

OBAFEMI AWOLOWO UNIVERSITY, ILE IFE
FACULTY OF EDUCATION
DEPARTMENT OF EDUCATIONAL FOUNDATIONS & COUNSELLING

M.A./M.ED/PH.D DEGREE EXAMINATIONS
2007/2008 RAIN SEMESTER EXAMINATION

EFC 662: PERSONALITY AND ADJUSTMENT

TIME: 3 HRS

INSTRUCTION: Answer all Questions

There are two parts to this paper. Answer all questions in both parts in the answer sheet provided. In part A, ensure that your answers are as brief as possible. Number your points and work as fast as you can.

PART A

1. In not more than two sentences, what is your personal definition of the term 'personality'?
2. In not more than 20 words, give Allport's definition of personality.
3. What are biosocial definitions of personality?
4. Behaviour patterns become personality traits if they meet three conditions. Explain these conditions.
5. In not more than twenty words, define the concept of adjustment.
6. Explain the relationship between adjustment and personality.
7. Mention two sources of data on the ways individuals adjust to life conditions.
8. Give three reasons why the study of personality and adjustment is important to Nigerian school counsellors.
9. Mention two behaviour patterns found in people who demonstrate the personality characteristic of impulsiveness.
10. Name five methods of measuring personality variables
11. Describe briefly the interrelationship among Freud's concepts of the id, ego and superego?
12. What are defence mechanisms?
13. Mention ten types of commonly-used defence mechanisms.
14. Mention three of Freud's psychosexual stages of personality development
15. What is the Oedipus complex in Freud's psychoanalytic theory?
16. Mention four symptoms of the avoidant personality disorder
17. According to Jung, what are the three components of personality?

influence on personality:

19. Name five widely-used and standardized personality inventories.
20. What did Adler consider to be the driving force of personality?
21. What are projective methods of personality assessment?
22. What is the major construct of the existential personality theory?
23. How did Allport differentiate between cardinal and central traits?
24. What does Eysenck consider to be the two most important dimensions of personality?
25. Identify five elements involved in the adjustment process.
26. How did Skinner account for what most people refer to as personality?
27. What is meant by the terms internal and external locus of control?
28. Name two pioneers of humanistic psychology.
29. Explain in one sentence how humanistic psychologists view human nature?
30. Define in not more than two sentences Maslow's concept of self-actualization.
31. Explain briefly Maslow's concept of lower-order needs.
32. Rogers' theory of personality accounts for reasons why most people do not become fully functioning persons. Mention two of these reasons.
33. What has research in behavioural genetics revealed about the influence of the genes and the environment on personality?
34. What are the three major methods used in personality assessment?
35. Mention two commonly used projective tests in personality assessment.
36. Albert Ellis identified several irrational ideas that might lead to neurotic behaviour. Mention five of such ideas.
37. Schizophrenia as a personality disorder is manifested in various ways. Mention three ways in which Kraepelin and Bleuler classified schizophrenia.
38. Mention three ways in which people typically react to catastrophic events?
39. What is the role of the therapist in Roger's person-centred therapy?
40. Mention four common adjustment problems of students in Nigerian secondary schools?

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PART B:

Answer all questions in this part.

1. As a Counsellor in a secondary school, you were approached by a student named Janet for help. Janet is a fifteen-year-old adolescent who manifests the following behaviour:

- She seeks out for male students but spends very little time in their company
- When given the choice of a single or double dormitory room, he chooses the double
- She refuses to join college clubs and societies because they are headed by male students
- Though she is fat and strongly-built, she frequently reports to the Vice Principal attempts by other students to victimize her.
- There are reports from House Prefects that she cries most of the time and refuses her meals
- She fights with room mates at the slightest provocation.
- She was reportedly found in possession of a black substance which she claimed was meant for good luck
- Her school records show a declining academic performance

- (a) From these observed behaviours, what inferences can you make about Janet's personality?
- (b) Explain with reasons the behaviour which Janet is most likely to develop in the nearest future?
- (c) Discuss any aspect of Janet's behaviour that may facilitate effective psychotherapy.
- (d) Identify and discuss personality disorder (if any) demonstrated by Janet
- (e) What are the likely causes of (d) above.
- (f) Mention the major components of a theory of personality which you consider most useful in understanding Janet's behaviour.
- (g) Highlight the steps to be taken to assist Janet overcome the problem identified in (d) above.

2. Baughman and Welsh (1962) argued that even though persons, events and experiences outside the family may affect personality development, their effects are conditioned by the characteristics which the individual brings to them. How valid is this assertion? Give an account of the factors that influence human personality development and show how the interaction of these factors can lead to