



**NPTEL Online Certification Course**  
**Psychology of Stress, Health and Well-being**  
**Assignment Number 12 Detailed Solution**  
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1. 'Life has meaning under all circumstances, even the most miserable ones'. This statement is associated with.....
  - a. Cognitive therapy
  - b. Mindfulness based therapy
  - c. Behavioural therapy
  - d. **Logotherapy**
  
2. Mattering is connected to which of the following?
  - a. Coherence
  - b. Purpose
  - c. **Significance**
  - d. All of these
  
3. Which of the following is associated with George T. Doran?
  - a. Intrinsic goals
  - b. Extrinsic goals
  - c. **SMART goals**
  - d. Self-actualization
  
4. Coherence dimension of meaning in life is value neutral and-----
  - a. **Descriptive**
  - b. Normative
  - c. Evaluative
  - d. None of these
  
5. Victor Frankl argued that humans are characterized by.....
  - a. Will to self-actualization
  - b. **Will to meaning**
  - c. Will to achievement
  - d. Will to excel
  
6. According to research, which of the following dimensions of meaning in life may diminish death anxiety?
  - a. Coherence
  - b. Purpose
  - c. **Significance**
  - d. None of these

7. According to research, which of the following dimensions of meaning in life may minimize uncertainty in life?
  - a. **Coherence**
  - b. Purpose
  - c. Significance
  - d. None of these
  
8. -----are strongly shaped by cultural and societal beliefs and norms.
  - a. Intrinsic goals
  - b. **Extrinsic goals**
  - c. Both intrinsic and extrinsic goals
  - d. None of these

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1. "What a man can be, he must be" is associated with which of the following-
  - (a) Esteem need
  - (b) Love and belongingness need
  - (c) Physiological need
  - (d) Self-actualization need**
  
2. According to Carl Rogers, which of the following is an obstacle in achieving our 'real self'?
  - (a) Lack of desire
  - (b) Stuck in fulfilling lower needs
  - (c) Societal conditions of worth**
  - (d) None of these
  
3. According to Carl Rogers, inconsistency between our real self and ideal self creates.....
  - (a) Psychosis
  - (b) Neurosis**
  - (c) Organismic valuing
  - (d) None of these
  
4. A student completes assignment independently, but only because of fear of shaming self or because of guilt about consequences of not completing assignment. This is an example of.....type of extrinsic motivation
  - (a) External regulation
  - (b) Introjection**
  - (c) Identification
  - (d) Integration
  
5. ..... theory assumes that an extrinsic reward decreases intrinsic motivation when a person attributes his/her performance to the extrinsic reward.
  - (a) Cognitive evaluation theory
  - (b) Over-justification theory**

- (c) Self-determination theory  
(d) Theory of actualizing tendency
6. .... and ..... are more autonomous and internalized forms of extrinsic motivation.
- (a) Identification and integration  
(b) External and introjection  
(c) Identification and introjection  
(d) External and integration
7. The model of hierarchy of human needs is associated with.....
- (a) Sigmund Freud  
(b) Carl Rogers  
**(c) Abraham Maslow**  
(d) Both Carl Rogers and Abraham Maslow
8. The term “self-actualization” was first coined by?
- (a) Maslow  
(b) Rogers  
(c) **Kurt Goldstein**  
(d) Martin Seligman



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1. According to the VIA classification, the virtue of 'humanity' includes which of the following character strengths?
  - (a) Fairness
  - (b) Kindness**
  - (c) Creativity
  - (d) Modesty
  
2. Which of the following can promote cultivation of character strengths?
  - (a) Traumatic events
  - (b) Parenting
  - (c) Role models
  - (d) All of these**
  
3. Peterson and Seligman (2004) identified ..... character strengths and grouped them into ..... virtues
  - (a) 24, 6**
  - (b) 25, 6
  - (c) 24, 5
  - (d) 23, 6
  
4. The Gallup's Strengths Finder came up with ..... most prevalent talents/strengths displayed specifically in the work setting.
  - (a) 35
  - (b) 34**
  - (c) 30
  - (d) 24
  
5. According to Gallup's Strengths Finder, which of the following create a strength?
  - (a) Talent
  - (b) Skills
  - (c) Knowledge
  - (d) Skills and knowledge combined with talent**
  
6. Which of the following is associated with the following statement-'Top achievers fully recognize their talents and build on them to develop strengths'

- (a) Value in action classification of character strengths
  - (b) Gallup's Strengths Finder**
  - (c) Seligman's PERMA model
  - (d) Flow
7. Which of the following is NOT a dimension of Gallup's Strengths Finder classification
- (a) Executing
  - (b) Influencing
  - (c) Relationship building
  - (d) Creative thinking**
8. Autotelic Personality is associated with.....
- (a) Internal locus of control
  - (b) Resilience
  - (c) Flow**
  - (d) Psychological hardiness



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1. Which of the following attitudes are incompatible with gratitude
  - a. Perceptions of victimhood
  - b. An overemphasis on materialistic values
  - c. Envy and resentment
  - d. **All of these**
  
2. Natural selection favors kindness to those who might return a favor later. This is known as-----
  - a. Kin altruism
  - b. Mutualism
  - c. **Reciprocal altruism**
  - d. Competitive altruism
  
3. Which of the following statement is false?
  - a. Kindness leads you to perceive self and others more positively and more charitably.
  - b. Kindness can lead to a cascade of positive social consequences
  - c. Acts of kindness to others may distract people from their own troubles
  - d. **None of these**
  
4. Kindness satisfies basic human need for.....
  - a. **Relatedness**
  - b. Autonomy
  - c. Competence
  - d. None of these
  
5. From the psychological perspective, the social comparison theory was first proposed by psychologist.....
  - a. Carl Rogers
  - b. Anna Freud
  - c. Alfred Adler
  - d. **Leon Festinger**
  
6. Positive self-evaluation results from which of the following-
  - a. **Upward social comparison in assimilative manner**

- b. Upward social comparison in contrastive manner
  - c. Downward social comparison in Assimilative manner
  - d. None of these
7. Keeping a gratitude journal means-
- a. Expressing gratitude directly to others
  - b. Writing about things for which we are grateful**
  - c. Keeping and reading journal articles related to gratitude
  - d. All of these
8. Social comparison on social networking sites is **NOT** associated with negative emotional consequences when-
- a. Comparison is focused on opinions rather than ability
  - b. There is a downward social comparison
  - c. Assimilation to an upward comparison target
  - d. All of these**



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1. Certain types of activities are better for certain types of people for promoting well-being is referred to as-----
  - a. Varied nature
  - b. Person activity fit**
  - c. Hedonic Adaptation
  - d. Sustainable happiness
  
2. Hedonic adaptation is more likely to be ..... in case of negative experiences than positive experiences
  - a. Slower**
  - b. Faster
  - c. Demanding
  - d. Identical
  
3. According to the sustainable happiness model, hedonic adaptation is much weaker in case of intentional activities because intentional activities are.....
  - a. Episodic in nature
  - b. Varied in nature
  - c. Episodic and varied in nature**
  - d. None of these
  
4. Positive intentional activities enhances our happiness by.....
  - a. Increasing positive emotions
  - b. Increasing positive thoughts and behaviors
  - c. facilitating psychological need satisfaction
  - d. All of these**
  
5. ..... is assumed to be fixed, stable over time and immune to the influence of control:
  - a. Individual personal history
  - b. Genetic set point**
  - c. Cultural region of residence
  - d. Intentional activities
  
6. Which of the following are not part of the AREA model of hedonic adaptation?
  - a. Adapting
  - b. Attending
  - c. Reacting
  - d. Comparing**

7. According to Lyubomirsky & Layous (2013), which of the following factors may influence the success of positive intentional activities in enhancing happiness?
  - a. Characteristics of the activity
  - b. Characteristics of the person
  - c. person-activity fitness
  - d. **All of these**
  
8. ----- includes motivation towards achieving goals such as pursuing goals that are concordant with one's values and interests, maintaining hope and meaning in life etc.
  - a. Cognitive activity
  - b. Behavioural activity
  - c. **Volitional activity**
  - d. All of these

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1. The tendency to overestimate how much we will think about an event in the future and to underestimate the extent to which other events will influence our thoughts and feelings is called as-----:
  - a. **Focalism**
  - b. Decision making
  - c. Affective forecasting
  - d. Impact bias
  
2. According to Ruut Veenhoven's model of happiness, 'top experience' refers to:
  - a. **Passing satisfaction about life as a whole**
  - b. Enduring satisfaction with life as a whole
  - c. Passing satisfaction with a part of life
  - d. Enduring satisfaction with a part of life
  
3. The average happiness or life satisfaction is lowest in middle age (between 40-50 years of age) and then begins to recover and move up after that is known as-----
  - a. Easterlin's paradox
  - b. **Happiness U curve**
  - c. Theory of adaptation
  - d. Social comparison theory
  
4. People do not assess their life in isolation from all others rather they compare their income and achievements with a reference group. This is stated by:
  - a. Easterlin's paradox
  - b. Theory of Adaptation
  - c. **Social comparison theory**
  - d. None of these
  
5. Which of the following is a false statement in the context of positive emotions
  - a. Positive emotions enhance resilience
  - b. Positive emotions builds psychological resources
  - c. **Positive emotions can trigger a downward developmental spiral**
  - d. Positive emotions undo negative emotions
  
6. Which among the following is not a basic emotion in Ekman's classification?
  - a. Fear
  - b. Anger

- c. **Gratitude**
  - d. Sadness
7. Which of the following statements is false? As compared to negative emotions,
- a. Positive emotions are less studied emotions
  - b. **Positive emotions are more in number**
  - c. Positive emotions are less distinct
  - d. Positive emotions are difficult to define
8. Which of the following is an explanation of Easterlin's paradox?
- a. **Social comparison theory**
  - b. Happiness U curve
  - c. Focalism
  - d. Impact bias



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1. Which option is NOT a part of PERMA Model:
  - (a) Engagement
  - (b) Meaning
  - (c) Social Integration**
  - (d) Achievement
  
2. According to Keyes Model of Mental Health, there are .....factors and .....dimensions of mental health:
  - (a) 2 and 13
  - (b) 3 and 13**
  - (c) 4 and 15
  - (d) 3 and 15
  
3. Which of the following are used in measuring subjective well-being?
  - (a) Positive emotions
  - (b) Negative emotions
  - (c) Life satisfaction
  - (d) All of these**
  
4. Which of the following statement is true for Martin Seligman's model of flourish (PERMA)-
  - (a) It is a hedonic model of well-being.
  - (b) It is a eudaimonic model of well-being
  - (c) It is a combination of both hedonic and eudaimonic model of well-being**
  - (d) None of these
  
5. The state of .....is a combination of low levels of subjective well-being and low levels of psychological and social well-being.
  - (a) Flourishing
  - (b) Languishing**
  - (c) Thriving
  - (d) None of these
  
6. Social actualization: Believing people, groups, and society have potential and can evolve or grow positively is.....
  - (a) Self actualization
  - (b) Social actualization**
  - (c) Social acceptance

- (d) Social coherence
7. A person high in.....is interested in society and social life and finds them meaningful and somewhat intelligible.
- (a) **Social coherence**
- (b) Social actualization
- (c) Social acceptance
- (d) None of these
8. Engagement refers to:
- (a) Identifying and improving problems in existing social network
- (b) Altruistic or volunteer work
- (c) Setting goals by assessing your talents and skills
- (d) It is about finding flow experience.**



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1. Shallow, slow breathing is also known as.....
  - a. Diaphragmatic breathing
  - b. Thoracic breathing**
  - c. Abdominal breathing
  - d. None of these
  
2. Which of the following is true for deep and slow breathing?
  - a. It increases sympathetic nervous system
  - b. It increases parasympathetic nervous system**
  - c. It increases both sympathetic and parasympathetic nervous system
  - d. None of these
  
3. In Elli's ABC model, A stands for.....
  - a. Antecedents
  - b. Activating events**
  - c. Analysis
  - d. Anticipation
  
4. Who among the following based his theory based on the idea of "you feel the way you think"?
  - a. Sigmund Freud
  - b. Abraham Maslow
  - c. Carl Rogers
  - d. Albert Ellis**
  
5. Words or actions that make a person feel cared about and understood fall under:
  - a. Tangible support
  - b. Emotional support**
  - c. Invisible support
  - d. Informational support
  
6. ....predicts that the social support is generally beneficial in all the time
  - a. Buffering hypothesis
  - b. Direct hypothesis**
  - c. Mediating hypothesis
  - d. Moderating hypothesis

7. Which of the following components of mindfulness was proposed by Shapiro and her colleagues (2006)
  - a. Intention
  - b. Attention
  - c. Attitude
  - d. **All of these**
  
8. Kabat - Zinn defined..... as “Paying attention in a particular way: on purpose, in the present moment, and non-judgmentally”
  - a. Relaxation
  - b. Concentrative Meditation
  - c. **Mindfulness**
  - d. All of these

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**Assignment 4**

(1) Elephant trainers chain young elephants to strong poles that they cannot break free from.

When the elephants grow up they do not try to move when chained even though they are stronger and are capable of breaking free. This is an example of –

- (a) Procrastination
- (b) Self-blame
- (c) Learned Helplessness**
- (d) Operant Conditioning

(2) Rekha is conscious about her weight. When attending a party, she constantly points out overweight individuals to her husband. What type of defense mechanism is this?

- (a) Displacement
- (b) Denial
- (c) Suppression
- (d) Projection**

(3) In Freud's theory, .....resorts to defense mechanisms by distorting reality.

- (a) ID
- (b) Ego**
- (c) Super-ego
- (d) All of these

(4) Physical exercise reduces stress and anxiety by giving a break from whatever is causing an individual problems or worry. This is called as .....hypothesis

**(a) Time out**

(b) Time break

(c) Relaxation

(d) None of these

(5) When an adult respond to a frustration by crying or throwing tantrums, he/she is using..... defense mechanism.

(a) Denial

(b) Displacement

(c) Projection

**(d) Regression**

(6) Which of the following statements is NOT a characteristic of defense mechanisms

**(a) Defense mechanisms are conscious mental processes.**

(b) Defense mechanisms help us to manage instincts and affect.

(c) Defense mechanisms can be adaptive as well as pathological

(d) There are varieties of defense mechanisms

(7) Exercise is an effective stress reduction technique because –

(a) It keeps us distracted

(b) It releases endorphins

(c) It reduces stress hormones

**(d) All of these**

- (8) In Freud's theory, super-ego operates on .....principle.
- (a) Pleasure
  - (b) Reality
  - (c) Moral**
  - (d) All of these



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**Assignment 3**

- (1) Post traumatic growth means that the individual
- (a) Has returned to his/her previous level of functioning prior to the trauma
  - (b) Has no distress regarding the trauma
  - (c) Has strengthened their core beliefs that were threatened by the trauma
  - (d) **Has experienced improvement that is deeply significant and profound**
- (2) Janoff-Bulman (2004) proposed which of the following explanatory model of posttraumatic growth?
- (a) **Strengths through suffering**
  - (b) Functional descriptive model
  - (c) Organismic valuing theory
  - (d) All of these
- (3) According to the functional descriptive model, which of the following factors facilitate posttraumatic growth?
- (a) Self-disclosure
  - (b) Social support
  - (c) Rumination
  - (d) **All of these**
- (4) The organismic valuing theory of growth through adversity is based on the.....school of psychology
- (a) Cognitive
  - (b) Behavioral
  - (c) Psychodynamic
  - (d) **Humanistic**

(5) External locus of control has been associated with.....coping strategies

(a) Help seeking

**(b) Avoidance**

(c) Positive thinking

(d) All of these

(6) Research shows that reports of posttraumatic growth can be subsumed under.....dimensions

(a) 2

(b) 4

**(c) 5**

(d) 6

(7) According to the Weiner's model of attributions, 'hard work' is an example of-----

(a) Internal, stable, controllable

**(b) Internal, unstable, controllable**

(c) Internal, stable, uncontrollable

(d) External, unstable, controllable

(8) According to the Weiner's model of attributions, 'ability' is an example of-----

(a) Internal, stable, controllable

(b) Internal, unstable, controllable

**(c) Internal, stable, uncontrollable**

(d) External, unstable, controllable



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**Assignment 2**

(1) Walter Canon used.....to means the maintenance of a constant inner condition.

- (a) Dynamic equilibrium
- (b) Homeostasis**
- (c) Adaptation
- (d) Adjustment

(2) Stress affects health through which of the pathway?

- (a) Sympathetic nervous system
- (b) Neuroendocrine response
- (c) Changes in the behavioral responses such as smoking
- (d) All the above**

(3) Who discovered that immune system can be classically conditioned?

- (a) Freud
- (b) Folkman and Lazarus
- (c) Ader and Cohen**
- (d) Hans Selye

(4) Dhabhar and McEwen (1997, 2001) proposed a .....which takes account of type of stress (acute or chronic) and their effect on immune response.

- (a) Biphasic model**
- (b) General adaptation syndrome
- (c) Multiphasic model
- (d) Stress appraisal model

(5) Which of the following is NOT a direct symptom of PTSD?

- (a) Re-experiencing of traumatic events
- (b) Avoidance of trauma related stimuli
- (c) Hallucinations**
- (d) Trauma related arousal

6) In addition to core PTSD symptoms, complex-PTSD may include

- (a) Re-experiencing of traumatic events
- (b) Avoidance of trauma related stimuli
- (c) Disturbances in self-identity**
- (d) Trauma related arousal

(7) -----diseases are physical diseases that are caused or deteriorated by mental factors

- (a) Psychosomatic diseases**
- (b) Somatic diseases
- (c) Mental disorders
- (d) None of the above

(8) According to the recent research, which of the following traits of Type A individuals is more strongly connected to cardiovascular diseases?

- (a) Extreme self-criticism
- (b) Suppressed anger/hostility**
- (c) Excessive competitiveness
- (d) Time urgency and compulsion for multi-tasking



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**Assignment 1**

- (1) Which among the following statement is false?
- (a) **Stress is not influenced by culture**
  - (b) Stress is subjective
  - (c) Stress may have spillover effect
  - (d) Stress may be contagious
- (2) Which of the following is an example of acute stress?
- (a) An unhappy marriage
  - (b) **Making a presentation before a roomful of people**
  - (c) Poverty
  - (d) None of these
- (3) The Fight-or-Flight Response reaction occurs in the
- (a) Sympathetic & Parasympathetic nervous system
  - (b) **Sympathetic nervous system which is a subset of the Autonomic nervous system**
  - (c) Parasympathetic nervous system which is a subset of the Autonomic nervous system
  - (d) None of these
- (4) When danger or stress is perceived/experienced ..... .this response occurs in the body
- (a) Exhaustion
  - (b) Resistance
  - (c) **Fight-or-flight**
  - (d) None

(5) Holmes and Rahe's Social Readjustment Rating Scale (SRRS) includes

- (a) Only negative social events like Divorce, Death of family members etc.
- (b) Only positive social events like Marriage, Vacations etc.
- (c) Both positive and negative social events**
- (d) None of these

(6) Adrenal cortex secretes.....hormone.

(a) Epinephrine

(b) Nor-epinephrine

(c) Adrenaline

**(d) Cortisol**

(7) John is experiencing high stress in his job. Consequently, he is having frequent episodes of fight and conflicts with his spouse at home. This is an example of.....

**(a) Stress spillover effect**

(b) Stress contagion

(c) Stress additive effect

(d) Stress cumulative effect

(8) Which of the following is associated with chronic stress?

(a) It adversely influences pre-frontal cortex

(b) It adversely influences hippocampus

(c) It can disrupt synaptic regulation

**(d) All of these**