



Avinashilingam Institute for Home Science and Higher Education for Women

(Deemed to be University Estd. u/s 3 of UGC Act 1956, Category 'A' by MHRD)

Re-accredited with 'A++' Grade by NAAC. Recognised by UGC Under Section 12B

Coimbatore - 641 043, Tamil Nadu, India

Continuous Internal Assessment II April 2025

SEMESTER II

Class: I PG

Time: 2 Hours

Major: Applied Psychology

Max. Marks: 60

21MAPC06 PERSONALITY THEORIES

CO1: Delineate and discuss the major concepts and evaluations of Psychodynamic Theories

CO2: Define and analyze Trait theories, approaches, dimensions and assessment

CO3: Describe and evaluate the major concepts, evaluations and dimensions of behavioural theories

CO4: Delineate and explain the major concepts, evaluations and dimension of Psychodynamic Theories

CO5: Analyze the Advances in Personality Theory

Part-A

6 x 1 =6

Choose the correct answer

1. It refers to an individual's belief in their ability to succeed in specific situations or accomplish a task CO3K1
a. Reinforcement theory b. Self-efficacy c. Disinhibition theory d. Observational learning
2. What is the primary goal of behavior modification
a) To understand human emotions b) To change maladaptive behaviors and reinforce positive ones CO3 K2
c) To analyze personality traits d) To study cognitive processes
3. Maximizing personal potential rather than striving for a particular goal object is called CO3 K2
a. Meta need b. Meta motivation c. Meta pathology d. Meta grumbles
4. Assumption that the client is responsible for changing his or her personality is termed CO4 K1
a. Person centered therapy b. Individual therapy
c. Patient centered therapy d. Group therapy
5. The fact that reinforcers are dependent on one's own actions or by other people outside is a concept introduced by CO5 K1
a. Seligman b. Schultz c. Zuckerman d. Rotter
6. A condition resulting from the perception that we have no control over our environment is called CO5 K1
a. External locus of control b. Internal locus of control
c. Learned helplessness d. In congruence

Part-B

3 x 6=18

Answer ALL of the following

Answer should not exceed 400 words or two pages

- 7.a. Explain the developmental stages of modeling behaviour. CO3 K1
(or)
- 7.b. Explain guided participation as a technique of behaviour modification. CO4 K1
- 8.a. Discuss the Major Concepts in gestalt therapy CO3 K1
(or)
- 8.b. Explain the Major Concepts in client centered therapy CO4 K1
9. Explain the five layered structure of growth by Frederick Perls. CO4 K1
(or)
- 9.b. Discuss Abraham Maslow theory CO4 K1
- 10.a. Give a brief account on assessment of Locus of Control . CO5 K1
(or)
- 10.b. Briefly discuss on Physical Health CO5 K1

Part-C

3 x 12=36

Answer ALL of the following

Answer should not exceed 800 words or four pages

- 11.a. Explain the processes of observational learning. CO3 K1
(or)
- 11.b. Explain the reflection on Bandura's theory CO3 K1
- 12.a. Describe the Dynamics and Evaluation of self actualisation CO4 K1
(or)
- 12.b. Elaborate Person centered perspectives CO4 K1
- 13.a. Describe the types of optimism and pessimism CO5 K1
(or)
- 13.b. Expound Attribution Model

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Staff in Charge: Dr. N. V. Amudha Devi