

CHAPTER-3 | Meeting Life Challenges

QUIZ
PART-03

1. What best defines coping with stress?
 A. Avoiding all decisions during difficult times
 B. Efforts to manage stress demands using behavioral and cognitive strategies
 C. Relying only on willpower to ignore problems
 D. Seeking medical help for every stressor (B)

Explanation: Coping involves deliberate behavioral and cognitive efforts to manage the demands created by stress.

2. Who collaborated with Lazarus in describing problem-focused and emotion-focused coping?
 A. Endler
 B. Freud
 C. Folkman
 D. Bandura (C)

Explanation: The two major types—problem-focused and emotion-focused coping—are presented with Lazarus and Folkman.

3. Calming yourself after a setback is an example of which coping type?
 A. Problem-focused coping
 B. Emotion-focused coping
 C. Task-oriented strategy
 D. Avoidance-oriented strategy (B)

Explanation: Emotion-focused coping manages emotional responses to the stressor, such as calming oneself.

4. Solving a conflict directly is an example of:
 A. Emotion-focused coping
 B. Avoidance-oriented strategy
 C. Problem-focused coping
 D. Reappraisal (C)

Explanation: Problem-focused coping involves directly tackling the problem, such as resolving a conflict.

5. Which is NOT one of the two coping types described with Lazarus?
 A. Problem-focused coping
 B. Emotion-focused coping
 C. Avoidance-oriented strategy
 D. None of the above (C)

Explanation: Avoidance-oriented coping is from a different framework and is not one of the two types paired with Lazarus.

6. Which is NOT among Endler and Parker's three coping strategies?
 A. Task-oriented strategy
 B. Emotion-oriented strategy
 C. Problem-focused coping
 D. Avoidance-oriented strategy (C)

Explanation: Endler and Parker outline task-, emotion-, and avoidance-oriented strategies; problem-focused coping belongs to another model.

7. Scheduling time better to deal with demands exemplifies:
 A. Emotion-oriented strategy
 B. Task-oriented strategy
 C. Avoidance-oriented strategy
 D. Emotion-focused coping (B)

Explanation: Task-oriented strategy includes obtaining information and planning actions, such as better time scheduling.

8. Watching TV to keep stressful thoughts at bay illustrates:
 A. Task-oriented strategy
 B. Emotion-oriented strategy
 C. Avoidance-oriented strategy
 D. Problem-focused coping (C)

Explanation: Avoidance-oriented strategy involves consciously suppressing stressful thoughts and replacing them with self-protective distractions.

9. Long-term stress may contribute to which physical illness listed here?
 A. Migraine
 B. Hypertension
 C. Asthma
 D. Peptic ulcer (B)

Explanation: The listed stress-linked physical illnesses include hypertension, along with heart disease, diabetes, and psychosomatic disorders.

10. Which term related to stress and health appears as a key area of focus?
 A. Neuropsychology
 B. Health informatics
 C. Psychoneuroimmunology
 D. Physiognomy (C)

Explanation: Psychoneuroimmunology is explicitly noted under stress and health.