

CHAPTER-3 | Meeting Life Challenges

QUIZ
PART-01

1. Which description best captures stress?
A. A permanent personality trait
B. A pattern of cognitive appraisals, physiological responses, and behavioral tendencies
C. Only physiological arousal to danger
D. Only external pressure from the environment (B)

Explanation: Stress is defined as a coordinated pattern involving appraisal, bodily reactions, and behavior when demands exceed perceived resources.

2. What are events that cause stress called?
A. Distress
B. Strain
C. Stressors
D. Coping (C)

Explanation: Stressors are the external or internal events that elicit the stress response.

3. What term refers to the psychological and physical impact of stress?
A. Distress
B. Strain
C. Burnout
D. Pressure (B)

Explanation: Strain denotes the psychological and physical consequences produced by stress.

4. Which example illustrates eustress?
A. Failing an exam
B. Preparing for a competition
C. Losing a job
D. Being stuck in a traffic jam (B)

Explanation: Eustress is positive stress that motivates performance; preparing for a competition is a given example.

5. Which statement about eustress and distress is correct?
A. Eustress is negative and hinders functioning
B. Distress motivates optimal effort
C. Eustress is positive and performance-enhancing; distress is negative and dysfunctional
D. Both are always harmful (C)

Explanation: Eustress helps motivate and enhance functioning, whereas distress is associated with dysfunction.

6. Pollution and crowding are examples of which type of stress (by source)?
A. Social stress
B. Environmental stress
C. Psychological stress
D. Physical stress (B)

Explanation: Environmental stress includes stressors such as pollution and crowding.

7. Relationship issues and discrimination fall under which stress type (by source)?
A. Social stress
B. Physical stress
C. Psychological stress
D. Environmental stress (A)

Explanation: Social stress arises from interpersonal difficulties and societal factors like discrimination.

8. Conflict, frustration, and pressure are grouped under which stress type (by source)?
A. Environmental stress
B. Social stress
C. Physical stress
D. Psychological stress (D)

Explanation: Psychological stress encompasses internal experiences such as conflict, frustration, and pressure.

9. Which is an example of a daily hassle?
A. Natural disaster
B. Traffic or minor arguments
C. Marriage
D. Death of a family member (B)

Explanation: Daily hassles are minor, frequent irritations like traffic or arguments.

10. In the stress process flow, biological and psychological reactions leading to coping/defence are labeled as the:
A. Result (stress reaction)
B. Life events
C. Internal state
D. External stressor (C)

Explanation: The model identifies the internal state as the biological and psychological reactions that shape the stress experience and coping.