

ANSWER KEY & MARKING SCHEME · CBSE CLASS 12**Self and Personality**

Psychology · Chapter 2 · Use this with the Board Paper · Companion to Quick Drill

HOW TO USE

Attempt the Board Paper first (closed-book, full time). Then come here. For 2-mark+ questions, compare your answer to the model. For 3-4 mark questions, also consult the **Topper Templates** below — these show the exact step-by-step structure that scores full marks per CBSE marking-scheme conventions.

MODEL ANSWERS · BOARD PAPER**Section A — VSA (1 mark × 4)****Q1. On which principle does the id operate? [1 mark]****Ans:** The pleasure principle (immediate gratification).**Q2. Expand the acronym OCEAN. [1 mark]****Ans:** Openness, Conscientiousness, Extraversion, Agreeableness, Neuroticism — the Big Five factors.**Q3. How many inkblots are there in the Rorschach test? [1 mark]****Ans:** Ten inkblot cards.**Q4. Name the three gunas in the Indian (Triguna) approach to personality. [1 mark]****Ans:** Sattva, Rajas and Tamas.**Section B — SA-I (3 marks × 2)****Q5. Distinguish between self-concept, self-esteem and self-efficacy. [3 marks]****Ans:** SELF-CONCEPT is the DESCRIPTIVE picture you hold of yourself — the sum of beliefs about your attributes and competencies ('I am tall, studious, shy'); it can be global or domain-specific. SELF-ESTEEM is the EVALUATIVE value-judgement of your own worth — your sense of how much you value yourself, which may be high or low and may differ across domains (academic, social, physical). SELF-EFFICACY (Bandura) is the belief in your capacity to succeed at a SPECIFIC task or situation; high self-efficacy makes a person attempt harder tasks and persist longer. In short: concept = description, esteem = value, efficacy = task-belief.**Q6. Explain the Indian (Triguna) approach to personality. [3 marks]****Ans:** The Indian (Samkhya / Ayurvedic) approach holds that personality is governed by the relative dominance of THREE GUNAS present in everyone in differing proportions. (1) SATTVA — purity, cleanliness, truthfulness, wisdom, self-control, detachment and balance. (2) RAJAS — intense activity, desire for sense-gratification, restlessness, ambition and envy. (3) TAMAS — inertia, dullness, ignorance, laziness, lethargy and dependence. A person's character reflects whichever guna predominates; the gunas are not fixed types but proportions that can shift. This is a classical Indian TYPE approach.**Section C — SA-II (4 marks × 1)****Q7. Distinguish between projective techniques and self-report (objective) measures of personality, with one example of each. [4 marks]****Ans:** SELF-REPORT (objective) measures present standardised statements that the person rates (true/false or on a scale); scoring is OBJECTIVE against a fixed key. They are standardised, reliable and easy to score, but vulnerable to SOCIAL DESIRABILITY (answering to look good) and limited self-insight. Example: the MMPI (Minnesota Multiphasic Personality Inventory) or Cattell's 16PF. PROJECTIVE techniques present AMBIGUOUS, unstructured stimuli on the assumption that the person PROJECTS their unconscious motives and conflicts onto them; interpretation is SUBJECTIVE and qualitative. They reach the unconscious but have low reliability/validity and depend on examiner skill. Example: the Rorschach Inkblot Test (10 inkblots) or the TAT (story-telling on picture cards). KEY DIFFERENCE: self-report is structured + objective + conscious; projective is unstructured + subjective + aimed at the unconscious.

Q8. Explain Freud's structure of personality (id, ego, superego) and describe any three defence mechanisms. [6 marks]

Ans: Sigmund Freud's PSYCHODYNAMIC theory holds that personality is energised by the LIBIDO and organised into THREE interacting structures operating largely in the UNCONSCIOUS. (1) ID — present from birth, the reservoir of instinctual drives (sex, aggression); it runs on the PLEASURE PRINCIPLE, demanding immediate gratification with no regard for reality or morality, and is entirely unconscious. (2) EGO — the rational, executive structure that develops to deal with the real world; it runs on the REALITY PRINCIPLE, postponing gratification until a realistic and socially acceptable outlet is found, and mediates among the id, the superego and external reality. (3) SUPEREGO — the internalised moral standards of parents and society (conscience + ego-ideal); it runs on the MORALITY PRINCIPLE, striving for perfection and producing guilt when its standards are violated. Personality is the dynamic balance the ego maintains among these three. When anxiety overwhelms the ego, it deploys DEFENCE MECHANISMS that distort reality unconsciously. Three examples: REPRESSION — pushing anxiety-provoking thoughts into the unconscious (forgetting a traumatic event); PROJECTION — attributing one's own unacceptable impulses to others (insisting 'he hates me' when in fact I hate him); SUBLIMATION — channelling unacceptable impulses into socially valued activity (turning aggression into competitive sport). (Other mechanisms: denial, reaction formation, rationalisation, regression, displacement.)

Q9. Describe the trait approach to personality, explaining the contributions of Allport, Cattell, Eysenck and the Big Five (OCEAN) model. [6 marks]

Ans: The TRAIT approach describes personality in terms of stable, enduring TRAITS — predispositions to behave consistently — and places people on CONTINUOUS dimensions (sliders) rather than in discrete boxes. ALLPORT classified traits by their influence: a CARDINAL trait is so dominant it governs the whole personality (rare); CENTRAL traits are the handful of core characteristics that describe a person (honest, kind, hardworking); SECONDARY traits are situation-specific preferences. CATTELL used factor analysis to reduce observable SURFACE traits to 16 underlying SOURCE TRAITS, building the 16PF questionnaire to measure where a person falls on each. EYSENCK reduced personality to a few biologically-based dimensions — EXTRAVERSION-introversion, NEUROTICISM-emotional stability, and later PSYCHOTICISM — the PEN model, each a continuum with a proposed biological basis. The BIG FIVE / FIVE-FACTOR MODEL (Costa & McCrae), recalled as OCEAN, is the most empirically robust: OPENNESS (imaginative vs conventional), CONSCIENTIOUSNESS (organised vs careless), EXTRAVERSION (sociable vs reserved), AGREEABLENESS (cooperative vs hostile) and NEUROTICISM (anxious vs calm/stable). Each factor is a continuum on which every person can be placed, and the five replicate across cultures — making the Big Five the dominant modern trait model that builds on the earlier work of Allport, Cattell and Eysenck.

★ **TOPPER TEMPLATE — 5-mark: 'Explain Freud's structure of personality (id, ego, superego) and any three defence mechanisms.'**

Annual

Step 1 [0.5 mark]	Setup	Sigmund Freud's PSYCHODYNAMIC theory holds that personality arises from the dynamic interaction of THREE structures operating largely in the UNCONSCIOUS, energised by the libido (life instinct).
Step 2 [1 mark]	Id	ID — the most primitive structure, present from birth, the reservoir of instinctual drives (sex, aggression). It operates on the PLEASURE PRINCIPLE: it demands immediate gratification with no regard for reality or morality. It is entirely UNCONSCIOUS.
Step 3 [1 mark]	Ego	EGO — the rational, executive structure that develops to deal with the real world. It operates on the REALITY PRINCIPLE: it postpones gratification until a realistic, socially acceptable outlet is found. The ego mediates between the demands of the id, the superego, and external reality.
Step 4 [1 mark]	Superego	SUPEREGO — the moral arm of personality, the internalised standards of parents and society (conscience + ego-ideal). It operates on the MORALITY PRINCIPLE, striving for perfection and producing guilt when standards are violated. Personality = the balance Freud's ego maintains among id, superego and reality.
Step 5 [1.5 marks]	Three defence mechanisms	When the ego is overwhelmed by anxiety it uses DEFENCE MECHANISMS that distort reality unconsciously: (1) REPRESSION — pushing anxiety-provoking thoughts into the unconscious (forgetting a traumatic event); (2) PROJECTION — attributing one's own unacceptable impulses to others ('he hates me' when I hate him); (3) DENIAL — refusing to accept a painful reality (a patient insisting a terminal diagnosis is wrong). Others: reaction formation, rationalisation, regression, displacement, sublimation.

COMMON LOSS OF MARKS:

- Calling id/ego/superego brain parts.
- Mismatching the three principles (pleasure / reality / morality).
- Defining defence mechanisms without examples.
- Listing fewer than three defence mechanisms.

★ **TOPPER TEMPLATE — 5-mark: 'Describe the five-factor (Big Five / OCEAN) model of personality.'**

Annual

Step 1 [0.5 mark]	Setup	The FIVE-FACTOR MODEL (Costa & McCrae), commonly recalled by the acronym OCEAN, holds that personality can be described along FIVE broad, continuous dimensions on which every person can be placed.
Step 2 [1 mark]	O + C	OPENNESS to experience — imaginative, curious, original, interested in variety vs conventional and routine-bound. CONSCIENTIOUSNESS — organised, responsible, dependable, achievement-striving vs careless and impulsive.
Step 3 [1 mark]	E + A	EXTRAVERSION — sociable, talkative, assertive, energised by others vs introverted, reserved, quiet. AGREEABLENESS — warm, cooperative, trusting, helpful vs hostile, competitive, suspicious.
Step 4 [1 mark]	N	NEUROTICISM (emotional instability) — anxious, moody, tense, easily upset vs calm, secure, emotionally stable. The opposite pole is sometimes called 'emotional stability'.
Step 5 [1.5 marks]	Significance + comparison	Each factor is a CONTINUUM, not a category, so the model is a TRAIT (not type) approach. The Big Five emerged from the 'lexical hypothesis' and factor analysis, and is the most empirically robust and cross-culturally replicated trait model, building on the earlier work of Allport, Cattell (16 factors) and Eysenck (extraversion-neuroticism-psychoticism).

COMMON LOSS OF MARKS:

- Listing fewer than 5 factors.
- Attributing OCEAN to Cattell.
- Confusing neuroticism with psychoticism.
- Treating the factors as types rather than continua.

★ TOPPER TEMPLATE — 5-mark: 'What are projective techniques? Describe the Rorschach and the TAT.'

Most years

Step 1 [1 mark]	Define projective techniques	PROJECTIVE techniques assess personality by presenting AMBIGUOUS or UNSTRUCTURED stimuli; the assumption is that the person PROJECTS their own unconscious motives, conflicts and feelings onto the stimulus. The stimulus, instructions and responses are all relatively open-ended; interpretation is largely SUBJECTIVE and qualitative.
Step 2 [1.5 marks]	Rorschach Inkblot Test	The RORSCHACH INKBLOT TEST (Hermann Rorschach, 1921) uses TEN inkblot cards — five black-and-white, two with black and red, three multicoloured. They are shown one at a time and the person reports what each blot might be. Responses are scored on location, determinants (form, colour, movement), content and originality to infer personality.
Step 3 [1.5 marks]	TAT	The THEMATIC APPERCEPTION TEST (Morgan & Murray, 1935) uses a series of black-and-white PICTURE CARDS depicting ambiguous social situations. The person tells a STORY about each card — what is happening, what led up to it, what the characters feel, and how it ends. The themes that recur reveal needs, motives and conflicts. (The Indian adaptation is Uma Chowdhary's TAT.)
Step 4 [1 mark]	Other examples + critique	Other projective tests: Rosenzweig's Picture-Frustration Study, the Sentence Completion Test, and the Draw-a-Person Test. Projective tests are valued for accessing the UNCONSCIOUS but criticised for LOW reliability and validity and dependence on the examiner's skill, unlike objective self-report inventories.

COMMON LOSS OF MARKS:

- Swapping the Rorschach (inkblots) with the TAT (story pictures).
- Forgetting the '10 inkblots' / 'tell a story' specifics.
- Not stating that interpretation is subjective.
- Missing the unconscious-projection assumption.

MARKING SCHEME — GENERAL NOTES

- Theorist names are mandatory (Freud, Allport, Cattell, Eysenck, Costa & McCrae, Rogers, Maslow, Rorschach, Murray).
- Match each Freudian structure to its principle: id-pleasure, ego-reality, superego-morality; reversing them loses marks.
- On the Big Five, all five factors must be named for full marks; OCEAN must be attributed to Costa & McCrae, not Cattell.
- Defence mechanisms must each carry a brief example; bare definitions earn partial credit.
- For projective vs self-report, the structured/objective vs ambiguous/subjective contrast plus one example each is required.
- Triguna answers must name all three gunas with at least one quality each.