

OBAFEMI AWOLOWO UNIVERSITY, ILE IFE
FACULTY OF EDUCATION
DEPARTMENT OF EDUCATIONAL FOUNDATIONS & COUNSELLING

M.A./M.ED/PH.D DEGREE EXAMINATIONS
2010/2011 RAIN SEMESTER EXAMINATION

EFC 662: PERSONALITY AND ADJUSTMENT

PART 111: ESSAY

Answer all questions in this part in the three answer booklets provided with answer to each question in a separate booklet. You are advised not to spend more than 90 minutes on this part.

1. As a counsellor in private practice, you observed the following behaviour in one of your clients:

Sade is a thirty-five year old married woman. She has married thrice and had a child in each of her first and second marriages. Her previous husbands constantly abused her physically and in addition subjected her to emotional and psychological violence. Only one month after her second abusive marriage ended, she jumped into another marriage with a man she hardly knew. Though she lives with her current husband and two children, she is often afraid of being alone. She is hardly able to take any major decision on issues affecting her life. She seeks constant reassurance from her family and friends. She thinks that if she shows any resolve or initiative she will be abandoned and will have to take care of herself and children. Sade is very self-critical and claims she is unintelligent and has no skills.

- (a) From these observed behaviours, what inferences can you make about Sade's personality?
- (b) As a counsellor, what predictions can you make about Sade's future behaviour?
- (c) Identify and discuss the personality disorder demonstrated by Sade
- (d) What do you think are the causes of Sade's personality disorder?
- (e) Briefly discuss a theory of personality you consider most useful in understanding Sade's behaviour.
- (f) Highlight the steps to be taken to assist Sade to overcome the problem disorder identified in (c) above.
2. Sidney Sheldon's *Tell me Your Dreams* has been described as a masterpiece which brought into limelight the relatively unknown problem of dissociative identity disorder. With practical illustrations, discuss Sheldon's views about the development and treatment of DID.
3. The term 'a tip of an iceberg' connotes knowing a little of a whole. How can this explain Freud's concept of construct of the mind? With the background of Freud's construct of the mind, identify a common problem with a secondary school student and describe how a counsellor can help the student go beyond the 'tip of an iceberg' stage.