

**GUIDANCE AND COUNSELLING, 2ND YEAR, COURSE-11(D), UNIT -02,
TECHNIQUES AND PROCEDURES OF GUIDANCE, -----BY RAJU KUMAR
(LECTURE SERIES NO.- 22)**

2.5.4 Personality Tests

Personality is inclusive of everything about one's physique, socio-emotional and personal characteristics. Therefore, personality is the sum total of an individual behavior in social situations.

Purpose of Personality Testing – Personality testing is necessary to achieve the following purposes:

- i) It helps the students in proper educational and vocational choice. Personality plays an important role in individual, personal, educational and vocational adjustment and success. It is, therefore, important to diagnose the individual's personality pattern to see whether he possesses the traits which are likely to contribute significantly to his adjustment to the course or career he is choosing.
- ii) It helps the individual in resolving emotional conflicts. Personality diagnosis becomes essential when the difficulty the individual encounters in making proper adjustment with the educational and occupational choices, lies in emotional conflict about which the client has no knowledge. When the cause of the individual's mental conflict is diagnosed, it may be possible for him to solve his problem in his own way.
- iii) It helps the teacher and the counsellor. Personality testing through various techniques will help the teacher and counsellor to get this information and help the individual on the basis of this information.
- iv) It helps the employer in proper selection of the personnel.
- v) It helps the clinical psychologist. A clinical psychologist can use personality assessments to help choose the best therapy for his clients.