

DEPARTMENT OF SOCIAL WORK  
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Question Paper Code: AS-2446

Time: 3 HOUR

PAPER: - MS 102: HUMAN GROWTH AND PERSONALITY DEVELOPMENT

**I. ATTEMPT ALL QUESTIONS EACH CARRY EQUAL MARKS 10X2= 20.**

I. Who said that Adolescence is a period of 'stress and strain'?

(A). Sanely Hall (B). Holing Worth (C). Kubblar Ross (D). Sigmund Freud

Answer: (A). Sanely Hall

II. Which of the following is based on pleasure principle?

(A). Id (B). Ego (C). Super Ego (D). Defense Mechanism

Answer: (A). Id

III. The term personality is derived from.....

(A). Latin (B). German (C). Greek (D). French

Answer: (A). Latin

IV. According to Erikson, a major conflict in the first year of life is that between.....

(A). Trust versus Mistrust (B). Initiative Versus guilt (C). Autonomy Versus Shame and Doubt (D). Relatedness versus isolation

Answer: (A). Trust versus Mistrust

V. Which of the following things can have an effect on the development of an individual personality?

(A). Physical and mental capabilities (B) Health and physical appearance (C). Skin color, gender, and sexual orientation (D). All the above

Answer: (D). All the above

VI. The period of human development that extends from birth until the onset of puberty is known as:

(A). Infancy (B). Adulthood (C). Childhood (D). Adolescence

Answer: (C). Childhood

VII. A perception without stimuli is called as....

(A). Hallucination (B). Delusion (C). OCD (D). Apathy

Answer: (A). Hallucination

VIII. Making a decision before becoming aware of the relevant facts of a case is called as.....

(A). Social perception (B). Discrimination (C). Stereotypes (D). Prejudice

Answer: (D). Prejudice

IX. Who among the following developed Theory of cognitive development?

(A). Freud (B). Carl Roger (C). Carl Jung (D). Jean Piaget

Answer: (D). Jean Piaget

X. The field of psychology that studies physical, perceptual, cognitive, and psychosocial changes across the life span is known as \_\_\_\_\_ psychology.

(A) Clinical (B). Industrial (C). Social (D). Developmental

Answer: (D). Developmental

## **II. ATTEMPT ANY FIVE QUESTIONS (Write your Answers 200-250 Words) 6X5=30.**

### **2. Define Psychology. How the knowledge of Psychology helps in social work Practice ?**

Psychology is the study of human behavior and mental process. The knowledge base of psychology is necessary in social work practice. Even though Social work and psychology is independent discipline, each of these is related much. During social work practice, it's necessary to have psychological knowledge to understand and analyze human behavior. When a social worker makes an effort to bring about a change in personality through functioning or behavior modification he/she has to look for help from psychology. In resolving problems related to adjustment, psychology helps social work. The method of social case work of social work profession is dependent a great extend on psychology. Group work and community organization also needs knowledge base of psychology for healthy practice. Developmental psychology is the branch of psychology that's study the changes occur in different stages of human life, the knowledge from this branch of psychology is most essential to understand the behavior and tasks of individual in different age group. The understanding of psychology provides scientific understanding of human behavior and it does facilitate the practice of social work.

### **3. Describe the characteristics of Infancy period**

Human beings are undergoing various stages of development throughout the life span; all stages are unique from one another in regard with different aspects of growth and development. Infancy is the first period in the postnatal stage it extends from birth to two years. During this period, the newborn's complete helplessness gradually gives way to increasing independence. This period is characterized by the adjustment of the child into the environment outside the body of mother.

- a. Infancy is the Shortest of all Period
- b. Infancy Is a Hazardous Period
- c. Infancy Is a Time of Radical Adjustments
- d. Period of the Parturient
- e. Period of the Neonate
- f. Infancy Is a Time of Radical Adjustments

#### **Physical and Biological Changes**

1. Temperature Changes: There is a constant temperature of 100°F in the uterine sac, while temperatures in the hospital or home may vary from 60 to 70°F.
2. Breathing: When the umbilical cord is cut, infants must begin to breathe on their own.
3. Sucking and Swallowing: The infant must now get nourishment by sucking and swallowing, instead of receiving it through the umbilical cord. These reflexes are imperfectly developed at birth, and the infant often gets less nourishment than is needed and thus loses weight.
4. Elimination: The infant's organs of elimination begin to work soon after birth; formerly, waste products were eliminated through the umbilical cord. Every newborn infant finds adjustment to postnatal life difficult at first. Some have trouble adjusting to temperature changes and develop colds, which may turn into pneumonia. Others find breathing difficult and must be given oxygen. Within the initial two years of life child has developed physically, socially and psychologically in a great extent.

### **4. Explain Psychosexual theory of Human Development**

Psychoanalytic theory of human and personality development is propounded by Sigmund Freud. His theory is also known as psychosexual theory because his theory given importance to the sexual factors that influence the personality development.

- A. Psychosexual Stages in Personality Development

Freud emphasized the importance of sex in personality development. He regarded the psychic energy for sex drive as the basis of personality. So Freud explained personality development on the basis of the five stages of psychosexual development.

a) Oral Stage (1st year)

Pleasure is obtained by the stimulation of the mouth. Satisfaction at this stage lays the foundation for a man's adult personality traits like adjustability and tenacity. Libido is fixed at this stage the personality traits developed will be fixation that results in the formation of passive personality. It is associated with over eating, smoking, drinking, or sarcastic criticism of other's ideas

b) Anal Stage (2 to 3 years)

Eliminator/ process provide the focus of pleasure. The child achieves bowel control at this stage. We can see the beginning of the development of ego in the child. If parents are too strict in teaching toilet habits, the child develops anxiety. He manifests his anxiety and anger by excreting at the most inappropriate time and place.

c) Phallic Stage (4-6 years)

This is a very important period in the personality development of a person. At this stage pleasurable sensation comes from self-manipulation of genital organs. In some cases sexuality produces guilt feelings in an individual. In some other cases the adult person tries to reduce anxiety by engaging in sex.

1. Oedipus and Electra Complex

This stage is also marked by the emergence of Oedipus conflict in children. This is a complex in which there is a strong attraction for the parent of the opposite sex and envy for the same sex parent. At the same time the child knows that it is a wrong thing.

d) Latency Period (6-12 years)

Freud thought that sexual urges were dormant at this state. The fact however, is that this is the stage in which a person learns to make friends with people of the same sex. So boys will make friends with other boys; the girl will be comfortable in making friends with other girls. A sexually mature person should know to be comfortable in the company of people of the same sex and of the other sex. This is a stage in which this learning takes place. The child also begins to achieve emotional independence. An increase in the knowledge about their environment enhances their ego development.

e) Genital Stage

This is the final stage of development. Sexual interest reawakens at this stage. There is interest in the opposite sex. Sexual attraction, socialization and planning for a vocation, marriage and family life begins at this stage. If a person is well adjusted in the previous stages, he will be capable of establishing normal heterosexual relationships. Most of the sexual problems in adult life come from failure at earlier stages. There are no sharp lines dividing the different stages of development. The final personality attained by an individual includes contribution from all stages.

### **5. Define personality and describe factors influencing personality development?**

Personality is often defined as an organized combination of attributes, motives, value, and behaviors unique to each individual. An individual's unique pattern of thoughts, feelings and behavior. It's the dynamic organization within the individual of that psycho-physical system that determines his unique adjustment to his environment.

There are number of factors directly and indirectly influences the process of personality development.

#### **a. Environment and Ecology**

Environment has significant effect on human beings. An individual environment is related to all those stimuli which he goes on facing almost continuously from the moment of fertilization. It includes all the environmental factors that affect the individual's development. It denotes all the extrinsic forces influences and conditions which affect the growth and development of the individual. Both natural and social environment influence the personality. Environmentalist argues that personality of an individual can be developed to any desired level according to the environment provided.

#### **b. Hereditary**

Heredity is the sum total of physiological and psychological traits which a person inherits from his parents. These traits are transmitted through genes. Each genes has its distinct function in the transmission of heredity characteristics, they are the real determinants of heredity. The hereditarians argue that inborn nature of n individual is the main factor that influences the development of personality and its solely determines the level to which child can develop. They argue that heredity is the base on which the edifice of personality is built up.

#### **c. Socio-cultural factors**

The social environment is a most influential factor in the development of personality. The prevailing social environment like social interaction, culture, traditions, customs and practices significantly influence I the process of shaping personality and behavior.

#### **6. Explain the Characteristics of abnormal behavior.**

Abnormality is something deviating from the normal or differing from the typical that's is acceptable by the society.

There are three approaches to understand abnormality...

- Normality as a statistical concept
- Normality as an ideal state
- Normality as the absence of pathological symptoms

The characteristics of abnormal behavior as follow....

- Deviant behavior that's not according to the social norms
- Lack of self care and confidence
- Lack self of resilience
- Lack of self awareness
- Presence of psychotic and neurotic symptoms.

#### **7. Define parenting. Explain Different types of parenting?**

Parenting can be simply defined as "the process or the state of being a parent". However, it is not that simple and Morrison defined parenting as "the process of developing and utilising the knowledge and skills appropriate to planning for, creating, giving birth to, and rearing and/or providing care for offspring". This definition implies that parenting starts when there is a plan for it and it involves not just bringing up the children but also providing care for them. There are several characteristics of parenting. First of all, with the advance of medical knowledge and technology, parenting becomes a choice in life. Secondly, being a parent is a life-long commitment. Thirdly, it involves responsibilities as parents are responsible to take good care of their children physically as well as psychologically. Lastly, parenting involves not just the couple

but all the family members since the birth of a child affects the whole family. According to the nature of parenting, it can be divided as following....

a. Authoritarian parenting

Authoritarian parenting is similar to monarchic administration. In this style, parents establish must to follow rules and regulations for children. Minor failure to obey these guidelines will result in punishment. This is the most unproductive and closed way of parenting as in authoritarian parenting parents never explain the importance of following the rules, or they simply do not bother to understand the emotional or feeling level of kids who may wonder why to follow rules.

b. Authoritative parenting

This is much lenient style compared to authoritarian parenting. It is more like the democratic style of administration and training. In authoritative parenting, parents still hold the authority, but are tolerant enough to the doubts and questions of the kids.

c. Uninvolved parenting is considered to be the worst among parenting. As the names suggests in uninvolved parenting the involvement of parents in parenting process is zero. They do not communicate effectively with kids or get involved in their grooming. They leave the kids to grow their own. Uninvolved parenting doesn't mean that parents leave the kids to grow as orphans.

d. Democratic Parenting

In this type of parenting child have given accurate care, concern and freedom. There will be mutual agreeableness between child and parents.

**8. Define puberty. List out the characteristics of puberty?**

Puberty is the period in the developmental span when the child changes from an asexual to asexual being. It is the stage in development during which maturation of the sexual apparatus occurs and reproductive capacity is attained. It is accompanied by changes in somatic growth and psychological perspective. It refers to the physical rather than the behavioral changes which occur when the individual becomes sexually mature and is capable of producing offspring. Most primitive people have, for centuries, recognized puberty as a time of importance in the life span of every individual.

Characteristics of Puberty:

Puberty is a unique and distinctive period and is characterized by certain developmental changes that occur at no other time in the life span. The most important of these are discussed below.

**a. Puberty is an Overlapping Period**

Puberty must be regarded as an overlapping period because it encompasses the closing years of childhood and the beginning years of adolescence. Until they are sexually mature, children are known as "pubescent" or "pubescent children." After they become sexually mature, they are known as "adolescents" or "young adolescents."

**b. Puberty is a Short Period**

Considering the many and extensive changes that take place inside the body as well as externally, puberty is a relatively short period, lasting from two to four years. Children who pass through puberty in two years or less are regarded as "rapid maturers," while those who require three to four years to complete the transformation into adults are regarded as "slow maturers." Girls, as a group, tend to mature more rapidly than boys, as a group, but there are marked variations within each sex group.

**c. Puberty is a Time of Rapid Growth and Change**

Puberty is one of the two periods in the life span that are characterized by rapid growth and marked changes in body proportions. The other is the prenatal period and the first half of the first year of life. The latter is usually referred to as the "baby growth spurt." The rapid growth and development that occur during puberty are generally referred to as the "adolescent growth spurt". More correctly, it is the "puberty growth spurt" because it proceeds slightly or occurs simultaneously with the other changes of puberty. This growth spurt lasts for a year or two before children become sexually mature and continues for six months to a year afterward. Thus the entire period of rapid growth lasts, for almost three years, slightly longer than the "baby growth spurt" which lasts for less than a year and a half. The rapid changes that take place during puberty lead to confusion, to feelings of inadequacy and insecurity, and in many cases to unfavorable behavior.

**d. Puberty Occurs at a Varied Age**

Puberty can occur at any time between the ages of five or six and nineteen years. However, the average girl in the Indian culture of today becomes sexually mature at thirteen and the average boy, a year later. There are also variations in the amount of time needed to complete the



transformation process of puberty. These range from two to four years with girls, on the average, requiring slightly less time than boys.

**III. ATTEMPT ANY TWO QUESTIONS. 10X2=20**

**9. Define human development. Differentiate human growth and development?**

Human development in psychology may refer to growth as well as those changes in behavior and social aspects. Human development is continues process results from the interaction. Growth and development are the indispensable part of all human being, the term growth and development often used as synonym but both of the concepts are different. Growth refers to the structural and physiological changes. It's due to the multiplication of cells; changes in height, weight, body structure are the examples. Growth is basically a biological phenomenon. Development refers to the growth as well as those changes in behavior including physical, psychological and social aspects. Development is the holistic aspects of human being. The major difference between growth and development as follows.

<b>Growth</b>	<b>Development</b>
Growth is quantitative	Development is qualitative
Growth is not continues process. It ends with the attainment of maturity.	Development is a continues process extending from womb to tomb. It doesn't end with the attainment of maturity.
Growth refers to the structural and physiological changes.	Development refers to changes in the organism as whole.
Growth doesn't depend up on maturation or learning.	Development depend up on maturation or learning
The changes produced by growth are directly observable and measurable.	The changes produced by development are not directly observable and measurable.
Growth may or may not bring development.	Development is possible without growth.

## **10. Explain the psychosocial base of human behavior.**

Individual personality, behavior and its development is influenced by many factors. In some cases any one of the factor overpower on the development. The important factors are s follows.

1. Heredity
2. Environment
3. Psychosocial factors

As social animal human behavior and personality is extensively influenced by psychosocial factors. Its having a direct of influence on the different dimensions of personality includes way he/she behave, thinks and reflects. The important factors are as follows....

### **a. Culture**

Culture is sets of traditions, rules, symbols that shape and are enacted as feelings, thoughts, and behaviors of groups of people. Referring primarily to learn behavior as distinct from that which is given by nature, or biology, culture has been used to designate everything that is humanly produced (habits, beliefs, arts, and artifacts) and passed from one generation to another. In this formulation, culture is distinguished from nature, and distinguishes one society from another. Culture is one of the most influential factors in the formation and shaping of human behavior and personality development. Whatever beliefs and values society follows will affects on the behavior of individuals.

### **b. Values and Attitudes**

Values are playing a crucial role in the formation of personality in any individuals, societal values, parental and family values are most important among it. Values are the preferences - ideas people share about what is good, bad, desirable, undesirable. These are usually very general, abstract, cut across variations in situations.

### **c. Norms**

Norms may define as the concepts and behaviors that constitute the normal behavioral rules or standards for social interaction. These often derive from values but also contradict values; sometimes derives from statistical norms but often not. Serve as both guides and criticisms for individual behavior. Norms establish expectations that shape interaction.

#### **d. Social Perception**

Social perception refers to the individual's ability to create an impression or judgment of other individuals or social groups. A person develops positive and negative social perception and it may reflect in covertly or overtly in the behavior.

#### **e. Prejudice and Stereotypes**

Prejudice is an adverse judgment or opinion formed beforehand or without knowledge or examination of the facts, this may lead to problematic personality development and behavioral formation. As like stereotype also affect the behavior, it is a widely held but fixed and oversimplified image or idea of a particular type of person or thing. This may lead to prejudiced attitude towards other people.

### **11. Describe the Characteristics of Old age period?**

Old age is the closing period in the life span. It is a period when people "**move away**" from previous, more desirable periods-or times of "**usefulness.**" As people move away from the earlier periods of their lives, they often look back on them, usually regretfully, and tend to live in the present, ignoring the future as much as possible. Age sixty is usually considered the dividing line between late adulthood and old age. However, it is recognized that chronological age is a poor criterion to use in marking off the beginning of old age because there are such marked differences among individuals in the age at which aging actually begins. Because of better living conditions and better health care, most men and women today do not show the mental and physical signs of aging until the mid sixties or even the early seventies. The old age period is marked by number of physical, social and psychological problems. Like every other period in the life span, late adulthood is characterized by certain physical and psychological changes. The effects of these changes determine, to a large extent, whether elderly men and women will make good or poor personal and social adjustments. The characteristics of old age, however, are far more likely to lead to poor adjustments than to good and to unhappiness rather than to happiness.

#### **a. Old age is a Period of Decline**

As has been stressed repeatedly, people are never static. Instead, they constantly change. During the early part of life the changes are evolutionary in that they lead to maturity of structure and functioning. In the latter part of life, by contrast, they are mainly involution, involving a

regression to earlier stages. These changes are the natural accompaniment of what is commonly known as "**aging**." They affect physical as well as mental structures and functioning. The period during late adulthood when physical and mental decline is slow and gradual and when compensations can be made for these declines is known as **senescence**-a time of growing old or of aging. The *physical* cause of decline is a change in the body cells due not to a specific disease but to the aging process. Decline may also have *psychological* causes. Unfavorable attitudes toward oneself, other people, work, and life in general can lead to senility, just as changes in the brain tissue can. Motivation likewise plays a very important role in decline.

Elderly people face physical illness, chronic diseases and health day. Psychological problems like depression, anxiety, stress, feeling of helplessness and hopelessness are common during this age. They encounter the isolation and bereavement of their life partner during this period of life span.

#### b. Social Attitudes towards Elderly

Stereotypes about old age have a pronounced influence on social attitudes toward both late adulthood and old people. And because most stereotypes are unfavorable, social attitudes likewise tend to be unfavorable. The unfavorable social attitudes have been emphasized in the difference between the social image of the elderly-the image on which social attitudes are based-and the images the elderly have of themselves-self-images.

#### c. Period of Dependency

Old age period is a period of physical and psychological dependency. Health decay due to ageing causes the lowered physical activities. The person needs to depend up on some other member in the family and community to meets the basic needs. The dependency may include in all aspects of life like physical, social, financial and psychological.