

## CHAPTER-8 | Motivation and Emotion

QUIZ  
PART-04

1. Which of the following is a healthy way to manage negative emotions?
- A. Suppressing them completely
  - B. Denying that they exist
  - C. Expressing them constructively
  - D. Ignoring them until they go away (C)

**Explanation :** Healthy coping means acknowledging emotions and expressing them in constructive ways, not avoiding or suppressing them.

2. One effective method to manage anger is to:
- A. Yell loudly
  - B. Blame others
  - C. Count to ten and reflect
  - D. Break things (C)

**Explanation :** Pausing and reflecting allows destructive patterns to be replaced with constructive responses.

3. Which of these is a cognitive technique used to manage negative emotions?
- A. Punching a pillow
  - B. Reframing the situation
  - C. Shouting at someone
  - D. Avoiding all people (B)

**Explanation :** Cognitive restructuring involves reframing negative thoughts into more positive perspectives.

4. Which strategy involves recognizing emotional and physical states through periodic evaluation?
- A. Self-monitoring
  - B. Empathy
  - C. Blunting
  - D. Suppression (A)

**Explanation :** Self-monitoring helps individuals evaluate past experiences and current states to improve well-being.

5. Participating in community service helps manage negative emotions by:
- A. Avoiding personal responsibilities
  - B. Reducing stress through purposeful activity
  - C. Encouraging suppression of feelings
  - D. Creating competition among peers (B)

**Explanation :** Involvement in community work fosters positive feelings and reduces stress.

6. Which of the following best defines empathy in managing emotions?
- A. Ignoring others' perspectives
  - B. Seeing situations only from one's own viewpoint
  - C. Stepping into others' shoes to understand their feelings
  - D. Rationalizing negative behaviors (C)

**Explanation :** Empathy reduces stress and strengthens relationships by understanding others' perspectives.

7. Which is an example of a blunting strategy for examination anxiety?
- A. Positive thinking and rehearsal
  - B. Seeking social support
  - C. Relaxation and exercise
  - D. Monitoring and taking effective action (C)

**Explanation :** Blunting strategies involve avoiding or reducing stress through relaxation and exercise.

8. Which approach is recommended for perceptual reorganization and cognitive restructuring?
- A. Suppressing negative emotions
  - B. Replacing irrational thoughts with positive ones
  - C. Avoiding self-awareness
  - D. Focusing only on physical exercise (B)

**Explanation :** Cognitive restructuring replaces irrational, negative beliefs with positive and rational alternatives.

9. Which negative emotion is specifically listed as needing effective management?
- A. Curiosity
  - B. Confidence
  - C. Jealousy
  - D. Hope (C)

**Explanation :** Jealousy, along with emotions like envy, despair, and guilt, is highlighted as needing management.

10. In examination stress, which category do preparation and inoculation strategies belong to?
- A. Blunting strategies
  - B. Monitoring strategies
  - C. Avoidance strategies
  - D. Suppression strategies (B)

**Explanation :** Preparation, inoculation, and positive thinking are examples of monitoring strategies for exam stress.