



INDIAN SCHOOL AL WADI AL KABIR
DEPARTMENT OF PSYCHOLOGY (2026-27)
CLASS – XII
Chp 3: - MEETING LIFE CHALLENGES

1-MARK QUESTIONS

- Q1: The term "stress" originated from the Latin word _____ which means tight or narrow.
Q2: Stress can cause and be a result of various factors, leading to a reaction called _____.
Q3: _____ stress occurs due to overexertion, inadequate sleep, and an unbalanced diet.
Q4: _____ stress is subjective and generated by our minds, arising from frustration and conflicts.
Q5: The main stages of General Adaptation Syndrome (GAS) are Alarm Reaction, _____ and Exhaustion.
Q6: _____ techniques, like deep breathing and meditation, help calm the mind and relax the body.
Q7: Assertiveness enables confident expression of opinions, enhancing _____ skills.
Q8: Positive health refers to a state of complete physical, mental, emotional, _____ and spiritual well-being.
Q9: The immune system safeguards the body against internal and external threats and is adversely affected by high levels of _____.
Q10: Stress is a major contributing factor to health problems such as high blood pressure, diabetes, and _____.

Assertion and Reasoning Questions:

Q1: Assertion: Coping refers to a person's specific response to a situation

Reason: Coping strategies are fixed and universal for all individuals.

- (a) Both Assertion and Reason are true, and Reason is the correct explanation of Assertion.
(b) Both Assertion and Reason are true, but Reason is not the correct explanation of Assertion.
(c) Assertion is true, but Reason is false.
(d) Assertion is false, but Reason is true.

Q2: Assertion: Positive health is merely the absence of disease.

Reason: Positive health includes physical, mental, emotional, social, and spiritual well-being.

- (a) Both Assertion and Reason are true, and Reason is the correct explanation of Assertion.
(b) Both Assertion and Reason are true, but Reason is not the correct explanation of Assertion.
(c) Assertion is true, but Reason is false.
(d) Assertion is false, but Reason is true.

Q3: Assertion: Social stress arises from internal conflicts.

Reason: Social stress is subjective and related to interpersonal relationships.

- (a) Both Assertion and Reason are true, and Reason is the correct explanation of Assertion.

- (b) Both Assertion and Reason are true, but Reason is not the correct explanation of Assertion.
- (c) Assertion is true, but Reason is false.
- (d) Assertion is false, but Reason is true.

Q4: Assertion: Exercise strengthens the immune system and helps control body fat.

Reason: Exercise has no impact on the body's overall health.

- (a) Both Assertion and Reason are true, and Reason is the correct explanation of Assertion.
- (b) Both Assertion and Reason are true, but Reason is not the correct explanation of Assertion.
- (c) Assertion is true, but Reason is false.
- (d) Assertion is false, but Reason is true

2- MARK QUESTIONS

- Q1: Define stress according to Hans Selye.
- Q2: What are the two types of stress?
- Q3: Name one physiological effect of excessive stress.
- Q4: What does GAS stand for?
- Q5: What are the three stages of GAS?
- Q6: How does psychological stress differ from social stress?
- Q7: Mention the coping strategies proposed by Endler and Parker.
- Q8: What does Psychoneuroimmunology study?
- Q9: Name some lifestyle changes to reduce stress.
- Q10: What is the main aim of cognitive-behavioral techniques in stress management?

3- MARK QUESTIONS

- Q1: Explain the difference between eustress and distress.
- Q2: Describe the stages of the General Adaptation Syndrome (GAS) model.
- Q3: How does stress affect the immune system?
- Q4: Explain the impact of stress on psychological functioning.
- Q5: What are some lifestyle changes to reduce stress?
- Q6: Discuss the concept of positive health.
- Q7: Explain the coping strategies proposed by Lazarus and Folkman.

4- MARK QUESTIONS

- Q.1. What do you understand by stress resistant personality?
- Q.2. What are the various response styles to stress?
- Q.3. What are the various sources of stress?
- Q.4. What are the various factors that lead to examination anxiety?
- Discuss various strategies to overcome examination anxiety.
- Q.5. Discuss GAS model with the help of an example.
- Q.6. How is stress related to illness?
- Q.7. Discuss the relation of stress with lifestyle.
- Q.8. Discuss the role of social support on experience of stress.
- Q.9. How is resilience related to health?
- Q.10. How does stress affect the immune system ?

6- MARK QUESTIONS

Q1: Explain the Nature and Types of Stress.

Q2: Discuss the Effects of Stress on Psychological Functioning and Health.

Q3: Explain the General Adaptation Syndrome (GAS) model and its stages.

Q4: Examine Stress Management Techniques.