**پرسشنامه خودپنداره راجر**

این پرسشنامه در سال ۱۹۳۸تا ۱۹۵۷ توسط کارل راجرز به منظور سنجش میزان خویشتن پنداری افراد تهیه شده که شامل دو فرم جداگانه «الف» و«ب» است.

فرم الف **خویشتن پنداره پایه** یعنی آن گونه که فرد خودش را می بیند و تصوری که در حال حاضر از خودش دارد را می سنجد، فرم «ب» **خویشتن پنداره ایده آل یا آرمانی** را مورد سنجش قرار می دهد.

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| پرسشنامه خود پنداره راجرز  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  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--- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | **فرم الف**  نام و نام خانوادگی  سن  با توجه به صفات زیر، خود را چگونه شخصی می دانید ؟ برحسب این که خود را از نظر هر صفت چگونه می بیند، یکی از نمره های 1 تا 7 را برای خود منظور کنید و علامت \* بزنید .   |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | |  | 7 | 6 | 5 | 4 | 3 | 2 | 1 |  | | قوی |  |  |  |  |  |  |  | ضعیف | | عمیق |  |  |  |  |  |  |  | سطحی | | مهربان |  |  |  |  |  |  |  | ظالم | | عصبی |  |  |  |  |  |  |  | راحت | | خوشایند |  |  |  |  |  |  |  | ناخوشایند | | فعال |  |  |  |  |  |  |  | غیر فعال | | خوشحال |  |  |  |  |  |  |  | غمگین | | خوب |  |  |  |  |  |  |  | بد | | زیبا |  |  |  |  |  |  |  | زشت | | با ارزش |  |  |  |  |  |  |  | بی ارزش | | رو راست |  |  |  |  |  |  |  | متقلب | | سخت |  |  |  |  |  |  |  | نرم | | تمیز |  |  |  |  |  |  |  | کثیف | | تند |  |  |  |  |  |  |  | کند | | پریشان |  |  |  |  |  |  |  | ارام | | تلخ |  |  |  |  |  |  |  | شیرین | | سالم |  |  |  |  |  |  |  | مریض | | واضح |  |  |  |  |  |  |  | مبهم | | خشن |  |  |  |  |  |  |  | ملایم | | شجاع |  |  |  |  |  |  |  | ترسو | | نامعنبر |  |  |  |  |  |  |  | معتبر | | نا بالغ |  |  |  |  |  |  |  | بالغ | | بی استعداد |  |  |  |  |  |  |  | بی استعداد | | خونسرد |  |  |  |  |  |  |  | خونگرم | | متواضع |  |  |  |  |  |  |  | خود خواه |   **فرم ب**  نام و نام خانوادگی  سن  اکنون ، می خواهید چگونه شخصی باشید؟ به عبارت دیگر شخص ایدآل شما که دوست دارید مانند او باشید باید دارای چه خصایصی باشد. خصایص فرد ایدال را با نمره های 1 تا 7 درجه بندی کنید و در جای مناسب علامت \* بزنید. توجه کنید فرم زیر را دو بار باید تکمیل کنید . بار اول بر این اساس که خود را در این مقیاس چگونه می بیند و فرم دوم این است که چگونه می خواهید باشید.   |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | |  | 7 | 6 | 5 | 4 | 3 | 2 | 1 |  | | قوی |  |  |  |  |  |  |  | ضعیف | | عمیق |  |  |  |  |  |  |  | سطحی | | مهربان |  |  |  |  |  |  |  | ظالم | | عصبی |  |  |  |  |  |  |  | راحت | | خوشایند |  |  |  |  |  |  |  | ناخوشایند | | فعال |  |  |  |  |  |  |  | غیر فعال | | خوشحال |  |  |  |  |  |  |  | غمگین | | خوب |  |  |  |  |  |  |  | بد | | زیبا |  |  |  |  |  |  |  | زشت | | با ارزش |  |  |  |  |  |  |  | بی ارزش | | رو راست |  |  |  |  |  |  |  | متقلب | | سخت |  |  |  |  |  |  |  | نرم | | تمیز |  |  |  |  |  |  |  | کثیف | | تند |  |  |  |  |  |  |  | کند | | پریشان |  |  |  |  |  |  |  | ارام | | تلخ |  |  |  |  |  |  |  | شیرین | | سالم |  |  |  |  |  |  |  | مریض | | واضح |  |  |  |  |  |  |  | مبهم | | خشن |  |  |  |  |  |  |  | ملایم | | شجاع |  |  |  |  |  |  |  | ترسو | | نامعنبر |  |  |  |  |  |  |  | معتبر | | نا بالغ |  |  |  |  |  |  |  | بالغ | | بی استعداد |  |  |  |  |  |  |  | بی استعداد | | خونسرد |  |  |  |  |  |  |  | خونگرم | | متواضع |  |  |  |  |  |  |  | خود خواه | | |

**منبع:**

**حسنی، نرگس؛ احقر، قدسی؛ اکبری، دکتر ابوالقاسم،شریفی، نسترن.(۱۳۸۷).پرسشنامه های پژوهشی در زمینه روان شناسی، مشاوره، علوم تربیتی و جامعه شناسی. انتشارات سخن.**