00218

THE OPEN UNIVERSITY OF SRI LANKA
FACULTY OF HEALTH SCIENCES
DEPARTMENT OF PSYCHOLOGY & COUNSELLING
ACADEMIC YEAR 2024/2025– SEMESTER II

22 JUL 2025
The Open University of Sri Lanka

BSC HONS IN PSYCHOLOGY
PLU3302 – PERSONALITY AND INDIVIDUAL DIFFERENCES - LEVEL 03
CONTINUOUS ASSESSMENT TEST – NBT I
DURATION: 1 ½ HOURS

DATE: 22 JULY 2025 TIME: 9.00 am – 10.30 am

INDEX NO: .....

IMPORTANT INSTRUCTIONS/ INFORMATION TO CANDIDATES

- This question paper consists of **10 pages** with **TWO sections**

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

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

- Write your INDEX number 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 Understanding personality involves exploring different perspectives on what shapes human behaviour. Which of the following approaches to personality emphasizes unconscious forces and inner conflicts?

a. Psychoanalytic Approach
b. Humanistic Approach
c. Behavioural Approach
d. Trait Approach

1.2 One major perspective in personality psychology focuses on identifying consistent characteristics that differ among individuals. Which of the following best describes the trait approach to personality?

a. It focuses on unconscious motives behind behaviour.
b. It categorizes individuals based on stable, measurable characteristics.
c. It explains personality based on rewards and punishments.
d. It promotes the idea that all humans are innately good.

1.3 The Big Five model is one of the most widely accepted trait theories of personality, and recent research has suggested further structure within these traits. According to recent models, the Big Five traits are now understood to be organized into:

a. Two opposing emotional drives
b. Independent traits with no hierarchy
c. Meta-traits, Aspects, and Facets
d. Universal values and social norms

1.4 Personality development is influenced not only by internal factors but also by the environment in which a person grows and lives. Which of the following best illustrates how the environment shapes personality?

a. A child inherits a high IQ gene and automatically becomes successful.
b. All children learn to walk at the same time regardless of experience.
c. A person remains unaffected by trauma due to strong genetics.
d. A shy child becomes confident after years of drama training.

1.5 Some personality theories highlight the influence of family dynamics and early life experiences on individual development. Which theorist emphasized the role of birth order in shaping personality?

a. B.F. Skinner
b. John Bowlby
c. Carl Rogers
d. Alfred Adler

1.6 Personality is studied through various approaches, each emphasizing different factors that shape human behaviour. According to the biological approach, aggressive behaviour of an individual can be explained by:

a. personal responsibility and unmet needs
b. unconscious drives to self-destruct
c. genetic predisposition and hormone levels
d. learned expectations and rewards

1.7 Neurobiological methods help researchers study the structure and functioning of the brain, using different techniques with varying levels of detail and speed. Which of the following is a neurobiological method that provides high temporal resolution of brain activity?

a. Magnetic Resonance Imaging
b. Electroencephalogram
c. Positron Emission Tomography
d. Functional Magnetic Resonance Imaging

1.8 Gray's theory of personality explains individual differences in behaviour based on brain systems that regulate responses to rewards and punishments. According to Gray's theory, individuals high in Behavioural Inhibition System (BIS) are:

a. Sensitive to punishment and anxiety-prone
b. More likely to seek rewards
c. Highly impulsive and sociable
d. Motivated by dopamine levels

1.9 Understanding abnormal behaviour often requires looking at multiple influences, including biology, mind, and social environment. Which of the following models suggests that abnormal behaviour is influenced by biological, psychological, and sociological factors?

a. Tabula Rasa Model
b. Biopsychosocial Model
c. Behavioural Model
d. Cultural Deviance Model

1.10 Jung's theory of personality includes key attitudes that shape how individuals relate to their environment and others. In his theory, which of the following pairs describes the two opposing attitudes that influence how people interact with the world?

a. Persona and Shadow
b. Ego and Superego
c. Introversion and Extraversion
d. Thinking and Feeling

1.11 Julian Rotter's social learning theory emphasizes that our behaviour is shaped by certain cognitive factors. According to Julian Rotter, which two key variables determine the Behaviour Potential (BP)?

a. Reinforcement schedule and motivation level
b. Conscious desire and unconscious drive
c. Experience and environmental triggers
d. Reinforcement value and expectancy

1.12 George Kelly's Personal Construct Theory offers a unique way of understanding how individuals interpret and predict events in their lives. In his theory, why are people described as 'scientists'?

a. Because they rely only on observable behaviour.
b. Because they are trained in scientific reasoning from birth.
c. Because behaviour can only be explained through lab experiments.
d. Because they actively develop and test personal hypotheses about the world.

1.13 Evolutionary personality theory explores how human personality characteristics may have developed over time to help individuals survive and thrive. Which of the following statements aligns with evolutionary personality theory?

a. Anxiety has no survival value in modern society.
b. Traits evolve due to random behaviours and not natural selection.
c. Social anxiety may be an evolved mechanism to prevent exclusion.
d. Anger is always a maladaptive emotional reaction.

1.14 Karen Horney explained that neurotic individuals often create an "idealized self-image" that influences how they view themselves and the world. Horney described neurotic individuals as having an "idealized self-image" that is:

a. based on realistic appraisal of abilities and goals.
b. based on an unattainable ideal that causes distress.
c. not related to self-esteem or personality disorders.
d. encouraging acceptance of the real self.

1.15 Carl Jung's theory of personality includes universal symbols called archetypes that influence human behavior. In his theory, what does the 'persona' archetype represent?

a. The mask we wear to present ourselves socially.
b. The dark and hidden part of our psyche.
c. The rational and logical aspect of our personality.
d. The deepest level of the personal unconscious.

1.16 Carl Rogers, a leading figure in humanistic psychology, emphasized the importance of certain conditions for healthy psychological development. According to Carl Rogers, what leads to psychological distress or neurosis?

a. Incongruence between self-concept and experiences
b. Repressed instincts and unconscious desires
c. Conflict between the id and superego
d. Lack of external rewards for good behaviour

1.17 Albert Bandura's Bobo Doll experiment is one of the most well-known studies in psychology. What was demonstrated through Bandura's Bobo Doll experiment?

a. Children do not learn unless rewarded
b. Children learn by observing and imitating others
c. Behaviour is primarily inherited
d. Aggression is only caused by frustration

1.18 Temperament traits describe basic patterns in how individuals typically respond to their environment, including their social behaviour. Which of the following temperament traits refers to a tendency to seek and enjoy social interaction?

a. Activity
b. Emotionality
c. Sociability
d. Intensity

1.19 Ancient typology theories by Hippocrates and Galen classified personality based on bodily fluids, linking them to different temperaments and behaviours. According to ancient typology by Hippocrates and Galen, which of the following personality types is characterized by being temperamental?

a. Sanguine
b. Phlegmatic
c. Melancholic
d. Choleric

1.20 Abraham Maslow's humanistic theory explains different levels of motivation. Maslow's concept of "meta-motivation" refers to the motivation of:

a. individuals who are struggling to meet basic survival needs.
b. people with neurotic tendencies and anxiety.
c. children learning moral rules from their parents.
d. self-actualizers who pursue growth and fulfilment.

BSC HONS IN PSYCHOLOGY
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CONTINUOUS ASSESSMENT TEST – NBT I - 2024/2025– SEMSETER II

INDEX NO: .....

ANSWER SHEET FOR SECTION-1

Q. No.	(a)	(b)	(c)	(d)
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INDEX NO: .....

SECTION 2: SHORT ANSWER QUESTIONS (60 MARKS)

All Questions are compulsory.

2.1 State and describe the <u>two</u> (02) basic forms of gender bias explained by Hare-Mustin and Marecek (1988). *(5 Marks)*

2.2 Describe the role of the experiential world in Rogers' theory. *(5 Marks)*

2.3 Briefly describe the <u>three</u> (03) basic patterns of temperament identified by Thomas and Chess (1977). *(5 Marks)*

2.4 Explain how environmental factors shape individual differences in personality. *(5 Marks)*

2.5 Explain Carl Rogers' concept of the actualizing tendency and how it relates to human motivation. *(5 Marks)*

2.6 Briefly explain the <u>three</u> (03) super traits identified by Hans Eysenck and how they relate to personality. *(5 Marks)*

2.7 Explain the difference between surface traits and source traits according to Raymond Cattell's trait theory. *(5 Marks)*

2.8 List psychosexual developmental stages according to Sigmund Freud in order. *(5 Marks)*

2.9 Describe the concept of reciprocal determinism with an example from everyday life. *(5 Marks)*

2.10 Briefly describe Gordon Allport's distinction between nomothetic and idiographic approaches to personality traits. *(5 Marks)*

2.11 Describe the differences between inhibited and uninhibited children according to Kagan and Moss's research. *(5 Marks)*

2.12 Briefly explain Karen Horney's concept of womb envy. *(5 Marks)*

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