



UHMT 2062 (07) – PSYCHOLOGY OF ADJUSTMENT

SEMESTER 1 2022/2023

GROUP ASSIGNMENT

PROGRESS REPORT

GROUP: 4

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1.0 Background

Personality assessment of oneself such as MBTI has been soaring in popularity in recent years as a lot of people are curious and interested to have a deeper understanding regarding their own self. Personality in definition is the unique patterns of thoughts, feelings and behaviors that differentiate each individual from others (Kendra Cherry, 2022). Every individual has their own beliefs and their own story as everyone comes from different backgrounds, culture and histories which affects their way of thinking and their way of life. University is a place where people from various backgrounds meet each other and as most university students are young adults, they are easily influenced by their peers and environment. Hence, we chose “Understanding the Personality Types and Traits of University Students” to illustrate the various types of personality among university students and how university life has affected them for this assignment.

2.0 Objectives

1. To identify the university students' personality type to know their preferences and the preferences of other people.
2. To identify students' personality traits.
3. To analyze students' coping patterns when facing a crisis.
4. To discover if students' personality factors have any correlation with personality type and personality traits.
5. To deduce how students' personality has been affected by the university environment.

Psychology of Adjustment issue: Personality

3.0 Interview Questions

Personality types

1. What do you think about yourself? Either optimistic, inactive, depressed, or angry?
2. What do you think about your body type? Is it heavy, muscular or thin?
3. Are you an impatient person or relaxed?
4. Are you the one who prefers to be in a group or alone?

Personality Traits

1. How would you describe your personality?
2. Tell me about a stressful scenario in the past and how you handled it.
3. If you could rewind to one moment in your life and change what you did, what would it be and what would you do differently?
4. How do you react to negative comments about yourself?
5. Do you have any particular genre of books or movies that you like?
6. Do you have any specific goals that you want to achieve in a certain period of time?
7. Do you feel energetic in social situations?
8. Do you think that you cooperate well in group activities?
9. Do you feel like you are in a competition when it comes to assessment?
10. Do you easily get moody?
11. Do you usually plan your daily activities?

Personality Factors

1. Are you able to go out from your comfort zone if the situation requires you to do it?
2. If you lose in a competition, do you tend to blame yourself or others?
3. Do you feel confident that you will be able to learn the subject and do well on a test?
4. How do you deal with your stress?
5. What changes do you notice in yourself after attending university?

4.0 Target Respondent

Our target respondents for this project are all university students. This purpose is to identify the self-awareness of students regarding their personality and their satisfaction about themselves, especially nowadays where people keep showing wonderful things in social media.

5.0 Progress Record

Progress	Date	Task
Completed	16th December 2022	<ol style="list-style-type: none">1. Choose a topic for assignment.2. List out questions for the interview.
Ongoing	18th December 2022	<ol style="list-style-type: none">1. Find target respondents for the interview.2. Choose a platform to interview respondents.
Ongoing	-	<ol style="list-style-type: none">1. Set date and time for interview.
Ongoing	-	<ol style="list-style-type: none">1. Interview Day
Ongoing	1st January 2023 - Submission date	<ol style="list-style-type: none">1. Collect and analyze data findings and write a report.

Reference

1. Cherry, K. (2022, November 7). *Personality: Definition, Theories, & Types*. Verywell Mind. Retrieved December 18, 2022, from <https://www.verywellmind.com/what-is-personality-2795416>