

PERSONALITY DEVELOPMENT

MULTIPLE CHOICE QUESTIONS

1. Which one of the following is most essential aspect for around development of personality?
 - a) Age appropriate growth and development
 - b) Understanding of one's strengths and weaknesses
 - c) Identification and nurturing of talent
 - d) Skills in utilizing the talent appropriately in the required circumstances (d)
2. Out of the four types of personalities mentioned by Kretschmer, which one is not given by him-
 - a) Asthenic type
 - b) Pyknic type
 - c) Neurotic type
 - d) Athletic type
3. What are the five personality traits identified by the five-factor model (McCrae & Costa, 1997)?
 - a) extraversion, neuroticism, introversion, liveliness and agreeableness
 - b) agreeableness, openness to experience, introversion, neuroticism and conscientiousness
 - c) extraversion, agreeableness, neuroticism, openness to experience and conscientiousness
4. If self-esteem is too high, the person may be
 - a) Boring
 - b) Ineffective
 - c) Dull
 - d) Arrogant
5. Which of the following best describes professional resilience?
 - a) The ability to cope whatever the circumstances
 - b) Being tough
 - c) The ability to bounce back when the circumstances are challenging
 - d) All of the above
6. When we believe in our ability to achieve in anything we undertake in life, we develop the quality of
 - a) Self-confidence
 - b) Self-awareness
 - c) Self-control

- d) Positive attitude
- 7. Namita communicates clearly and confidently and has the ability to say 'no' to a request. She can state an opinion without being self-conscious. She is-
 - a) Resilient
 - b) Confident
 - c) Assertive
 - d) None of the above
- 8. Pro-social behavior is similar to-
 - a) self-sacrifice
 - b) altruism
 - c) ego-centric
 - d) charity
- 9. His personality theory is also known as an analytic theory or analytical psychology.
 - a) Freud
 - b) Jung
 - c) Munn
 - d) Allport
- 10. Which factor does not influence pro-social behavior of an individual?
 - a) Cultural factors
 - b) Learning from the environment
 - c) Inborn tendency
 - d) Economical factors
- 11. Mother Teresa and Baba Sahib Amte displayed –
 - a) Sympathetic behavior
 - b) Empathetic behavior
 - c) Social responsibility
 - d) Affinity
- 12. While attending a funeral, Krish's phone rang loudly many times and disturbed the people around him. He lacks-
 - a) emotional intelligence
 - b) social intelligence
 - c) cultural values
 - d) moral values

13. The name of Goleman is known for-

- a) Theory of intelligence
- b) Spiritual intelligence
- c) Emotional intelligence
- d) Social intelligence

14. Which one is Indirect method of personality assessment-

- a) Projective techniques
- b) Behavioural data
- c) Rating tests
- d) Situational tests

15. The Most important element required for the formation of attitudes is -

- a) learning
- b) interaction
- c) imitation
- d) experience

16. Which of the following subjective methods is best to know more about the person by allowing him or her to express freely?

- a) Observation
- b) Interview
- c) Case Study
- d) Survey Method

17. The method of initially contacting respondents for an interview that has the lowest rate of refusal

- a) to telephone them.
- b) to send them a letter.
- c) to send them a telegram.
- d) to contact them in person.

18. Prejudice is a kind of _____ attitude.

- a) believable
- b) biased
- c) positive

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d) none of these

19. Whenever Rahul meets a new person he draws inferences about the personal qualities of that person. This behaviour of Rahul is called-

- a) social cognition
- b) pro-social behaviour
- c) impression Formation
- d) social facilitation

20. Which of the following is/are field/fields of Positive Psychology?

- a) Happiness
- b) Wellbeing
- c) Resilience
- d) All of the above

21. The interview guide will be used during interview by:

- (a) Interviewee
- (b) Interviewer
- (c) Different people
- (d) Both interviewer and interviewee

22. An Aggressive person

- a) Is sensitive to the feelings of others
- b) Is calm
- c) Looks ahead and plans
- d) Likes to make all the decisions

23. Which of these is an example of a negative attitude towards people?

- a) Stereotype
- b) Prototype
- c) Prejudice
- d) Discrimination

24. The barriers of interpersonal communication include-

- a) environmental barriers
- b) socio-psychological barriers
- c) organizational barriers
- d) semantic barriers

1. a, b and c
 2. b, c and d
 3. c, d and a
 4. a, b and d
25. If a politician wants to become famous, he must
- a) make slogans
 - b) get his posters printed
 - c) work on his social image
 - d) none of the above
26. Emotional intelligence is characterized by
- a) Proficient in problem solving
 - b) Better interpersonal relationship
 - c) High abstract thinking ability
 - d) Good sense of humour
27. Which of the following is NOT a feature of personality?
- a) Its main features can change easily with time
 - b) It is dynamic and features may change due to internal and external situational demands
 - c) It has both physical and psychological components
 - d) Its expression in terms of behaviour is unique in given individual
28. According to Goleman, the "Management of Emotions" component of Emotional intelligence includes
- (a) Handling feelings, so that they are appropriate.
 - (b) Ability to soothe oneself.
 - (c) Ability to shake off rampant anxiety, gloom, or irritability.
 - (d) Recognizing feeling as it happens.

Choose the correct option

1. (a), (b) and (d) only
 2. (b), (c) and (d) only
 3. (a), (b) and (C) only
 4. (a), (b), (c) and (d)
29. Physically attractive people are usually perceived as:
- a) More intelligent than unattractive people

- b) More dominant than unattractive people
- c) More socially skilled than unattractive people
- d) All of the above

30. Divya has hypo-thyroidism and her weight is increasing rapidly. Doctors have advised her to reduce her diet and her weight but she can't stop herself from eating junk food which is adversely affecting her health. She needs to work on her –

- a) Self-resilience
- b) Self-esteem
- c) Self confidence
- d) Self-control

31. Research has shown a positive correlation between aggression and the level of:

- a) Acetylene
- b) Testosterone
- c) Estrogen
- d) GABA

32. We tend to stereotype people on the basis of their:

- a) Physical appearance
- b) Age
- c) Race
- d) All of the above

33. Ritesh shows patience with his kids, controls his anger, expresses love for his family. He is a perfect example of-

- a) Pro-social behavior
- b) Empathy
- c) Emotional intelligence
- d) None of the above

34. Which factor is not a part of five-factor theory?

- a) Extroversion
- b) Introversion
- c) Agreeableness
- d) Neuroticism
- e) Openness to experience

35. Self-esteem is important because:

- a) You believe that you are worthy of happiness and of respect

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- b) It is the last step in believing in you and it builds self-confidence
 - c) It does not have a profound effect on your thinking, emotions, happiness, desires, values, and goals
 - d) You cannot feel respect and proud even if you make a mistake
36. Lateral thinking, sometimes called horizontal thinking, is a form of creative problem-solving. It involves –
- a) pursuing an unconventional approach
 - b) deliberately avoiding the most obvious options
 - c) innovative thinking
 - d) all of the above
37. Ravi has anger issues. He is trying to manage his anger. What should he NOT do to control his anger?
- a) countdown
 - b) take deep breaths
 - c) escape the situation
 - d) play some tunes
38. Why is being too passive a problem?
- a) You feel taken advantage of
 - b) People dislike you
 - c) Hard to keep friends
 - d) You disrespect others
39. You have a friend who is always late meeting you. You should:
- a) Yell at them about it
 - b) Live with it
 - c) Tell them they are a good friend but you are upset
 - d) Lie to them about the real t
40. An assertive person
- a) Knows his or her own mind and goals
 - b) Reacts to other people's actions
 - c) Usually does not state his or her needs
 - d) Does not plan ahead
- Harsh

ANSWER KEY

1. (d)
2. (c)
3. (c)
4. (d)
5. (d)
6. (a)
7. (c)
8. (b)
9. (b)
10. (d)
11. (b)
12. (a)
13. (c)
14. (a)
15. (a)
16. (b)
17. (d)
18. (b)
19. (c)
20. (d)
21. (b)
22. (d)
23. (c)
24. (4.)
25. (c)
26. (b)
27. (a)
28. (3)
29. (d)
30. (d)
31. (b)
32. (d)
33. (c)
34. (b)
35. (c)
36. (d)
37. (c)
38. (a)
39. (c)
40. (a)

Harsh
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