



**Avinashilingam Institute for Home Science and Higher Education for Women**  
(Deemed to be University under Category 'A' by MHRD, Estd. u/s 3 of UGC Act 1956)  
Re-accredited with 'A+' Grade by NAAC. Recognised by UGC Under Section 12B  
Coimbatore - 641 043, Tamil Nadu, India

**Bachelor's Degree Examination – July 2020**  
**II / IV Semester**

**Class : I / II UG**

**Time : 3 Hours**

**Major : IDR/ Rural Development and Sociology /  
Food Service Management and Dietetics /  
English / Hindi / Music**

**Max. Marks: 100**

**18BIDI02/ 18BRDI02 / 18BMUI02 DSE – II /  
18BFDI04 / 18BENI04 / 18BFHI04 DSE – IV Personality Development**

**Part**  
**Choose the Correct Answer**

**10 x 1 = 10**

1. The four personality characteristics hypothesized by the ancient Greeks are
  - a. Irritability, Optimism, Pessimism, Calmness
  - b. Calmness, Depression, Pessimism, Irritability
  - c. Depression, irritability, Pessimism, Optimism
  - d. Irritability, Depression, Optimism, Calmness
2. The person who is sensitive and intellectual belongs to
  - a. Ectomorph
  - b. Endomorph
  - c. Mesomorph
  - d. Activomorph
3. The types of attitude are
  - a. 7
  - b. 4
  - c. 3
  - d. 6
4. Communication begins with
  - a. Encoding
  - b. Idea origination
  - c. Decoding
  - d. Channel selection
5. The frame work is based on the expectancy, demand and incentive concepts is
  - a. The cognitive framework
  - b. The behaviouristic framework
  - c. The social learning framework
  - d. The Supportive framework
6. Find out the force of action or motivation
  - a. Behaviour
  - b. Stimulus
  - c. Perception
  - d. Attitude
7. The Problem solving process begins with
  - a. Classification of the situation
  - b. Establishment of the alternatives
  - c. Identification of the difficulty
  - d. isolation of the cause
8. Manipulating mental representations for a purpose is called.
  - a. Purposeful cognition
  - b. Functional cognitive processing
  - c. Intentional reasoning
  - d. Thinking
9. Facial expression is a part of
  - a. Gestures
  - b. Body language
  - c. Sign language
  - d. Verbal communication
10. Waving is the type of communication of
  - a. Non effective communication
  - b. Gestures
  - c. Verbal communication
  - d. Sign language

**Part B**

**5 x 6 = 30**

**Answer ALL questions**

**Each answer should not exceed 400 words or two pages**

11. a. Write short notes on characteristics of personality.  
(or)  
11. b. Explain the types of personality.
12. a. Briefly mention the types of Attitudes.  
(or)  
12. b. Mention about the barriers of effective communication.
13. a. Explain the importance of Self Motivation.  
(or)  
13. b. Briefly mention about Efficient work habits.
14. a. Briefly discuss about the elements of thinking.  
(or)  
14. b. List out the strategies in Problem solving.
15. a. Give a brief on body posture.  
(or)  
15. b. Explain about the types of Gestures.

**Part C**

**5 x 12 = 60**

**Answer ALL questions**

**Each answer should not exceed 800 words or four pages**

16. a. Enumerate on Theories of Personality.  
(or)  
16. b. Elaborate on the techniques to improve personality.
17. a. Illustrate the ways for improving Attitude.  
(or)  
17. b. Give a detailed account on communication skills.  
(or)
18. a. Elucidate on Stress Management.  
(or)  
18. b. Explain about Self enhancement.
19. a. Elaborate on the types of thinking.  
(or)  
19. b. List out the Thinking strategies.
20. a. Elucidate on different types of Body language.  
(or)  
20. b. Enumerate on merits and demerits of body language.

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**SCHEME --- SET-1**

**Human Development**

**Part a**

1. a. Emotional
2. c. Puberty
3. c. Early adulthood
4. a. 20-30
5. a. Twenties & thirties
6. c. 40-60
7. a. Middle age
8. b. 40's
9. b. Ego integrity vs despair
10. d. Geriatrics

**Part-B**

**11.a.** Boys- Hair ,skin , glands, muscles, voice, breastknobs

Girls- Hips, breast ,hair, skin , glands, muscles, voice

**11.b.** External change-Height, weight, body proportion,sex organs, secondary sex characters

Internal changes- Digestive , circulatory, respiratory, endocrine system, body tissues.

**12.a.**Physical efficiency, motor abilities, mental abilities, motivation, role model

**12.b.** Sex, social class, place of residence, fly background, religious interest of friend, concern death.

**13.a.** Different kinds-Skill- flexibility- stereotypes- identity- security.

**13.b.** Concept of an ideal mate- fulfilment of needs- similarity of background values- common interest- role concepts- change in life patterns.

**14.a.** Rocking chair- unattractive- lack of social skills-family contacts-financial problem- fly pressure-social mobility.

**b.**Satisfaction in work.

**15. a.**Sexual deprivation, loneliness, living arrangements, role change

**b.** Health, social status, economic status, place of residence, sex, marital status, values

**Part-c**

**16.a.** Overlapping period, period is a short period, it is divided into stages, time of rapid growth, negative phase & occurs at variable age.

**b.** Kohlberg- post conventional morality- changes in moral concepts,- building a moral code, inner control of behaviour.

**17.a.** Health, economic status, changes in life patterns, changes in values, sex, role change, single to marital status.

**b.** Difficult to associate with a congenial S.g- good adjustment & satisfaction, social mobility

**18.a.** Opportunity to choose work, working- needs of interest- expectation- stimulating vs non stimulating work-career orientation-security- education- . Opportunity for advancement- occupational stress- working condition- attitude of significant people.

**b.** Adjustment to mate, competitiveness-sexual adjustments-economic status- role changes- relationship with in laws- parenthood.

**19. a. Personal hazards** –traditional beliefs-idealization of youth- role changes- interest change- status symbol- unrealistic aspiration

**b.** Time of transition- time of stress- dangerous age- awkward age- achievement- evaluation- double standard-empty nest- boredom.

**20.a.** Personal interest- self appearance, clothes, money. Recreational interest, social interest.

**b.** relationship with spouse, changes in sexual relationship, relationship with offspring, parental dependency, relationship with grand children.