

1. Which hormone is released during the alarm reaction stage of the General Adaptation Syndrome?

- A. Oxytocin
- B. Cortisol
- C. Adrenaline
- D. Serotonin (C)

Explanation : During the alarm reaction stage, the adrenal glands release adrenaline, initiating the fight-or-flight response.

2. What is the term for stress that is helpful and enhances performance?

- A. Eustress
- B. Distress
- C. Strain
- D. Frustration (A)

Explanation : Eustress refers to positive stress that motivates and improves performance.

3. Which type of appraisal assesses whether one has the resources to cope with a stressor?

- A. Primary appraisal
- B. Final appraisal
- C. Emotional appraisal
- D. Secondary appraisal (D)

Explanation : Secondary appraisal involves evaluating one's coping resources and ability to manage the situation.

4. Which system is primarily affected by stress, leading to increased illness?

- A. Respiratory system
- B. Endocrine system
- C. Immune system
- D. Digestive system (C)

Explanation : Stress impairs the immune system, reducing the body's ability to fight diseases.

5. What is the name of the hormone released by the pituitary gland during stress?

- A. Cortisol
- B. Estrogen
- C. Melatonin
- D. Testosterone (A)

Explanation : Cortisol is released by the pituitary gland to provide energy during prolonged stress.

6. Which of the following is a task-oriented coping strategy?

- A. Denying the problem
- B. Venting frustration
- C. Scheduling study time
- D. Watching TV to relax (C)

Explanation : Scheduling study time is a task-focused method aimed at resolving the stressor directly.

7. What is the term for the body's final stage in General Adaptation Syndrome?

- A. Resistance
- B. Alarm
- C. Exhaustion
- D. Recovery (C)

Explanation : Exhaustion is the third stage where the body's resources are depleted and vulnerability to illness increases.

8. Which cells are primarily targeted by the HIV virus?

- A. B cells
- B. T-helper cells
- C. Natural killer cells
- D. Red blood cells (B)

Explanation : HIV attacks T-helper cells, weakening the immune response.

9. Which of the following is a life skill that helps in managing stress effectively?

- A. Multitasking
- B. Procrastination
- C. Assertiveness
- D. Avoidance (C)

Explanation : Assertiveness enables individuals to express needs and emotions clearly, reducing internal conflict and stress.

10. What is 'resilience' as described in the chapter?

- A. Ability to work under pressure
- B. Capacity to bounce back from adversity
- C. Tendency to ignore stress
- D. Habit of suppressing emotions (B)

Explanation : Resilience refers to the capacity to recover and adapt positively in the face of adversity or stress.