

**GUIDANCE AND COUNSELLING, 2ND YEAR, COURSE-11(D), UNIT -02,
TECHNIQUES AND PROCEDURES OF GUIDANCE, -----BY RAJU KUMAR
(LECTURE SERIES NO.- 23)**

Techniques of Testing Personality

A number of techniques are used for testing personality. The techniques are:

- Interview
- Observation
- Self Ratings and Personality Inventories
- Checklists
- Rating Scales
- Situational Tests or Behavioral Tests
- Projective Techniques
- Anecdotal Records
- Autobiography
- The Daily Diary

Interview, observation, rating scales, anecdotal records and autobiography have already been discussed under Non-standardized Techniques of Guidance in Section 2.4. The other techniques are described here.

Checklists:

An important approach to the study of personality is by developing an inventory of the felt problems of students. They have been used as aids in counselling or in surveying the concerns of the student body. For the second purpose they may be filled out anonymously. A problem checklist or inventory consists basically of a list of problems which are common to a population of the age being studied. The student doing the inventory indicates which of these problems are bothering him although a student, for a variety of reasons, may not be willing to admit that a problem is concerning him, these checklists, if interpreted properly, furnish interesting and helpful data for counsellors. They may reveal unsuspected problems and in many cases, their hidden causes. Their greatest value is as a basis for a counselling interview.

Projective Technique: In contrast to the previous measurement techniques, the global approach to the appraisal of personality attempts to study personality as a whole. This method is often called the projective technique because the individual is stimulated to project his/her personality into the test exercises. The stimuli used in projective techniques attempt to arouse responses that are a projection of the inner self or motives and personality traits that are usually hidden and often even unsuspected by the individual himself. The subject may be asked to respond to series of pictures, inkblots, or similarly ambiguous stimuli. The interpretation of the responses requires a long period of training and should be done only by those who are specially qualified.