

**National Institute of Open Schooling**  
**Senior Secondary**  
**Lesson 18 – Personality theories**  
**Worksheet-18**

1. Personality is of equal interest to a layman or psychologist. Compare the layman understanding of the term personality and definition given by psychologists.
2. “Understanding personality has proved to be a difficult and challenging task”. In your opinion, is the given statement relevant? Justify your answer.
3. Freud believed that personality results from the conflict between our aggressive and pleasure-seeking impulses and instincts. Explain Freud’s structure of personality.
4. The Ego performs the difficult duty of mediating between the demands of Id and the moral position of Superego. But it is not always possible to get a solution. What are the processes the ego uses in such cases? Explain.
5. Explain how trait theories of personality are different from psychoanalytic theories of personality.
6. In the previous lesson, we talked about self-efficacy. Explain how Albert Bandura’s personality theory has included self-efficacy into it.
7. A psychologist follows a humanistic approach. What are the assumptions that can be formulated by the given information? Support your answer with reasons.
8. Identify and list your habits that fall under the three gunas (sattva, rajas, tamas).
9. Prepare an interview with a minimum of 10-15 questions to assess the personality of an individual.
10. Elucidate upon the factors that influence the process of personality development.