

24-02-2026

Assignment-01

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Q.1. Define the term personality and state the characteristics of personality.

Ans:

Personality :

Quality of an individual's total behavior is called as personality.

Characteristics of personality :

1. Personality refers to both physical and psychological qualities of an individual.
2. It is unique in the sense that no two individuals are same in terms of their personality.
3. Personality is the manner of adjustment of individual to the organization, environment and the group.
4. Personality is dynamic. It changes with the time and situation.
5. Personality is a system. It has input, processing and output mechanisms.
6. Personality influences goal achievement and performance of an individual.

Q. 2. Explain the nature of personality.

Ans:

1. Psycho-physical system.
2. Dynamic organisation
3. Consistency
4. Adjustment ability
5. Uniqueness.
6. Wholeness
7. Persistence
8. Sociability
9. Self-consciousness.

1. Psycho-Physical system:

- Personality happens to be such a system which combine two types of qualities - psychological and physical traits.
- Psychological traits include character, temperament, intelligence, etc.
- Physical traits contain complexion, weight, health, etc.
- Personality is neither completely psychological, nor physical; instead is a mixture of both.

2. Dynamic Organisation:

- Personality is a dynamic organisation.

- tion simply means the combination of some qualities both psychological and physical.
- To be dynamic means, which is subject to change.
- There are always some changes in the traits of the organisations from time to time.
- For example: Somebody can be honest today but it may be possible that he not be honest.

3. Consistency :

- It simply means the consistent behavior of an individual on two different occasions.
- e.g. : A person possesses the quality of being punctual at home, he would be punctual in the office as well.

4. Adjustment Ability :

- Personality and adjustment ability have an deep relation.
- It is only on the basis of his personality that a person makes adjustment with

The atmosphere or surroundings.

- Everybody possesses a different personality.

5. Uniqueness :

- Personality has the quality of being unique.
- Any two individuals, however similar they may be, cannot be having the similar personality.

6. Wholeness :

- Every individual possesses a variety of psychological and physical traits. All these traits go to form personality.
- In this way, it can be said that personality is a complete unit in itself. These inherent qualities cannot be separated.

7. Persistency :

- It is only the people with a strong personality who can adjust themselves with every kind of condition and it is only such people who achieve success.
- A personality that lacks persistency cannot be called a good personality.

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8. Sociability:

- It is an undoubted fact that persons are influenced by social interactions.
- When personality comes in contact with social influences, it achieves maturity which gives a glow or a sparkle to personality.

9. Self - consciousness:

- Self-consciousness means 'knowing the self'.
- It is a common knowledge that a person who lacks self-consciousness, so he lacks personality also.
- As he grows and starts getting to know himself, his personality also starts reflecting itself.

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23/02/2016
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Q 1. Explain in brief Maslow's Self-Actualization theory with suitable diagram.

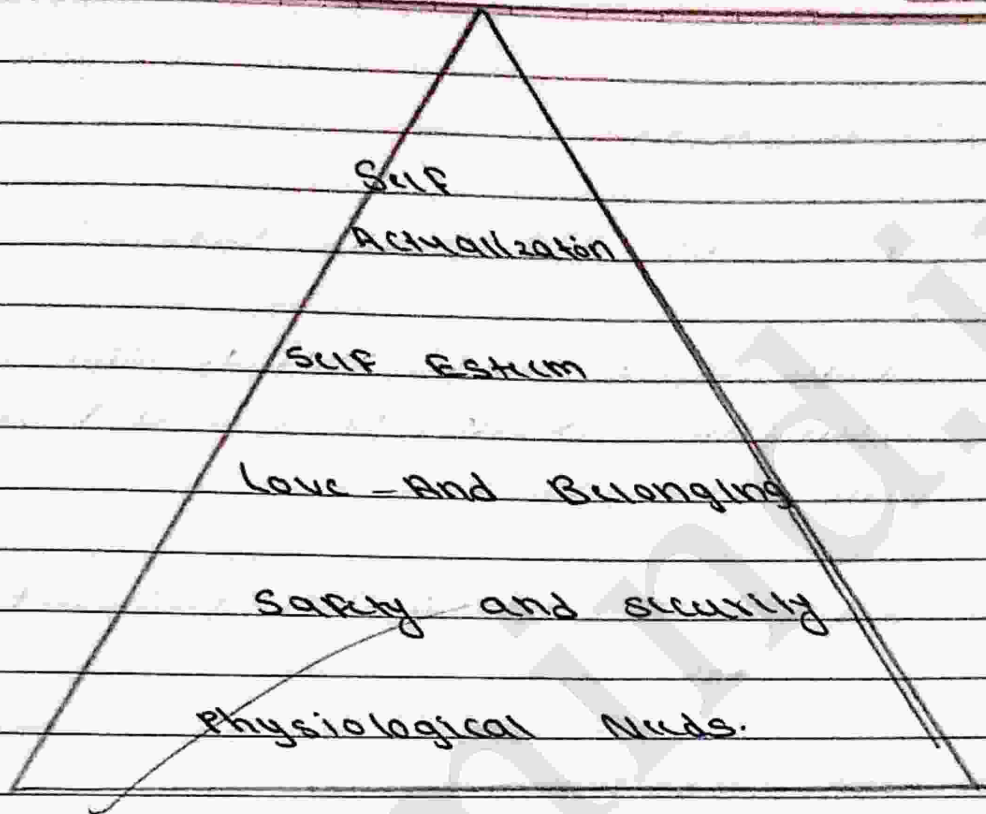
Ans

Abraham Maslow (1943) proposed the Hierarchy of needs, explaining how human motivation influences personality development.

- He was born in Brooklyn, New York.
- According to the Abraham Maslow, the needs in order of importance to individuals i.e. the fulfillment of needs starts from the 1st order and if first order needs are fulfilled the individual thinks of second order and so on as given in next slide.

1. Physiological Needs:

- These are called first order needs.
- These needs are necessary for survival of the individual.
- e.g. Basic needs like, food, water, shelter, sleep, air, clothing.
- If these needs are fulfilled then only the individual steps in to 2nd order needs.



① Physiological

② Safety and security :

- These are 2nd order need. These needs are for the security of the individual from physical, physiological, economic and social viewpoints. e.
- e.g. : Protection, stability, security, etc.
- Emotional security : feeling safe to share feelings openly
- Financial security : Having enough money for basic needs.
- law and order : following rules for safety.

① Social needs:

- These are 3rd order needs
- man is a social animal and has an inherent desire to be with others in some form.
- e.g.: social relationships, friendship, affection etc.

② Esteem needs:

- These are fourth order needs.
- The individuals like to get appreciation and recognition from others in the society.
- e.g.: recognition, self-respect, confidence, power, status, prestige, etc.

③ Self-actualization:

- These are called last order or fifth order need.
- It is self-realization and knowing self or the ultimate purpose of human being.

- e.g: what is human being, how he should live, what is his purpose of living, etc.

Q.2. Discuss the types of personality.

Ans:

Types of Personality:

- ① Extraversion
- ② Introversion
- ③ Conscientiousness
- ④ Agreeableness.

① Extraversion:

- Extraversion is a personality trait characterized by excitability, sociability, talkativeness, assertiveness, and high amounts of emotional expressiveness.

- People high in extraversion are outgoing and tend to gain energy in social situations.

- Being around others helps them feel energized and excited.

② Introversion:

- People who are low in this personality trait tend to be more reserved. They have less energy in social settings and social events can feel draining.
- Introverts often require a period of solitude and quiet to "recharge".

③ Conscientiousness:

- Conscientiousness is defined by high levels of thoughtfulness, good impulse control, and goal-directed behaviors.
- Highly conscientious people tend to be organized and mindful of details.
- They plan ahead, consider how their behavior affects others, and are conscious of deadlines.

④ Agreeableness:

- This personality trait includes attributes such as trust, softness, kindness, affection, and other prosocial behaviors.

Q.1. Explain the determinants of personality

Ans:

Determinants of personality :-

- Personality influences by multiple internal and external factors.
- These factors shape an individual's behavior, thinking patterns, and emotional responses.

1. Physical Determinants
2. Social Determinants
3. Intellectual Determinants
4. Psychological Determinants.

1. Physical Determinants :-

- Physical determinant, which include biological and hereditary factors and individual's physical environment that shape their personality.

• e.g. Genetic inheritance like intelligence, temperament and neurobiological factors. (brain structure, hormones).

* Genetics :- Hereditary traits such as height, body type, and facial features impact personality and self-esteem.

- Body structure :- Physical appearance may affect confidence levels and how individuals are perceived by Society.
- Health conditions :- Chronic illness, fitness levels and energy levels influence mood, interactions and motivation.
- Neurobiology :- Brain functions, hormones and nervous system activity contribute to temperament and behavior.

2. Intellectual Determinants :-

- It refers to an individual's intelligence and cognitive process, their mental capacities, humor, values and moral beliefs.
- Stressful events can temporarily alter personality expression.
- Cognitive abilities :- Intelligence, problem-solving skills, and memory impact decision-making and adaptability.
- Education & Learning :- Formal and informal education shape knowledge, perspective and communication styles.

- Experience & Exposure :- Personal Experience contribute to critical thinking Creativity, and emotional intelligence.

- Adaptability & logical Thinking :-
The -ability to process information effectively influences how individuals respond to challenges.

3. Social Determinants :-

- Social Determinants which include the role of an individual in society and community, their interactions within their social circles, including family, friend and professional relationships.

- Family influences :- Childhood upbringing, values and family environment shape personality development.

- Culture & society :- Traditions, beliefs, and cultural norms affect behavior and social interactions.

- Group and friends :- Social circles influence habits, attitudes, and decision making.

Work and Educational Environment :-

Interactions in schools and workplaces contribute to professional and personal growth.

4. Psychological Determinants :-

- Psychological Determinants, which includes an individual's behavior, emotions, sentiments, thoughts pattern and complexes, which determines an individual's mental conflicts, aspirations, desires and emotional health.

• Emotions & Feelings :- Emotional stability, self-control affects personality traits

• Motivation & Attitude :- Goals, ambition, and the drive to succeed shape work ethics and personal behavior.

• Self perception :- How individuals view themselves influences confidence and self-esteem.

• Mental Health :- Stress, psychological conditions impact personality expression and interactions with others.

Q. 2. State key ways to shaping personality and explained any two.

Ans:

Key ways to Shaping Personality :-

1. Improving communication skills.
2. Stepping out of comfort zone.
3. Learning to say No.
4. Tapping Into Creativity
5. Getting curious.
6. Giving yourself daily affirmation.
7. Practising self care.

1. Improving communication skill:

- Effective communication is crucial in personal and professional life.
- It includes verbal and non-verbal communication.
- Enhancing communication skills helps in expressing thoughts better, resolving conflicts, and building strong relationships.
- If you want to enhance your personal and professional relationships, spend some time polishing your communication skills, soft skills like active listening, focus on body language and gestures and clearly expressing yourself all fall into this category.

2. Stepping out of comfort zone:

The comfort zone is psychological state where one feels safe and in control.

- Personal growth happens when we challenge ourselves to try new experiences, take risks and face fears.
- Activities like travelling alone, taking on leadership roles or a learning a new skill can boost confidence and adaptability.

Q.1. Describe Myers - Briggs - Typology indicators

Ans:

- The MBTI is a popular personality assessment tool developed by Isabel Myers and Katharine Briggs.

- The first manual of MBTI was published in 1962.

- The MBTI is a personality test that helps people understand their performances and how they interact with world.

• MBTI having four personality dimensions:

① Extraversion vs Introversion.

② Sensing vs Intuition

③ Thinking vs Feeling

④ Judging vs Perceiving.

① Extraversion vs Introversion

• People who prefer extraversion tends to focus on your outer world and the things around them

• Tends to action oriented

• Enjoy more frequent social interaction, interactive group discussion.

• People who prefer Introversion tends to focus on your own inner world of ideas and meaningful social interactions.

• Tends to thought oriented.

• Enjoy deep and meaningful social interaction.

② Sensing vs Intuition.

• Sensing (S) :

- People who prefer sensing tends to focus on present and on concentrate information gained from their sense.
- To focus on fact and details and enjoy getting hands-on experience.

• Intuition (N) :

- People who prefer intuition tends to focus on future.
- Pay more attention to things like patterns, impressions and possibilities
- Enjoy symbolic language, metaphors and analogies.
- Find out solution to problems.

② Thinking vs Feeling.

• Thinking (T) :

- People who prefer thinking tends to base their decisions primarily on logic and objective analysis of cause and effects.
- Greater emphasis on facts and objective data.
- They want to know the pros and cons.

• Feeling (F) :

- People who prefer Feeling tends to base their decisions primarily on the values and subjective evaluations of the persons concerned concerns.
- Appreciate personal information.
- Those who prefer Feeling are more likely to consider people and emotions when arriving at a conclusion.

② Judging vs Perceiving (J)

• Judging (J) :

- People who prefer Judging tends to like a planned and organized approach to life and prefer to the thing settled.
- These type of people want clear timelines definite decision and closure.

• Perceiving (P) :

- People who prefer perceiving tends to like a flexible and spontaneous approach to life and prefer to keep their open open.
- Enjoy open ended discussion and language in communication.
- Doesn't want possibilities in closed down too soon.

Q.2. Define locus of control and discuss in brief types of LOC.

Ans:

LOC: The locus of control (LOC) concept introduced by Julian Rotter (1950) refers to the degree to which people believe they control their own fate.

Types of LOC:

- ① Internal LOC
- ② External LOC

① Internal LOC :-

- People believe they are responsible for their own success and failures.
- They may adapt better to workplace conditions and events, which can lead to better job performance.
- They may have higher academic achievement.
- Example :- A student who studies hard believes their grades depend on their effort.
- Effect :- These people are usually : confident responsible motivated better performance in school and work.

② External LOC :

- People with an external LOC believe that external factors, such as luck or fate, are responsible for their success or failures.
- They may feel powerless in challenging situations.
- They may be more passive toward change, seeing it as a threat rather than an opportunity.
- They may be more likely to experience depressive reactions.
- e.g.: Farmers who blame the weather for crop failure rather than improving farming techniques.

Q. 1. Define type A and B behaviour.

Ans:

Type A:

Which is stress-prone, in a hurry, impatient and fast in whatever they do

Type B:

Which is less stress-prone, relaxed and easygoing

Q. 2 - Discuss characteristics features of Type A and Type B personality.

Ans:

Characteristics of Type A:

a. Highly Competitive - Always want to win and be the best.

b. Time urgency - Feels rushed, impatient and dislikes delays.

c. Work oriented - Focused on achievement and productivity.

d. Aggressive/Impatient - Gets irritated easily especially in stressful situation.

e. Goal driven - Sets high standards and

works hard to teach them.

Characteristics of Type B :

a. Calm and Patient :- No hurry, handles situations peacefully

b. Less Competitive :- Doesn't feel the need to always win.

c. Emotionally Stable :- Less anger and frustration.

d. Enjoys life :- Focuses on happiness, not just achievement.