

## CHAPTER-3 | Meeting Life Challenges

QUIZ  
PART-04

1. Which practice belongs to relaxation techniques for coping with stress?

- A. Catastrophizing
- B. Deep breathing
- C. Rumination
- D. Suppression (B)

**Explanation:** Relaxation techniques specifically include deep breathing, meditation, and progressive muscle relaxation.

2. Using devices to gain awareness of physiological processes and learn to control them is called:

- A. Cognitive restructuring
- B. Biofeedback
- C. Mind wandering
- D. Sensory deprivation (B)

**Explanation:** Biofeedback uses instruments to monitor bodily functions so a person can regulate them.

3. Mentally picturing peaceful, positive scenes to reduce stress refers to:

- A. Desensitization
- B. Creative visualization
- C. Flooding
- D. Free association (B)

**Explanation:** Creative visualization involves imagining calming images to lower stress levels.

4. Identifying and changing negative thought patterns is the focus of:

- A. Cognitive behavioural techniques
- B. Projective techniques
- C. Psychoeducation
- D. Existential therapy (A)

**Explanation:** Cognitive behavioural techniques target unhelpful thoughts and replace them with more adaptive patterns.

5. Which is NOT one of the three components of hardiness?

- A. Commitment
- B. Control
- C. Challenge
- D. Compliance (D)

**Explanation:** Hardiness (Kobasa) comprises commitment, control, and challenge; compliance is not included.

6. Who is associated with the concept of a stress-resistant "hardiness" personality?

- A. Selye
- B. Kobasa
- C. Lazarus
- D. Bandura (B)

**Explanation:** Kobasa outlined hardiness with the three Cs—commitment, control, and challenge.

7. Social support is described as:

- A. Only emotional encouragement from close friends
- B. Emotional, tangible, and informational assistance from others
- C. Advice from professionals only
- D. Material help without information or emotion (B)

**Explanation:** Social support encompasses emotional, tangible, and informational help.

8. Optimism is characterized as:

- A. Avoiding risk by expecting the worst
- B. A positive attitude toward life and the future
- C. Belief that outcomes cannot be influenced
- D. Emotional detachment from events (B)

**Explanation:** Optimism reflects a positive stance toward life and what lies ahead.

9. Which is listed as a self-care habit that promotes positive health and well-being?

- A. Skipping meals to save time
- B. Good nutrition
- C. All-night study sessions
- D. Excessive screen time (B)

**Explanation:** Self-care habits include good nutrition, regular sleep, physical exercise, and time management.

10. Which pairing of life skill and benefit is correct?

- A. Assertiveness — reduces last-minute pressure
- B. Rational thinking — improves muscle strength
- C. Enhancing relationships — better support system
- D. Time management — increases conflict (C)

**Explanation:** Enhancing relationships builds a stronger support system; other listed pairings mismatch the table of life skills and benefits.