

CHAPTER-3 | Meeting Life Challenges

QUIZ
PART-02

1. What does primary appraisal evaluate in the stress process?
- Availability of coping resources
 - Whether the situation is harmful, threatening, or challenging
 - Long-term health consequences
 - Past experiences with stress (B)

Explanation: Primary appraisal is the initial judgment of whether a situation poses harm, threat, or challenge.

2. What is assessed during secondary appraisal?
- The predictability of the stressor
 - Personal responsibility for the event
 - One's resources and options for coping
 - The biological intensity of arousal (C)

Explanation: Secondary appraisal asks whether sufficient resources and strategies are available to cope with the situation.

3. _____ occurs when new information becomes available and changes the evaluation of the situation.
- Appraisal
 - Reappraisal
 - Resistance
 - Exhaustion (B)

Explanation: Reappraisal updates the initial evaluation in light of new information.

4. In the General Adaptation Syndrome, which stage involves the body trying to cope with the stressor?
- Alarm
 - Resistance
 - Exhaustion
 - Recovery (B)

Explanation: The resistance stage reflects the body's ongoing efforts to cope with the demands of the stressor.

5. Which statement about the General Adaptation Syndrome is accurate?
- It focuses on social causes of stress
 - It explains only cognitive changes under stress
 - It highlights biological responses to stress
 - It applies only to chronic stress (C)

Explanation: GAS is a biological model outlining alarm, resistance, and exhaustion as bodily responses to stress.

6. Which of the following is NOT listed as a type of stressor?
- Environmental
 - Psychological
 - Social
 - Spiritual (D)

Explanation: The listed types are environmental, psychological, and social stressors.

7. Which is a dimension used to describe stressors?
- Valence
 - Controllability
 - Predictability
 - Familiarity (C)

Explanation: Stressors are described along dimensions such as intensity, duration, complexity, and predictability.

8. Which set exemplifies behavioral effects of stress?
- Headaches, fatigue, high blood pressure
 - Poor concentration, memory loss, indecisiveness
 - Irritability, anxiety, mood swings
 - Withdrawal, overeating, drug use, poor sleep (D)

Explanation: Behavioral effects include withdrawal, overeating, substance use, and disturbed sleep.

9. Poor concentration, memory loss, and indecisiveness are classified as which effects of stress?
- Cognitive effects
 - Emotional effects
 - Physiological effects
 - Behavioral effects (A)

Explanation: These are cognitive effects arising under stress.

10. Which is NOT listed as a response category in stress appraisal?
- Physiological response
 - Behavioral response
 - Emotional response
 - Economic response (D)

Explanation: Stress appraisal responses include physiological, behavioral, emotional, and cognitive—not economic.