Which access method uses a “listen before sending” strategy?

Step 1: Explanation for option

Token passing is a channel access mechanism on a local area network in which a packet called a token is transmitted between nodes to authorise that node to interact. There is no pre-defined "master" node, unlike polling access methods.

Carrier Sense Multiple Access with Collision Detection (CSMA/CD) is a network protocol that operates at the Medium Access Control (MAC) layer for carrier transmission. When a collision is detected, the station pauses broadcasting, transmits a jam signal, and then waits a random amount of time before retransmitting.

the CSMA/CD procedure

Listen before sending

Detecting a collition

Jam signal and random back off

For token passing LANs, the Token Bus (IEEE 802.4) is a popular standard. The physical medium in a token bus LAN is a bus or a tree, and a logical ring is constructed using coaxial cable. The token is sequentially passed from one user to the next (clockwise or anticlockwise). According to the logical ring's sequence, each station knows the address of the station to its "left" and "right."

You can poll the network to get information from network devices that you can use to track their activities. In regards to polling the network. Network Manager polls the network by sending inquiries to the devices on the network on a regular basis.

Answer:

CSMA/CA

Step 3: Explanation for the answer

A device with a frame to send must listen before transmitting the frame using the CSMA/CD access technique. If a device detects a signal from another device, it will wait a specified amount of time before transmitting.