

Psychological Test

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Psychological Test

- Psychological test is a tool or technique designed to measure psychological attributes and/ or variables
- A psychological test is standardized instrument designed to measure one or more aspects of individuals/ thoughts, feelings perception or a total personality by means of samples of behaviours.
- Psychological tests are used across the globe for various purposes like counseling, selection, diagnosis, placement etc.
- Psychological test provides important information in understanding of individual characteristics and capabilities
- The results of psychological tests are used to explain and predict the behaviours.

Characteristics of Good Psychological Test

1. Reliability

- *Reliability* refers to the degree to which scores from a test are stable and results are consistent.
- When constructs are not reliably measured, the obtained scores will not approximate a true value in relation to the psychological variable being measured.

Characteristics of Good Psychological Test

2. **Validity**

- *Validity* is defined as the degree to which the test measures the behaviour / attribute, it is designed to measure
- While the scores resulting from a test may be deemed reliable, but it does not necessarily mean that scores from the test have validity.

Characteristics of Good Psychological Test

3. Standardization

- Standardization refers to explicit methods and procedures by which tests should be administered are determined and clearly spelled out
- Typical standardized administration procedures include (1) a quiet, relatively distraction-free environment, (2) precise reading of scripted instructions, and (3) provision of necessary tools.

Characteristics of Good Psychological Test

4. Norms

- It refers to the scores derived from groups of people for whom the measure is designed (i.e., the designated population) to which an individual's performance can be compared.
- It allow for comparison of an individual's test results with the designated population which helps in making prediction