

CHAPTER-3 | Meeting Life Challenges

QUIZ
PART-05

1. Which statement best captures the concept of stress?
- A fixed personality trait that never changes
 - A simple bodily response to any stimulus
 - A dynamic transactional process when demands exceed perceived resources
 - Only a stimulus from the environment (C)

Explanation: Stress is described as a dynamic mental/cognitive state—an ongoing transaction between person and environment when demands outstrip perceived resources.

2. Which of the following is NOT listed as a symptom category of stress?
- Physical (e.g., headaches)
 - Emotional (e.g., mood swings)
 - Behavioural (e.g., drug misuse)
 - Enhanced concentration and perfect decision-making (D)

Explanation: The noted symptom domains are physical, emotional, behavioural, and cognitive problems (e.g., memory loss, poor decisions)—not improved concentration.

3. Which set lists recognised sources of stress?
- Life events, daily hassles, traumatic events
 - Vitamins, sleep, exercise
 - Personality type, blood group, age
 - Dreams, fantasies, instincts (B)

Explanation: The text groups sources into life events (e.g., bereavement), daily hassles (e.g., traffic), and traumatic events (e.g., accidents).

4. What is the correct sequence of stages in the General Adaptation Syndrome (GAS)?
- Alarm → Resistance → Exhaustion
 - Resistance → Alarm → Exhaustion
 - Alarm → Exhaustion → Resistance
 - Resistance → Exhaustion → Alarm (A)

Explanation: Selye's GAS outlines physiological responses across three stages: alarm, resistance, and exhaustion.

5. Planning and acting directly to solve a problem exemplifies which coping strategy (Endler & Parker)?
- Emotion-oriented strategy
 - Task-oriented strategy
 - Avoidance-oriented strategy
 - Catastrophizing (B)

Explanation: Task-oriented coping involves planning and taking action to address the stressor itself.

6. Changing the situation that causes stress is an example of which coping type (Lazarus & Folkman)?
- Emotion-focused coping
 - Problem-focused coping
 - Avoidance-oriented strategy
 - Denial (B)

Explanation: Problem-focused coping aims to alter the source of stress; emotion-focused coping manages emotional distress.

7. Poor concentration, memory loss, and indecisiveness are classified as:
- Cognitive effects of stress
 - Emotional effects of stress
 - Physiological effects of stress
 - Behavioural effects of stress (A)

Explanation: These changes are listed under cognitive impacts of stress.

8. Which factor is included among those that promote positive health and well-being?
- Social isolation
 - Balanced diet
 - Persistent pessimism
 - Sleep deprivation (B)

Explanation: Positive health is supported by balanced diet, exercise, positive thinking/attitude, and social support.

9. The study of the links between stress and the immune system is called:
- Neuroeconomics
 - Psychoneuroimmunology
 - Physiognomy
 - Psychophysics (B)

Explanation: Psychoneuroimmunology examines how stress weakens immune activity (e.g., reduced T-cells, NK cells).

10. Which reason is mentioned for why people struggle to change unhealthy lifestyles despite knowing the risks?
- Complete confidence that risks are exaggerated
 - Immediate pleasure from unhealthy habits
 - Strong external enforcement of healthy behavior
 - Guaranteed short-term benefits of change (B)

Explanation: Barriers include immediate gratification, underestimating long-term risks, entrenched patterns, low motivation, and stress reinforcing bad habits.