

QUICK DRILL · CBSE CLASS 12**Self and Personality**

Psychology · Chapter 2 · 15 MCQs · 20 minutes · PYQ-tagged with time budgets

DATE	TOTAL MARKS	DURATION	MARKING	TARGET
_____	15	20 min	+1 / 0	≥ 12/15

OBJECTIVES

Reinforce the four core topics of Self and Personality via 15 PYQ-derived MCQs. Identify weak sub-topics via concept-node IDs (see answer key). Build per-question time budget habit.

INSTRUCTIONS

Attempt all 15. Time budget shown per Q (use it as pacing guide). Mark answers (A/B/C/D) in the margin. Answer key + explanations on the last page. **Don't peek — score yourself honestly.**

SECTION · QUICK DRILL

Q 1-15 · 20 MIN

Q1. Self-esteem refers to:

- (A) A description of one's attributes
(B) A value judgement of one's own worth
(C) Belief in succeeding at a specific task
(D) Control of one's own behaviour

PYQ 2019 · Delhi · 1m · 30s

Q2. The concept of self-efficacy was proposed by:

- (A) Freud
(B) Bandura
(C) Rogers
(D) Cattell

PYQ 2022 · All India · 1m · 25s

Q3. The id operates on the:

- (A) Reality principle
(B) Morality principle
(C) Pleasure principle
(D) Consistency principle

PYQ 2018 · Delhi · 1m · 25s

Q4. Which structure follows the reality principle?

- (A) Id
(B) Ego
(C) Superego
(D) Libido

PYQ 2020 · All India · 1m · 25s

Q5. The 16PF questionnaire was developed by:

- (A) Allport
(B) Cattell
(C) Eysenck
(D) Costa & McCrae

PYQ 2023 · Delhi · 1m · 25s

Q6. OCEAN stands for the:

- (A) 16 source traits
(B) Big Five factors
(C) PEN dimensions
(D) Four humours

PYQ 2021 · Delhi · 1m · 25s

Q7. Eysenck's third dimension (besides extraversion and neuroticism) is:

- (A) Openness
(B) Psychoticism
(C) Agreeableness
(D) Sattva

PYQ 2024 · All India · 1m · 25s

Q8. The three gunas in the Indian approach are:

- (A) Id, ego, superego
(B) Sattva, Rajas, Tamas
(C) O, C, E
(D) Sanguine, choleric, phlegmatic

PYQ 2022 · Delhi · 1m · 25s

Q9. Sheldon's mesomorph is characterised as:

(A) Soft, round, sociable

(C) Thin, fragile, introverted

PYQ 2019 · All India · 1m · 30s

(B) Muscular, energetic, assertive

(D) Calm, slow, phlegmatic

Q10. The Rorschach test consists of:

(A) 10 inkblots

(C) 16 statements

PYQ 2018 · Outside Delhi · 1m · 25s

(B) 20 picture cards

(D) 5 sentences

Q11. In the TAT, the person is asked to:

(A) Identify inkblots

(C) Rate true/false statements

PYQ 2020 · Delhi · 1m · 25s

(B) Tell a story about pictures

(D) Complete sentences

Q12. The MMPI is an example of a:

(A) Projective technique

(C) Behavioural observation

PYQ 2023 · All India · 1m · 25s

(B) Self-report (objective) measure

(D) Somatotype

Q13. Attributing one's own unacceptable impulses to others is the defence mechanism of:

(A) Repression

(C) Sublimation

PYQ 2019 · Delhi · 1m · 25s

(B) Projection

(D) Denial

Q14. Rogers distinguished the real self from the:

(A) Social self

(C) Collective self

PYQ 2024 · Delhi · 1m · 25s

(B) Ideal self

(D) Biological self

Q15. Type A personality is associated with higher risk of:

(A) Cancer

(C) Diabetes

PYQ 2021 · All India · 1m · 25s

(B) Coronary heart disease

(D) Asthma

ANSWER KEY & EXPLANATIONS

Q 1-15 · MARK YOUR SCORE

Q1. Answer: B

Self-esteem = evaluative judgement of worth; self-concept is the description.

Q2. Answer: B

Albert Bandura — belief in capacity to perform a specific task.

Q3. Answer: C

Id seeks immediate gratification — the pleasure principle.

Q4. Answer: B

The ego mediates with reality, delaying gratification.

Q5. Answer: B

Raymond Cattell — 16 source traits.

Q6. Answer: B

Openness, Conscientiousness, Extraversion, Agreeableness, Neuroticism.

Q7. Answer: B

PEN model — psychoticism.

Q8. Answer: B

Triguna — Sattva (purity), Rajas (activity), Tamas (inertia).

Q9. Answer: B

Mesomorph = strong/muscular/athletic temperament.

Q10. Answer: A

Ten inkblot cards (Rorschach, 1921).

Q11. Answer: B

Thematic Apperception Test — story-telling on picture cards.

Q12. Answer: B

Minnesota Multiphasic Personality Inventory — objective self-report.

Q13. Answer: B

Projection.

Q14. Answer: B

Real self vs ideal self; a wide gap causes maladjustment.

Q15. Answer: B

Friedman & Rosenman linked Type A to coronary heart disease.