

### Chapter 3- Psychology Worksheet Meeting Life Challenges

1. Jane is a 42-year-old woman who is currently recovering from surgery. Luckily, she is receiving a lot of help from her friends and loved ones while she recovers. Jane's doctor discussed the recovery process with her in detail before she was released from the hospital. Her daughter flew in from another city to take Jane to her follow-up appointments, run errands, and take care of their dog. Jane's neighbours and best friend have volunteered to cook Jane food and clean her house while she is recovering. Her daughter and friends also make sure to give her lots of hugs and encouraging words whenever Jane is feeling down. What are the various kinds of support Jane is receiving?

2. An example of a hassle would be

- (a) Earth quake
- (b) Break up
- (c) Robbery
- (d) Traffic snarls

3. Samya is being provided with books and uniforms by the school. Identify the kind of support that she is receiving.

- a) Informational Support
- b) Tangible Support
- c) Emotional Support
- d) Positive Support

4. \_\_\_\_\_ is the Father of modern stress research

5. Radhika is frustrated and is crying, as she has not prepared well for her examination. The coping strategy that she is using to deal with this stress is:

- (a) Avoidance oriented
- (b) Task-oriented
- (c) Problem-focused
- (d) Emotion oriented

6. When we perceive an event as stressful, we are likely to make a

- (a) Primary appraisal
- (b) Tertiary appraisal
- (c) Secondary appraisal
- (d) Coping strategy

7. The reaction to external stressors is called \_\_\_\_\_.

8. Rajat is satisfied only if he does everything perfectly. This is an instance of

- (a) Social pressure
- (b) Internal Pressure
- (c) Conflict
- (d) Social stress

9. Psychoneuroimmunology focuses on the links between the mind, the brain and the \_\_\_\_\_

10. The impact of any stressful event depends largely on the way we interpret it. (true/false)

11. Stressed individuals may be more likely to expose themselves to \_\_\_\_\_, which are agents causing physical illness.
12. \_\_\_\_\_ focuses on the links between the mind, the brain and the immune system.
13. The state of physical, emotional and psychological exhaustion is known as  
(a) Resistance  
(b) Stress  
(c) Burnout  
(d) Coping
14. \_\_\_\_\_ is the ability to say no to a request, to state an opinion without being self-conscious, or to express emotions such as love, anger, etc. openly.
15. If a person has the skill of understanding the motives, feelings and behaviours of other people, he/she is said to have  
(a) Interpersonal intelligence  
(b) Intrapersonal intelligence  
(c) Linguistic intelligence  
(d) Social intelligence
16. A student blames his peer group for his poor performance rather than focusing on his studies. He is said to be using:  
(a) Problem focused coping  
(b) Task oriented  
(c) Emotion oriented  
(d) Avoidance oriented
17. \_\_\_\_\_ training is one effective method developed by Meichenbaum.
18. A student blames her/his best friend for her/his poor performance rather than devoting time towards studies. She/he is said to be using \_\_\_\_\_ coping.
19. George's sympathetic nervous system is engaged in the flight or fight syndrome due to a major stressor in his life. Which stage of general adaptation syndrome is he experiencing?  
\_\_\_\_\_
20. Frustration is one of the sources of psychological stress. (True/False)
21. Personality characteristics of hardiness are control, commitment and \_\_\_\_\_
22. \_\_\_\_\_ is the term used to describe the level of stress that is good for you.
23. \_\_\_\_\_ are abilities for adaptive and positive behaviour that enable individuals to deal effectively with the demands and challenges of everyday life.
24. Stress can affect natural killer cell \_\_\_\_\_, which is of major importance in the defense against various infections and cancer.

25. Your final exams are approaching soon. You are not prepared at all. Neither do you have notes nor do you know the portion. You plan to start studying on week prior the exam and are sure to complete the entire syllabus. Just on week before the exam your friends and you decide to go for a picnic to a water park. Unfortunately post your picnic to the water park you catch a cold, throat infection and fever. You are in no condition to even get up. This is an example of-

26. \_\_\_\_\_ is assessment of possible future damage that may be brought about by the event.

27. Ron lost his brother in an accident. Unable to get over the traumatic event he has been eating less nutritional food, increasing intake of stimulants such as caffeine and is excessively consuming cigarettes and alcohol. What kind of effect has this stressful event having on Ron?

28. Although Naomi has an assistant, she frequently feels like she wants to control all her projects at work. This results in her having too much work and increased stress. Which of the following problem-focused coping strategies would help her?

- a) Using supports to delegate work
- b) Increasing the amount of work she does using time management strategies
- c) Quitting her job and starting somewhere else
- d) Using avoidance to prevent doing so much work each day

#### Descriptive Questions:

1. "Stress is an integral part of our lives and has become a buzz word with every one living". Define stress and Quote various examples that have created stressful situations in your life. (At least three)
2. What is Eustress?
3. What is resilience and health?
4. Define Social Support. What are the ways in which it can be provided?
5. What is Hardiness and explain the stress resistant personality?
6. What is Psychoneuroimmunology?
7. Define the word Burn-out?
8. Explain the cognitive theory of stress appraisal
9. What are the various observable physical features during stress Explain?
10. What are the various psychological effects of stress on Human beings?
11. How is Eustress different from Distress?
12. According to Lazarus, "An individual's response to a stressful situation largely depends upon the perceived events and how they are interpreted". Comment
13. Her parents on having alcohol with her friends scolded Ashmita of 15yrs. She could not take it and ran away from home.
  - a) What is the coping strategy that Ashmita is using here?
  - b) Which strategy according to you is would be the best suited in dealing with such a situation?
  - c) What are the other strategies that Lazarus has given and how would these strategies help in such a situation?

14. How are social and psychological are related to each other? Give examples
15. "Examination stress can cause test anxiety which can adversely affect stress performance". Explain with help of examples.
16. Explain the techniques developed by Donald Meichenbaum in management of stress.
17. "While traveling in a train the passengers got to know that the engine has collapsed and the train is on fire. How does Selye's theory of bodily responses apply to this situation?
18. "Stress is an integral part of individual's living. Little bit of it is required to ignite an individual's performance." Comment.
19. Discuss the various factors that help in promoting positive health and well being.
20. "According to the various psychologists stress is generated by our own self in our minds. These are personal and unique to the person experiencing them."
  - a) Which kind of stress is being discussed here?
  - b) What are the various sources of such kind of stress? Give a detailed explanations with examples
21. "Resilience" has become a buzzword in today's life. Explain how it can be used to "bounce back" upon the stress one faces in daily life.
22. "Stress is a silent killer. It plays a significant role in deteriorating individual's health." Explain its adverse effects on the immune system with the help of a diagram.
23. With the help of a model, explain the various reactions that may take place due to stress?