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Founder, MISSION GYAN**Chapter- 3 | Meeting Life Challenges****Worksheet-1****Multiple Choice Questions**

1. **Who proposed the General Adaptation Syndrome (GAS) model of stress?**
(a) Lazarus (b) Endler
(c) Selye (d) Parker
2. **The term used for stress that has a positive impact on performance is:**
(a) Strain (b) Eustress
(c) Frustration (d) Burnout
3. **Which of the following is not a stage of the General Adaptation Syndrome?**
(a) Exhaustion (b) Resistance
(c) Alarm (d) Relaxation
4. **Psychoneuroimmunology studies the relationship between:**
(a) Brain and immune system
(b) Mind and society
(c) Stress and sleep
(d) Emotions and memory
5. **Which coping strategy involves the denial or minimization of the seriousness of a situation?**
(a) Task-oriented (b) Emotion-focused
(c) Avoidance-oriented (d) Assertiveness
6. **Deep breathing and muscle relaxation techniques are a part of:**
(a) Yoga therapy (b) Behaviour therapy
(c) Biofeedback (d) Relaxation training
7. **Which hormone, when released during stress, suppresses immune function?**
(a) Dopamine (b) Cortisol
(c) Serotonin (d) Insulin
8. **"I made a plan of action and followed it." This reflects which coping strategy?**
(a) Avoidance-oriented (b) Problem-focused
(c) Passive-focused (d) Defensive mechanism
9. **A person who maintains a positive outlook, sense of control, and views change as a challenge shows:**
(a) Burnout (b) Hardiness
(c) Frustration (d) Depression

10. Which of the following is not one of the three major types of stress?

- (a) Physical and environmental
- (b) Social
- (c) Political
- (d) Psychological

Fill in the blanks :

11. The second stage in the General Adaptation Syndrome is known as the _____ stage.

12. The stress hormone that can suppress immune function is _____.

True / False

13. Eustress is a harmful form of stress that leads to burnout.

14. Stress can affect us emotionally, physiologically, cognitively, and behaviorally.

Very Short Type Questions

15. What is burnout?

16. What is meant by avoidance-oriented coping?

Short Type Questions

17. Explain any three stress management techniques.

18. Mention three ways in which stress affects physical health.

Essay Type Questions

19. Explain the General Adaptation Syndrome (GAS) with the help of an example.

20. Discuss any four life skills that help individuals meet life's challenges.

HOTS

21. According to Richard Lazarus's theory of stress appraisal, reappraisal is the stage of looking back at a choice to see how things have turned out. During this stage, the person learns from the decision. Lazarus was a pioneer in the area of emotion, and his theory is often referred to as the Lazarus theory of emotion. According to appraisal theories, thinking must occur before experiencing emotion. Lazarus and Folkman identified appraisal as central to the stress process. Their Transactional Model of Stress and Coping states that an event will likely fall into one of three categories:

- Irrelevant
- Benign-positive
- Stressful

Chapter- 3| Meeting Life Challenges**Worksheet-1
Answer & Solution**

1. (c) Hans Selye proposed the General Adaptation Syndrome (GAS) to describe the body's response to stress.
2. (b) Eustress is a positive form of stress that enhances performance.
3. (d) The three GAS stages are alarm, resistance, and exhaustion.
4. (a) Psychoneuroimmunology studies the interaction of psychological processes with the nervous and immune systems.
5. (c) This strategy includes denial or ignoring the stressor.
6. (d) Includes deep breathing and muscle relaxation to reduce arousal.
7. (b) Cortisol is a stress hormone that, in high levels, suppresses immune functioning.
8. (b) Making and implementing an action plan is a problem-focused strategy.
9. (b) Hardiness is a personality trait characterized by commitment, control, and viewing challenges positively.
10. (c) Physical, environmental, social, and psychological are major types of stress; political is not typically listed.
11. Resistance
12. Cortisol
13. **False**
Eustress is positive stress; distress is the harmful form that leads to burnout.
14. **True**
Stress affects us across emotional, physiological, cognitive, and behavioural domains.
15. Burnout is a state of emotional, physical, and mental exhaustion caused by prolonged stress, especially in occupational settings. It results in reduced performance and detachment.
16. Avoidance-oriented coping involves efforts to ignore or avoid the stressor rather than confronting or solving the problem (e.g., distraction, denial).
17. Relaxation techniques: Breathing exercises, meditation.
 - **Cognitive restructuring:** Reframing negative thoughts.
 - **Physical exercise:** Helps reduce arousal and release endorphins.
18. Weakens the immune system
 - Increases blood pressure and risk of heart disease
 - Causes headaches, sleep disturbances, and digestive issues
19. Proposed by Hans Selye, GAS explains the body's response to stress in three stages:
 - (i) **Alarm Reaction:** Body prepares for fight or flight. Heart rate and adrenaline increase.

(ii) **Resistance Stage:** The body tries to adapt and resist the stressor. Resources are mobilized.

(iii) **Exhaustion Stage:** If stress continues, resources deplete, leading to fatigue, illness, or burnout.

20. Life Skills to Meet Challenges:

- **Self awareness:** Understanding one's strengths, weaknesses, emotions.
- **Emotional regulation:** Managing emotions constructively.
- **Critical thinking:** Analyzing problems logically.

Coping skills: Using stress-reducing techniques and seeking support. These skills enable individuals to adapt, problem-solve, and reduce stress effectively.

21. Primary appraisal and Secondary appraisal

- **Primary appraisal:** Evaluates whether an event is irrelevant, benign-positive, or stressful (involving harm, threat, or challenge).
- **Secondary appraisal:** Assesses one's coping resources and options for dealing with the stressor.

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