

Q. Personality development and its process? Explain with an example.

Ans: Personality development is a process of becoming who we are. It is a continuous process that starts from birth and continues throughout our life. It is influenced by various factors such as genetics, environment, and social interactions. For example, a child who is born with a shy personality might become more outgoing due to the influence of a supportive and encouraging environment.

- 1) Social acceptance
- 2) Pleasing personality
- 3) Ideal personality
- 4) Personality changes according to age
- 5) Impact of the environment

Personality development is a complex process. It is influenced by various factors such as genetics, environment, and social interactions. For example, a child who is born with a shy personality might become more outgoing due to the influence of a supportive and encouraging environment. The process of personality development is continuous and changes throughout our life.

Q. Explain adjustment and its types?

Ans: Adjustment is the process of adapting to new situations. It is a continuous process that involves making changes to our behavior and attitudes. There are two main types of adjustment: individual adjustment and social adjustment. Individual adjustment involves adapting to personal changes, while social adjustment involves adapting to changes in our social environment.