

9. Who defined self esteem as an attitude that we have about ourselves?
- a. Seymour Epstein
 - b. Morris Rosenberg
 - c. Stanley Coopersmith
 - d. Abraham Maslow
10. Having an ability to make mistakes and learn from them, are signs of:
- a. High Self Esteem
 - b. Low Self Esteem
 - c. Inflated Self Esteem
 - d. None of these

(Descriptive)

Time : 1 Hr. 15 Mins.

Marks : 25

[Answer question no.1 & any two (2) from the rest]

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| 1. What do you understand by 'Self Concept'? Explain the four major categories of the Self. | 1+4=5 |
| 2. Which are the five aspects of the Self Concept according to Fitts? Explain the positive and negative impacts of each aspect. | 5+5=10 |
| 3. What is Self Esteem? Why is it important? Discuss any five strategies for positive behavior. | 1+ 4+5=10 |
| 4. What is Personality? Discuss the personal and social factors affecting personality. State any five attributes of a good personality. | 1+4+5=10 |
| 5. What is inter-personal behaviour? Why is interpersonal relationship important? Discuss any five strategies to develop inter personal relationship. | 1+4+5=10 |

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