

**St. Joseph`s College of arts & science**

**Department of psychology**

**Dynamics of personality-EPD201T**

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**PART-A**

**(One mark)**

1. Freud explored the unconscious mind by the method of \_\_\_\_\_  
a) Autocratic b) democratic c) free association
2. \_\_\_\_\_ influence the personality of children  
a) Shaping b) environment c) alcoholic parents
3. \_\_\_\_\_ was father of behaviourism  
a) Freud b) Watson c) Jung
4. \_\_\_\_\_ was the father of psychology  
a) David b) Freud c) Watson
5. Jung coined the term \_\_\_\_\_ for life energy  
a) Ego b) libido c) thanatos
6. Life \_\_\_\_\_ when you make others happy  
a) Smile b) salute c) laughs
7. Id operate on \_\_\_\_\_ principle  
a) Unpleasant b) pleasure c) moral
8. \_\_\_\_\_ produces a higher level of sublimation  
a) Projection b) displacement c) repression

9. In a reaction formation hate is replaced by \_\_\_\_\_  
a) Success b) love c) happiness
10. The shadow archetype consists of \_\_\_\_\_  
a) Human b) animal c) bird
11. The need for personality development is \_\_\_\_\_  
a) Job b) promotion c) both
12. \_\_\_\_\_ is the defence mechanism  
a) Value b) mental c) repression
13. The child inherits its characteristics in the form of chromosomes \_\_\_\_\_  
a) Social b) cultural c) biological
14. The energy by which the work of the personality is performed is \_\_\_\_\_  
a) Psychic energy b) psychic values c) both
15. Good personality refers to \_\_\_\_\_  
a) Unimpressive b) optimistic c) poor
16. Biological and social heredity are \_\_\_\_\_ determinants  
a) Social b) cultural c) genetic
17. Every successful person has a \_\_\_\_\_ story  
a) Happy b) painful c) lovable
18. Id is the reservoir of \_\_\_\_\_ energy  
a) Biological b) physical c) psychic
19. The \_\_\_\_\_ is said to obey the reality principle  
a) Id b) ego c) superego
20. Freud divides mind into \_\_\_\_\_ region

a) One b) two c) three

21. \_\_\_\_\_ is a sort of unconscious and effective means of forgetting

a) Displacement b) repression c) projection

22. Attitude, motivation, emotion are \_\_\_\_\_ determinants

a) Genetic b) psychological c) cultural

23. \_\_\_\_\_ is the organised portion of Id

a) Ego b) superego c) fear

24. Parental rejection leads to \_\_\_\_\_ personality development

a) Frustration b) distorted c) lonely

25. Adolescence period is divided into \_\_\_\_\_ stages

a) Two b) three c) four

26. Hypertension causes \_\_\_\_\_

a) Heart problem b) kidney problem c) both

27. The normal blood pressure is \_\_\_\_\_

a) 120/80 b) 110/80 c) 100/75

28. The status of health is the important determinants of \_\_\_\_\_

a) Ill health b) happiness c) jealousy

29. The emotional tension is expressed as \_\_\_\_\_

a) Worries b) biological c) social

30. Early youth period is \_\_\_\_\_

a) Childhood b) parenthood c) settling down

31. Infectious agent that penetrate into the \_\_\_\_\_ can cause mental disorder

a) Heart b) brain c) lungs

32. Excess of anything is bad is the \_\_\_\_\_ rule

- a) Silver b) golden c) school
33. Low socio-economic status affects \_\_\_\_\_ youth
- a) Urban b) rural c) semi-urban
34. Disappointment and failure leads to \_\_\_\_\_
- a) Anger b) stress c) peace
35. The \_\_\_\_\_ works on animal level
- a) Ego b) id c) superego
36. Mental health is the \_\_\_\_\_ that allows one to get on with others
- a) Physical freedom b) psychological freedom c) stress
37. The mentally healthy person has \_\_\_\_\_ of action
- a) Progress b) autonomy c) character
38. The rural youth feel \_\_\_\_\_ to others because they are from village
- a) Superior b) inferior c) mediocre
39. Personality assessment is used for \_\_\_\_\_
- a) Educational guidance b) vocational guidance c) both
40. Projective techniques are \_\_\_\_\_
- a) Unstructured b) structured c) none
41. \_\_\_\_\_ test is useful in revealing personality
- a) Rorschach b) cognitive c) mental
42. The \_\_\_\_\_ is one of the four fundamental psychological functions
- a) Anger b) emotion c) thinking
43. The discrimination based on gender leads to \_\_\_\_\_ among woman
- a) Mental health problems b) cultural c) social
44. According to Erikson social isolation is referred as \_\_\_\_\_

- a) Separation b) isolation crisis c) bonding
45. \_\_\_\_\_ between the countries place great stress on people  
a) Peace and harmony b) war and violence c) joy and happiness
46. The divorce among married couples cause \_\_\_\_\_  
a) Mental agony b) jealousy c) anger
47. A mentally healthy person has \_\_\_\_\_  
a) Perception of reality b) loneliness c) suicide ideation
48. Health refers to the full and \_\_\_\_\_ of personality  
a) Harmonious functioning b) ill health c) sickness
49. During stressful situation \_\_\_\_\_ is helpful  
a) Social support b) isolation c) talking
50. Bereavement refers to \_\_\_\_\_ of someone  
a) Loss b) relation c) angry
51. Grief is the \_\_\_\_\_ to the loss  
a) Motivation b) emotional response c) stress
52. Going to college is an example of \_\_\_\_\_  
a) Situational adjustment b) transitional adjustment c) developmental
53. Irritability, loss of self-confidence are \_\_\_\_\_ responses  
a) Bodily b) psychological c) behaviour
54. \_\_\_\_\_ level of stress result in trembling  
a) Low b) high c) middle
55. The one which plays a predominant role in consciousness among four psychological function is called \_\_\_\_\_  
a) Inferior b) superior c) mediocre
56. The \_\_\_\_\_ attitude orients the person toward external world

- a) Introvert b) extravert c) ambivert
57. The \_\_\_\_\_ is the conscious mind
- a) Id b) ego c) superego
58. \_\_\_\_\_ is the method by which a person takes over the features of another person
- a) Identification b) reaction formation c) projection
59. \_\_\_\_\_ is a state of tension
- a) Poor b) anxiety c) strive
60. The \_\_\_\_\_ is the lost system of personality
- a) Id b) ego c) superego
61. A person who has a realistic perception of self will have \_\_\_\_\_
- a) Negative self-concept b) positive self-concept c) isolation
62. Collection of mistakes is called \_\_\_\_\_
- a) Experience b) growing c) learning
63. \_\_\_\_\_ becomes the core of personality
- a) Emotion b) self-concept c) motivation
64. An authoritarian teacher establishes \_\_\_\_\_ climate
- a) Democratic b) autocratic c) pleasing
65. \_\_\_\_\_ affects the personality make up of children
- A) Lovely parent b) divorced parent c) caring.
66. \_\_\_\_\_ is unique and specific
- a) System b) personality c) character
67. A person with \_\_\_\_\_ are poor personality
- a) Undesirable qualities b) desirable qualities c) handsome

68. The mothers' emotional condition affects the development of

\_\_\_\_\_

- a) Foetus b) infant c) youth

69. \_\_\_\_\_ is one generation gets from preceding generation in the form of social customs

- a) Biological b) social c) economical

70. \_\_\_\_\_ of home greatly influence s personality development

- a) Social environment b) public c) emotion

## **PART-B**

**(Five mark)**

1. Explain the need for personality development.
2. Explain the psychoanalytical theory of personality.
3. Write about a personality whom you admire and how they influenced you to develop your personality.
4. How does the role of a teacher help you to develop your personality?
5. Explain Argyris immaturity to maturity continuum.
6. Write a note on Jung typology.
7. Write few guidelines to improve personality.
8. Write a note on role of home in determining personality.
9. Define personality. And explain the meaning of Personality.
10. Write a note on cultural & psychological determinants of personality.
11. How does the role of school help you to develop your personality?
12. Write a note on development of personality.

13. Explain the guidelines to improve personality.
14. Write a short note on defence mechanism.
15. Narrate the four fundamental psychological functions.
16. Mention the dynamics of personality.
17. What are the responses of stress?
18. Explain about stress-arousing events.
19. What do you mean by bereavement and grief?
20. What are the causes of stress?
21. Write a short note on adolescence.
22. What are the ways to cope up with stress?
23. Write a note on hypertension.
24. Write briefly about coronary heart disease.
25. Explain social support briefly.
26. What do you mean by mental health?
27. Define mental health and explain the concept of mental health.
28. Mention the characteristics of mental health.
29. How do biological factors influence mental health?
30. How do psychological factors influence mental health?
31. How do socio-economic and cultural factors influence mental health?
32. Write the significance of youth period.
33. Explain the specific mental problems of rural youth.
34. Write the meaning and uses of personality assessment.
35. What are the approaches of personality assessment?
36. Explain the projective techniques.



37. Write a note on Rorschach inkblot test.
38. Write the Thematic Apperception Test briefly.
39. Explain the genetic determinance of personality.
40. Good personality seeks good job. How

## **PART-C**

**(Ten mark)**

1. Write an essay on determinance of personality.
2. Define personality. And explain the need for personality development in detail.
3. Write the development and guidelines to improve personality.
4. Mention the need for personality development for successful life in detail
5. Explain the Freudian structure of personality in detail.
6. Mention the defence mechanism in detail.
7. Explain Jung's structure of personality
8. Mention the fundamental psychological functions and dynamics of personality.
9. What do you mean by stress? And mention the causes of stress.
10. Explain the stress –arousing events and responses to stress.
11. Explain the assessment and coping of stress.
12. How does hypertension causes coronary heart disease and also write a note on social support helps to cope with stress.
13. Write an essay on meaning and concept of mental health.

14. Define mental health. And mention the characteristics of mental health.
15. Describe the factors that influence mental health.
16. Explain the significance of youth period and also add a note on specific mental health problems.
17. Write the meaning, uses and approaches of personality assessment.
18. Write an essay on projective techniques in detail.
19. write about a famous personality whom you admire and why?



EPD201T

SHIFT-I

B.SC, BCA

ANSWER FOR ALL THE QUESTIONS [15\*1=15]

1. Good personality refers to \_\_\_\_\_

- [a) unimpressive ,
- b) optimistic,
- c) none

2. \_\_\_\_\_ was the father of behaviourism.

a) Freud

b) Watson

c) Jung]

3. Biological heredity and social heredity are \_\_\_\_\_ determinants.

- a) social
- b) Cultural
- c) Genetic

4. Every successful person has a \_\_\_\_\_ story.

a) Happy

b) Painful

c) lovable

5. Id is the reservoir of \_\_\_\_\_ energy.

a) biological

b) Physical

c) Psychic

6. The \_\_\_\_\_ is said to obey the reality principle.

a) Id

b) Ego

c) Super ego]

7. Freud divides mind into \_\_\_\_\_ region.

a) one

b) Two

c) three]

8. \_\_\_\_\_ is a sort of unconscious and effective means of forgetting.

a) displacement

b) Repression

c) Projection]

9. The extraverted attitude orients towards \_\_\_\_\_ world.

a) External objective

b) Inner subjective

c) anxiety

10. The shadow archetype consists of \_\_\_\_\_ instincts.

a) animal

b) Human

c) Bird

11. Motivation, attitude, emotion are \_\_\_\_\_ determinants.

a) genetic

b) psychological

c) cultural ]

12. \_\_\_\_\_ is the organised portion of id.

a) ego

b) Superego

c) Fear

13. The need for personality development is \_\_\_\_\_

a) Job

b) Promotion

c) Both

14. \_\_\_\_\_ is the defence mechanism

a) Repression

b) Value

c) Mentally

15. Parental rejection leads to \_\_\_\_\_personality development

a) Frustration

b) Distorted

c) Lonely

#### SECTION -B

ANSWER ANY SEVEN OF THE FOLLOWING (7x5=35)

1. Write a note on role of home in determining personality.
2. Explain Sigmund freud's structure of personality.
3. Why do we need to develop personality?
4. Explain how the school plays an important role in the development of personality
5. Explain argyris immaturity to maturity continuum
6. Write a note on dynamics of personality
7. Explain any two defence mechanism in detail
8. Explain any two Jung's structure of personality
9. Write in detail about the fundamental psychological functions of personality.



