

# NCERT SOLUTIONS

CLASS - 12th



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Class : 12th

Subject : Psychology

Chapter : 2

Chapter Name : Self And Personality

Q1 What is self? How does the Indian notion of self differ from the Western notion?

Answer. Self refers to our existence. It also refers to our behaviour that we show to others. Self somehow we can say our identity. Self is of two types: personal self and social self.

- According to the Western notion, it draws a boundary that is relatively fixed. But in Indian notion, there is no such boundary, it only includes the shifting of nature for behaviour.
- In western notion, they differentiate between self and others. In such Indian notion there is no such type of difference.
- The western culture explains the difference between self and others. We can clearly find the distinction. While in Indian culture self is not separated from one's own group.
- That is why, many Western cultures are characterized as individualistic whereas many Asian cultures are characterized as collectivistic.

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Q2 What is meant by delay of gratification? Why is it considered important for adult development?

Answer. Gratification is a feeling of satisfaction. Delay of gratification is also called deferred gratification. It means when the subject does not accept the reward in the preference for the better reward later. We can say that it is associated with the denial for the smaller one in order to receive a larger one later.

Delayed gratification is one of the most effective traits of people. It's not the easiest skill to achieve. But choosing to have something that might feel you good but making an effort for better that can result in a bigger better reward in the future is one of the best things for an adult. Because for an adult it's important to choose better then they have now. So it's important to make yourself that match table the du denied the small reward so you can achieve better in future.

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Q3 How do you define personality? What are the main approaches to the study of personality?

Answer. The word "personality" is derived from the Latin word persona. Personality is how a person is able to adjust in a different environment.

Allport defined personality as the "dynamic organization within the individual of those psychophysical systems that determine his characteristic behaviour and thought."

Different type of approaches of personality are:

- Type approach: defines the personality types that used to represent different types of behaviour based on similarities.
- Trait approach: it focuses on the psychological attributes of a person. It means what type of trait a person has for example arrogant or calm.
- Interactional approach: sometimes people change their behaviour because of external rewards or threats. They behave according to a particular situation.

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Q4 What is trait approach in personality? How does it differ from type approach?

Answer. Trait approaches in personality is how a person behaves in a situation. We can assume the traits of a person by seeing him one trait. For example when we see a person is not sociable then we see him that he will not be cooperative, not be so friendly and will not make his hand help things.

- Gordon Allport gave his theory . Allport's trait theory in which he categorised into 3 types: Cardinal trait, Central trade and Secondary trade.
- Raymond Cattell also gave his theory that is Cattle Personality factors. In which he gave 16 personality factors. Those 16 personality factors come under source traits and surface traits.

Type Approach of personality is used to represent expected behaviour based on similarity.

These efforts have been made since ancient times that we categorise people on the basis of which type of they are . For example, if a person is introverted then we can categorise him into

that you will always live in lonely space, withdraw yourself from conflicts ,not sociable, shyness is also present in his behaviour. People categorised by type A personality, type B personality, type C personality and type D Personality.

- In type A personality a person with high motivation, in a great hurry, lack of patience, etc. come under . Such people find it difficult to make them relax.
- Type b personality can be understood by the absence of type A personality traits.
- Type C personality consists of those people who are cooperative, patient and they suppress their high pitch emotion that is anger or loud voice etc.
- Type D personality includes those people who are highly complex and variable.

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Q5 How does Freud explain the structure of personality?

Answer. Freud gave the theory of personality. In which he gives three elements that are id, ego and superego. He explains these three elements in a very subtle way.

- Id : Id is considered as a pleasure principal per person. It is a room that tells that person wants to seek pleasure and try to avoid pain. It includes gratification of primitive need, sexual desire and aggressive impulses.
- Ego : Ego is considered as a reality principle as ego. Directs the ID towards the more appropriate way of behaving. It always conflicts between ID and superego and it supports it more than superego.
- Superego : Superego is a moral principle. is described that it will always tell it what is right or what is wrong. What should be done by it is in the right way or not. It helps control the id by internalizing the parents authority.

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Q6 How would Horney's explanation of depression be different from that of Alfred Adler?

Answer. Horney was another disciple of Freud who developed a theory that deviated from basic principle. She adopted an optimistic view of human life with emphasis on human growth and self actualization. According to her sex has attributed to be admired by the other. Explain that sex

can't be viewed as superior or inferior. She counted that women affected by social and cultural factors more than biological factors. Her involvement is also called Gestalt therapy because she explains psychological disorders were caused by disturbing interpersonal relationships during childhood. When behaviour towards a child of parents is indifferent, discouraging that means the child will adopt a feeling of basic anxiety.

In contrast, Alfred Adler who focuses on lifestyle and social interest gives his theory known as individual psychology. Explain that everyone has the capacity to choose your creation. Three main elements he includes are personal goals, inferior complexes and social beings. Personal goals provides secure feeling and also help in overcoming the inadequacy in one's development of personality.

In his view when individuals have the feelings of inadequacy that is inferior complex which arise from childhood. It is essential to overcome inferiority complexes for the development of personality. We viewed human beings as a social being that means we socialize with others for the desire of freedom and striving for justice and truth.

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Q7 What is the main propositional of humanistic approach to personality? What did Maslow mean by self actualization?

Answer. Humanistic approach was given by Abraham Maslow and Carl Rogers. The most important idea proposed by Rogers is that of a fully functioning person he believes that when a person is fulfilled by everything that is work as a motivation power for personality development. In this approach it was believed that self is the main and major concept for personality development. As it is suggested that each person has a concept of real self and ideal self. Real self is what is the real personality of a person or what a person is in real life and I didn't selfies what a person would like to be. As it can say that the real self is a person most probably he is in the past but definitely in the present but an ideal self is what you want to be in the future. Maslow gave a detailed account of a psychologically healthy person in the terms of self actualization. Self actualization is a term which means when a person is fully attained by his potential. That person used his fullest potential to reach out to achieve something. Maslow described self actualization by the motivation that rule na life. Explain that biologicals secured and belongingness needs are commonly found. And everyone wants to achieve our needs and

to achieve that need we need power motivation that is power potential level. That fullest point of potential level we want to reach or by which want to reach that is self actualization. He had a positive personality. He was an optimistic person so his humanistic approach emphasizes the significance of the positive aspects of life.

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Q8 Discuss the main observational method used in personality assessment. What problems do we face in using these methods?

Answer. The main observational method used in personality assessment are interview, observation, behavioural ratings, nomination and situational test :

1. Interview : which is a commonly used method for assessing personality diagnostic interviews in general involves in-depth interviewing which seeks to go beyond the replies given by a person. Also which is the easiest method to observe which is that I was a call just sitting in front of his client and taking an interview while in mean time we can observe the emotions expressions of our subject.
2. Observation :observation is another method which is commonly used for assessment of personality. It is a very sophisticated procedure that cannot be carried out by untrained people.
3. Behavioural ratings: DJ frequently used for assessment of personality in education and industrial settings. It is generally taken from people who I have interacted with over a period of time the chance to observe that person.
4. Nomination: this method is often used in obtaining peer assessment in nomination each person is asked to choose one or more person of the group with whom he wants to work,playwright,study participate in competition activity,etc.

Observation method also faced by some problems or threats :

- Observational methods are only done by professionals.
- It is also time consuming.
- For obtaining valid data maturity of psychologist is a precondition.

- When initiating observing different situations that will be more difficult because human beings change their behaviour according to different situations and thus not obtain good data.
- Sometime personal biases will also come between in this process.

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Q9 What is meant by a structured personality test? What are the two most widely used structured personality tests?

Answer. Structured personality test is a self report measure that is the best method is a person is by asking him about himself. These are fairly structured measures. In this method subject is required to report objectively his own feelings with the various items respectively.

The two most widely used structured personality test are :

- The Minnesota multiphasic personality inventory (MMPI) : this inventory is used widely in four personality assessments. It consists of 567 statements. The subject has to judge each statement is true or false. This test is divided into 10 subscales.
- Eysenck personality questionnaire (EPQ) : this questionnaire initially as to the dimension of personality called introverted extrovert and emotionally stable emotionally unstable. These dimensions are characterized by 32 personality traits. Later on eyes and third dimension called psychoticism.

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Q10 Explain how projective techniques assess personality. Which projective tests of personality are widely used by psychologists?

Answer. Projective techniques are also known as direct techniques because they tend to rely on information directly towards a person. We get information directly from the person who clearly knows his personality is being assessed.

projective techniques were developed to assess the unconscious feeling and emotions of a person. projective technique is based on the assumption that lets structured or unstructured

stimuli will allow the individual through project feelings. We can assess a person's personality by drawing something ,by showing pictures,etc.

Projective techniques of personality used by psychologist are:

1. The Rorschach inkblot test
2. The Thematic Apperception Test(TAT)
3. Rosenzweig's Picture-Frustration Study(P-F Study)
4. Sentence Completion Test
5. Draw a person test

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Q11 Arthant wants to become a singer even though he belongs to a family of doctors. Do his family members claim to love him but strongly disapprove of his choice of career. Using Carl Rogers' terminology, describe the attributes shown by Arthant's family.

Answer. Carl Rogers works on self actualization. He defined an individual as a fully functioning personality. Categorise self into two types ,that are, real self and ideal self.

According to this question, Arthant wants to become a singer is his ideal self personality. His family doesn't want his career to be like this. As his family, the family of doctors , so they want him to be a doctor. Carl Rogers describes that first a person sees himself. He tries to be real self and real self is the career of a singer and ideal self is ,he wants to be a singer but here extraneous variable to factors that is his family becoming a threat into his career. So according to Carl Roger, they should support him in the career of a singer.

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