

Chapter 3
Meeting Life Challenges

Learning Objectives

This unit deals with the nature of stress and how responses to stress depend on an individual's appraisal of stressors. Strategies to cope with stress will also be dealt with.

PART A

(1 Mark)

1. The level of stress that helps a person to achieve better performance is called :
Eustress (b) Distress (c) Enuresis (d) Stress
2. According to the GAS model the sequence of three stages of the process of stress is
(a) resistance, exhaustion, alarm reaction
(b) alarm reaction, resistance, exhaustion
(c) resistance, alarm reaction, exhaustion,
(d) alarm reaction, exhaustion, resistance.
3. Which one of the following three characterize 'hardiness'.
(a) Challenge, Commitment and Consistency,
(b) Challenge, Control and Coping,
(c) Commitment, Control and Challenge
(d) Challenge, Commitment and Calmness
4. What is adaptation ?
5. What is adjustment ?
6. Which of the following are the side effects of tranquilizers ? 1- Mood swings, 2- dizziness, 3- reduced short term memory.
7. The production of ----- hormones increases under stress.
8. The study of links between the brain, mind and the immune system is known as _____
9. The maintenance of positive adjustment under challenging life condition is called _____
10. Frustration results from _____
11. The reaction of external stressors is called _____.
12. The cognitive theory of stress was proposed by _____.
13. _____ is the dynamic situation - specific reaction to stress.
14. The maintenance of positive adjustment under challenging life condition is called _____.
15. The cognitive theory of stress was proposed by _____.
16. The maintenance of positive adjustment under challenging life conditions is called _____.
17. Frustration, conflicts, internal and social pressures are sources of _____ kind of stress.
18. Poor concentration, and reduced short terms memory are effects of _____ stress.
19. Chronic fatigue, weakness, low energy, anxiety feeling and helplessness are symptoms of _____.
20. The Father of modern stress research is _____.

PART B

(2 Marks)

1. Define stress.

2. Differentiate between two types of coping responses.
3. What is task oriented coping?
4. How does frustration lead to stress?
5. Can everyday life events result in stress ?

PART C

(3 Marks)

1. Explain the nature of stress
2. What according to Lazarus are the two types of appraisals?
3. Differentiate between stress and strain.
4. Describe the source of stress.
5. Differentiate between adaptation and adjustment.
6. Explain the process of adjustment.
7. Identify the human strengths which have been found by positive psychologist.
8. Explain the process of adjustment.
9. Can stress effect our emotions and thinking ? Elaborate.
10. What suggestion will you give to your friend for developing adapting and positive behaviour. Explain using any two life skills.

PART D

(4 Marks)

1. Explain the effects of stress on psychological functioning and health.
2. Explain the psychological source of stress.
3. Explain GAS with help of a diagram.
4. Calling a friend and discussing problem is a coping technique. Identify this technique and compare it with other techniques.
5. State the characteristics of stress resistant personality.

PART E

(6 Marks)

1. Explain how life skills and can help meet life's challenges.
