CO.A.T Blank (Colour Apperception Test), An Effective Projective Technique for the New Generation: A Sample Report

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Abstract: Colour psychology is the study of how colour affect human behaviour, mood or physiological processes. Colour psychology is relatively a new area of study but have been proven to be effective with its results of knowing the deeper layers of personality because every person have different perception about responses of colour. Colour Apperception Test is a pictorial projective technique of personality assessment based on the psychology of colour. The test has been developed by Dr. Rinita Jain. As with any projective technique an unstructured situation helps project feelings, need, emotions and motives of the testee. Similarly with this test the testee when assigning meaning with a particular colour and the situation gives two different angles of his personality.Firstly the popular perception which gives an index of the testee's knowledge according to the norms and Secondly the experiential perception which gives scores on remembering events and giving personal experiential touch to the color.Its interpretation works to great extent in Murray's formulation on Thematic Apperception Test but the interpretations have been simplified. It contains 27 colour cards and 11 colours. It works effectively on age group 5-20 years. The test has high reliability and criterion validity as the testee relates completely with the colour while performing the test.

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I. INTRODUCTION

➢ *Colour Apperception Test (CO.A.T)*

- Origin: CO.A.T is evolved as pictorial technique used to measure the deeper layers of personality .While working in real counselling situations when counselee needs to be ice braked and most of the existing tools like personality inventories and projective techniques like T.A.T , C.A T is not yielding much of the required results among 5-20 years old. CO.A.T emerged as an answer. The test works like Murray and Morgan's T.A.T with the difference the personality indicators will be solely the interpretations of colourful pictures. The scoring will be done in two ways. Taking Popular perception on the colour and Experiential perception on the colour.

- History of Color psychology: Color Psychology is the study of how colors affect human behaviour, mood or physiological processes. Colors are thought to influence our buying choices, our feelings, and even our memories. Colors have even used in color therapy techniques to treat various diseases. Luscher color personality test

created by Max Luscher in the middle of 20[th]century , is one of the most popular psychological methodologies. The test measures no correct or incorrect color combinations, instead your current psychological state, which makes you be in sympathy with certain colour. He believed the interpretations as they are in unconscious manner, reveal the person as they really are, not as they perceive themselves or would like to be perceived.

- Objective: To assess the needs, desires, hopes, aspirations, significant conflicts and defence mechanisms of an individual.

II. METHODOLOGY

➢ *Research Data:*
    The test is constructed after massive research on school and college going students. After the construction of the test it is administered on more than 100 students and lot many interns are trained on this technique.It is helpful to yield information on all types of problems relating to Career, Behaviour, Academic and Personal issues specifically Life Skills Sessions which includes:

- Knowing Self
- Managing Self
- Developing Self
- Social Emotional Competence

So CO.A.T furbishes the first aspect i.e. Knowing Self with the personality indicators of   the testee. This is so effective that the test itself has therapeutic value. It basically scans an individual inside out.

➢ *Outcome*

The data collected shows the variations in individual personalities.

- Popular perception like associating green colour with prosperity gives an index of his knowledge and adhering to the norms.
- If green is associated with grief, anger, sadness in relation to his experience shows the tendency towards negativities leading to stress, anxiety, depression.

A trained therapist can use this with all age groups, even with old age people. The research done on them yielded results.

➢ *Reliability*

The test retest reliability is very high as person relates to the colour for forming the story.

➢ *Validity*

The test aims to measure needs, hopes, personality characteristics, significant conflicts, defence mechanisms of the testee. CO. A. T is a projective technique fulfills the criterion and all the mentioned variable yields results acting as a icebreaker on testee which sometimes is very difficult with other projective techniques.

➢ *Sample Case Report*

- Name: ABC
- Sex: Male
- Age: 17 years
- Education/ School/ College: __ School student
- Occupation and Income: Student
- Parents: Father's profession: Doctor
- Mother's profession: Doctor

➢ *Any Other Detail:*

Testee is young, good looking boy studying in 12th std. His IQ is good , EQ and AQ found to be average which is affecting his IQ slowly and gradually. He is going through skill developmental sessions learning to manage academic, behavioural and personal anxieties coming his way.

COAT is a projective technique to know the deeper side of an individual and his personality indicators which measures knowledge, awareness and experiential perception taking colours as variable.

➢ *General Analysis*

- Knowledge: Knowledge about colours on the basis of popular norms is there but less and not descriptive.
- Awareness: He is able to relate to all the colours with some of the things around him. Awareness with things around is there.
- Experiential Perception: His experiential perception to every colour is more on neutral side than descriptive. Though his to the point answers indicate less of his likes , dislikes, people around him, The description is suggestive of his introverted nature with his needs , hopes, significant conflicts, main defenses, intellectual level, emotional maturity, ego structure basic personality traits.

➢ *Integrated Summary*

- Intellectual Level: is average. Imagination is stucked with physical description and things present in the images with very few emotional connotations. Though the verbal ability is good but expression is lacking with good vocabulary and language.
- Emotional maturity: His emotional maturity is average as his emotions are blocked somewhere which makes him a lazy person. Also this can be reason for less speed in performances academically and otherwise.
- Personal Adjustments: he needs to learn a lot on social emotional intelligence to adjust to his fellows and surroundings. Leadership qualities have to be inculcated.
- Dominant Needs: His dominant needs are n achievement, n affiliation, n nurturance, n infavoidance, n order, n construction , n similance, n passivity, recognition.
- Significant Conflicts: achievement vs abasement, nurturance vs n infavoidance , Dominance vs passivity.
- Main Defenses: Generally Main defences used by people to keep their ego from becoming disintegrated are rationalisation, reaction formation and wishful thinking. With him rather they are unresolved so the laziness continues.
- Basic Personality: his basic personality traits are self reliance, openness to change, introversion i.e he is a private person, sensitive, tensed and likes to be bold for social causes.

III.   REPORT COLOUR WISE

➢ *Red*

- Knowledge: Danger, death
- Awareness: Blood, signal, roses, signboards, pencils
- Experiential Perception: It is a neutral colour for me related to blood.
- Card Interpretation: "The image feels like an inside view of a blood vessel,it feels as if its going in perspective, there is motion as if we are moving inside it."

➢ *Blue*

- Knowledge: calmness

- Awareness: sky, water, computerscreen
- Experiential Perception: my swimming pool, very few clothes this colour, I have jeans.
- Card Interpretation:1. "The image shows a small piece of land surrounded by water from all sides, an island which seems to developed a lot. The sky in the image is dark blue w blue where as water body is light blue. Also there is yellow orange color in the centre of image."

✓ "There is a bird of dark blue colour, may be kingfisher in the image sitting on the bark of the tree. The area around the eyes of the bird is black."

➢ *Yellow*

- Knowledge: Heat, swe etness
- Awareness: Sun, sweets are yellow, signboards, roadmarks
- Experiential Perception: I feel you can solve cubes, puzzles.
- Card Interpretation:1. "The image shows many yellow thins lying, arranged on the table. There are pens, a notebook with something written on it with black color. There are yellow lilies in a yellow flower pot. There is also an ink pot lying there on the wooden table."

✓ The image shows six pencils sharpened properly and all of yellow colors.

➢ *Green*

- Knowledge: Life, Plants
- Awareness: plants, signal flag, earth
- Experiential Perception: My house color is green
- Card Interpretation: "The images show fruits and vegetables. There is pea, kiwi, inchtape etc. shown in this image. Most of them are natural products."

➢ *Orange*

- Knowledge: heat, happiness
- Awareness: sunset time, orange signal.
- Experiential Perception: I like to see sunrise and sunset.
- Card Interpretation: 1. "Our national flag is shown in. The orange color in flag signifies hospitality warmth and respect for each other."

✓ The image shown an orange mug with an orange wall in the background.
✓ The image show a goldfish which is not in water and his eyes are open and only back part of body is visible. There is also presence of golden color in the centre area of the body."

➢ *Purple*

- Knowledge: depth
- Awareness: cosmetic product packaging
- Experiential Perception: my active is purple in colour.

- Card Interpretation: "the image shows a purple teddy bear with light purple ribbon around his neck. This can be a good gift to someone as a toy is of immense pleasure to a small child.".

➢ *Pink*

- Knowledge: females
- Awareness: highlighted text on books, internet doors
- Experiential Perception: " my room wall is pink, sisters fav. color is pink".
- Card Interpretation: "The image shows a small girl lying on her huge bed with all her pink accessories, toys and other products displayed on her bed".

➢ *Black*

- Knowledge: darkness, bad, boldness
- Awareness: tyres, roads, eyes of animals, hair
- Experiential Perception: my many clothes are black in color, my pencils, arts and design sketches are black in colour. This is my favourite colour.
- Card Interpretation: 1." The image shows the logo of the company which is usually in white colour but here its in black colour with white background."

✓ The image shows a black sports cr which seems to be an old model and black tinted glass.
✓ The image shows a black color flower with several other geometrical shapes below it in small font like star etc.

➢ *White*

- Knowledge: light, energy
- Awareness: tubelights, marks on the road, paper, teeth, number plates.
- Experiential Perception: my few shirts are white in color, my car is white.
- Card Interpretation: 1."The image shows two white flowers with black background ."

✓ Our National Flag has White Colour in it Which Signifies Unity.

➢ *Brown*

- Knowledge: dullness, royalty
- Awareness: wood, sand, hair
- Experiential perception: my home furniture is brown in color.
- Card Interpretation:1. "the image shows an open cardboard box of brown in color."

✓ The image shows two chocolate flavoured icecream cones with few toppings on them.
✓ The image shows two dark chocolates.

➢ *Grey*

- Knowledge: dullness

- Awareness: blank screen, star decorations, mirror of lens, wires
- Experiential perception: this color reminds me of metallic things, my kitchen utencils which are greyin color, writing pen.
- Card Interpretation: "the image shows a road light from a vintage car which is of grey colour and the complete car is not shown in the image."

IV. CONCLUSION

Testee is a person with characteristic traits which takes him on the side of introversion. He is sensitive towards social issues and this has given him an inside environment where he is struggling with his feelings. Also the age specific developmental anxiety is there. So need to be tackled with sensitivity too. Out of his dominant needs the need of passivity need to be converted in active participation with conscious effort from parents and himself by providing him with appropriate opportunities with innovative strategies which will be discussed in parents orientation session. His significant conflicts which includes Achievement vs Abasement where abasement means helplessness or despair and nurturance vs. infavoidance where infavoidance means to avoid humiliation, embarrassment has to be resolved with positivity.

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