

**ASSIGNMENT**

**SUBJECT - PSYCHOLOGY**

**CLASS - XII**

**CHAPTER - 2**

**LESSON - SELF AND PERSONALITY**

1. Discuss the concept of 'self'.
2. What is meant by 'personal identity' and 'social identity'? Explain with the help of example.
3. Define the following;
  - (i) Self-concept
  - (ii) Self-esteem
  - (iii) Self-efficacy
  - (iv) Self-regulation
  - (v) Self-control
  - (vi) Personality
  - (vii) Libido
  - (viii) Fixation
  - (ix) Regression
  - (x) Archetypes
4. How does self-esteem show a strong relationship with our everyday behaviour?
5. What role does self-efficacy play in our day-to-day life?
6. What are the 3 techniques of self-control?
7. Give at least 3 differences between western and Indian concept of self.
8. What are the characteristic features of personality?
9. Differentiate between type and trait approaches of personality.
10. Enumerate and explain the various type approaches of personality.
11. Name and discuss the various trait approaches of personality.
12. Write short notes on:

- (i) Levels of consciousness
  - (ii) Structure of personality
  - (iii) Analytical psychology
  - (iv) Individual psychology
  - (v) Erikson's theory of personality
  - (vi) Self-actualization
  - (vii) Self-report measures
  - (viii) Projective techniques
  - (ix) Nomination method
  - (x) Situational stress test
13. Define the term 'defence mechanism'. Explain the different defence mechanisms along with examples.
14. Trace the psychosexual development of human personality.
15. How would Horney's explanation of depression be different from that of Alfred Adler?
16. Discuss Fromm's theory of personality.
17. Critically evaluate psychodynamic theories.
18. How does behavioural approach explain the development of personality?
19. How does cultural approach explain the development of personality?
20. How does humanistic approach explain the development of personality?
21. Describe the following tests:
- (i) MMPI
  - (ii) TAT
  - (iii) 16 PF
  - (iv) EPQ
  - (v) P-F Study
  - (vi) Rorschach Inkblot Test
  - (vii) Draw-a-person test
22. What is an interview? Explain the two types of interview.
23. How is the technique of 'behavioural observation' used to assess personality?

24. Explain the technique of behavioural ratings.
25. Enumerate the limitations shared by observation and interview method.
26. Discuss the main limitations of behavioural ratings method.
27. What is the rationale of projective techniques?

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