

PSYCHOLOGY · CHAPTER 2

Self and Personality

A 1-page guide for parents · 90-second read.

EXPECTED MARKS

6-7 out of 8. Below 4 means the theorist-approach associations aren't memorised.

TIME TO MASTER

10-12 hrs

HELPLINE

70330 05444

WHAT THIS CHAPTER IS, IN PLAIN ENGLISH

Your child is learning what the 'self' is (how we describe and value ourselves — self-concept, self-esteem, self-efficacy, self-regulation) and what 'personality' is (the stable pattern of how a person thinks, feels and behaves). They study the major ways psychologists explain personality: TYPE theories that sort people into boxes (Hippocrates' four humours, Sheldon's body types, Type A/ Type B, and the Indian Triguna of Sattva-Rajas-Tamas); TRAIT theories that place people on sliding scales (Allport, Cattell's 16 factors, Eysenck, and the famous Big Five / OCEAN); Freud's PSYCHODYNAMIC theory of the unconscious mind (id, ego, superego and defence mechanisms); the BEHAVIOURAL view (personality as learned habits); and the HUMANISTIC view (Rogers and Maslow — self-actualisation). Finally they learn how personality is MEASURED — self-report questionnaires like the MMPI and projective tests like the Rorschach inkblots and the TAT.

5 QUESTIONS TO ASK YOUR CHILD

- What is the difference between self-concept, self-esteem and self-efficacy?
- Explain Freud's id, ego and superego. Which 'principle' does each follow?
- Name the Big Five (OCEAN) personality factors.
- What are the three gunas in the Indian (Triguna) approach?
- What is a projective test? How is the Rorschach different from the TAT?

WEAK-SPOT INDICATORS

- Treats id/ego/superego as physical brain parts.
- Attributes the Big Five to Cattell (it is Costa & McCrae; Cattell did the 16 factors).
- Confuses self-concept (description) with self-esteem (value judgement).
- Swaps the Rorschach (inkblots) with the TAT (story pictures).
- Cannot name the three gunas.

WHEN TO WORRY — AND WHAT TO DO

This chapter is heavy on theorist-concept matching. Students lose marks by mixing up which psychologist proposed which model. Build a table: theorist + approach + key idea + one example.

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