (U)
- 95) What are projective techniques? What is the role of TAT in assessing the personality of an individual? (U)
- 96) Briefly explain the role of interview and rating scales in assessing the personality. (U)
- 97) Write down the characteristics of a well adjusted personality. (U)
- 98) Explain briefly the barriers to adjustment. (U)
- 99) Explain the types of mental conflicts with examples. (U)
- 100) What is mal-adjustment? Write the causes. (U)
- 101) Suggest the measures to overcome mal-adjustment. (A)
- 102) Explain briefly the aggressive defense mechanisms (U)
- 103) Briefly explain the escape defense mechanisms. (U)
- 104) Explain briefly the adjustment defense mechanisms. (U)
- 105) Write the effect of tension and frustration as barriers to adjustment. (U)
- 106) Write the effect of stress and frustration as barriers to adjustment. (A)
- 107) Write the effect of tension and stress as barriers to adjustment. (A)
- 108) Briefly explain the effect of different types of mental conflict as barriers to adjustment. (A)
- 109) Explain the role of physical structure in determining the personality of an individual. (A)

PART-D

IV Ten mark questions to be answered in not more than two pages each

- 110) Write the concept of personality and explain its dimensions. (U)
- 111) Briefly explain the biological determinants of personality. (U)
- 112) Briefly explain the environmental determinants of personality. (U)
- 113) Explain the role of heredity and ductless glands in determining the personality of an individual? (U)
- 114) Explain the role of physical structure and Nervous system in determining the personality of an individual? (U)
- 115) Explain the role of family and school in determining the personality of an individual? (U)
- 116) Explain the role of society and mass media in determining the personality of an individual.(U)
- 117) Name the types of personality test. Explain any two. (U)
- 118) What is adjustment? Explain the characteristics of a well adjusted personality. (U)
- 119) Explain briefly the barriers to adjustment. (U)
- 120) Mentions the causes for maladjustment. Suggest the remedies to overcome it. (U)
- 121) What are defense mechanisms? Explain the escape defense mechanisms with examples. (U)
- 122) What are defense mechanisms? Explain the aggressive and adjustment mechanisms. (U)