1 a

To show that A $\leq_P$ B, one gives a function f that always runs in polynomial time such that $w \in A$ iff $f(w) \in B$ for any $w \in \sum *$.

2 b

For this exercise, I will consider the set of all cnf formulas as the alphabet. Define f in the following way:
On input ϕ:
Add a fresh variable y.
Add two new clauses to ϕ: 1 containing only literal y and 1 containing only literal $\bar{y}$.
Return the modified ϕ.
Trivially, f will run in polynomial time. To prove that this reduction works, consider an arbitrary cnf formula ϕ and its corresponding $f(\phi)$. For any assignment of truth values, $f(\phi)$ will have one extra clause evaluating to true and one extra clause evaluating to false, namely the y and $\bar{y}$ clause (not necessarily respectively). So $f(\phi)$ will always have at least 1 clause evaluating to false and it will have exactly 1 clause evaluating to false iff ϕ has none.
This proves that the reduction works and thus cSAT $\leq_P$ PREsSAT.