

**Course Name-Bachelor of Physical Education**

**Year - IInd (Part-1)**

**Paper Name - Psychology with Special Reference to Physical Education**

**Topic Name - Personality**

**Topic No. - Sec - C (12)**

**Paper No. - IInd**

**Lecture No. - 17**

## **Lecture Title**

### **Personality**

#### **F.A.Qs**

Q1: What do you understand by the term Personality?

Answer: Personality is all that a person is. It is the totality of one's behavior. It includes everything about the person, his physical, emotional, social, mental and spiritual make up. It is all that a person has about himself which may be internal or external i.e. physical, social, emotional or mental.

Q2: How has Allport defined Personality?

Answer: Allport defined personality as "the dynamic organization within the individual of those psychophysical systems that determine his unique adjustment to the environment."

Q3: Discuss various characteristics of personality.

Answer: Various characteristics features of Personality are:

1. Personality is unique
2. Personality is dynamic
3. Personality is organized whole
4. Personality is psychophysical system
5. Personality is consistent and stable
6. It is social. Personality has existence in relation to the external world

Q4: What is personality according to Eysenck?

Answer: According to Eysenck, "Personality is the more or less stable and enduring organization of a person's character, temperament, intellect and physique which determine his unique adjustment to the environment."

Q5: Personality is psychophysical system. Explain.

Answer: Personality is psychophysical. It is neither exclusively physical nor is exclusively mental. Psychophysical systems composed of habits, attitudes; sentiments etc. all of which are psychological but have physical bases in individual's neural, glandular or general bodily states. As Allport said, "this term reminds us that personality is neither exclusively mental nor exclusively physical." Its organization entails the functioning of both 'mind' and 'body' in some extricable unity. Psychophysical systems are not the product of heredity although they have hereditary foundations. They are the product of learning and they derive from life experiences of the Individual.

Q6: What is chromosomal aberration? How does it affect personality?

Answer: Chromosomal Aberration is a missing, extra, or irregular portion of chromosomal DNA. It may result from an atypical number of chromosomes or a structural abnormality in one or more chromosomes. Researches in the developmental genetics have shown that the abnormalities in the structure or the number of chromosomes are associated with the wide range of hereditary disorders which may further results in poor personality development.

Q7: Enlist various environmental causes that affect development of personality.

Answer: Various environmental causes that affect development of personality are:

1. Home environment
2. School
3. War and violence
4. Group prejudice and unemployment problems
5. Technology advancement and social change
6. Mass media

Q8: How does home environment affect personality of an individual?

Answer: Home environment is an important aspect in the personality development of an individual. Uncongenial environment of home, inconsistent behavior of parents, mental health of parents, faulty models enacted by parents are responsible for anti-social, irresponsible and disorganized personality.

Q9: What impact does School have on the personality development of an individual?

Answer: School is also an important factor which determines personality development of the individual. Personality and behavior of the teacher, Teacher's attitude towards children, and teacher's relationship with his colleagues have strong effect on personality development of children. When teachers have unhealthy relationships with their colleagues, students become victim of their politics which results in poor personality development. Sometimes teacher favors particular children, others may develop inferiority complex or become rebellious. Many a times teachers give homework which is beyond their capacities which causes anxiety and hinders the smooth personality development.

Q10: How does war and violence influence personality development of an individual?

Answer: War and violence have been the unavoidable evils of human civilization from time immemorial. The conditions of war and violence sometimes places great stress on a large number of people and hinder their personality development.