

## CHAPTER-3 | Meeting Life Challenges

QUIZ  
PART-06

1. Who defined stress as “the non-specific response of the body to any demand”?
- Richard Lazarus
  - Hans Selye
  - Meichenbaum
  - Endler and Parker

(B)

**Explanation:** Hans Selye proposed this classic definition highlighting the body's generalized reaction to demands.

2. What term describes the level of stress that is good for performance?
- Distress
  - Strain
  - Eustress
  - Challenge Stress

(C)

**Explanation:** Eustress is the positive, motivating form of stress that enhances performance.

3. Which appraisal involves perceiving an event as harmful, threatening, or challenging?
- Emotional response
  - Primary appraisal
  - Secondary appraisal
  - Physiological reaction

(B)

**Explanation:** Primary appraisal is the initial evaluation of the significance of an event for one's well-being.

4. Which of the following is NOT listed as a type of stress?
- Physical and environmental
  - Psychological
  - Social
  - Biological

(D)

**Explanation:** The chapter specifies physical/environmental, psychological, and social stress—biological is not listed as a separate type.

5. Which hormones are secreted by the adrenal gland during a stress response?
- Cortisol only
  - Epinephrine and norepinephrine
  - Insulin
  - Dopamine

(B)

**Explanation:** The adrenal medulla releases epinephrine and norepinephrine as part of the acute stress response.

6. What is the final stage in Selye's General Adaptation Syndrome?
- Alarm
  - Resistance
  - Exhaustion
  - Recovery

(C)

**Explanation:** After prolonged demands, adaptive resources are depleted, leading to the exhaustion stage.

7. On the Presumptive Stressful Life Events Scale, which event carries the highest mean stress score?
- Break-up with a friend
  - Appearing for examinations
  - Death of one's spouse
  - Personal illness

(C)

**Explanation:** The death of a spouse is rated as the most stressful life event on the scale.

8. Which example best illustrates an avoidance-oriented coping strategy?
- Studying harder after failing
  - Watching TV to distract from a problem
  - Talking to a friend about stress
  - Planning a revision timetable

(B)

**Explanation:** Avoidance-oriented coping uses distractions to keep stressful thoughts at bay.

9. In a stress-resistant personality, which component reflects viewing life changes as normal and positive?
- Control
  - Commitment
  - Challenge
  - Confidence

(C)

**Explanation:** “Challenge” is one of the three Cs of hardiness, framing change as an opportunity rather than a threat.

10. Which technique is central to stress inoculation training?
- Deep breathing
  - Self-instruction and rational thinking
  - Physical exercise only
  - Medication

(B)

**Explanation:** Stress inoculation training teaches self-instruction and rational thinking to replace negative thoughts across structured phases.