00030

THE OPEN UNIVERSITY OF SRI LANKA
FACULTY OF HEALTH SCIENCES
DEPARTMENT OF PSYCHOLOGY & COUNSELLING
ACADEMIC YEAR2022/2023– SEMSETER II

**BSC HONS IN PSYCHOLOGY**
**PLU3302 - PERSONALITY AND INDIVIDUAL DIFFERENCES – LEVE 3**
**CONTINOUS ASSESSMENT TEST – NBT I**
**DURATION: 01 ½ HOURS**

DATE: 09.06.2023 TIME: 9.00am-10.30am

**INDEX NO: .....**

**IMPORTANT INSTRUCTIONS/ INFORMATION TO CANDIDATES**

- This question paper consists of **8 pages** with **TWO sections**

  **Section 1: 20 Multiple Choice Questions - (40 Marks)**

  **Section 2: 12 Short Answer Questions - (60 Marks)**

- Write your INDEX NO in the space provided.
- **Multiple Choice Questions (Section 1):** Indicate answers in the **ANSWER SHEET** provided by placing a cross **(X)** in **INK** in the relevant cage (answers in pencil will **NOT** be marked)
- **Short Answer Questions (Section 2):** Write the answer within the space provided.
- Do **NOT** remove any page/part of this question paper from the examination hall.
- Do **NOT** keep unauthorized materials, including mobile phones and other electronic equipment, with you during the examination

## SECTION 1: Multiple Choice Questions (20 Questions-40 Marks)

1.1 Personality plays an important role in one's life. Which of the following best describes one's tendency to be compassionate rather than antagonistic towards others?

a Personality trait
b Agreeableness
c Post-conventional morality
d Conscientiousness

1.2 Different theoretical approaches have been proposed to describe and explain personality. Which one of the following approaches did Abraham Maslow follow?

a Psychodynamic approach
b Social learning approach
c Cognitive approach
d Humanistic approach

1.3 Different theorists have identified various factors that contribute to the development of one's personality. Which of the following theorists stated that one's position in the family influences his or her personality?

a Albert Bandura
b Sigmund Freud
c Alfred Adler
d Carl Jung

1.4 Personality development is a key aspect of human development. "Individuals' past experience influences their personality." Which of the following theories suggested this?

a Psychodynamic theories
b Social learning theory
c Humanistic theories
d Theory of psychosocial development

1.5 Carl Rogers described conditions for healthy growth of a person and introduced the person-centered therapy. According to Rogers, which of the following best describes "congruence"?

a When a person become matured.
b When a person's ideal-self corresponds with actual self.
c When a person accomplish their life goals.
d When a person reaches their ideal self.

1.6 According to Sigmund Freud's Psychoanalytic theory, which of the following mediates between the most primitive and instinctive part of the personality and the part that is overly conscious of the social world in order to come up with the best solution?

a Id
b Libido
c Super ego
d Ego

1.7 Which of the following can be identified as an aspect of personality that is concerned with general patterns of behaviour and mood that can be expressed in many ways and that develop into different personality traits?

a Emotions
b Beliefs
c Temperament
d Attitudes

1.8 According to cognitive and social learning theorists, there are cognitive social person variables that determine how a person interacts with a situation. Which one of the following is a cognitive social learning variable that describes how do people see things?

a Subjective values
b Encoding strategies
c Self-regulatory systems
d Competencies

1.9 In his theory of observational learning, Albert Bandura stated that both internal (e.g., thoughts) and external (e.g., reward) factors are part of a system of interacting influences that affect individuals' behaviour. It is known as .....

a accommodation.
b assimilation.
c reciprocal determinism
d Imagination and self-regulation.

1.10 Abraham Maslow believed that human motivation mainly depends on individuals seeking fulfilment and change through their personal growth. According to his hierarchy of needs, when individuals fulfill their safety needs, they tend to be more concerned with which of the following needs?

a Physiological needs
b Esteem needs
c Social needs
d Love and belonging needs

1.11 Which of the following is a characteristic of a fully functioning person?

a Less likely to trust in one's own behaviour.
b Open to positive feelings but not to negative feelings.
c Continual need to strive to maximize one's potential.
d Inability appreciate all experiences.

1.12 Some theorists suggest that people have the tendency to develop their own concepts about how the world works, and then use them to make sense of their observations and experiences. Which of the following theories described this?

a Person-centered theory
b Type and trait theory
c Social cognitive theory
d. Personal construct theory

1.13 According to Buss and Plomin, there are three temperament dimensions that can be applied to both children and adults. Which one of the following best describes an individual's general energy output level?

a Activity
b Sociability
c Amiability
d Emotionality

1.14 Different factors including biological, social, cognitive and cultural factors contribute to the development of personality. Which one of the following can be identified as a sociocultural factor that contributes to personality development?

a Learning
b Family structure
c Self-perception
d Individual trait

1.15 According to Carl Jung, one's personality was build up of three elements. Which of the following is the correct answer?

a Id, ego and super ego.
b Ego, super ego and collective unconscious.
c Ego, personal unconscious and collective unconscious.
d Id, personal unconscious and collective unconscious.

1.16 Marecek and Hare-Mustin have described two basic forms of gender bias. A bias that occurs when theories see real differences between men and women but may underrate one gender compared to the other can be identified as

a Alpha bias
b Observer bias
c Gender bias
d Beta bias

1.17 A university student who is only focused on studying for the final examinations will most likely reject an invitation to a wedding ceremony of a friend, whereas a student who does not value only studying is more likely to accept the invitation. Which of the following best describes in this example?

a Person perception.
b Cognitive balance.
c Subjective values.
d Self-regulatory systems.

1.18 Different theorists have different viewpoints in relation to gender differences in personality. The theorist who suggested that women were powerful and envied by men because of their capacity for motherhood is known as

a Alfred Adler
b Anna Freud
c Carl Rogers
d Karen Horney

1.19 What is the type of learning in the example given below?
A patient needs to be informed that he is diagnosed with a non-communicable disease. A medical student observes the doctor giving the patient this information, offering time and support. The student notices how the caring behaviour of the doctor helps the patient, and in the future, the student attempts to reproduce behaviour he observed.

a Associative learning.
b Observational learning.
c Behaviour modification.
d Classical conditioning.

1.20 Abraham Maslow believed that individuals possess different sets of needs. Also, he proposed a list of meta-needs towards which self-actualizers evolve. Which of the following can be identified as a meta-need?

a Self-esteem
b Need for achievement
c Self-sufficiency
d Need for affiliation

BSC HONS IN PSYCHOLOGY
PLU3302 - PERSONALITY AND INDIVIDUAL DIFFERENCES – LEVE 3
CONTINOUS ASSESSMENT TEST – NBT I - -2022/2023– SEMSETER II

**INDEX NO:** .....

## ANSWER SHEET FOR SECTION-1

| Q. No. | (a) | (b) | (c) | (d) |
|---|---|---|---|---|
| 1.1 | | | | |
| 1.2 | | | | |
| 1.3 | | | | |
| 1.4 | | | | |
| 1.5 | | | | |
| 1.6 | | | | |
| 1.7 | | | | |
| 1.8 | | | | |
| 1.9 | | | | |
| 1.10 | | | | |
| 1.11 | | | | |
| 1.12 | | | | |
| 1.13 | | | | |
| 1.14 | | | | |
| 1.15 | | | | |
| 1.16 | | | | |
| 1.17 | | | | |
| 1.18 | | | | |
| 1.19 | | | | |
| 1.20 | | | | |

**INDEX NO:** .....

## SECTION 2: SHORT ANSWER QUESTIONS (60 MARKS)

**All questions are compulsory.**

**2.1** Define the term personality? *(6 marks)*

.....

.....

.....

**2.2** List two (02) cognitive components in observational learning explained by Albert Bandura. *(4 marks)*

i. .....

ii. .....

**2.3** Name the personality trait in Big Five Personality traits that explains one's tendency to show self-discipline, to be reliable, and to strive for competence and achievement?

..... *(5 marks)*

**2.4** According to Erikson's theory of psychosocial development, what is the crisis that a child experience during preschool age?

..... *(5 marks)*

**2.5** Identify the approach which highlights the unique combination of traits that best describes an individual?

..... *(5 marks)*

**2.6** What type of cultures define self-identity in terms of connectedness with others?

..... *(5 marks)*

**2.7** List two (02) types of personality described by Hippocrates and Galan. *(5 marks)*

i. .....

ii. .....

**2.8** List two (02) common characteristics/features that help identify abnormal behaviour. *(5 marks)*

i. .....

i. .....

**2.9** According to Alfred Adler, some factors from childhood contributed to an inferiority complex. Name two (02) of them. *(5 marks)*

i. .....

i. .....

**2.10** Name the theoretical approach of personality that explains how people process information and understand situations.

..... *(5 marks)*

**2.11** According to Carl Jung, what is the level of consciousness that is made up of the person's own experiences and personal history?

..... *(5 marks)*

**2.12** Name the subdivision of the nervous system that regulates unconscious involuntary activity in the human body?

..... *(5 marks)*

----------END OF QUESTION PAPER----------