

PERSONALITY PSYCHOLOGY
Core Course of BSc Counselling Psychology
VI Semester-CUCBCSS 2014 admn onwards

MULTIPLE CHOICE QUESTIONS

1. Sigmund Freud developed psychoanalysis which is _____. Freud's theory rested on the assumption that everyone possesses a finite amount of _____ energy which motivates people to act. This energy is produced by two main types of instinct: _____ and _____. Re-direction of a person's energy represents _____.
 - a) both a theory and therapeutic approach, psychic, libido, thanatos, personality change.
 - b) a therapeutic approach, kinetic, abstract, concrete, psychopathology
 - c) both a theory and therapeutic approach, kinetic, abstract, concrete, psychopathology.
 - d) a therapeutic approach, psychic, libido, thanatos, personality change.
2. What name did Freud give to his model of the mind which comprised the Id, Ego and Superego?
 - a) Genetic model
 - b) Structural model
 - c) Topographical model
 - d) Unconscious model
3. According to Freud, Displacement, Sublimation and Projection are all types of what?
 - a) Psychosocial stage of development
 - b) Defence mechanism

- c) Psychosexual stage of development
 - d) Neurotic need
4. Freud ascribed to the notion of psychic determinism, which had an important influence on his theories of personality and approach to therapy. To what does this term refer?
- a) The belief that the human mind is capable of telepathy
 - b) The belief that consciousness determines the development of personality
 - c) The belief that believing in an event will make it happen
 - d) The belief that all things happen for a reason
5. Which of the following is a technique Freud used in therapy?
- a) Dream analysis
 - b) Free association
 - c) Projective techniques
 - d) All of these
6. According to Freud, what was the consequence of the physical inability of women to overcome penis envy and the reason their personality would never fully develop?
- a) Their id could never fully develop
 - b) Their ego could never fully develop
 - c) Their superego could never fully develop
 - d) All of the above
7. Which of the following are criticisms of Freud's theories of personality?
- a) Personality is viewed as being fixed in early childhood, which does not take into account adolescence or adulthood

- b) Freud's theories often ignore the role of relationships in personality development
 - c) Freud's theories are often vague and untestable
 - d) All of the above
8. Which of the following Neo-Freudians proposed the "inferiority complex" which refers to the situation in which an individual becomes fixated on what they perceive to be their flaws or inferiorities?
- a) Horney
 - b) Erikson
 - c) Adler
 - d) Jung
9. Which of the following is not one of the psychosocial stages of development proposed by Erikson?
- a) Kidulthood
 - b) Toddlerhood
 - c) Infancy
 - d) Middle Adulthood
10. What aspect of the family did Adler believe may play a significant role in personality development?
- a) Age of parents when first child was born
 - b) Gender of siblings
 - c) Birth order
 - d) Size of extended family

11. Jung developed a series of personality types based on whether individuals were extraverted and introverted, and which one of four approaches to knowing the world they adopted. According to Jung's theory, if someone was sociable, respects convention, authority and the views of other people how could the best be described?

- a) Extraverted - Feeling type
- b) Extraverted - Sensing type
- c) Introverted - Feeling type
- d) Introverted - Sensing type

12. Freud's theories of personality development and change have been very influential. For example, the concepts of processes happening unconsciously and _____ are readily accepted today. However, _____ theorists disagree with a range of aspects of his theories. For example, _____ believed that Freud's latent period (which Freud characterised as a period of psychological rest), was actually a time of great development as this is when children go to school. Jung believed that only a personal unconscious, we also have a _____ in which we inherit _____ and fears. Also, _____ believed that Freud's conceptualisation of sex differences in personality were simplistic and misleading.

- a) In isolation, Social-cognitivists, Erikson, pre-conscious, goals, Adler.
- b) In isolation, Social-cognitivists, Adler, pre-conscious, goals, Erikson.
- c) In parallel, Neo-Freudian, Adler, collective unconscious, instincts, Horney
- d) In parallel, Neo-Freudian, Erikson, collective unconscious, instincts, Horney.

13. Id is to "Just do it" as superego is to

- a) "Wait till later."
- b) "Do your own thing."
- c) "Don't do it."

d) "Oh, sit on it."

14. The unconscious contains

a) material that can easily be brought to awareness.

b) everything we are aware of at a given moment

c) repressed memories and emotions.

d) thoughts, perceptions, and memories.

15. Behavioral theories of personality are often criticized for their

a) inability to test or verify concepts.

b) limited recognition of temperament, emotion, and subjective factors.

c) ability to explain behavior after the fact only.

d) emphasis on the conditions under which behaviors occur.

16. The concept of traits is used to account for personal characteristics that are

a) biologically determined.

b) relatively permanent and enduring.

c) situation specific.

d) shared by a group.

17. The five-factor model of personality includes

a. social interactionism.

b. neuroticism.

c. agreeableness.

d. sense of humor.

18. A personality theory is a(n)

- a. category used to describe personality
- b. interrelated system of concepts used to explain personality.
- c. relatively permanent set of behavior patterns.
- d. subjective evaluation of a person.

19. Which of the following is an unconscious personality structure made up of biological urges seeking fulfillment?

- a. ego
- b. id
- c. superego
- d. subconscious

20. Criticisms of Freud's developmental theory have centered on

- a) the over-emphasis on sexuality in personality development.
- b) Freud's treatment of father-daughter relationship.
- c) the need for a stern or threatening mother in the development of conscience.
- d) the unimportance of the first years of life in the formation of personality.

21. One problem psychologists have with personality types is they

- a) are hypothetical constructs
- b) oversimplify personality
- c) describe character, not personality
- d) are not observable or measurable.

22. Freud believed that personality was typified by

- a) a delicate balance of power among the three personality structures.
- b) a lack of struggle among the three personality structures in the healthy individual.
- c) a lack of struggle among the three personality structures in the unhealthy individual
- d) a state of struggle among the three personality structures in which the id gets caught in the middle.

23. To understand personality, trait theorists attempt to

- a. create traits that fit people.
- b. increase the number of basic traits that have been identified.
- c. classify traits and discover how they are related to behavior.
- d. reduce the common traits to measures of temperament.

24. According to Freud, the energy from life instincts that drives personality is called the

- a. ego.
- b. libido.
- c. life force.
- d. eros.

25. According to Freud, the id is governed by the

- a. pleasure principle.
- b. reality principle.
- c. ego ideal.
- d. creature comfort principle.

26. Learning theorists

- a. have removed the "person" from personality.
- b. emphasize situational determinants of behavior.
- c. stress the role of the unconscious.
- d. would view a trait as stable in all situations.

27. In the Freudian view of personality, which system is totally unconscious and dominated by biological instincts?

- a. id
- b. ego
- c. superego
- d. libido

28. _____ theory maximized and _____ theory minimized the role of the unconscious.

- a. Trait; humanistic
- b. Psychoanalytic; behaviorist
- c. Psychoanalytic; humanistic
- d. Trait; behaviorist

29. According to Freud, the ego is governed by the

- a. pleasure principle.
- b. reality principle.
- c. ego ideal.
- d. partial ego principle.

30. The five-factor model of personality includes

- a. social interactionism.

b. conscientiousness.

c. sense of humor.

d. neuroticism.

31. According to Jung, art, religion, myths, and drama are important to individual functioning because they

a. facilitate conscious development.

b. are symbols that appeal to basic archetypes.

c. provide the means for achieving control over a hostile environment.

d. transmit specific information for solving developmental tasks.

32. One of Freud's major contributions was his

a. belief that the first years of life help to shape personality.

b. belief in the concept of libido, sexual desires, and biological instincts.

c. discovery of complexes during the genital stage.

d. elaboration of the humanistic approach to personality development.

33. What do psychologists mean by the term trait-situation interaction?

a. Situations change traits.

b. Situations create new traits.

c. Traits determine situations.

d. Situations affect how traits are exhibited.

34. An adjective checklist would most likely be used by a

a. psychodynamic therapist.

b. behaviorist.

c. humanistic therapist.

d. trait theorist.

35. The "amazing similarities" of identical twins may be a result of

a. the fallacy of positive instances

b. deliberate deceit by the twins.

c. deliberate deceit by the researchers.

d. the Barnum effect.

36. Psychologists who believe that people grow and develop throughout their lives and that people are inherently good are

a. psychoanalysts.

b. radical behaviorists.

c. social learning theorists.

d. humanists.

37. Connie and Sue are identical twins reared apart and recently reunited. Carl and Fred are unrelated students at a major university. Which of the following statements is TRUE of these pairings?

a. Connie and Sue will probably show a long list of amazing similarities, while Carl and Fred will only share a couple of similarities.

b. Connie and Sue will probably share many similarities; Carl and Fred may share many similarities but are probably not motivated enough to discover them.

c. Connie and Sue will not share as many similarities as will Carl and Fred.

d. Connie and Sue will have more differences than will Carl and Fred.

38. According to the humanists, _____ occurs when people are free from dependence on external authority or on other people.

- a. autonomy
- b. spontaneity
- c. peak experience
- d. task centering

39. A psychiatrist who explains pathological behavior as a conflict between underlying psychological forces is using the _____ model.

- a. psychoanalytic
- b. behavioral
- c. medical
- d. humanistic

40. According to behaviorists,

- a. hostile, generous, or destructive impulses arise in the unconscious.
- b. personality is acquired through conditioning and observational learning.
- c. personality is strongly influenced by one's self-image.
- d. personality develops from initial feelings of inferiority.

41. The part of the mind that is beyond awareness is called the

- a. unconscious.
- b. conscious.
- c. postconscious.
- d. preconscious.

42. The _____ contains material of which you may be unaware but that can easily be brought to awareness.

- a. subconscious
- b. preconscious
- c. unconscious
- d. conscious

43. According to Freud, the key to mental health is

- a. an overpowering superego.
- b. an unrestrained id.
- c. dominance of the pleasure principle.
- d. balance among mental processes.

44. If you know the personality of an identical twin, you can expect the personality of the other twin to be

- a. unrelated.
- b. similar.
- c. identical.
- d. conflicting.

45. The _____ begins with puberty and ends with a mature capacity for love and the realization of full adult sexuality.

- a. latency period
- b. Oedipal and Electra conflicts

c. genital stage

d. phallic stage

46. Which is included as one of the traits Maslow theorized were possessed by self-actualizer?

a. egocentrism

b. extraversion

c. superior intelligence

d. capacity to laugh at oneself

47. We each have a perception of our own personality traits. This perception strongly influences our behavior. Psychologists call this perception

a. self-evaluation.

b. inner concept.

c. self-concept.

d. self-esteem.

48. A key element of Carl Rogers' personality theory is the concept of

a. meta-needs.

b. the self or self-image.

c. self-reinforcement.

d. the pleasure principle.

49. According to Freud, the Oedipal and Electra conflicts end when a child takes on the values and behaviors of the same sex parent in a process called
- a. fixation.
 - b. imitation.
 - c. observation.
 - d. identification.
50. Between the ages of 1 and 3 years, the child is said to go through the _____ stage.
- a. phallic
 - b. latency
 - c. anal
 - d. genital
51. The position that personality is composed of learned patterns is held by
- a. neo-Freudians.
 - b. humanists.
 - c. behaviorists or behavioral personality theorists.
 - d. psychoanalytic theorists.
52. Which theory of personality was developed by Sigmund Freud?
- a. psychoanalytic
 - b. behavioristic
 - c. humanistic
 - d. psychosocial
53. Freud became interested in the study of personality when he realized that

- a. his patients lacked physical causes for their problems.
- b. the treatment of psychological disorders was more advanced than those for physical disorders.
- c. many of his patients were faking symptoms.
- d. no comprehensive theories of the mind were widely accepted.

54. Jung believed that there are basic universal concepts in all people regardless of culture called

- a. persona.
- b. collective consciousness.
- c. archetypes.
- d. mandalas.

55. The description of a person's character implies

- a. the use of rating scales.
- b. the use of multiple observers.
- c. the use of situational testing.
- d. judgment about the desirability of traits.

56. The main criticism of humanistic theory is that

- a. it emphasizes the negative dimensions of personality.
- b. it is research rather than experience oriented.
- c. its concepts are imprecise and difficult to study objectively.
- d. its approach is more empirical than philosophical.

57. If self-esteem is too high, the person may be

- a. boring.
- b. ineffective.
- c. dull.
- d. arrogant.

58. Behaviorists are to the external environment as humanists are to

- a. stress.
- b. personal growth.
- c. humankind.
- d. internal conflicts.

59. Freud believed that at each psychosexual stage a different part of the body becomes

- a. id-fixated.
- b. archetypical.
- c. an erogenous zone.
- d. a source for modeling.

60. Self-actualization refers to

- a. a tendency that causes human personality problems.
- b. what it is that makes certain men and women famous.
- c. anyone who is making full use of his or her potentials.
- d. the requirements necessary for becoming famous, academically distinguished, or rich.

61. The term personality refers to

- a. the hereditary aspects of one's emotional nature.

- b. unique and enduring behavior patterns.
- c. favorable and unfavorable personal characteristics.
- d. charisma, character, or temperament.

62. _____ theories stress private, subjective experience and personal growth.

- a. Trait
- b. Humanistic
- c. Behavioristic
- d. Psychodynamic

63. During the first year of life, the child is said to go through the _____ stage.

- a. oral
- b. anal
- c. genital
- d. phallic

64. Critics of psychoanalytic personality theory note its failure to

- a. be able to predict future behavior.
- b. provide a role for biological instincts in personality development.
- c. explain psychological events after they have occurred.
- d. emphasize the importance of human sexuality.

65. Learning sex-appropriate behavior is greatly influenced by

- a. self-reinforcement and resolution of unconscious conflicts.
- b. identification and imitation.

c. toilet training and early feeding contacts.

d. valuing and self-regard.

ANSWER KEY

1	A	16	B	31	B	46	D	61	B
2	B	17	C	32	A	47	C	62	B
3	B	18	B	33	D	48	B	63	A
4	D	19	B	34	D	49	D	64	A
5	D	20	A	35	A	50	C	65	B
6	C	21	B	36	D	51	C		
7	D	22	A	37	B	52	A		
8	C	23	C	38	A	53	A		
9	A	24	B	39	A	54	C		
10	C	25	A	40	B	55	D		
11	A	26	B	41	A	56	C		
12	D	27	A	42	B	57	D		
13	C	28	B	43	D	58	B		
14	C	29	B	44	B	59	C		
15	B	30	B	45	C	60	C		

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