

**SARDAR PATEL UNIVERSITY**  
**B.Sc. (Home Sci.) (II Sem.) Examination**  
**2013**  
**Tuesday, 2<sup>nd</sup> April**  
**11 am - 1 pm**  
**UH02CHUD12 - Personal Empowerment**

**Total Marks: 30**

**Note:** Figures to the right indicate full marks.

Q.1 Explain causes of substance abuse & remedial measures to be taken for it. [07]

**OR**

Q.1 Write meaning & classification of values and factors responsible for changes in values. [07]

Q.2 Answer the following **(Any Two)** [08]

- (1) Characteristics of mentally healthy person
- (2) Importance of hobby
- (3) Positive self & personality
- (4) Simple coping strategies

Q.3 Define in 3-4 sentences. **(any five)** [10]

- (1) Values
- (2) Assigned identity
- (3) Earned identity
- (4) AIDS
- (5) Mental Health
- (6) Anti-social activities
- (7) Gender inequality

Q.4 Tick the correct answer from the four alternatives. [2.5]

- (1) Working mothers cannot be good mothers.  
 (a) Myth (b) Fact (c) Bias (d) Stereotypes
- (2) Woman is weaker sex.  
 (a) Stereotypes (b) Bias (c) Myth (d) Fact
- (3) Girls attain puberty earlier than boys.  
 (a) Fact (b) Bias (c) Myth (d) Stereotypes
- (4) Different forms of substance abuse are  
 (a) Tobacco (b) Alcohol (c) Drug (d) All of the above
- (5) Identity is influenced by  
 (a) Education (b) Intelligence (c) Skills (d) All of the above

Q.5 Write 'True' or 'False' against the given statement. [2.5]

- (1) To understand oneself requires awareness of one's strengths and weaknesses.
- (2) Peer influence is stronger in early years.
- (3) Peer group helps in identity formation.
- (4) Group conformity makes an adolescent popular in his group.

(5) Forgiveness is one of the coping strategies.