**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

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **فرم الف**نام و نام خانوادگیسنبا 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 خانوادگیسناکنون ، 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 |

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 |

**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.**