

NAME: _____

DATE: _____

Pretest: Understanding Stress and Coping

Instructions: Answer the following questions based on your understanding of stress, coping mechanisms, and related concepts from Chapter 14 - Taking Charge of One's Health.

1. What is stress?

- a) A pleasant feeling
- b) A person's response to events that threaten them
- c) A psychological disorder
- d) None of the above

2. Which of the following is NOT a physical effect of stress?

- a) Increased heart rate
- b) Dilated blood vessels
- c) Stronger contraction of the heart muscle
- d) Reduced respiration rate

3. What subfield of psychology focuses on stress and its impact on health?

- a) Clinical psychology
- b) Cognitive psychology
- c) Health psychology
- d) Developmental psychology

4. What are some common stressors for students?

- a) Deadline of projects or exams
- b) Family problems
- c) Peer pressure
- d) All of the above

5. According to Selye (1926), stress is the body's non-specific response to what?

- a) Exercise
- b) Demands placed upon it
- c) Sleep
- d) Nutrition

6. What cultural concept involves Filipinos coping with stress through endurance?

- a) Bahala na
- b) Tiis
- c) Hiya
- d) Pakikisama

7. What is self-compassion NOT characterized by?

- a) Self-kindness
- b) Common humanity
- c) Mindfulness
- d) Self-pity

8. Which of the following is a benefit of self-compassion?

- a) Increased self-pity
- b) Enhanced motivation
- c) Increased self-indulgence
- d) Reduced interpersonal relationships

9. Self-compassion involves acknowledging problems and shortcomings without what?

- a) Judgment
- b) Stress
- c) Anxiety
- d) Fear

10. How can culture influence stress and coping?

- a) By providing universal coping strategies
- b) By influencing personal and environmental systems
- c) By eliminating stressors
- d) By standardizing stress responses

Send the file to this link:

<https://drive.google.com/drive/folders/1lasoqZRslryEVxgBSKu43BQ5d1NLvfKj?usp=sharing>