

PG-773

PGDGC-12

**P.G. DIPLOMA EXAMINATION —
DECEMBER, 2019.**

Guidance and Counselling

PERSONALITY AND MENTAL HEALTH

Time : 3 hours

Maximum marks : 75

SECTION A — (3 × 5 = 15 marks)

Answer any **THREE** questions.

1. Explain the process of development of personality.
2. Explain the Adlerian theory of personality.
3. Explain the "Emotional catharsis".
4. Write a note on Deviant family patterns on personality development.
5. What is Mental Health? Explain.

SECTION B — (4 × 15 = 60 marks)

Answer any **FOUR** questions.

6. What are Defence mechanisms? Describe.
7. Describe the Maslow's hierarchy of needs.

8. Explain the effects of dominant emotions on personality.
9. Discuss the family determinants on development of personality.
10. Discuss about the factors that contribute to mental health.
11. Explain Erikson's psychosocial perspective of personality.
12. Explain the role of Academic success, Extracurricular activities and peer acceptance among the school children.
