



**Based on
NEP 2020**

CHHATRAPATI SHAHU JI MAHARAJ UNIVERSITY, KANPUR



M.A. IV SEM

PSYCHOLOGY OF STRESS AND COPING STRATEGY



Dr. Shikha Verma

KANPUR UNIVERSITY'S

QUESTION BANK

- 400+ MCQs
- Brief and Intensive Notes

NEP-2020 SYLLABUS

Course Code: A0910008T	COURSE TITLE: PSYCHOLOGY OF STRESS AND COPING STRATEGY
UNITS	TOPICS
I	The Nature of Stress and Health: Lazarus and Folkman's transactional model; Eastern/Oriental conceptualization stress; sources/types of stress; life events stress; worksite/organizational/Executive stress; Examination stress; Gender and stress.
II	Behavioral and physical symptoms. Burnout stress syndrome (BOSS). Anxiety, and depression as emotional vital signs of mental health: their nature and management.
III	What is coping? Socio-demographic: (e.g., socio-economic status, gender), personality (e.g., type A behavior pattern), and coping strategies (problem-focused and emotion-focused), as moderators of the relationship of stress and health/well-being.
IV	Social Resources: social, family, peer, and supervisory support and their appraisals as moderators of relationship of stress and health/well-being.
V	Managing/Coping with Stress: Self-Management via Increasing Self-Awareness. Yogic meditation; Buddhist Vipassana; bio-feedback; assertiveness training; time management. Coping with organizational role stress. Coping with mergers and acquisitions and dealing with dual-career relationships.

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UNIT:1	<i>The Nature of Stress and Health: Lazarus and Folkman's transactional model; Eastern/Oriental conceptualization stress; sources/types of stress; life events stress; worksite/organizational/Executive stress; Examination stress; Gender and stress.</i>
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1.1 Stress—a type of response—consists of the tension, discomfort, or physical symptoms that arise when a situation, called a stressor—a stimulus in the environment—strains our ability to cope effectively. A traumatic event is a stressor that's so severe it can produce long-term psychological or health consequences.

Stress is a complex and multifaceted phenomenon that can have significant impacts on an individual's physical, emotional, and mental well-being. Stress is a complex and individualized experience that can have a significant impact on health and well-being. It is important for individuals to recognize their sources of stress, develop effective coping strategies, and seek support when needed to manage and reduce the negative effects of stress on their health.

1.2 Health is a state of physical, mental, and social well-being in which an individual is free from illness, injury, or disease. It is not merely the absence of illness, but a holistic state of balance and harmony within the body and mind. Health encompasses various aspects such as nutrition, exercise, sleep, stress management, and social connections. It is a dynamic and ever-changing state that requires continuous effort and attention to maintain. Good health allows individuals to live a fulfilling and active life, enabling them to pursue their goals and aspirations with vitality and resilience.

1.3 Lazarus and Folkman's transactional model of stress suggests that stress is a result of the interaction between an individual and their environment. According to this model, stress occurs when an individual perceives a situation as threatening or challenging and believes that they do not have the resources to cope with it effectively.

The key components of the transactional model include:

- 1. Primary Appraisal:** This is the initial evaluation of a situation to determine whether it is relevant to one's well-being. Individuals assess whether a situation is threatening, challenging, or irrelevant.
- 2. Secondary Appraisal:** After the primary appraisal, individuals assess their coping resources and options for dealing with the stressor. This involves evaluating one's ability to cope with the situation and the potential outcomes of different coping strategies.
- 3. Coping Strategies:** Based on the primary and secondary appraisals, individuals choose coping strategies to manage the stressor. Coping strategies can be problem-focused (aimed at changing the situation) or emotion-focused (aimed at managing emotions).
- 4. Reappraisal:** Throughout the stress process, individuals may engage in ongoing appraisals and adjustments to their coping strategies based on new information or changes in the situation.

The transactional model emphasizes the dynamic nature of stress and coping,

highlighting that individuals play an active role in how they perceive and respond to stressors. It also recognizes that coping strategies can influence the overall stress experience and outcomes.

Overall, Lazarus and Folkman's transactional model provides a comprehensive framework for understanding the complex interplay between individuals and their environment in the stress and coping process.

1.4 In Eastern and Oriental conceptualizations of stress, there is a focus on the interconnectedness of the mind, body, and spirit. Practices such as meditation, yoga, and acupuncture are often used to help individuals manage stress and promote overall well-being.

In Eastern and Oriental cultures, stress is often seen as a disruption of the balance and harmony within the individual. This imbalance can manifest in physical, mental, and emotional symptoms. The approach to managing stress in these traditions involves addressing the root causes of the imbalance and restoring harmony to the mind, body, and spirit.

Meditation is a key practice in Eastern and Oriental traditions for managing stress. By quieting the mind and focusing on the present moment, individuals can reduce anxiety and promote relaxation. Yoga, with its combination of physical postures, breathing exercises, and meditation, is also effective in reducing stress and promoting overall well-being.

Acupuncture, a traditional Chinese medicine practice, involves the insertion of thin needles into specific points on the body to restore the flow of energy, or qi. This can help alleviate physical and emotional symptoms of stress by rebalancing the body's energy.

In these traditions, the mind, body, and spirit are seen as interconnected, and addressing stress involves treating the whole person rather than just the symptoms. By incorporating practices that promote relaxation, mindfulness, and balance, individuals can effectively manage stress and improve their overall well-being.

1.5 Sources of stress can vary widely and may include both external factors, such as major life events, work-related stress, and environmental stressors, as well as internal factors, such as personal beliefs, attitudes, and coping strategies.

- **Life events stress refers** to the various stressful events or experiences that individuals may encounter throughout their lives. These events can range from major life changes such as marriage, divorce, job loss, or the death of a loved one, to more everyday stressors like moving to a new home, starting a new job, or experiencing financial difficulties.

Measuring life events stress typically involves using standardized assessment tools or questionnaires that ask individuals to report on the occurrence and impact of specific life events over a defined period of time. One of the most commonly used tools for measuring life events stress is the Holmes and Rahe Stress Scale, which assigns a numerical value to different life events based on their perceived impact on stress levels. Individuals are typically asked to indicate whether they have experienced a list of specific life events

within a certain timeframe, and to rate the perceived impact of each event on their stress levels. The total score is then calculated based on the cumulative impact of all reported events, with higher scores indicating higher levels of life events stress.

It is important to note that while these tools can provide valuable insights into the sources and levels of stress in an individual's life, they are not exhaustive and may not capture all relevant stressors. Additionally, the interpretation of scores should take into account individual differences in coping mechanisms, resilience, and other factors that can influence how individuals respond to stressful events.

- **Worksite, organizational, and executive stress are types of stress** that can result from the demands and pressures of the workplace. Stress experienced by employees at their workplace, within the organization, or by executives in leadership positions. This type of stress can be caused by various factors such as high workloads, tight deadlines, lack of support, poor communication, job insecurity, conflicts with colleagues, and pressure to meet performance targets.

Measuring worksite, organizational, and executive stress is important for identifying potential issues and implementing strategies to address them. Here are some common methods used to measure this type of stress:

1. **Surveys and questionnaires:** Organizations can use surveys and questionnaires to gather information from employees about their levels of stress, the factors contributing to it, and its impact on their well-being and performance. These surveys can include questions about workload, job satisfaction, work-life balance, and perceived organizational support.
2. **Interviews and focus groups:** Conducting interviews and focus groups with employees and executives can provide more in-depth insights into the sources of stress within the organization. This qualitative approach allows for a deeper understanding of individual experiences and perceptions of stress.
3. **Absenteeism and turnover rates:** Monitoring absenteeism and turnover rates can also be an indicator of worksite and organizational stress. High levels of absenteeism and turnover may suggest that employees are experiencing high levels of stress and dissatisfaction at work.
4. **Health and well-being assessments:** Organizations can track employees' physical and mental health indicators, such as blood pressure, heart rate, and stress-related symptoms, to assess the impact of worksite stress on their well-being. Employee assistance programs and wellness initiatives can also be used to support employees in managing stress.
5. **Performance metrics:** Monitoring key performance indicators and productivity levels can help organizations understand the impact of stress on employee performance. Decreases in productivity, quality of work, and customer satisfaction may indicate that stress is affecting employees' ability to perform effectively.

By using a combination of these methods, organizations can gain a comprehensive

understanding of worksite, organizational, and executive stress and develop targeted interventions to address these issues and create a healthier and more productive work environment.

- **Examination stress** refers to the psychological and physical strain experienced by individuals when preparing for and taking exams. This type of stress can be triggered by various factors, including the pressure to perform well, fear of failure, lack of preparation, and high expectations from oneself or others.

Measuring examination stress can be done through various methods, including self-report questionnaires, physiological measures, and behavioral observations. Self-report questionnaires typically involve individuals rating their stress levels and symptoms related to exam preparation and performance. Physiological measures, such as heart rate variability, cortisol levels, and blood pressure, can also be used to assess the body's response to stress. Behavioral observations may involve monitoring changes in behavior, such as increased irritability, difficulty concentrating, or changes in eating or sleeping patterns.

It is important to measure examination stress to understand its impact on individuals' well-being and academic performance. By identifying the sources and levels of stress, appropriate interventions and support can be provided to help individuals cope with and manage examination stress effectively.

1.6 There are several types of stress that individuals may experience. Some common types of stress include:

- 1. Acute stress:** This type of stress is short-term and is often triggered by a specific event or situation. It can be intense but typically resolves once the stressor is removed or the situation is resolved.
- 2. Chronic stress:** Chronic stress is long-term and ongoing, often resulting from persistent challenges or difficulties in life. This type of stress can have a significant impact on physical and mental health if not properly managed.
- 3. Environmental stress:** Environmental stressors are external factors in a person's surroundings that can contribute to stress, such as noise, pollution, or overcrowding.
- 4. Work-related stress:** Work-related stress can result from job demands, long hours, conflicts with coworkers or supervisors, or a lack of control over one's work environment.
- 5. Relationship stress:** Relationship stress can arise from conflicts with family members, friends, romantic partners, or colleagues. This type of stress can be particularly challenging as it involves interpersonal dynamics and emotions.
- 6. Financial stress:** Financial stress can result from concerns about money, debt, job security, or financial instability. This type of stress can have a significant impact on overall well-being and quality of life.

7. Traumatic stress: Traumatic stress occurs in response to a traumatic event, such as a natural disaster, accident, or violence. It can have long-lasting effects on mental health and may require professional intervention to address.

These are just a few examples of the types of stress that individuals may experience. It's important to recognize the sources of stress in your life and develop healthy coping strategies to manage and reduce its impact.

1.7 Gender can also play a role in how individuals experience and cope with stress. Research has shown that there are differences in how men and women perceive and cope with stress.

In general, women tend to report higher levels of stress compared to men. This may be due to a variety of factors, including societal expectations, biological differences, and coping mechanisms. Women often face unique stressors related to gender roles, such as balancing work and family responsibilities, experiencing discrimination or harassment, and managing societal pressures related to appearance and relationships.

Men, on the other hand, may be more likely to internalize stress and may be less likely to seek help or talk about their feelings. This can lead to higher levels of stress-related health issues in men, such as heart disease and substance abuse.

It's important to recognize that individuals are unique and may respond to stress differently regardless of gender. It's also important to consider the intersectionality of gender with other factors, such as race, ethnicity, sexual orientation, and socioeconomic status, which can all influence how individuals experience and cope with stress.

Gender and stress can be interconnected in various ways. Here are some key points to consider:

1. Gender Differences in Stress Response: Research has shown that men and women may respond differently to stress. Women tend to have a "tend-and-befriend" response, seeking social support and nurturing behaviors when stressed, while men may exhibit a "fight-or-flight" response, focusing on problem-solving and physical activity.

2. Gender Roles and Expectations: Societal norms and expectations around gender can influence how individuals experience and cope with stress. For example, traditional gender roles may place pressure on men to be stoic and self-reliant, which can impact how they express and manage stress.

3. Work and Family Stress: Gender can also play a role in the sources of stress that individuals experience. Women, for example, may face additional stress related to balancing work and family responsibilities, as well as societal expectations around caregiving and household duties.

4. Coping Strategies: Gender can influence the coping strategies that individuals use to manage stress. Women may be more likely to seek social support and engage in emotional expression, while men may be more inclined to use problem-solving approaches or avoidant coping strategies.

5. Health Implications: Chronic stress can have negative impacts on physical and mental health. Gender differences in stress response and coping strategies may contribute

to variations in health outcomes between men and women.

Overall, understanding the intersection of gender and stress can help individuals and healthcare providers develop more tailored and effective strategies for managing stress and promoting overall well-being.

Multiple Choices Questions

1. Stressors are more likely to affect health if they are which of the following?

- 2. Long lasting
- A. Highly disruptive
- B. Difficult to control
- C. All of the above

Answer: D

2. Symptoms such as moodiness, hostility, and fearfulness are signs that stress is effecting the

- A. Body
- B. Mind
- C. Emotions
- D. Behavior

Answer: C

3. Which of the following causes stress?

- A. Illness
- B. Academic Demands
- C. Loss of a family member
- D. All of the above

Answer: D

4. Which of the following are the basic sources of stress

- A. Social Stressors
- B. Physiological
- C. Thoughts
- D. d. All of the above

Answer: D

5. Examples of environmental stressors are

- A. Weather
- B. Traffic
- C. Substandard housing
- D. All of the above

Answer: D

6. Examples of social stressors are

- A. Financial problems
- B. Divorce
- C. Loss of a loved one

D. All of the above

Answer: D

7. Examples of physiological stressors are

A. Menopause

B. Giving birth

C. Sleep disturbances

D. All of the above

Answer: D

8. The following are the characteristics of Positive Stress

A. It improves performance

B. It feels exciting

C. It motivates

D. All of the above

Answer: D

9. The following are the characteristics of Negative Stress

A. It causes anxiety

B. It feels unpleasant

C. It decreases performance

D. All of the above

Answer: D

10. Which of the following statements is true

A. Positive stress is short-term

B. Negative stress can be short or long-term

C. Negative stress can lead to mental as well as physical problems

D. Negative stress is perceived within our coping abilities

Answer: D

11. The following are the examples of negative stressors

A. Unemployment

B. Legal problems

C. Divorce

D. All of the above

Answer: D

12. The following are the examples of positive stressors

A. New job

B. Having a child

C. Buying a home

D. All of the above

Answer: D

13. Which of the following statements is true

- A. Habitual behavior patterns like over scheduling, procrastination, etc. Can cause negative stress
- B. Thoughts like fear, worrying about future etc. can cause negative stress
- C. Both '1' & '2' are true
- D. None of the above

Answer: C

14. Which of the following are the physical symptoms of anxiety

- A. Racing heart
- B. Sweaty palms
- C. Flushed cheeks
- D. All of the above

Answer: D

15. What are the behavioral reactions to anxiety

- A. Avoiding situation where there are chances of experiencing anxiety
- B. Escaping situations when feelings of anxiety begin
- C. Both '1' and '2' are true
- D. None of the above

Answer: C

16. Anxiety can cause the following moods

- A. Irritable
- B. Panicky
- C. Anxious
- D. All of the above

Answer: D

17. What thoughts come to the mind when you're under negative stress?

- A. You think that you can cope with the situation
- B. You think that you cannot cope with the situation
- C. You think that everything will get fine eventually
- D. You think that you will get help immediately

Answer: B

18. The symptoms of stress can be divided in to the following categories

- A. Cognitive
- B. Emotional
- C. Physical
- D. All of the above

Answer: D

19. Which of the following statements is true

- A. Moodiness is a cognitive symptom of stress
- B. Moodiness is an emotional symptom of stress
- C. Poor judgment is an emotional symptom of stress

D. Agitation is cognitive symptom of stress

Answer: B

20. The following are true about the behavioral symptoms of stress

- A. The subject's starts eating more or less
- B. The subject starts sleeping more or less
- C. The subject isolates himself/herself from others
- D. All of the above

Answer: D

21. Aches, shallow breathing and sweating, frequent colds are

- A. Physical symptoms of stress
- B. Behavioral symptoms of stress
- C. Emotional symptoms of stress
- D. Cognitive symptoms of stress

Answer: A

22. Individuals assess whether a situation is threatening, challenging, or irrelevant

- A. Primary Appraisal
- B. Secondary Appraisal
- C. Coping Strategies
- D. Reappraisal

Answer: A

23. Individuals evaluating one's ability to cope with the situation and the potential outcomes of different coping strategies

- A. Secondary Appraisal
- B. Primary Appraisal
- C. Coping Strategies
- D. Reappraisal

Answer: B

24. Which model provides a comprehensive framework for understanding the complex interplay between individuals and their environment in the stress and coping process.

- A. Lazarus and Folkman's transactional model
- B. Hans Selye
- C. Holmes and Rahe
- D. None of the above

Answer: D

25. Throughout the stress process, individuals may engage in ongoing appraisals and adjustments to their coping strategies based on new information or changes in the situation.

- A. Primary Appraisal
- B. Secondary Appraisal
- C. Coping Strategies

D. Reappraisal

Answer: D

26. Which is a focus on the interconnectedness of the mind, body, and spirit.

- A. Eastern conceptualizations
- B. Oriental conceptualizations
- C. Both A and B
- D. None of the above

Answer: C

27. Which is a key practice in Eastern and Oriental traditions for managing stress.

- A. Meditation
- B. Yoga
- C. breathing exercises
- D. All of the above

Answer: D

28. Acupuncture, a traditional medicine practice of

- A. Chinese
- B. Indian
- C. Ayurveda
- D. Physical therapy

Answer: A

29. One of the most commonly used tools for measuring life events stress is

- A. Lazarus and Folkman's transactional model
- B. Hans Selye
- C. Holmes and Rahe
- D. None of the above

Answer: C

30. Workloads, tight deadlines, lack of support, poor communication, job insecurity, conflicts with colleagues, and pressure to meet performance targets related to

- A. Worksite
- B. Organizational
- C. Executive stress
- D. All of the above

Answer: D

31. How to measure worksite, organizational and executive stress

- A. Surveys and questionnaires
- B. Interviews and focus groups
- C. Absenteeism and turnover rates
- D. All of the above

Answer: D

32. The psychological and physical strain experienced by individuals when preparing for and taking exams refer to

- A. Examination stress
- B. Worksite
- C. Organizational
- D. Executive stress

Answer: A

33. What is stress?

- A. A state of relaxation
- B. A natural response to a perceived threat or challenge
- C. A form of meditation
- D. A state of boredom

Answer: B

34. What are common physical symptoms of stress?

- A. Increased energy levels
- B. Headaches and migraines
- C. Improved digestion
- D. Clear and focused thinking

Answer: B

35. Which of the following is a potential cause of stress?

- A. Having a balanced lifestyle
- B. Engaging in regular exercise
- C. Financial difficulties
- D. Maintaining strong social connections

Answer: C

36. How does chronic stress differ from acute stress?

- A. Chronic stress is short-term, while acute stress is long-term.
- B. Chronic stress is a response to a specific event, while acute stress is ongoing.
- C. Chronic stress lasts for an extended period, while acute stress is temporary.
- D. Chronic stress is beneficial, while acute stress is harmful.

Answer: C

36. Which coping strategy involves avoiding or ignoring stressful situations?

- A. Problem-solving
- B. Social support
- C. Emotional release
- D. Avoidance

Answer: D

37. What is the term for a stress management technique that involves consciously focusing attention on the present moment?

- A. Procrastination

- B. Mindfulness
- C. Self-criticism
- D. Overthinking

Answer: B

38. How does exercise help in managing stress?

- A. It increases stress levels
- B. It promotes relaxation and releases endorphins
- C. It worsens physical symptoms of stress
- D. It has no impact on stress levels

Answer: B

39. Which of the following is an effective way to manage stress?

- A. Ignoring stress and hoping it goes away
- B. Isolating oneself from social support
- C. Engaging in hobbies and enjoyable activities
- D. Consuming excessive amounts of caffeine

Answer: C

40. What is the term for the body's physiological response to stress, involving the release of hormones like cortisol and adrenaline?

- A. Relaxation response
- B. Fight-or-flight response
- C. Resilience response
- D. Coping response

Answer: B

41. How can social support help in managing stress?

- A. By increasing feelings of isolation and loneliness
- B. By providing a sense of belonging and understanding
- C. By exacerbating stress levels
- D. By creating more stress through conflicts and disagreements

Answer: B

42. What is the term for stress resulting from excessive work demands and pressures?

- A. Academic stress
- B. Relationship stress
- C. Burnout
- D. Financial stress

Answer: C

43. Which of the following is an example of an unhealthy coping mechanism for stress?

- A. Engaging in physical exercise
- B. Seeking social support
- C. Smoking or excessive alcohol consumption
- D. Practicing deep breathing techniques

Answer: C

43. How can deep breathing exercises help in managing stress?

- A. By increasing heart rate and blood pressure
- B. By promoting relaxation and reducing anxiety
- C. By worsening symptoms of stress
- D. By distracting from stressors

Answer: B

44. What is the term for a state of emotional, physical, and mental exhaustion caused by prolonged stress?

- A. Anxiety
- B. Depression
- C. Fatigue
- D. Burnout

Answer: D

45. Which of the following is a common symptom of burnout?

- A. Increased motivation and productivity
- B. Decreased energy and motivation
- C. Improved sleep quality
- D. Enhanced concentration and focus

Answer: B

46. How can time management help in reducing stress?

- A. By increasing workload and responsibilities
- B. By providing structure and organization
- C. By promoting procrastination and disorganization
- D. By reducing productivity and efficiency

Answer: B

47. What is the term for a coping strategy that involves seeking advice, encouragement, or assistance from others?

- A. Problem-solving
- B. Social support
- C. Distraction
- D. Avoidance

Answer: B

48. How does chronic stress affect the immune system?

- A. It strengthens the immune response
- B. It has no impact on the immune system
- C. It weakens the immune response
- D. It alters the body's sleep patterns

Answer: C

49. What is the term for stress resulting from difficulties in interpersonal relationships?

- A. Work stress
- B. Academic stress
- C. Relationship stress
- D. Financial stress

Answer: C

50. Which coping strategy involves reframing negative thoughts and focusing on positive aspects of a situation?

- A. Emotional release
- B. Problem-solving
- C. Positive reframing
- D. Avoidance

Answer: C

51. What is the term for stress resulting from financial difficulties and pressures?

- A. Work stress
- B. Academic stress
- C. Relationship stress
- D. Financial stress

Answer: D

52. How can maintaining a healthy lifestyle contribute to stress management?

- A. By increasing stress levels
- B. By promoting relaxation and overall well-being
- C. By worsening physical symptoms of stress
- D. By interfering with daily routines and responsibilities

Answer: B

53. What is the term for a stress management technique that involves writing down thoughts and emotions to gain clarity and perspective?

- A. Meditation
- B. Deep breathing
- C. Journaling
- D. Exercise

Answer: C

54. Which of the following is a symptom of excessive stress?

- A. Increased concentration and focus
- B. Decreased appetite and weight loss
- C. Improved sleep quality
- D. Irritability and mood swings

Answer: D

55. How can humor and laughter help in managing stress?

- A. By increasing stress levels

- B. By promoting relaxation and reducing tension
- C. By worsening physical symptoms of stress
- D. By distracting from stressors

Answer: B

56. What is the term for stress resulting from academic pressures and challenges?

- A. Work stress
- B. Academic stress
- C. Relationship stress
- D. Financial stress

Answer: B

57. How can setting boundaries help in managing stress?

- A. By increasing workload and responsibilities
- B. By promoting work-life balance and self-care
- C. By creating conflicts and disagreements
- D. By reducing productivity and efficiency

Answer: B

58. Which coping strategy involves engaging in enjoyable activities or hobbies to reduce stress?

- A. Problem-solving
- B. Social support
- C. Emotional release
- D. Recreation and leisure

Answer: D

59. How can proper sleep hygiene help in managing stress?

- A. By increasing stress levels
- B. By promoting relaxation and improving overall well-being
- C. By worsening physical symptoms of stress
- D. By interfering with daily routines and responsibilities

Answer: B

60. What is the term for a stress management technique that involves breaking tasks into smaller, more manageable steps?

- A. Procrastination
- B. Time management
- C. Prioritization
- D. Goal setting

Answer: B

61. Stress is short-term and is often triggered by a specific event or situation.

- A. Acute stress
- B. Relationship stress
- C. Financial stress

D. Chronic stress

Answer: A

62. Stress can be long-term and ongoing, often resulting from persistent challenges or difficulties in life.

A. Acute stress

B. Relationship stress

C. Financial stress

D. Chronic stress

Answer: D

63. Noise, pollution, or overcrowding can contribute to stress.

A. Acute stress

B. Environmental stress

C. Financial stress

D. Chronic stress

Answer: B

64. Stress can result from job demands, long hours, conflicts with coworkers or supervisors, or a lack of control over one's work environment.

A. Work-related stress

B. Environmental stress

C. Financial stress

D. Chronic stress

Answer: A

65. Relationship stress can arise from

A. Conflicts with family members

B. Friends

C. Romantic partners

D. All of the above

Answer: D

66. Stress can result from concerns about money, debt, job security, or financial instability.

A. Financial stress

B. Traumatic stress

C. Acute stress

D. Chronic stress

Answer: A

67. Stress occurs in response to a traumatic event, such as a natural disaster, accident, or violence.

A. Financial stress

B. Traumatic stress

C. Acute stress

D. Chronic stress

Answer: B

68. What types of responses do women tend to have toward seeking social support and nurturing behaviors when stressed?

- A. Tend-and-befriend
- B. Fight-or-flight
- C. Both A and B
- D. None of the above

Answer: A

69. Which types of responses do men exhibit toward focusing on problem-solving and physical activity?

- A. Tend-and-befriend
- B. Fight-or-flight
- C. Both A and B
- D. None of the above

Answer: B

70. Stress stemming from balancing work and family responsibilities, along with societal expectations surrounding caregiving and household duties, is a common issue for

- A. Women
- B. Men
- C. Both A and B
- D. None of the above

Answer: A

71. On the basis of period and frequency, psychologists have classified stress into the following categories:

- A. Physical, environment, social stress
- B. Acute, Episodic, Chronic stress
- C. Behavioral, cognitive, emotional stress
- D. All of the above

Answer: B

72. On the basis of the area, psychologists have classified stress into the following categories:

- A. Physical and environment stress
- B. Psychological stress
- C. Social stress
- D. All of the above

Answer: D

73. Stress can cause serious health problems, such as-

- A. Increase in depression and anxiety
- B. feeling of many types of pain in the body
- C. sleep problems
- D. All of the above

Answer: D

74. Psychologists have discussed the following symptoms of stress.

- A. Physical symptoms
- B. Behavioral symptoms
- C. Emotional symptoms
- D. All of the above

Answer: D

75. Problems arising due to stress are-

- A. Depression
- B. Anxiety
- C. Increase in blood pressure
- D. All of the above

Answer: D

76. Acute stress is-

- A. Short-term
- B. Long-term
- C. Fatal
- D. All of the above

Answer: A

77. It arises due to family quarrels and accidents-

- A. Short-term stress
- B. Long-term stress
- C. Episodic stress
- D. All of the above

Answer: A

78. Episodic stress is more commonly seen in which type of persons-

- A. Type-B personality
- B. Type-A personality
- C. Type-C personality
- D. All of the above

Answer: B

79. The conditions that cause long-term stress are -

- A. Poverty
- B. Problematic family
- C. Mismatched marriage
- D. All of the above

Answer: D

80. Chest pain, dizziness, nausea, changes in blood pressure etc. are symptoms of -

- A. Cognitive symptoms

- B. Behavioral symptoms
- C. Physical symptoms
- D. Emotional symptoms

Answer: C

81. Assertion: Chronic stress can have negative effects on both physical and mental health.

Reason: Prolonged exposure to stress hormones can weaken the immune system and increase the risk of developing conditions such as heart disease and depression.

- A. Both Assertion (A) and Reason (R) are the true and Reason (R) is a correct explanation of Assertion (A).
- B. Both Assertion (A) and Reason (R) are the true but Reason (R) is not a correct explanation of Assertion (A).
- C. Assertion (A) is true and Reason (R) is false.
- D. Assertion (A) is false and Reason (R) is true.

Answer: A

82. Assertion: Stress can have a negative impact on physical health.

Reason: Chronic stress can lead to increased blood pressure, weakened immune system, and digestive issues.

- A. Both Assertion (A) and Reason (R) are the true and Reason (R) is a correct explanation of Assertion (A).
- B. Both Assertion (A) and Reason (R) are the true but Reason (R) is not a correct explanation of Assertion (A).
- C. Assertion (A) is true and Reason (R) is false.
- D. Assertion (A) is false and Reason (R) is true.

Answer: A

83. Assertion: Stress can affect mental health and lead to anxiety and depression.

Reason: Prolonged stress can disrupt the balance of neurotransmitters in the brain, contributing to mental health disorders.

- A. Both Assertion (A) and Reason (R) are the true and Reason (R) is a correct explanation of Assertion (A).
- B. Both Assertion (A) and Reason (R) are the true but Reason (R) is not a correct explanation of Assertion (A).
- C. Assertion (A) is true and Reason (R) is false.
- D. Assertion (A) is false and Reason (R) is true.

Answer: A

84. Assertion: Stress can impair cognitive function and memory.

Reason: High levels of stress hormones like cortisol can interfere with the brain's ability to form new memories and focus.

- A. Both Assertion (A) and Reason (R) are the true and Reason (R) is a correct explanation of Assertion (A).
- B. Both Assertion (A) and Reason (R) are the true but Reason (R) is not a correct explanation of Assertion (A).
- C. Assertion (A) is true and Reason (R) is false.

D. Assertion (A) is false and Reason (R) is true.

Answer: A

85. Assertion: Stress can impact relationships and lead to conflicts.

Reason: Individuals under stress may have difficulty communicating effectively and managing emotions, leading to strained relationships.

A. Both Assertion (A) and Reason (R) are the true and Reason (R) is a correct explanation of Assertion (A).

B. Both Assertion (A) and Reason (R) are the true but Reason (R) is not a correct explanation of Assertion (A).

C. Assertion (A) is true and Reason (R) is false.

D. Assertion (A) is false and Reason (R) is true.

Answer: A

86. Assertion: Stress can contribute to unhealthy coping mechanisms such as substance abuse.

Reason: Some individuals may turn to drugs or alcohol as a way to cope with stress and alleviate negative emotions.

A. Both Assertion (A) and Reason (R) are the true and Reason (R) is a correct explanation of Assertion (A).

B. Both Assertion (A) and Reason (R) are the true but Reason (R) is not a correct explanation of Assertion (A).

C. Assertion (A) is true and Reason (R) is false.

D. Assertion (A) is false and Reason (R) is true.

Answer: A

87. Assertion: Stress can disrupt sleep patterns and lead to insomnia.

Reason: Stress can cause racing thoughts, anxiety, and physical tension that make it difficult to fall asleep or stay asleep.

A. Both Assertion (A) and Reason (R) are the true and Reason (R) is a correct explanation of Assertion (A).

B. Both Assertion (A) and Reason (R) are the true but Reason (R) is not a correct explanation of Assertion (A).

C. Assertion (A) is true and Reason (R) is false.

D. Assertion (A) is false and Reason (R) is true.

Answer: A

88. Assertion: Stress can manifest in physical symptoms such as headaches and muscle tension.

Reason: The body's physiological response to stress can result in muscle tightness, headaches, and other physical discomfort.

A. Both Assertion (A) and Reason (R) are the true and Reason (R) is a correct explanation of Assertion (A).

B. Both Assertion (A) and Reason (R) are the true but Reason (R) is not a correct explanation of Assertion (A).

C. Assertion (A) is true and Reason (R) is false.

D. Assertion (A) is false and Reason (R) is true.

Answer: A

89. Assertion: Stress can impact work performance and productivity.

Reason: High levels of stress can impair concentration, decision-making, and overall job satisfaction, leading to decreased productivity.

A. Both Assertion (A) and Reason (R) are the true and Reason (R) is a correct explanation of Assertion (A).

B. Both Assertion (A) and Reason (R) are the true but Reason (R) is not a correct explanation of Assertion (A).

C. Assertion (A) is true and Reason (R) is false.

D. Assertion (A) is false and Reason (R) is true.

Answer: A

90. Assertion: Stress can contribute to the development of chronic health conditions.

Reason: Prolonged stress can weaken the immune system and increase inflammation, making individuals more susceptible to chronic illnesses.

A. Both Assertion (A) and Reason (R) are the true and Reason (R) is a correct explanation of Assertion (A).

B. Both Assertion (A) and Reason (R) are the true but Reason (R) is not a correct explanation of Assertion (A).

C. Assertion (A) is true and Reason (R) is false.

D. Assertion (A) is false and Reason (R) is true.

Answer: A

91. Assertion: Stress management techniques such as mindfulness and relaxation exercises can help reduce stress levels.

Reason: These techniques can help individuals regulate their emotions, calm the nervous system, and improve overall well-being.

Both Assertion (A) and Reason (R) are the true and Reason (R) is a correct explanation of Assertion (A).

Both Assertion (A) and Reason (R) are the true but Reason (R) is not a correct explanation of Assertion (A).

Assertion (A) is true and Reason (R) is false.

Assertion (A) is false and Reason (R) is true.

Answer: A

92. Assertion: Social support and strong relationships can buffer the negative effects of stress.

Reason: Having a support system can provide emotional validation, practical assistance, and a sense of belonging that can help individuals cope with stress.

A. Both Assertion (A) and Reason (R) are the true and Reason (R) is a correct explanation of Assertion (A).

B. Both Assertion (A) and Reason (R) are the true but Reason (R) is not a correct explanation of Assertion (A).

C. Assertion (A) is true and Reason (R) is false.

D. Assertion (A) is false and Reason (R) is true.

Answer: A

93. Assertion: Regular physical activity can help reduce stress and improve mood.

Reason: Exercise releases endorphins, which are natural mood-boosting chemicals that can help alleviate stress and anxiety.

A. Both Assertion (A) and Reason (R) are the true and Reason (R) is a correct explanation of Assertion (A).

B. Both Assertion (A) and Reason (R) are the true but Reason (R) is not a correct explanation of Assertion (A).

C. Assertion (A) is true and Reason (R) is false.

D. Assertion (A) is false and Reason (R) is true.

Answer: A

94. Assertion: Setting boundaries and practicing self-care are important for managing stress.

Reason: Establishing boundaries with work, relationships, and responsibilities can help prevent burnout and overwhelm, reducing stress levels.

A. Both Assertion (A) and Reason (R) are the true and Reason (R) is a correct explanation of Assertion (A).

B. Both Assertion (A) and Reason (R) are the true but Reason (R) is not a correct explanation of Assertion (A).

C. Assertion (A) is true and Reason (R) is false.

D. Assertion (A) is false and Reason (R) is true.

Answer: A

95. Assertion: Chronic stress can contribute to the development of cardiovascular diseases.

Reason: Prolonged activation of the body's stress response can increase the risk of heart disease, hypertension, and other cardiovascular conditions.

A. Both Assertion (A) and Reason (R) are the true and Reason (R) is a correct explanation of Assertion (A).

B. Both Assertion (A) and Reason (R) are the true but Reason (R) is not a correct explanation of Assertion (A).

C. Assertion (A) is true and Reason (R) is false.

D. Assertion (A) is false and Reason (R) is true.

Answer: A

96. Assertion: Stress can impact digestion and lead to gastrointestinal issues.

Reason: Stress can disrupt the balance of gut bacteria, increase inflammation in the digestive tract, and exacerbate conditions like irritable bowel syndrome.

A. Both Assertion (A) and Reason (R) are the true and Reason (R) is a correct explanation of Assertion (A).

B. Both Assertion (A) and Reason (R) are the true but Reason (R) is not a correct explanation of Assertion (A).

C. Assertion (A) is true and Reason (R) is false.

D. Assertion (A) is false and Reason (R) is true.

Answer: A

97. Assertion: Mindfulness-based stress reduction techniques can help individuals cultivate resilience and cope with stress more effectively.

Reason: Mindfulness practices promote present-moment awareness, acceptance, and non-judgment, which can help individuals navigate stressors with greater ease.

- A. Both Assertion (A) and Reason (R) are the true and Reason (R) is a correct explanation of Assertion (A).
- B. Both Assertion (A) and Reason (R) are the true but Reason (R) is not a correct explanation of Assertion (A).
- C. Assertion (A) is true and Reason (R) is false.
- D. Assertion (A) is false and Reason (R) is true.

Answer: A

98. Assertion: Chronic stress can contribute to the development of autoimmune disorders.

Reason: Prolonged stress can dysregulate the immune system, leading to increased inflammation and the potential for autoimmune reactions against the body's tissues.

- A. Both Assertion (A) and Reason (R) are the true and Reason (R) is a correct explanation of Assertion (A).
- B. Both Assertion (A) and Reason (R) are the true but Reason (R) is not a correct explanation of Assertion (A).
- C. Assertion (A) is true and Reason (R) is false.
- D. Assertion (A) is false and Reason (R) is true.

Answer: A

99. Assertion: Stress can impact fertility and reproductive health in both men and women.

Reason: High levels of stress hormones can disrupt hormonal balance, menstrual cycles, sperm production, and overall reproductive function.

- A. Both Assertion (A) and Reason (R) are the true and Reason (R) is a correct explanation of Assertion (A).
- B. Both Assertion (A) and Reason (R) are the true but Reason (R) is not a correct explanation of Assertion (A).
- C. Assertion (A) is true and Reason (R) is false.
- D. Assertion (A) is false and Reason (R) is true.

Answer: A

100. Assertion: Seeking professional help from a therapist or counselor can be beneficial for managing stress and improving mental health.

Reason: Therapists can provide tools, strategies, and support to help individuals identify and address underlying stressors, develop coping skills, and enhance resilience.

- A. Both Assertion (A) and Reason (R) are the true and Reason (R) is a correct explanation of Assertion (A).
- B. Both Assertion (A) and Reason (R) are the true but Reason (R) is not a correct explanation of Assertion (A).
- C. Assertion (A) is true and Reason (R) is false.
- D. Assertion (A) is false and Reason (R) is true.

Answer: A



UNIT:2	<i>Behavioral and physical symptoms. Burnout stress syndrome (BOSS). Anxiety, and depression as emotional vital signs of mental health: their nature and management.</i>
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2.1 Stress can manifest in a variety of physical, emotional, and behavioral symptoms. Some common symptoms of stress include:

1. Physical symptoms:

- Headaches
- Muscle tension or pain
- Fatigue
- Digestive issues (such as stomach pain, nausea, or diarrhea)
- Changes in appetite (eating more or less than usual)
- Insomnia or difficulty sleeping
- Rapid heartbeat or chest pain
- Sweating or trembling

2. Emotional symptoms:

- Irritability or moodiness
- Anxiety or feeling overwhelmed
- Depression or feelings of sadness
- Restlessness or agitation
- Difficulty concentrating or making decisions
- Feeling on edge or constantly worried

3. Behavioral symptoms:

- Changes in eating habits (overeating or undereating)
- Increased use of alcohol, tobacco, or drugs
- Social withdrawal or isolation
- Procrastination or neglecting responsibilities
- Difficulty relaxing or unwinding
- Increased irritability or outbursts of anger

It's important to recognize these symptoms and seek help if you are experiencing chronic stress. Managing stress through healthy coping mechanisms, such as exercise, relaxation techniques, and seeking support from friends, family, or a mental health professional, can help alleviate these symptoms and improve overall well-being.

2.2 Some common psychological symptoms of stress include:

1. Anxiety: Feeling worried, nervous, or on edge.
2. Irritability: Easily becoming frustrated, agitated, or angry.
3. Mood swings: Experiencing sudden changes in emotions.
4. Difficulty concentrating: Finding it hard to focus or pay attention.
5. Racing thoughts: Having a constant stream of thoughts that are hard to control.

6. Memory problems: Forgetting things or having trouble recalling information.
7. Fatigue: Feeling tired or lacking energy, even after resting.
8. Insomnia: Difficulty falling asleep or staying asleep.
9. Changes in appetite: Eating more or less than usual.
10. Feelings of overwhelm: Feeling like you can't cope with the demands of daily life.

It's important to seek support from a mental health professional if you are experiencing persistent or severe psychological symptoms of stress.

2.3 Stress and Health

There is a deep relationship between stress and health. Although normal level of stress is very important for the goals and health of a person, because it acts as a propellant for the person to move forward on the path of development, but if this stress is long term then it also affects the goals and health negatively, this effect is seen in these forms -

- (i) Burn out stress syndrome (BOSS)
- (ii) General adaptation syndrome (GAS)
- (iii) Decay of Immune system (DIS)

(i) Burn out stress syndrome (BOSS) is a term used to describe a state of chronic stress and exhaustion that is often experienced by individuals who are overwhelmed by their work or personal responsibilities. This syndrome is characterized by feelings of emotional exhaustion, depersonalization, and a reduced sense of personal accomplishment.

People experiencing BOSS may feel drained, emotionally detached from their work or relationships, and may struggle to find motivation or satisfaction in their daily activities. This syndrome can have a significant impact on an individual's physical and mental health, as well as their overall quality of life.

BOSS is often associated with high-pressure work environments, long hours, and a lack of work-life balance. It can also be exacerbated by factors such as perfectionism, lack of social support, and unrealistic expectations.

It is important for individuals experiencing symptoms of BOSS to seek help and support from healthcare professionals, therapists, or counselors. Treatment may involve stress management techniques, lifestyle changes, and therapy to address underlying issues contributing to the syndrome. With proper support and self-care, individuals can overcome burn out stress syndrome and regain a sense of balance and well-being.

Some common symptoms of Burnout Stress Syndrome (BOSS) may include:

1. Chronic fatigue and exhaustion
2. Insomnia or difficulty sleeping
3. Physical symptoms such as headaches, muscle tension, or stomach issues
4. Emotional symptoms like irritability, mood swings, or feelings of helplessness
5. Decreased motivation and productivity
6. Difficulty concentrating or making decisions

7. Withdrawal from social activities or work responsibilities
8. Increased cynicism or negativity towards work or life in general
9. Loss of enjoyment in activities that were once pleasurable
10. Feelings of being overwhelmed or unable to cope with daily tasks

It's important to recognize these symptoms early on and take steps to address them, such as seeking support from a healthcare professional, practicing self-care, setting boundaries, and making lifestyle changes to reduce stress.

(ii) General Adaptation Syndrome (GAS) is a concept developed by Hans Selye, a pioneering researcher in the field of stress and its effects on the body. GAS describes the body's response to stress as a three-stage process:

1. Alarm Stage: This is the initial reaction to a stressor, where the body perceives a threat and activates the "fight or flight" response. During this stage, the body releases stress hormones like adrenaline, which prepare the body to deal with the stressor. Symptoms during this stage may include increased heart rate, rapid breathing, sweating, and heightened alertness.

2. Resistance Stage: If the stressor persists, the body enters the resistance stage, where it tries to adapt to the ongoing stress. The body continues to release stress hormones to cope with the stressor, and physiological changes occur to help the body maintain homeostasis. Symptoms during this stage may include irritability, difficulty concentrating, muscle tension, and changes in appetite.

3. Exhaustion Stage: If the stressor continues for an extended period without relief, the body eventually reaches the exhaustion stage. During this stage, the body's resources become depleted, and it can no longer cope with the stress. This can lead to physical and mental health problems, such as burnout, illness, or disease. Symptoms during this stage may include chronic fatigue, depression, anxiety, insomnia, and physical illness.

GAS highlights the body's adaptive response to stress and the potential consequences of prolonged exposure to stressors. Understanding this process can help individuals recognize the signs of stress and take steps to manage and reduce its impact on their health and well-being.

(iii) Decay of Immune System (DIS) refers to the gradual weakening or deterioration of the body's immune system over time. This can occur due to various factors such as aging, chronic stress, poor nutrition, lack of exercise, underlying health conditions, and exposure to environmental toxins. As the immune system weakens, the body becomes more susceptible to infections, illnesses, and diseases. Individuals with DIS may experience frequent colds, flu, and other infections, as well as slower wound healing and increased risk of developing autoimmune disorders or certain types of cancer.

It is important to take steps to support and strengthen the immune system, such as maintaining a healthy lifestyle, eating a balanced diet, getting regular exercise, managing stress, getting enough sleep, and avoiding harmful substances. In some cases, healthcare providers may recommend

supplements or medications to help boost the immune system. If you suspect that you may be experiencing symptoms of a weakened immune system, it is important to consult with a healthcare professional for proper evaluation and guidance on how to improve your immune health.

2.4 Anxiety, anger, and depression are important emotional vital signs of mental health as they can indicate underlying issues that may need attention and support. Here is a brief overview of how each of these emotions can be indicators of mental health:

1. Anxiety: Anxiety is a natural response to stress or perceived threats, but when it becomes excessive or overwhelming, it can be a sign of an anxiety disorder. Symptoms of anxiety can include excessive worry, restlessness, difficulty concentrating, and physical symptoms such as rapid heartbeat or sweating. Chronic anxiety can impact daily functioning and overall well-being, so it is important to seek help if anxiety is interfering with your life.

2. Anger: Anger is a normal emotion that everyone experiences, but when it is intense, frequent, or uncontrollable, it can be a sign of underlying issues such as unresolved trauma, stress, or mental health disorders. Chronic anger can lead to relationship problems, physical health issues, and difficulties in managing emotions. Learning healthy ways to express and manage anger is important for overall mental health and well-being.

3. Depression: Depression is a common mental health disorder characterized by persistent feelings of sadness, hopelessness, and loss of interest in activities. Symptoms of depression can also include changes in appetite or sleep, fatigue, and difficulty concentrating. Depression can significantly impact daily functioning and quality of life, so it is important to seek help from a mental health professional if you are experiencing symptoms of depression.

Monitoring and addressing these emotional vital signs can help individuals maintain good mental health and well-being. Seeking support from a therapist, counselor, or mental health professional can provide strategies for managing anxiety, anger, and depression, and promote overall mental health and resilience.

2.5 Managing anxiety, anger, and depression as emotional vital signs of mental health is crucial for overall well-being. Here are some strategies to help manage these emotions:

1. Practice Mindfulness: Mindfulness techniques, such as deep breathing, meditation, and yoga, can help you stay present and calm your mind when feeling anxious, angry, or depressed.

2. Exercise Regularly: Physical activity releases endorphins, which are natural mood lifters. Regular exercise can help reduce symptoms of anxiety, anger, and depression.

3. Maintain a Healthy Lifestyle: Eating a balanced diet, getting enough sleep, and avoiding substances like alcohol and drugs can all contribute to better mental health.

4. Seek Support: Talking to a therapist, counselor, or trusted friend or family member

can provide you with the support and guidance you need to manage your emotions effectively.

5. Practice Relaxation Techniques: Engage in activities that help you relax and unwind, such as reading, listening to music, taking a bath, or spending time in nature.

6. Set Boundaries: Learn to say no to things that cause you stress or overwhelm. Setting boundaries can help you manage your emotions and prioritize your mental health.

7. Challenge Negative Thoughts: Cognitive-behavioral techniques can help you identify and challenge negative thought patterns that contribute to anxiety, anger, and depression.

8. Engage in Activities You Enjoy: Doing things you love and that bring you joy can help improve your mood and overall mental well-being.

9. Practice Self-Compassion: Be kind to yourself and practice self-compassion. Treat yourself with the same kindness and understanding that you would offer to a friend in a similar situation.

10. Seek Professional Help: If your anxiety, anger, or depression is persistent and interfering with your daily life, it's important to seek help from a mental health professional who can provide you with the appropriate treatment and support.

Remember, it's essential to prioritize your mental health and seek help when needed. Taking care of your emotional well-being is just as important as taking care of your physical health.

Multiple Choices Questions

1. Which of the following is a physical symptom of stress?

- A. Increased appetite
- B. Muscle tension
- C. Improved sleep quality
- D. Increased energy levels

Answer: B

2. Which of the following is a psychological symptom of stress?

- A. Feeling relaxed and at ease
- B. Increased concentration and focus
- C. Irritability and mood swings
- D. Positive outlook on life

Answer: C

3. Which of the following is a behavioral symptom of stress?

- A. Increased social interactions
- B. Avoidance of responsibilities
- C. Improved time management skills
- D. Enhanced problem-solving abilities

Answer: b) Avoidance of responsibilities

4. Which of the following is an emotional symptom of stress?

- A. Sense of calm and peace
- B. Increased feelings of happiness
- C. Anxiety and worry
- D. Optimism and hopefulness

Answer: C

5. Which of the following is a cognitive symptom of stress?

- A. Enhanced memory and cognitive function
- B. Difficulty concentrating
- C. Clear and organized thinking
- D. Improved decision-making skills

Answer: B

6. What is Burnout Stress Syndrome (BOSS)?

- A. A type of anxiety disorder
- B. A form of chronic stress
- C. A physical injury caused by overworking
- D. A type of sleep disorder

Answer: B.

7. What are the common symptoms of Burnout Stress Syndrome (BOSS)?

- A. Increased energy and motivation
- B. Decreased productivity and motivation
- C. Improved work-life balance
- D. Enhanced job satisfaction

Answer: B.

8. Which of the following is a risk factor for developing Burnout Stress Syndrome (BOSS)?

- A. Regular exercise routine
- B. Strong social support system
- C. High job demands and low job control
- D. Adequate work-life balance

Answer: C.

9. How can Burnout Stress Syndrome (BOSS) impact an individual's physical health?

- A. Improve immune function

- B. Increase risk of cardiovascular diseases
- C. Enhance cognitive abilities
- D. Boost metabolism

Answer: B.

10. What is the recommended approach for managing Burnout Stress Syndrome (BOSS)?

- A. Ignoring the symptoms and continuing to work
- B. Seeking professional help and support
- C. Increasing workload to distract the mind
- D. Avoiding social interactions

Answer: B.

11. Which of the following professions is most commonly associated with Burnout Stress Syndrome (BOSS)?

- A. Professional athletes
- B. Teachers
- C. Artists
- D. Farmers

Answer: B.

12. What role does self-care play in preventing Burnout Stress Syndrome (BOSS)?

- A. It has no impact on preventing burnout
- B. It can help reduce stress and prevent burnout
- C. It can exacerbate burnout symptoms
- D. It is only effective for certain professions

Answer: B.

13. How does Burnout Stress Syndrome (BOSS) differ from regular stress?

- A. It is less severe than regular stress
- B. It is a temporary condition
- C. It is a more chronic and severe form of stress
- D. It only affects physical health

Answer: C.

14. Which of the following is NOT a psychological symptom of Burnout Stress Syndrome (BOSS)?

- A. Cynicism
- B. Emotional exhaustion
- C. Increased job satisfaction
- D. Reduced sense of accomplishment

Answer: C.

15. What is the impact of Burnout Stress Syndrome (BOSS) on relationships?

- A. Improved communication and bonding
- B. Increased conflict and detachment
- C. Enhanced trust and understanding
- D. Strengthened emotional connection

Answer: B.

16. What is General Adaptation Syndrome (GAS)?

- A. A psychological disorder
- B. A theory of stress response
- C. A type of physical exercise
- D. A relaxation technique

Answer: B.

17. Who developed the concept of General Adaptation Syndrome?

- A. Sigmund Freud
- B. Carl Jung
- C. Hans Selye
- D. Ivan Pavlov

Answer: C.

18. What are the three stages of General Adaptation Syndrome?

- A. Alarm, Resistance, Exhaustion
- B. Panic, Recovery, Relaxation
- C. Stress, Coping, Recovery
- D. Fight, Flight, Freeze

Answer: A.

19. During which stage of General Adaptation Syndrome does the body mobilize its resources to cope with a stressor?

- A. Alarm
- B. Resistance
- C. Exhaustion
- D. Recovery

Answer: B.

20. Which hormone is released during the alarm stage of General Adaptation Syndrome?

- A. Cortisol

- B. Adrenaline
- C. Insulin
- D. Serotonin

Answer: B.

21. Prolonged exposure to stress can lead to which stage of General Adaptation Syndrome?

- A. Alarm
- B. Resistance
- C. Exhaustion
- D. Recovery

Answer: C.

22. Which of the following is NOT a symptom of the exhaustion stage of General Adaptation Syndrome?

- A. Fatigue
- B. Depression
- C. Increased energy levels
- D. Decreased immune function

Answer: C.

23. Chronic stress can have negative effects on which body system?

- A. Immune system
- B. Digestive system
- C. Cardiovascular system
- D. All of the above

Answer: D.

24. Which of the following is NOT a way to manage stress and prevent General Adaptation Syndrome?

- A. Regular exercise
- B. Healthy diet
- C. Avoiding social interactions
- D. Adequate sleep

Answer: C.

25. General Adaptation Syndrome is a model that explains how the body responds to:

- A. Physical exercise
- B. Psychological stress
- C. Meditation
- D. Sleep deprivation

Answer: B.

26. Which stage of General Adaptation Syndrome is characterized by the body's attempt to resist or adapt to a stressor?

- A. Alarm
- B. Resistance
- C. Exhaustion
- D. Recovery

Answer: B.

27. What is the primary goal of the body during the alarm stage of General Adaptation Syndrome?

- A. Rest and relaxation
- B. Mobilize resources for fight or flight response
- C. Enter a state of deep sleep
- D. Increase social interactions

Answer: B.

28. Which of the following is a psychological symptom of General Adaptation Syndrome?

- A. Increased heart rate
- B. Muscle tension
- C. Irritability
- D. Headache

Answer: C. Irritability

29. Which stage of General Adaptation Syndrome is associated with a depletion of the body's resources and increased vulnerability to illness?

- A. Alarm
- B. Resistance
- C. Exhaustion
- D. Recovery

Answer: C.

30. Chronic activation of the stress response system can contribute to the development of:

- A. Anxiety disorders
- B. Depression
- C. Cardiovascular diseases
- D. All of the above

Answer: D.

31. Which of the following is NOT a physical symptom of General Adaptation Syndrome?

- A. Headache
- B. Muscle tension
- C. Increased immune function
- D. Fatigue

Answer: C.

32. Which stage of General Adaptation Syndrome is characterized by the body's resources being depleted and the individual being more susceptible to illness?

- A. Alarm
- B. Resistance
- C. Exhaustion
- D. Recovery

Answer: C.

33. Which of the following is a key concept of General Adaptation Syndrome?

- A. Stress is always harmful
- B. The body's response to stress is adaptive
- C. Stress has no impact on health
- D. Stress only affects the mind, not the body

Answer: B.

34. Which hormone is released during the resistance stage of General Adaptation Syndrome to help the body cope with stress?

- A. Cortisol
- B. Adrenaline
- C. Serotonin
- D. Dopamine

Answer: A.

35. What is the final stage of General Adaptation Syndrome, where the body's resources are depleted and the individual may experience burnout?

- A. Alarm
- B. Resistance
- C. Exhaustion
- D. Recovery

Answer: C.

36. What is Decay of Immune System (DIS)?

- A. A condition where the immune system becomes overactive

- B. A condition where the immune system weakens with age
- C. A condition where the immune system attacks healthy cells
- D. A condition where the immune system stops functioning

Answer: B.

37. Which of the following is a factor that contributes to the Decay of Immune System (DIS)?

- A. Regular exercise
- B. Healthy diet
- C. Chronic stress
- D. Young age

Answer: C.

38. What role does the thymus gland play in the Decay of Immune System (DIS)?

- A. It produces antibodies
- B. It regulates the immune response
- C. It shrinks with age, affecting immune function
- D. It fights off infections

Answer: C.

39. Which of the following is a consequence of Decay of Immune System (DIS)?

- A. Increased risk of autoimmune diseases
- B. Enhanced immune response to pathogens
- C. Improved wound healing
- D. Decreased risk of infections

Answer: A.

40. How does the Decay of Immune System (DIS) impact vaccination effectiveness in older adults?

- A. Vaccinations become more effective
- B. Vaccinations become less effective
- C. Vaccinations have no impact on the immune system
- D. Vaccinations are not recommended for older adults

Answer: B.

41. Which of the following is NOT a symptom of Decay of Immune System (DIS)?

- A. Fatigue
- B. Increased susceptibility to infections
- C. Allergies
- D. Enhanced wound healing

Answer: D.

42. What is the role of T cells in the Decay of Immune System (DIS)?

- A. They produce antibodies
- B. They regulate the immune response
- C. They attack healthy cells
- D. They have no role in DIS

Answer: B.

43. Which of the following lifestyle factors can help slow down the Decay of Immune System (DIS)?

- A. Smoking
- B. Sedentary lifestyle
- C. Healthy diet
- D. Lack of sleep

Answer: C.

44. How does the Decay of Immune System (DIS) affect the body's ability to fight off infections?

- A. It enhances the immune response
- B. It weakens the immune response
- C. It has no impact on the immune response
- D. It stops the immune response

Answer: B.

45. What is the primary cause of Decay of Immune System (DIS)?

- A. Genetics
- B. Environmental factors
- C. Aging
- D. Lack of exercise

Answer: C.

46. Which of the following is a potential treatment for Decay of Immune System (DIS)?

- A. Antibiotics
- B. Immunosuppressants
- C. Vaccinations
- D. None of the above

Answer: D.

47. How does chronic inflammation contribute to the Decay of Immune System (DIS)?

- A. It strengthens the immune system

- B. It weakens the immune system
- C. It has no impact on the immune system
- D. It stops the immune system

Answer: B.

48. Which of the following organs is primarily affected by the Decay of Immune System (DIS)?

- A. Liver
- B. Kidneys
- C. Thymus
- D. Pancrea

Answer: C.

49. What is the role of B cells in the Decay of Immune System (DIS)?

- A. They regulate the immune response
- B. They produce antibodies
- C. They attack healthy cells
- D. They have no role in DIS

Answer: B.

50. How does the Decay of Immune System (DIS) impact the body's ability to recognize and destroy cancer cells?

- A. It enhances the immune response against cancer
- B. It weakens the immune response against cancer
- C. It has no impact on the immune response against cancer
- D. It stops the immune response against cancer

Answer: B.

51. Which of the following is a common age-related change in the immune system that contributes to DIS?

- A. Increased production of T cells
- B. Decreased production of antibodies
- C. Enhanced response to vaccinations
- D. Improved ability to fight off infections

Answer: B.

52. How does the Decay of Immune System (DIS) impact the body's ability to recover from injuries?

- A. It speeds up the healing process
- B. It slows down the healing process

- C. It has no impact on the healing process
- D. It stops the healing process

Answer: B.

53. Which of the following is a potential consequence of chronic stress on the immune system?

- A. Enhanced immune response
- B. Weakened immune response
- C. Improved wound healing
- D. Decreased risk of infections

Answer: B.

54. How does the Decay of Immune System (DIS) affect the body's ability to respond to new pathogens?

- A. It enhances the response to new pathogens
- B. It weakens the response to new pathogens
- C. It has no impact on the response to new pathogens
- D. It stops the response to new pathogens

Answer: B.

55. Which of the following is a potential consequence of Decay of Immune System (DIS) on overall health?

- A. Improved resistance to infections
- B. Increased risk of chronic diseases
- C. Enhanced wound healing
- D. Decreased risk of allergies

Answer: B.

56. Assertion: Decay of the immune system (DIS) is a natural consequence of aging.

Reason: As people age, their immune system becomes less efficient in recognizing and fighting off pathogens, leading to increased susceptibility to infections and diseases.

- A. Both Assertion (A) and Reason (R) are the true and Reason (R) is a correct explanation of Assertion (A).
- B. Both Assertion (A) and Reason (R) are the true but Reason (R) is not a correct explanation of Assertion (A).
- C. Assertion (A) is true and Reason (R) is false.
- D. Assertion (A) is false and Reason (R) is true.

Answer: A

57. Assertion: Decay of the immune system (DIS) is a natural part of aging.

Reason: As people age, their immune system becomes less efficient at recognizing and fighting

off pathogens.

- A. Both Assertion (A) and Reason (R) are the true and Reason (R) is a correct explanation of Assertion (A).
- B. Both Assertion (A) and Reason (R) are the true but Reason (R) is not a correct explanation of Assertion (A).
- C. Assertion (A) is true and Reason (R) is false.
- D. Assertion (A) is false and Reason (R) is true.

Answer: A

58. Assertion: Decay of the immune system (DIS) can lead to an increased susceptibility to infections and diseases in older individuals.

Reason: With a weakened immune system, older individuals may struggle to effectively combat pathogens, making them more vulnerable to illnesses.

- A. Both Assertion (A) and Reason (R) are the true and Reason (R) is a correct explanation of Assertion (A).
- B. Both Assertion (A) and Reason (R) are the true but Reason (R) is not a correct explanation of Assertion (A).
- C. Assertion (A) is true and Reason (R) is false.
- D. Assertion (A) is false and Reason (R) is true.

Answer: A

59. Assertion: Chronic stress can contribute to the decay of the immune system (DIS).

Reason: Prolonged stress can suppress the immune system, making individuals more susceptible to infections and diseases.

- A. Both Assertion (A) and Reason (R) are the true and Reason (R) is a correct explanation of Assertion (A).
- B. Both Assertion (A) and Reason (R) are the true but Reason (R) is not a correct explanation of Assertion (A).
- C. Assertion (A) is true and Reason (R) is false.
- D. Assertion (A) is false and Reason (R) is true.

Answer: A

60. Assertion: Regular exercise can help slow down the decay of the immune system (DIS) in older individuals.

Reason: Exercise has been shown to boost the immune system and improve its function, potentially reducing the impact of DIS on older individuals.

- A. Both Assertion (A) and Reason (R) are the true and Reason (R) is a correct explanation of Assertion (A).
- B. Both Assertion (A) and Reason (R) are the true but Reason (R) is not a correct explanation of Assertion (A).

- C. Assertion (A) is true and Reason (R) is false.
- D. Assertion (A) is false and Reason (R) is true.

Answer: A

61. Assertion: Proper nutrition plays a crucial role in maintaining a healthy immune system and preventing the decay of the immune system (DIS).

Reason: Nutrient deficiencies can weaken the immune system, making individuals more prone to infections and diseases, especially as they age.

- A. Both Assertion (A) and Reason (R) are the true and Reason (R) is a correct explanation of Assertion (A).
- B. Both Assertion (A) and Reason (R) are the true but Reason (R) is not a correct explanation of Assertion (A).
- C. Assertion (A) is true and Reason (R) is false.
- D. Assertion (A) is false and Reason (R) is true.

Answer: A

62. Assertion: General Adaptation Syndrome (GAS) is a physiological response to stress.

Reason: GAS involves three stages - alarm, resistance, and exhaustion - that the body goes through when faced with stressors.

- A. Both Assertion (A) and Reason (R) are the true and Reason (R) is a correct explanation of Assertion (A).
- B. Both Assertion (A) and Reason (R) are the true but Reason (R) is not a correct explanation of Assertion (A).
- C. Assertion (A) is true and Reason (R) is false.
- D. Assertion (A) is false and Reason (R) is true.

Answer: A

63. Assertion: The alarm stage of GAS is characterized by the body's immediate reaction to a stressor.

Reason: During the alarm stage, the body releases stress hormones like adrenaline, which prepare the body to fight or flee from the stressor.

- A. Both Assertion (A) and Reason (R) are the true and Reason (R) is a correct explanation of Assertion (A).
- B. Both Assertion (A) and Reason (R) are the true but Reason (R) is not a correct explanation of Assertion (A).
- C. Assertion (A) is true and Reason (R) is false.
- D. Assertion (A) is false and Reason (R) is true.

Answer: A

64. Assertion: The resistance stage of GAS is when the body tries to adapt and cope with the

ongoing stressor.

Reason: In the resistance stage, the body continues to release stress hormones to help maintain a state of readiness to deal with the stressor.

- A. Both Assertion (A) and Reason (R) are the true and Reason (R) is a correct explanation of Assertion (A).
- B. Both Assertion (A) and Reason (R) are the true but Reason (R) is not a correct explanation of Assertion (A).
- C. Assertion (A) is true and Reason (R) is false.
- D. Assertion (A) is false and Reason (R) is true.

Answer: A

65. Assertion: Prolonged exposure to stressors can lead to the exhaustion stage of GAS.

Reason: In the exhaustion stage, the body's resources become depleted, making it more vulnerable to physical and mental health issues.

- A. Both Assertion (A) and Reason (R) are the true and Reason (R) is a correct explanation of Assertion (A).
- B. Both Assertion (A) and Reason (R) are the true but Reason (R) is not a correct explanation of Assertion (A).
- C. Assertion (A) is true and Reason (R) is false.
- D. Assertion (A) is false and Reason (R) is true.

Answer: A

66. Assertion: Understanding GAS can help individuals recognize the effects of chronic stress on their health.

Reason: By recognizing the stages of GAS, individuals can take steps to manage stress effectively and prevent long-term negative consequences on their well-being.

- A. Both Assertion (A) and Reason (R) are the true and Reason (R) is a correct explanation of Assertion (A).
- B. Both Assertion (A) and Reason (R) are the true but Reason (R) is not a correct explanation of Assertion (A).
- C. Assertion (A) is true and Reason (R) is false.
- D. Assertion (A) is false and Reason (R) is true.

Answer: A

67. Assertion: Burn out stress syndrome (BOSS) is a condition characterized by physical, emotional, and mental exhaustion caused by prolonged exposure to stress.

Reason: BOSS can result from chronic work-related stress, lack of work-life balance, and feeling overwhelmed by responsibilities.

- A. Both Assertion (A) and Reason (R) are the true and Reason (R) is a correct explanation of Assertion (A).

- B. Both Assertion (A) and Reason (R) are the true but Reason (R) is not a correct explanation of Assertion (A).
- C. Assertion (A) is true and Reason (R) is false.
- D. Assertion (A) is false and Reason (R) is true.

Answer: A

68. Assertion: Burn out stress syndrome (BOSS) is a serious condition that can have a significant impact on an individual's physical and mental health.

Reason: BOSS is characterized by chronic stress, exhaustion, and feelings of cynicism and detachment, which can lead to a range of health problems such as high blood pressure, heart disease, anxiety, and depression.

- A. Both Assertion (A) and Reason (R) are the true and Reason (R) is a correct explanation of Assertion (A).
- B. Both Assertion (A) and Reason (R) are the true but Reason (R) is not a correct explanation of Assertion (A).
- C. Assertion (A) is true and Reason (R) is false.
- D. Assertion (A) is false and Reason (R) is true.

Answer: A

69. Assertion: BOSS can negatively affect an individual's performance at work and lead to decreased productivity and motivation.

Reason: When someone is experiencing BOSS, they may struggle to concentrate, make decisions, and complete tasks efficiently, ultimately impacting their ability to perform well in their job.

- A. Both Assertion (A) and Reason (R) are the true and Reason (R) is a correct explanation of Assertion (A).
- B. Both Assertion (A) and Reason (R) are the true but Reason (R) is not a correct explanation of Assertion (A).
- C. Assertion (A) is true and Reason (R) is false.
- D. Assertion (A) is false and Reason (R) is true.

Answer: A

70. Assertion: BOSS can also have detrimental effects on personal relationships and social interactions.

Reason: Individuals with BOSS may become irritable, withdrawn, and emotionally distant, making it challenging to connect with others and maintain healthy relationships both at work and in their personal lives.

- A. Both Assertion (A) and Reason (R) are the true and Reason (R) is a correct explanation of Assertion (A).
- B. Both Assertion (A) and Reason (R) are the true but Reason (R) is not a correct explanation

of Assertion (A).

C. Assertion (A) is true and Reason (R) is false.

D. Assertion (A) is false and Reason (R) is true.

Answer: A

71. Assertion: Ignoring the signs of BOSS and failing to address the underlying causes can exacerbate the condition and lead to more severe consequences.

Reason: Without proper intervention and support, BOSS can escalate, causing further physical and mental health issues, job dissatisfaction, and even job loss in extreme cases.

A. Both Assertion (A) and Reason (R) are the true and Reason (R) is a correct explanation of Assertion (A).

B. Both Assertion (A) and Reason (R) are the true but Reason (R) is not a correct explanation of Assertion (A).

C. Assertion (A) is true and Reason (R) is false.

D. Assertion (A) is false and Reason (R) is true.

Answer: A

72. Assertion: It is important for individuals experiencing symptoms of BOSS to seek help from healthcare professionals, therapists, or support groups to effectively manage and overcome the condition.

Reason: By seeking help and implementing strategies such as stress management techniques, self-care practices, and setting boundaries, individuals can better cope with BOSS and prevent it from negatively impacting their overall well-being and quality of life.

A. Both Assertion (A) and Reason (R) are the true and Reason (R) is a correct explanation of Assertion (A).

B. Both Assertion (A) and Reason (R) are the true but Reason (R) is not a correct explanation of Assertion (A).

C. Assertion (A) is true and Reason (R) is false.

D. Assertion (A) is false and Reason (R) is true.

Answer: A

73. What is the relationship between stress and anxiety?

A. Stress can alleviate symptoms of anxiety

B. Stress can trigger or exacerbate symptoms of anxiety

C. Stress has no impact on anxiety

D. Stress can only cause physical symptoms, not psychological ones

Answer: B.

74. How does stress contribute to the development of depression?

A. Stress has no impact on depression

- B. Stress can alleviate symptoms of depression
- C. Chronic stress can increase the risk of developing depression
- D. Stress only affects physical health, not mental health

Answer: C.

75. How can stress affect anger levels?

- A. Stress has no impact on anger
- B. Stress can reduce feelings of anger
- C. Stress can increase feelings of anger and irritability
- D. Stress only affects physical health, not emotional health

Answer: C.

76. Which hormone is often associated with the body's stress response and can contribute to feelings of anxiety and depression?

- A. Serotonin
- B. Dopamine
- C. Cortisol
- D. Endorphins

Answer: C.

77. How can chronic stress impact the brain and contribute to mental health issues?

- A. Chronic stress can improve cognitive function
- B. Chronic stress can decrease the risk of anxiety disorders
- C. Chronic stress can lead to structural changes in the brain and increase vulnerability to mental health disorders
- D. Chronic stress has no impact on the brain

Answer: C.

78. Which of the following is a common symptom of both stress and anxiety?

- A. Increased heart rate
- B. Decreased appetite
- C. Excessive sleepiness
- D. Decreased blood pressure

Answer: A.

79. How can stress management techniques help reduce symptoms of anxiety and depression?

- A. Stress management techniques have no impact on mental health
- B. Stress management techniques can worsen symptoms of anxiety and depression
- C. Stress management techniques can help individuals cope with stressors and reduce symptoms of anxiety and depression

D. Stress management techniques are only effective for physical health, not mental health
Answer: C.

80. Which of the following is a common physical symptom of stress, anxiety, and depression?

- A. Increased energy levels
- B. Muscle tension and headaches
- C. Decreased heart rate
- D. Improved sleep quality

Answer: B.

81. How can chronic stress impact the immune system and contribute to mental health issues?

- A. Chronic stress can boost immune function and protect against mental health disorders
- B. Chronic stress can weaken the immune system and increase vulnerability to mental health disorders
- C. Chronic stress has no impact on the immune system
- D. Chronic stress only affects physical health, not mental health

Answer: B.

82. Which of the following is a common cognitive symptom of stress, anxiety, and depression?

- A. Improved memory
- B. Difficulty concentrating
- C. Positive outlook on life
- D. Enhanced problem-solving skills

Answer: B.

83. How can stress impact sleep patterns and contribute to mental health issues?

- A. Stress has no impact on sleep patterns
- B. Stress can improve sleep quality
- C. Stress can disrupt sleep patterns and contribute to mental health issues
- D. Stress only affects physical health, not sleep quality

Answer: C.

84. Which neurotransmitter is often associated with regulating mood and can be affected by stress, leading to symptoms of anxiety and depression?

- A. GABA
- B. Acetylcholine
- C. Norepinephrine
- D. Serotonin

Answer: D.

85. How can stress affect decision-making and problem-solving abilities, potentially leading to feelings of anxiety and depression?

- A. Stress can enhance decision-making and problem-solving abilities
- B. Stress has no impact on cognitive function
- C. Stress can impair decision-making and problem-solving abilities
- D. Stress only affects physical health, not cognitive function

Answer: C.

86. Which of the following is a common behavioral symptom of stress, anxiety, and depression?

- A. Increased social interactions
- B. Avoidance of activities or social situations
- C. Improved productivity
- D. Enhanced communication skills

Answer: B.

87. How can stress impact relationships and contribute to feelings of anger and irritability?

- A. Stress has no impact on relationships
- B. Stress can strengthen relationships
- C. Stress can strain relationships and lead to conflicts, increasing feelings of anger and irritability
- D. Stress only affects individual behavior, not relationships

Answer: C.

88. Which of the following is a common emotional symptom of stress, anxiety, and depression?

- A. Increased feelings of joy and happiness
- B. Persistent feelings of sadness or hopelessness
- C. Enhanced emotional regulation
- D. Decreased empathy towards others

Answer: B.

89. How can stress impact physical health and contribute to mental health issues?

- A. Stress has no impact on physical health
- B. Stress can improve physical health and mental well-being
- C. Chronic stress can lead to physical health problems and increase vulnerability to mental health issues
- D. Stress only affects mental health, not physical health

Answer: C.

90. Which of the following is a common symptom of both stress and anger?

- A. Decreased heart rate
- B. Increased blood pressure
- C. Improved digestion
- D. Enhanced immune function

Answer: B.

91. How can stress affect self-esteem and contribute to feelings of anxiety and depression?

- A. Stress can boost self-esteem
- B. Stress has no impact on self-esteem
- C. Stress can lower self-esteem and contribute to feelings of anxiety and depression
- D. Stress only affects physical health, not self-esteem

Answer: C.

92. How can mindfulness and relaxation techniques help manage symptoms of stress, anxiety, and depression?

- A. Mindfulness and relaxation techniques have no impact on mental health
- B. Mindfulness and relaxation techniques can worsen symptoms of stress, anxiety, and depression
- C. Mindfulness and relaxation techniques can help individuals reduce stress levels, improve emotional regulation, and cope with symptoms of anxiety and depression
- D. Mindfulness and relaxation techniques are only effective for physical health, not mental health

Answer: C.

93. Which of the following is NOT a recommended strategy for managing stress related to anxiety, depression, and anger?

- A) Practicing mindfulness and meditation
- B) Engaging in regular physical exercise
- C) Avoiding social interactions and isolating oneself
- D) Seeking support from friends, family, or a therapist

Answer: C

94. True or False: Setting realistic goals and priorities can help in managing stress related to anxiety, depression, and anger.

Answer: True

95. Which of the following is a healthy coping mechanism for dealing with stress?

- A) Binge eating junk food
- B) Drinking excessive amounts of alcohol

- C) Engaging in hobbies and activities you enjoy
- D) Avoiding the situation that is causing stress

Answer: C

96. What is one effective way to manage stress related to anxiety, depression, and anger in the workplace?

- A) Ignoring the stress and pushing through the workday
- B) Taking regular breaks and practicing deep breathing exercises
- C) Blaming others for the stress and expressing anger towards colleagues
- D) Working longer hours to distract oneself from the stress

Answer: B

97. Which of the following is a symptom of stress that may indicate the need for professional help?

- A) Feeling tired and fatigued
- B) Difficulty concentrating
- C) Persistent feelings of sadness or hopelessness
- D) Increased irritability and anger

Answer: C

98. True or False: Avoiding or suppressing emotions is an effective way to manage stress related to anxiety, depression, and anger.

Answer: False

99. Which of the following relaxation techniques can help in managing stress related to anxiety, depression, and anger?

- A) Watching intense and violent movies
- B) Listening to calming music
- C) Consuming caffeine and energy drinks
- D) Engaging in competitive sports

Answer: B

100. What is an important aspect of self-care when dealing with stress related to anxiety, depression, and anger?

- A) Neglecting one's physical health
- B) Engaging in negative self-talk
- C) Setting boundaries and saying no when needed
- D) Avoiding seeking help from others

Answer: C



UNIT:3	<i>What is coping? Socio-demographic: (e.g., socio-economic status, gender), personality (e.g., type A behavior pattern), and coping strategies (problem-focused and emotion-focused), as moderators of the relationship of stress and health/well-being</i>
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3.1 What is coping?

Coping refers to the strategies and mechanisms that individuals use to deal with stress, adversity, or difficult situations. Coping mechanisms can be healthy or unhealthy, and they can vary from person to person. Healthy coping strategies may include seeking social support, practicing relaxation techniques, engaging in physical activity, or problem-solving. Unhealthy coping strategies may include avoidance, substance abuse, or self-harm. Effective coping skills can help individuals manage stress and navigate challenging circumstances in a positive way.

3.2 Coping strategies can vary depending on an individual's socio-demographic status, as different factors such as age, gender, income level, education, and cultural background can influence how people respond to stress and challenges. Here are some general coping strategies that may be helpful for individuals in different socio-demographic groups:

1. Age:

- **Younger individuals:** may benefit from seeking support from friends and family, engaging in physical activities, and practicing mindfulness or relaxation techniques.
- **Older individuals:** may find comfort in maintaining social connections, pursuing hobbies or interests, and seeking professional help if needed.

2. Gender:

- **Men:** may find it helpful to engage in physical activities, talk to a trusted friend or counselor, or express their emotions through creative outlets like art or music.
- **Women:** may benefit from seeking social support, practicing self-care activities, and engaging in activities that promote relaxation and stress relief.

3. Income level:

- **Higher income individuals:** may have access to resources such as therapy, wellness retreats, or other forms of self-care that can help them cope with stress.
- **Lower income individuals:** may need to rely more on social support networks, community resources, and low-cost or free coping strategies such as meditation, exercise, or journaling.

4. Education:

- **Higher education individuals:** may have more knowledge about coping strategies and resources available to them, such as therapy or support groups.
- **Lower education individuals:** may benefit from seeking out community resources, online support groups, or self-help books to learn new coping skills.

5. Cultural background:

- **Individuals from collectivist cultures:** may find comfort in seeking support from

their community or religious/spiritual practices.

- **Individuals from individualistic cultures:** may prefer individual coping strategies such as exercise, journaling, or therapy.

Ultimately, it's important for individuals to find coping strategies that work best for them, regardless of their socio-demographic status. Seeking support from others, practicing self-care, staying active, and seeking professional help when needed are all important components of effective coping.

3.3 Coping with personality-related challenges can be a complex and ongoing process, but there are several strategies that can help. Here are some tips for coping with personality-related issues:

1. Self-awareness: The first step in coping with personality-related challenges is to develop self-awareness. Take the time to reflect on your thoughts, feelings, and behaviors, and try to identify patterns or triggers that may be contributing to your difficulties.

2. Seek support: It can be helpful to talk to a therapist, counselor, or support group about your personality-related challenges. They can provide you with guidance, validation, and coping strategies to help you navigate your struggles.

3. Practice self-care: Taking care of yourself is essential when coping with personality-related issues. Make sure to prioritize activities that help you relax, recharge, and maintain your overall well-being, such as exercise, meditation, hobbies, and spending time with loved ones.

4. Set boundaries: If your personality traits are causing conflicts in your relationships, it's important to set boundaries and communicate your needs effectively. Learning how to assert yourself and establish healthy boundaries can help you navigate challenging interactions more effectively.

5. Develop coping skills: Building a toolbox of coping skills can help you manage stress, anxiety, and other challenges related to your personality. This may include techniques such as deep breathing, mindfulness, journaling, or engaging in activities that bring you joy and relaxation.

6. Challenge negative thoughts: If your personality traits are leading to negative self-talk or self-criticism, work on challenging and reframing these thoughts. Practice self-compassion and focus on your strengths and accomplishments rather than dwelling on perceived shortcomings.

7. Practice acceptance: Accepting yourself and your personality traits, both the positive and the challenging aspects, can be a powerful tool in coping with personality-related issues. Embrace your uniqueness and work on cultivating self-acceptance and self-love.

Remember that coping with personality-related challenges is a journey, and it's okay to seek help and support along the way. Be patient with yourself and celebrate small victories as you work towards greater self-awareness and personal growth.

3.4 Type A personality is a behavioral pattern characterized by competitiveness, ambition, high levels of stress, impatience, and a sense of urgency. People with Type A personalities are often described as being highly organized, proactive, and driven to achieve their goals. They may also be more prone to experiencing stress-related health issues due to their intense work ethic and perfectionist tendencies.

Coping with the stress and challenges that come with having a Type A personality can be challenging, but there are strategies that can help manage and reduce the negative impact. Here are some tips for coping with a Type A personality:

- 1. Recognize and acknowledge your Type A tendencies:** The first step in coping with a Type A personality is to recognize and acknowledge your tendencies towards perfectionism, competitiveness, impatience, and high levels of stress. Understanding your personality traits can help you better manage them.
- 2. Practice relaxation techniques:** Engage in relaxation techniques such as deep breathing, meditation, yoga, or mindfulness to help calm your mind and reduce stress levels. These techniques can help you slow down and focus on the present moment.
- 3. Set realistic goals:** While it's important to strive for excellence, it's also essential to set realistic goals and expectations for yourself. Avoid setting unattainable standards that can lead to burnout and frustration.
- 4. Prioritize self-care:** Make time for self-care activities that help you relax and recharge, such as exercise, hobbies, spending time with loved ones, or engaging in activities that bring you joy.
- 5. Practice time management:** Develop effective time management skills to help you prioritize tasks, set boundaries, and avoid overcommitting yourself. Use tools such as to-do lists, calendars, and scheduling to help you stay organized and focused.
- 6. Seek support:** Don't be afraid to seek support from friends, family, or a therapist if you're feeling overwhelmed or struggling to cope with your Type A tendencies. Talking to someone can provide you with perspective and help you develop healthier coping strategies.
- 7. Practice assertiveness:** Learn to assert yourself and set boundaries in a respectful and assertive manner. Communicate your needs and limitations to others to avoid taking on too much or feeling overwhelmed.
- 8. Engage in stress-reducing activities:** Find activities that help you relax and unwind, such as exercise, listening to music, reading, or spending time in nature. Engaging in activities that reduce stress can help you manage your Type A tendencies more effectively.

Remember that coping with a Type A personality is a journey, and it's essential to be patient and kind to yourself as you work on developing healthier coping strategies. With time and practice, you can learn to manage your Type A tendencies in a more balanced and sustainable way.

3.5 Coping refers to the strategies and behaviors that individuals use to manage stress, adversity,

or difficult situations. There are various types of coping strategies, and one way to categorize them is through behavioral patterns. Here are some common types of behavioral coping patterns:

- 1. Problem-focused coping:** This type of coping involves taking direct action to address the source of stress or problem. Individuals using problem-focused coping may seek information, make a plan, or take steps to change the situation causing distress.
- 2. Emotion-focused coping:** Emotion-focused coping involves managing the emotional response to stress rather than directly addressing the problem itself. This can include seeking social support, engaging in relaxation techniques, or reframing the situation in a more positive light.
- 3. Avoidant coping:** Avoidant coping involves avoiding or ignoring the source of stress. This can include denial, distraction, or engaging in activities to escape from the problem temporarily. While avoidant coping may provide short-term relief, it is not always effective in the long run.
- 4. Adaptive coping:** Adaptive coping strategies are those that are considered healthy and effective in managing stress. These strategies promote resilience, problem-solving, and emotional regulation. Examples of adaptive coping include seeking social support, practicing mindfulness, and engaging in physical activity.
- 5. Maladaptive coping:** Maladaptive coping strategies are those that are harmful or ineffective in managing stress. These strategies may include substance abuse, self-harm, or avoidance behaviors that only provide temporary relief and can lead to negative consequences.

It's important to note that individuals may use a combination of coping strategies depending on the situation and their personal preferences. Developing a repertoire of adaptive coping strategies can help individuals effectively manage stress and build resilience in the face of challenges.

3.6 Coping strategies play a crucial role in moderating the relationship between stress and health well-being. Effective coping strategies can help individuals better manage and reduce the negative impact of stress on their health, while maladaptive coping strategies can exacerbate the effects of stress on well-being. Here are some ways in which coping strategies can act as moderators in the stress-health well-being relationship:

- 1. Problem-focused coping:** This type of coping involves actively addressing the stressor and taking steps to solve the problem. Problem-focused coping strategies, such as problem-solving and seeking social support, can help individuals feel more in control of the situation and reduce the negative impact of stress on health.
- 2. Emotion-focused coping:** Emotion-focused coping involves managing the emotional distress caused by stress. Strategies such as relaxation techniques, mindfulness, and positive reframing can help individuals regulate their emotions and reduce the physiological and psychological effects of stress on health.
- 3. Avoidant coping:** Avoidant coping strategies, such as denial, avoidance, and substance use, can temporarily reduce feelings of distress but are ultimately maladaptive in the long

run. These strategies can increase the negative impact of stress on health by preventing individuals from effectively addressing the stressor and seeking support.

4. Social support: Seeking social support from friends, family, or a therapist can be a powerful coping strategy that moderates the relationship between stress and health well-being. Social support can provide emotional validation, practical assistance, and a sense of belonging, all of which can buffer the negative effects of stress on health.

5. Cognitive reframing: Cognitive reframing involves changing the way one thinks about a stressful situation in order to see it in a more positive or manageable light. By reframing negative thoughts and beliefs, individuals can reduce the emotional impact of stress and improve their overall well-being.

6. Self-care practices: Engaging in self-care practices such as exercise, healthy eating, adequate sleep, and relaxation techniques can help individuals build resilience to stress and maintain their health well-being. These practices can serve as protective factors that mitigate the negative effects of stress on health.

In conclusion, coping strategies play a crucial role in moderating the relationship between stress and health well-being. By adopting effective coping strategies such as problem-focused coping, emotion-focused coping, seeking social support, cognitive reframing, and self-care practices, individuals can better manage stress and protect their health and well-being. It is important for individuals to be aware of their coping strategies and actively work towards developing adaptive ways of coping with stress.

Multiple Choices Questions

1. Which of the following is NOT a coping strategy commonly used to moderate the relationship between stress and health well-being?

- A) Problem-solving
- B) Avoidance
- C) Social support
- D) Exercise

Answer: B

2. How does problem-solving as a coping strategy help moderate the relationship between stress and health well-being?

- A) By ignoring the stressor
- B) By seeking social support
- C) By actively addressing the stressor
- D) By engaging in unhealthy behaviors

Answer: C

3. Which coping strategy involves seeking comfort, advice, or assistance from others during

times of stress?

- A) Problem-solving
- B) Avoidance
- C) Social support
- D) Exercise

Answer: C

4. How does exercise as a coping strategy help moderate the relationship between stress and health well-being?

- A) By increasing stress levels
- B) By promoting relaxation and reducing stress
- C) By isolating individuals from social support
- D) By avoiding the stressor

Answer: B

5. Which coping strategy involves engaging in physical activity to reduce stress and improve overall well-being?

- A) Problem-solving
- B) Avoidance
- C) Social support
- D) Exercise

Answer: D

6. How does avoidance as a coping strategy impact the relationship between stress and health well-being?

- A) It effectively reduces stress levels
- B) It can lead to increased stress and negative health outcomes
- C) It promotes social support
- D) It encourages problem-solving

Answer: B

7. Which coping strategy is associated with actively seeking solutions to stressors and challenges?

- A) Problem-solving
- B) Avoidance
- C) Social support
- D) Exercise

Answer: A

8. How does social support as a coping strategy influence the relationship between stress and

health well-being?

- A) It increases stress levels
- B) It promotes isolation
- C) It provides emotional and practical assistance, leading to better health outcomes
- D) It encourages avoidance of the stressor

Answer: C

9. Which coping strategy involves avoiding or ignoring the stressor altogether?

- A) Problem-solving
- B) Avoidance
- C) Social support
- D) Exercise

Answer: B

10. How do coping strategies act as moderators in the relationship between stress and health well-being?

- A) By eliminating stress entirely
- B) By reducing the impact of stress on health outcomes
- C) By increasing stress levels
- D) By avoiding seeking social support

Answer: B

11. Which coping strategy is most likely to lead to positive health outcomes when dealing with stress?

- A) Avoidance
- B) Social support
- C) Problem-solving
- D) Exercise

Answer: C

12. How can engaging in problem-solving as a coping strategy improve health well-being?

- A) By avoiding the stressor
- B) By seeking social support
- C) By actively addressing and resolving the stressor
- D) By engaging in unhealthy behaviors

Answer: C

13. Which coping strategy involves seeking assistance from friends, family, or support groups during times of stress?

- A) Problem-solving

- B) Avoidance
- C) Social support
- D) Exercise

Answer: C

14. How does exercise as a coping strategy contribute to better health outcomes in the face of stress?

- A) By increasing stress levels
- B) By promoting relaxation and reducing stress
- C) By avoiding the stressor
- D) By isolating individuals from social support

Answer: B

15. Which coping strategy is associated with ignoring or avoiding the stressor?

- A) Problem-solving
- B) Avoidance
- C) Social support
- D) Exercise

Answer: B

16. How does social support as a coping strategy impact the relationship between stress and health well-being?

- A) It increases stress levels
- B) It promotes isolation
- C) It provides emotional and practical assistance, leading to better health outcomes
- D) It encourages avoidance of the stressor

Answer: C

17. Which coping strategy involves actively seeking solutions and strategies to address stressors?

- A) Problem-solving
- B) Avoidance
- C) Social support
- D) Exercise

Answer: A

18. How does avoidance as a coping strategy affect health well-being in the presence of stress?

- A) It effectively reduces stress levels
- B) It can lead to increased stress and negative health outcomes
- C) It promotes social support
- D) It encourages problem-solving

Answer: B

19. Which coping strategy is associated with engaging in physical activity to reduce stress and improve overall well-being?

- A) Problem-solving
- B) Avoidance
- C) Social support
- D) Exercise

Answer: D

20. How do coping strategies act as moderators in the relationship between stress and health well-being?

- A) By eliminating stress entirely
- B) By reducing the impact of stress on health outcomes
- C) By increasing stress levels
- D) By avoiding seeking social support

Answer: B

21. What is the definition of coping strategies?

- A. Techniques used to avoid problems
- B. Ways to manage stress and difficult situations
- C. Methods to ignore emotions
- D. Strategies to blame others for problems

Answer: B.

22. Which of the following is an example of an emotion-focused coping strategy?

- A. Problem-solving
- B. Seeking social support
- C. Exercise
- D. Accepting the situation and moving on

Answer: D.

23. What is the purpose of problem-focused coping strategies?

- A. To change the way we perceive a situation
- B. To avoid dealing with the problem
- C. To directly address and solve the problem
- D. To distract ourselves from the problem

Answer: C.

24. Which coping strategy involves seeking advice or help from others?

- A. Problem-solving
- B. Seeking social support
- C. Avoidance
- D. Self-blame

Answer: B.

25. What is the goal of avoidance coping strategies?

- A. To confront and address the problem
- B. To distract oneself from the problem
- C. To seek social support
- D. To accept the situation and move on

Answer: B.

26. Which coping strategy involves engaging in physical activities to reduce stress?

- A. Problem-solving
- B. Seeking social support
- C. Exercise
- D. Avoidance

Answer: C.

27. What is the purpose of cognitive restructuring as a coping strategy?

- A. To avoid dealing with the problem
- B. To change negative thought patterns
- C. To distract oneself from the problem
- D. To seek social support

Answer: B.

28. Which coping strategy involves finding humor in a difficult situation?

- A. Problem-solving
- B. Seeking social support
- C. Humor
- D. Avoidance

Answer: C

29. What is the goal of acceptance coping strategies?

- A. To avoid dealing with the problem
- B. To confront and address the problem
- C. To distract oneself from the problem
- D. To accept the situation and move on

Answer: D.

30. Which coping strategy involves engaging in activities that provide a sense of accomplishment?

- A. Problem-solving
- B. Seeking social support
- C. Goal setting
- D. Avoidance

Answer: C.

31. What is the purpose of relaxation techniques as a coping strategy?

- A. To increase stress levels
- B. To distract oneself from the problem
- C. To reduce stress and promote relaxation
- D. To avoid dealing with the problem

Answer: C.

32. Which coping strategy involves reframing a situation in a more positive light?

- A. Problem-solving
- B. Seeking social support
- C. Positive reframing
- D. Avoidance

Answer: C.

33. What is the goal of seeking professional help as a coping strategy?

- A. To avoid dealing with the problem
- B. To confront and address the problem
- C. To distract oneself from the problem
- D. To seek social support

Answer: B.

34. Which coping strategy involves engaging in activities that bring joy and relaxation?

- A. Problem-solving
- B. Seeking social support
- C. Self-care
- D. Avoidance

Answer: C.

35. What is the purpose of mindfulness as a coping strategy?

- A. To avoid dealing with the problem
- B. To distract oneself from the problem

- C. To increase awareness of the present moment
- D. To seek social support

Answer: C.

36. Which coping strategy involves setting boundaries and saying no to additional stressors?

- A. Problem-solving
- B. Seeking social support
- C. Assertiveness
- D. Avoidance

Answer: C.

37. What is the goal of time management as a coping strategy?

- A. To avoid dealing with the problem
- B. To confront and address the problem
- C. To distract oneself from the problem
- D. To prioritize tasks and reduce stress

Answer: D.

38. Which coping strategy involves journaling or writing about emotions and experiences?

- A. Problem-solving
- B. Seeking social support
- C. Writing therapy
- D. Avoidance

Answer: C.

39. What is the purpose of distraction as a coping strategy?

- A. To confront and address the problem
- B. To avoid dealing with the problem
- C. To seek social support
- D. To temporarily shift focus from stressors

Answer: D.

40. Which coping strategy involves practicing deep breathing exercises?

- A. Problem-solving
- B. Seeking social support
- C. Relaxation techniques
- D. Avoidance

Answer: C.

41. What is the goal of humor as a coping strategy?

- A. To avoid dealing with the problem
- B. To confront and address the problem
- C. To distract oneself from the problem
- D. To find joy and laughter in difficult situations

Answer: D.

42. Which coping strategy involves engaging in hobbies or activities that bring pleasure?

- A. Problem-solving
- B. Seeking social support
- C. Pleasure activities
- D. Avoidance

Answer: C.

43. What is the purpose of self-compassion as a coping strategy?

- A. To avoid dealing with the problem
- B. To confront and address the problem
- C. To distract oneself from the problem
- D. To show kindness and understanding towards oneself

Answer: D.

44. Which coping strategy involves setting realistic expectations and goals?

- A. Problem-solving
- B. Seeking social support
- C. Goal setting
- D. Avoidance

Answer: C.

45. What is the goal of seeking spiritual support as a coping strategy?

- A. To avoid dealing with the problem
- B. To confront and address the problem
- C. To distract oneself from the problem
- D. To find comfort and guidance in spiritual beliefs

Answer: D.

46. Which coping strategy involves practicing gratitude and focusing on positive aspects of life?

- A. Problem-solving
- B. Seeking social support
- C. Gratitude practice
- D. Avoidance

Answer: C.

47. What is the purpose of seeking information as a coping strategy?

- A. To avoid dealing with the problem
- B. To confront and address the problem
- C. To distract oneself from the problem
- D. To gather knowledge and resources to cope effectively

Answer: D.

48. Which coping strategy involves engaging in creative activities such as art or music?

- A. Problem-solving
- B. Seeking social support
- C. Creative expression
- D. Avoidance

Answer: C.

49. What is the goal of mindfulness meditation as a coping strategy?

- A. To avoid dealing with the problem
- B. To confront and address the problem
- C. To distract oneself from the problem
- D. To increase awareness of thoughts and emotions without judgment

Answer: D.

50. Which coping strategy involves practicing positive self-talk and affirmations?

- A. Problem-solving
- B. Seeking social support
- C. Positive self-talk
- D. Avoidance

Answer: C.

51. What is the purpose of seeking professional counseling as a coping strategy?

- A. To avoid dealing with the problem
- B. To confront and address the problem
- C. To distract oneself from the problem
- D. To receive guidance and support from a trained professional

Answer: D.

52. Which coping strategy involves engaging in physical activities to release pent-up emotions?

- A. Problem-solving
- B. Seeking social support
- C. Physical exercise

D. Avoidance

Answer: C.

53. What is the goal of relaxation techniques as a coping strategy?

- A. To increase stress levels
- B. To distract oneself from the problem
- C. To reduce stress and promote relaxation
- D. To avoid dealing with the problem

Answer: C.

54. Which coping strategy involves practicing mindfulness and being present in the moment?

- A. Problem-solving
- B. Seeking social support
- C. Mindfulness meditation
- D. Avoidance

Answer: C.

55. What is the purpose of seeking social support as a coping strategy?

- A. To avoid dealing with the problem
- B. To confront and address the problem
- C. To distract oneself from the problem
- D. To receive emotional and practical assistance from others

Answer: D.

56. Which coping strategy involves engaging in activities that promote relaxation and stress relief?

- A. Problem-solving
- B. Seeking social support
- C. Self-care
- D. Avoidance

Answer: C.

57. What is the goal of cognitive-behavioral therapy as a coping strategy?

- A. To avoid dealing with the problem
- B. To confront and address the problem
- C. To distract oneself from the problem
- D. To change negative thought patterns and behaviors

Answer: D.

58. Which coping strategy involves setting boundaries and prioritizing self-care?

- A. Problem-solving
- B. Seeking social support
- C. Self-care
- D. Avoidance

Answer: C.

59. What is the purpose of seeking professional help as a coping strategy?

- A. To avoid dealing with the problem
- B. To confront and address the problem
- C. To distract oneself from the problem
- D. To receive guidance and support from a trained professional

Answer: D.

60. Which coping strategy involves engaging in activities that bring joy and fulfillment?

- A. Problem-solving
- B. Seeking social support
- C. Pleasure activities
- D. Avoidance

Answer: C.

61. What is the goal of relaxation techniques as a coping strategy?

- A. To increase stress levels
- B. To distract oneself from the problem
- C. To reduce stress and promote relaxation
- D. To avoid dealing with the problem

Answer: C.

62. Which coping strategy involves reframing negative thoughts into more positive ones?

- A. Problem-solving
- B. Seeking social support
- C. Positive reframing
- D. Avoidance

Answer: C.

63. What is the purpose of humor as a coping strategy?

- A. To avoid dealing with the problem
- B. To confront and address the problem
- C. To distract oneself from the problem
- D. To find joy and laughter in difficult situations

Answer: D.

64. Which coping strategy involves engaging in activities that provide a sense of accomplishment?

- A. Problem-solving
- B. Seeking social support
- C. Goal setting
- D. Avoidance

Answer: C.

65. What is the goal of seeking spiritual support as a coping strategy?

- A. To avoid dealing with the problem
- B. To confront and address the problem
- C. To distract oneself from the problem
- D. To find comfort and guidance in spiritual beliefs

Answer: D.

66. Which coping strategy involves practicing deep breathing exercises?

- A. Problem-solving
- B. Seeking social support
- C. Relaxation techniques
- D. Avoidance

Answer: C.

67. What is the purpose of seeking information as a coping strategy?

- A. To avoid dealing with the problem
- B. To confront and address the problem
- C. To distract oneself from the problem
- D. To gather knowledge and resources to cope effectively

Answer: D.

68. Which coping strategy involves engaging in creative activities such as art or music?

- A. Problem-solving
- B. Seeking social support
- C. Creative expression
- D. Avoidance

Answer: C.

69. What is the goal of mindfulness meditation as a coping strategy?

- A. To avoid dealing with the problem
- B. To confront and address the problem

- C. To distract oneself from the problem
- D. To increase awareness of thoughts and emotions without judgment

Answer: D.

70. Which coping strategy involves practicing positive self-talk and affirmations?

- A. Problem-solving
- B. Seeking social support
- C. Positive self-talk
- D. Avoidance

Answer: C.

71. Which of the following is a problem-focused coping strategy?

- A) Seeking emotional support from friends
- B) Engaging in physical exercise
- C) Problem-solving to address the root cause of stress
- D) Avoiding the stressful situation

Answer: C

72. Which socio-demographic factor is associated with a higher likelihood of using emotion-focused coping strategies?

- A) Higher education level
- B) Younger age
- C) Lower income level
- D) Urban residence

Answer: B

73. Which coping strategy is considered maladaptive and can lead to negative outcomes in the long term?

- A) Seeking social support
- B) Engaging in mindfulness practices
- C) Substance abuse
- D) Engaging in hobbies and leisure activities

Answer: C

74. Which socio-demographic factor is associated with a higher likelihood of using avoidance coping strategies?

- A) Female gender
- B) Higher income level
- C) Older age
- D) Rural residence

Answer: A

75. Which coping strategy involves seeking professional help from therapists or counselors?

- A) Problem-focused coping
- B) Emotion-focused coping
- C) Avoidance coping
- D) Seeking social support

Answer: D

76. Which socio-demographic factor is associated with a higher likelihood of using problem-focused coping strategies?

- A) Lower education level
- B) Younger age
- C) Higher income level
- D) Urban residence

Answer: C

77. Which coping strategy involves engaging in relaxation techniques such as deep breathing or meditation?

- A) Problem-focused coping
- B) Emotion-focused coping
- C) Avoidance coping
- D) Behavioral coping

Answer: B

78. Which socio-demographic factor is associated with a higher likelihood of using religious coping strategies?

- A) Higher education level
- B) Older age
- C) Lower income level
- D) Urban residence

Answer: B

79. Which coping strategy involves reframing the situation in a more positive light?

- A) Seeking social support
- B) Cognitive restructuring
- C) Avoidance coping
- D) Engaging in physical exercise

Answer: B

80. Which socio-demographic factor is associated with a higher likelihood of using humor as a

coping strategy?

- A) Female gender
- B) Younger age
- C) Higher income level
- D) Rural residence

Answer: B

81. Which coping strategy involves expressing emotions through writing or talking about them?

- A) Problem-focused coping
- B) Emotion-focused coping
- C) Avoidance coping
- D) Distraction coping

Answer: B

82. Which socio-demographic factor is associated with a higher likelihood of using problem-solving coping strategies?

- A) Lower education level
- B) Younger age
- C) Higher income level
- D) Urban residence

Answer: D

83. Which coping strategy involves engaging in physical activities to reduce stress and improve mood?

- A) Seeking social support
- B) Behavioral coping
- C) Avoidance coping
- D) Cognitive restructuring

Answer: B

84. Which socio-demographic factor is associated with a higher likelihood of using distraction coping strategies?

- A) Female gender
- B) Older age
- C) Lower income level
- D) Urban residence

Answer: A)

85. Which coping strategy involves accepting the situation and finding ways to adapt to it?

- A) Problem-focused coping

- B) Emotion-focused coping
- C) Avoidance coping
- D) Acceptance coping

Answer:D

86. Which coping strategy is more commonly used by women?

- A) Problem-solving
- B) Emotional expression
- C) Avoidance
- D) Social support

Answer: D

87. Which coping strategy is more commonly used by men?

- A) Problem-solving
- B) Emotional expression
- C) Avoidance
- D) Seeking professional help

Answer: A

88. Which coping strategy is associated with better mental health outcomes for both men and women?

- A) Avoidance
- B) Emotional suppression
- C) Problem-solving
- D) Substance use

Answer: C

89. Which coping strategy is often linked to higher levels of stress and anxiety in both men and women?

- A) Social support
- B) Problem-solving
- C) Emotional expression
- D) Avoidance

Answer: D

90. Which coping strategy is more commonly used by individuals of all genders when facing a traumatic event?

- A) Seeking professional help
- B) Emotional expression
- C) Problem-solving

D) Avoidance

Answer: B

91. Which of the following is NOT a coping strategy for dealing with stress?

A) Exercise

B) Avoidance

C) Meditation

D) Talking to a friend

Answer: B

92. What is the primary characteristic of a Type A personality?

A) Relaxed and easy-going

B) Competitive and ambitious

C) Introverted and shy

D) Patient and laid-back

Answer: B

93. Which coping strategy involves expressing emotions through creative outlets such as art or music?

A) Problem-solving

B) Emotional expression

C) Social support

D) Relaxation techniques

Answer: B

94. Individuals with a Type A personality are more likely to:

A) Procrastinate on tasks

B) Experience high levels of stress

C) Be passive and avoid conflict

D) Have a laid-back attitude towards work

Answer: B

95. Which coping strategy involves seeking advice, guidance, or comfort from others?

A) Problem-focused coping

B) Emotion-focused coping

C) Social support

D) Distraction

Answer: C

96. People with a Type A personality are often described as:

- A) Patient and relaxed
- B) Competitive and time-conscious
- C) Introverted and reserved
- D) Easy-going and carefree

Answer: B

97. Which coping strategy involves changing the way you think about a stressful situation?

- A) Problem-solving
- B) Cognitive restructuring
- C) Avoidance
- D) Emotional expression

Answer: B

98. Individuals with a Type A personality are more likely to:

- A) Have a strong sense of self-control
- B) Be perfectionists
- C) Avoid taking on leadership roles
- D) Be laid-back and go with the flow

Answer: B

99. Which coping strategy involves engaging in physical activities to reduce stress and improve mood?

- A) Relaxation techniques
- B) Exercise
- C) Problem-solving
- D) Distraction

Answer: B

100. People with a Type A personality are often characterized by:

- A) Being disorganized and chaotic
- B) Being highly competitive and achievement-oriented
- C) Being passive and submissive
- D) Being indecisive and avoidant

Answer: B



UNIT: 4	<i>Social Resources: social, family, peer, and supervisory support and their appraisals as moderators of relationship of stress and health/well-being.</i>
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4.1 Social resources for coping refer to the support and assistance that individuals receive from their social networks, such as family, friends, colleagues, and community members, during times of stress, adversity, or crisis. These resources can include emotional support, practical help, advice, information, and encouragement. Social resources for coping can help individuals feel less isolated, more understood, and better equipped to deal with challenges and difficulties. They can also provide a sense of belonging, connection, and security, which can enhance resilience and well-being.

- Social support for coping refers to the assistance, encouragement, and comfort that individuals receive from their social network, such as family, friends, and community members, during times of stress, adversity, or challenges. This support can come in various forms, including emotional support (such as empathy and understanding), instrumental support (such as practical help or resources), informational support (such as advice or guidance), and appraisal support (such as feedback or validation).

Having a strong social support system has been shown to have numerous benefits for coping with difficult situations, including reducing feelings of isolation, increasing resilience, improving mental health, and enhancing overall well-being. Social support can provide individuals with a sense of belonging, security, and connectedness, which can help them navigate through tough times and build their capacity to cope effectively.

Social support refers to the assistance, care, and resources that individuals receive from their social network, such as family, friends, and community members. This support can come in various forms, including emotional support (e.g., empathy, encouragement), instrumental support (e.g., tangible assistance, resources), informational support (e.g., advice, guidance), and appraisal support (e.g., feedback, validation).

Appraisal support, in particular, involves providing feedback, validation, and perspective to help individuals evaluate and cope with stressful situations. This type of support can be valuable for coping because it helps individuals gain insight into their experiences, understand their emotions, and make sense of their circumstances. By receiving appraisal support, individuals can feel validated in their feelings and decisions, which can boost their self-esteem and confidence in handling challenges.

Overall, social support, including appraisal support, plays a crucial role in coping with stress and adversity. It provides individuals with a sense of belonging, connection, and reassurance, which can enhance their resilience and ability to navigate difficult circumstances. Having a strong social support network can help individuals cope more effectively with stress, improve their mental well-being, and enhance their overall quality of life.

- Family support for coping refers to the emotional, practical, and sometimes financial

assistance that family members provide to each other during challenging times. This support can come in various forms, such as listening and offering a shoulder to lean on, helping with daily tasks, providing encouragement and motivation, and offering guidance and advice. Family support can play a crucial role in helping individuals cope with stress, trauma, illness, or other difficult situations by providing a sense of belonging, security, and comfort. It can also strengthen family bonds and relationships, fostering resilience and a sense of unity within the family unit.

Family appraisal for coping refers to the evaluation or assessment of how well a family member is managing and dealing with stress, adversity, or difficult circumstances. Family members may assess each other's coping strategies, behaviors, and emotional responses to determine if additional support or intervention is needed. This appraisal can help family members identify areas where they can provide assistance or support to help their loved one cope more effectively.

- Peer support is a form of support provided by individuals who have similar lived experiences or challenges. It involves sharing experiences, offering empathy, and providing practical advice to help others cope with their own struggles. Peer support can be informal, such as talking to a friend who has gone through a similar situation, or formal, such as participating in a peer support group or program.

Peer support is often highly valued for coping because it offers a unique perspective and understanding that may not be present in traditional forms of support. Peers can provide a sense of validation and connection, as they have firsthand knowledge of what the individual is going through. This can help reduce feelings of isolation and stigma, and provide a sense of belonging and community.

Additionally, peer support can be empowering, as it allows individuals to learn from others who have successfully coped with similar challenges. Peers can offer practical tips, strategies, and resources that have worked for them, which can be valuable for someone looking for new coping mechanisms.

Overall, peer support is often seen as a valuable and effective way for individuals to cope with their struggles, as it provides a unique form of understanding, empathy, and empowerment that can be instrumental in the healing process.

- Supervisory support refers to the assistance, guidance, and resources provided by a supervisor to their employees to help them effectively perform their job duties and navigate challenges in the workplace. This support can come in various forms, such as providing feedback, offering training and development opportunities, advocating for the employee's needs, and being available to address concerns or provide advice.

Supervisory support is crucial for employees' coping mechanisms in the workplace, as it can help reduce stress, increase job satisfaction, and improve overall well-being. When supervisors are supportive, employees are more likely to feel valued, motivated, and empowered to handle work-related stressors and challenges.

In terms of appraisal for coping, supervisors can assess how well employees are

managing stress and coping with challenges in the workplace. This can be done through regular check-ins, performance evaluations, and feedback sessions. Supervisors can evaluate employees' coping strategies, resilience, and ability to handle pressure, and provide support and resources as needed.

Overall, supervisory support and appraisal for coping are essential components of a healthy work environment that promotes employee well-being, productivity, and job satisfaction.

4.2 Social, family, peer, and supervisory support can play a crucial role in moderating the relationship between stress and health well-being. These forms of support can act as buffers against the negative effects of stress, helping individuals cope more effectively and maintain their overall well-being. Here is how each type of support can serve as a moderator in the relationship between stress and health well-being:

1. Social Support: Social support refers to the assistance and comfort provided by friends, family, and other social networks. Having a strong social support system can help individuals feel less isolated and more connected, which can reduce the impact of stress on their health. Social support can provide emotional support, practical help, and a sense of belonging, all of which can contribute to better coping mechanisms and overall well-being.

2. Family Support: Family support plays a significant role in moderating the relationship between stress and health well-being. Family members can offer emotional support, practical assistance, and a sense of security during times of stress. Strong family relationships can provide a safe and nurturing environment that promotes resilience and helps individuals better manage stressors.

3. Peer Support: Peer support from friends, colleagues, or peers can also serve as a buffer against the negative effects of stress. Peer support can provide a sense of camaraderie, understanding, and shared experiences, which can help individuals feel less alone in their struggles. Peer support can also offer practical advice, encouragement, and a different perspective on stressors, all of which can contribute to better coping strategies and improved well-being.

4. Supervisory Support: Supervisory support in the workplace is essential for moderating the relationship between stress and health well-being. Supportive supervisors can provide guidance, resources, and encouragement to help employees navigate work-related stressors. Supervisory support can also involve creating a positive work environment, promoting work-life balance, and addressing issues that may be contributing to stress in the workplace.

Overall, social, family, peer, and supervisory support can all play important roles in moderating the relationship between stress and health well-being. By fostering strong support networks and relationships, individuals can better cope with stressors and maintain their overall well-being.

Multiple Choices Questions

1. Which of the following is NOT a type of social support?

- A) Emotional support
- B) Financial support
- C) Physical support
- D) Competitive support

Answer: D

2. Family support can include all of the following EXCEPT:

- A) Providing emotional encouragement
- B) Offering financial assistance
- C) Criticizing and belittling
- D) Helping with household chores

Answer: C

3. Peer support refers to:

- A) Support from coworkers or colleagues
- B) Support from friends or acquaintances
- C) Support from supervisors or managers
- D) Support from family members

Answer: B

4. Supervisory support can involve:

- A) Providing guidance and feedback
- B) Offering opportunities for professional development
- C) Creating a positive work environment
- D) All of the above

Answer: D

5. Social support has been found to have a _____ relationship with stress levels.

- A) Positive
- B) Negative
- C) Neutral
- D) Variable

Answer: B

6. Family support can buffer the impact of stress on health by:

- A) Increasing stress levels
- B) Decreasing stress levels

- C) Having no effect on stress levels
- D) Exacerbating stress levels

Answer: B

7. Peer support can provide individuals with:

- A) A sense of belonging
- B) Opportunities for social comparison
- C) Emotional validation
- D) All of the above

Answer: D

8. Supervisory support is important for:

- A) Employee well-being
- B) Job satisfaction
- C) Work performance
- D) All of the above

Answer: D

9. Which of the following is NOT a way to appraise social support?

- A) Quantity of support
- B) Quality of support
- C) Source of support
- D) Cost of support

Answer: D

10. Research has shown that individuals with strong social support networks tend to have:

- A) Higher levels of stress
- B) Lower levels of stress
- C) Unpredictable levels of stress
- D) No impact on stress levels

Answer: B

11. Family support can be particularly beneficial during times of:

- A) Financial stability
- B) Emotional distress
- C) Physical illness
- D) Isolation

Answer: C

12. Peer support can be especially helpful for individuals experiencing:

- A) Work-related stress
- B) Family conflicts
- C) Financial difficulties
- D) Health issues

Answer: A

13. Supervisory support is crucial for fostering a positive:

- A) Work environment
- B) Family dynamic
- C) Peer group
- D) Social network

Answer: A

14. Social support can come in the form of:

- A) Listening and providing advice
- B) Offering practical help
- C) Showing empathy and understanding
- D) All of the above

Answer: D

15. Family support can contribute to an individual's overall:

- A) Physical health
- B) Mental health
- C) Social well-being
- D) All of the above

Answer: D

16. Peer support can help individuals feel:

- A) Isolated
- B) Unsupported
- C) Connected
- D) Overwhelmed

Answer: C

17. Supervisory support can lead to increased:

- A) Employee turnover
- B) Job dissatisfaction
- C) Productivity
- D) Conflict in the workplace

Answer: C

18. Appraising social support involves evaluating:

- A) The frequency of support received
- B) The effectiveness of support provided
- C) The responsiveness of the support network
- D) All of the above

Answer: D

19. Social support can act as a buffer against the negative effects of:

- A) Stress
- B) Happiness
- C) Success
- D) Isolation

Answer: A

20. Family support can enhance an individual's ability to cope with:

- A) Work-related challenges
- B) Relationship conflicts
- C) Health issues
- D) Financial problems

Answer: C

21. Peer support can offer individuals:

- A) Constructive feedback
- B) Emotional validation
- C) Opportunities for socialization
- D) All of the above

Answer: D

22. Supervisory support is important for fostering a sense of:

- A) Competition
- B) Autonomy
- C) Belonging
- D) Isolation

Answer: C

23. Social support networks can include:

- A) Friends
- B) Family members
- C) Coworkers
- D) All of the above

Answer: D

24. Family support can provide individuals with a sense of:

- A) Independence
- B) Interdependence
- C) Isolation
- D) Competition

Answer: B

25. Peer support can help individuals feel:

- A) Judged
- B) Criticized
- C) Accepted
- D) Ignored

Answer: C

26. Supervisory support can lead to increased:

- A) Employee absenteeism
- B) Employee engagement
- C) Employee turnover
- D) Employee conflicts

Answer: B

27. Appraising social support involves considering the:

- A) Reciprocity of support
- B) Cultural context of support
- C) Timing of support
- D) All of the above

Answer: D

28. Social support can contribute to an individual's overall:

- A) Stress levels
- B) Resilience
- C) Isolation
- D) Conflict

Answer: B

29. Family support can help individuals navigate:

- A) Work-related challenges
- B) Relationship conflicts

- C) Parenting issues
- D) Financial problems

Answer: C

30. Peer support can provide individuals with:

- A) Opportunities for gossip
- B) Opportunities for social comparison
- C) Opportunities for conflict
- D) Opportunities for collaboration

Answer: D

31. Supervisory support is important for promoting:

- A) A toxic work environment
- B) Employee well-being
- C) Micromanagement
- D) High turnover rates

Answer: B

32. Social support can come in the form of:

- A) Criticism and judgment
- B) Isolation and neglect
- C) Empathy and understanding
- D) Competition and rivalry

Answer: C

33. Family support can enhance an individual's ability to cope with:

- A) Work-related stress
- B) Financial success
- C) Social isolation
- D) Health challenges

Answer: D

34. Peer support can offer individuals:

- A) Opportunities for conflict
- B) Opportunities for growth
- C) Opportunities for competition
- D) Opportunities for exclusion

Answer: B

35. Supervisory support can lead to increased:

- A) Employee burnout
- B) Employee satisfaction
- C) Employee conflicts
- D) Employee turnover

Answer: B

36. Appraising social support involves evaluating:

- A) The quantity of support received
- B) The quality of support provided
- C) The responsiveness of the support network
- D) All of the above

Answer: D

37. Social support can act as a buffer against the negative effects of:

- A) Success
- B) Isolation
- C) Happiness
- D) Financial stability

Answer: B

38. Family support can enhance an individual's ability to cope with:

- A) Work-related challenges
- B) Relationship conflicts
- C) Health issues
- D) Financial problems

Answer: C

39. Peer support can offer individuals:

- A) Constructive feedback
- B) Emotional validation
- C) Opportunities for socialization
- D) All of the above

Answer: D

40. Supervisory support is important for fostering a sense of:

- A) Competition
- B) Autonomy
- C) Belonging
- D) Isolation

Answer: C

41. Social support networks can include:

- A) Friends
- B) Family members
- C) Coworkers
- D) All of the above

Answer: D

42. Family support can provide individuals with a sense of:

- A) Independence
- B) Interdependence
- C) Isolation
- D) Competition

Answer: B

43. Peer support can help individuals feel:

- A) Judged
- B) Criticized
- C) Accepted
- D) Ignored

Answer: C

44. Supervisory support can lead to increased:

- A) Employee absenteeism
- B) Employee engagement
- C) Employee turnover
- D) Employee conflicts

Answer: B

45. Appraising social support involves considering the:

- A) Reciprocity of support
- B) Cultural context of support
- C) Timing of support
- D) All of the above

Answer: D

46. Social support can contribute to an individual's overall:

- A) Stress levels
- B) Resilience
- C) Isolation

D) Conflict

Answer: B

47. Family support can help individuals navigate:

A) Work-related challenges

B) Relationship conflicts

C) Parenting issues

D) Financial problems

Answer: C

48. Peer support can provide individuals with:

A) Opportunities for gossip

B) Opportunities for social comparison

C) Opportunities for conflict

D) Opportunities for collaboration

Answer: D

49. Supervisory support is important for promoting:

A) A toxic work environment

B) Employee well-being

C) Micromanagement

D) High turnover rates

Answer: B

50. Social support can come in the form of:

A) Criticism and judgment

B) Isolation and neglect

C) Empathy and understanding

D) Competition and rivalry

Answer: C

51. Family support can enhance an individual's ability to cope with:

A) Work-related stress

B) Financial success

C) Social isolation

D) Health challenges

Answer: D

52. Peer support can offer individuals:

A) Opportunities for conflict

- B) Opportunities for growth
- C) Opportunities for competition
- D) Opportunities for exclusion

Answer: B

53. Supervisory support can lead to increased:

- A) Employee burnout
- B) Employee satisfaction
- C) Employee conflicts
- D) Employee turnover

Answer: B

54. Appraising social support involves evaluating:

- A) The quantity of support received
- B) The quality of support provided
- C) The responsiveness of the support network
- D) All of the above

Answer: D

55. Social support can act as a buffer against the negative effects of:

- A) Success
- B) Isolation
- C) Happiness
- D) Financial stability

Answer: B

56. Family support can enhance an individual's ability to cope with:

- A) Work-related challenges
- B) Relationship conflicts
- C) Health issues
- D) Financial problems

Answer: C

57. Peer support can offer individuals:

- A) Constructive feedback
- B) Emotional validation
- C) Opportunities for socialization
- D) All of the above

Answer: D

58. Supervisory support is important for fostering a sense of:

- A) Competition
- B) Autonomy
- C) Belonging
- D) Isolation

Answer: C

59. Social support networks can include:

- A) Friends
- B) Family members
- C) Coworkers
- D) All of the above

Answer: D) All of the above

60. Family support can provide individuals with a sense of:

- A) Independence
- B) Interdependence
- C) Isolation
- D) Competition

Answer: B

61. Peer support can help individuals feel:

- A) Judged
- B) Criticized
- C) Accepted
- D) Ignored

Answer: C

62. Supervisory support can lead to increased:

- A) Employee absenteeism
- B) Employee engagement
- C) Employee turnover
- D) Employee conflicts

Answer: B

63. Appraising social support involves considering the:

- A) Reciprocity of support
- B) Cultural context of support
- C) Timing of support

D) All of the above

Answer: D

64. Social support can contribute to an individual's overall:

A) Stress levels

B) Resilience

C) Isolation

D) Conflict

Answer: B

65. Family support can help individuals navigate:

A) Work-related challenges

B) Relationship conflicts

C) Parenting issues

D) Financial problems

Answer: C

66. Peer support can provide individuals with:

A) Opportunities for gossip

B) Opportunities for social comparison

C) Opportunities for conflict

D) Opportunities for collaboration

Answer: D

67. Supervisory support is important for promoting:

A) A toxic work environment

B) Employee well-being

C) Micromanagement

D) High turnover rates

Answer: B

68. Social support can come in the form of:

A) Criticism and judgment

B) Isolation and neglect

C) Empathy and understanding

D) Competition and rivalry

Answer: C

69. Family support can enhance an individual's ability to cope with:

A) Work-related stress

- B) Financial success
- C) Social isolation
- D) Health challenges

Answer: D

70. Peer support can offer individuals:

- A) Opportunities for conflict
- B) Opportunities for growth
- C) Opportunities for competition
- D) Opportunities for exclusion

Answer: B

71. Supervisory support can lead to increased:

- A) Employee burnout
- B) Employee satisfaction
- C) Employee conflicts
- D) Employee turnover

Answer: B

72. Appraising social support involves evaluating:

- A) The quantity of support received
- B) The quality of support provided
- C) The responsiveness of the support network
- D) All of the above

Answer: D

73. Social support can act as a buffer against the negative effects of:

- A) Success
- B) Isolation
- C) Happiness
- D) Financial stability

Answer: B

74. Family support can enhance an individual's ability to cope with:

- A) Work-related challenges
- B) Relationship conflicts
- C) Health issues
- D) Financial problems

Answer: C

75. Peer support can offer individuals:

- A) Constructive feedback
- B) Emotional validation
- C) Opportunities for socialization
- D) All of the above

Answer: D

76. Supervisory support is important for fostering a sense of:

- A) Competition
- B) Autonomy
- C) Belonging
- D) Isolation

Answer: C

77. Social support networks can include:

- A) Friends
- B) Family members
- C) Coworkers
- D) All of the above

Answer: D

78. Family support can provide individuals with a sense of:

- A) Independence
- B) Interdependence
- C) Isolation
- D) Competition

Answer: B

79. Peer support can help individuals feel:

- A) Judged
- B) Criticized
- C) Accepted
- D) Ignored

Answer: C

80. Supervisory support can lead to increased:

- A) Employee absenteeism
- B) Employee engagement
- C) Employee turnover
- D) Employee conflicts

Answer: B

81. Appraising social support involves considering the:

- A) Reciprocity of support
- B) Cultural context of support
- C) Timing of support
- D) All of the above

Answer: D

82. Social support can contribute to an individual's overall:

- A) Stress levels
- B) Resilience
- C) Isolation
- D) Conflict

Answer: B

83. Family support can help individuals navigate:

- A) Work-related challenges
- B) Relationship conflicts
- C) Parenting issues
- D) Financial problems

Answer: C

84. Peer support can provide individuals with:

- A) Opportunities for gossip
- B) Opportunities for social comparison
- C) Opportunities for conflict
- D) Opportunities for collaboration

Answer: D

85. Supervisory support is important for promoting:

- A) A toxic work environment
- B) Employee well-being
- C) Micromanagement
- D) High turnover rates

Answer: B

86. Social support can come in the form of:

- A) Criticism and judgment
- B) Isolation and neglect

- C) Empathy and understanding
- D) Competition and rivalry

Answer: C

87. Family support can enhance an individual's ability to cope with:

- A) Work-related stress
- B) Financial success
- C) Social isolation
- D) Health challenges

Answer: D

88. Peer support can offer individuals:

- A) Opportunities for conflict
- B) Opportunities for growth
- C) Opportunities for competition
- D) Opportunities for exclusion

Answer: B

89. Supervisory support can lead to increased:

- A) Employee burnout
- B) Employee satisfaction
- C) Employee conflicts
- D) Employee turnover

Answer: B

90. Appraising social support involves evaluating:

- A) The quantity of support received
- B) The quality of support provided
- C) The responsiveness of the support network
- D) All of the above

Answer: D

91. Social support can act as a buffer against the negative effects of:

- A) Success
- B) Isolation
- C) Happiness
- D) Financial stability

Answer: B

92. Family support can enhance an individual's ability to cope with:

- A) Work-related challenges
- B) Relationship conflicts
- C) Health issues
- D) Financial problems

Answer: C

93. Peer support can offer individuals:

- A) Constructive feedback
- B) Emotional validation
- C) Opportunities for socialization
- D) All of the above

Answer: D

94. Supervisory support is important for fostering a sense of:

- A) Competition
- B) Autonomy
- C) Belonging
- D) Isolation

Answer: C)

95. Social support networks can include:

- A) Friends
- B) Family members
- C) Coworkers
- D) All of the above

Answer: D

96. Family support can provide individuals with a sense of:

- A) Independence
- B) Interdependence
- C) Isolation
- D) Competition

Answer: B

97. Peer support can help individuals feel:

- A) Judged
- B) Criticized
- C) Accepted
- D) Ignored

Answer: C

98. Supervisory support can lead to increased:

- A) Employee absenteeism
- B) Employee engagement
- C) Employee turnover
- D) Employee conflicts

Answer: B

99. Assertion: Social, family, peer, and supervisory support can act as moderators in the relationship between stress and health well-being.

Reason: These forms of support provide individuals with resources, coping mechanisms, and a sense of belonging that can help buffer the negative effects of stress on health.

- A. Both Assertion (A) and Reason (R) are the true and Reason (R) is a correct explanation of Assertion (A).
- B. Both Assertion (A) and Reason (R) are the true but Reason (R) is not a correct explanation of Assertion (A).
- C. Assertion (A) is true and Reason (R) is false.
- D. Assertion (A) is false and Reason (R) is true.

Answer: A

100. Assertion: Family support plays a crucial role in moderating the relationship between stress and health well-being.

Reason: Family members can provide emotional support, practical assistance, and a sense of belonging, which can help individuals cope with stress and improve their overall health outcomes.

- A. Both Assertion (A) and Reason (R) are the true and Reason (R) is a correct explanation of Assertion (A).
- B. Both Assertion (A) and Reason (R) are the true but Reason (R) is not a correct explanation of Assertion (A).
- C. Assertion (A) is true and Reason (R) is false.
- D. Assertion (A) is false and Reason (R) is true.

Answer: A



UNIT: 5	<i>Managing/Coping with Stress: Self-Management via Increasing Self-Awareness. Yogic meditation; Buddhist Vipassana; biofeedback; assertiveness training; time management. Coping with organizational role stress. Coping with mergers and acquisitions and dealing with dual-career relationships.</i>
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5.1 Managing and coping with stress is essential for maintaining overall well-being and productivity. Here are some strategies that can help in self-management and increasing self-awareness:

- 1. Yogic Meditation:** Practicing yoga and meditation can help in reducing stress levels, calming the mind, and increasing self-awareness. Yoga postures combined with deep breathing techniques can help in relaxing the body and mind.
- 2. Buddhist Vipassana:** Vipassana meditation is a form of mindfulness meditation that involves observing the sensations in the body without reacting to them. This practice can help in developing a deeper understanding of oneself and managing stress more effectively.
- 3. Biofeedback:** Biofeedback is a technique that helps individuals learn how to control physiological responses such as heart rate, muscle tension, and blood pressure. By monitoring these responses, individuals can learn to manage stress and anxiety more effectively.
- 4. Assertiveness Training:** Learning to assert oneself and communicate effectively can help in reducing stress caused by interpersonal conflicts and challenging situations. Assertiveness training can help individuals express their needs and boundaries in a clear and respectful manner.
- 5. Time Management:** Effective time management can help in reducing stress by prioritizing tasks, setting realistic goals, and avoiding procrastination. By managing time efficiently, individuals can create a sense of control and reduce feelings of overwhelm.

5.2 Coping with stress through self-awareness involves recognizing and understanding your own thoughts, feelings, and behaviors in response to stressors. By developing self-awareness, you can better manage stress and build resilience. Here are some ways to cope with stress through self-awareness:

- 1. Identify your stress triggers:** Pay attention to the situations, people, or events that tend to cause stress for you. By recognizing your triggers, you can take proactive steps to avoid or minimize them.
- 2. Monitor your thoughts:** Notice the patterns of negative or distorted thinking that contribute to your stress. Challenge these thoughts and replace them with more realistic and positive ones.
- 3. Tune into your emotions:** Allow yourself to feel and express your emotions without judgment. Acknowledge and validate your feelings, and find healthy ways to cope with

them, such as talking to a friend or practicing mindfulness.

4. Listen to your body: Pay attention to physical signs of stress, such as muscle tension, headaches, or stomachaches. Practice relaxation techniques like deep breathing, meditation, or yoga to help calm your body and mind.

5. Practice self-care: Take care of your physical, emotional, and mental well-being by getting enough sleep, eating nutritious foods, exercising regularly, and engaging in activities that bring you joy and relaxation.

6. Set boundaries: Learn to say no to commitments or requests that overwhelm you. Establish healthy boundaries in your relationships and prioritize your own needs and limits.

7. Seek support: Reach out to trusted friends, family members, or a therapist for support and guidance. Talking about your stressors with others can help you gain perspective and find solutions.

8. Reflect on your coping strategies: Evaluate how you typically cope with stress and consider whether these strategies are effective or harmful. Experiment with new coping techniques and find what works best for you.

By cultivating self-awareness and practicing these coping strategies, you can build resilience and better manage stress in your life. Remember that self-awareness is an ongoing process, so be patient and compassionate with yourself as you navigate through challenging situations.

5.3 Yoga and meditation are ancient practices that have been used for centuries to promote physical, mental, and spiritual well-being.

- Yoga is a physical, mental, and spiritual practice that originated in ancient India. It involves a series of postures (asanas), breathing exercises (pranayama), and meditation techniques. The practice of yoga can help improve flexibility, strength, balance, and overall physical health. It also promotes relaxation, stress reduction, and mental clarity.
- Meditation is a practice that involves focusing the mind and cultivating a sense of inner peace and awareness. There are many different types of meditation, but the goal is generally to quiet the mind, reduce stress, and increase mindfulness. Meditation can be done sitting or lying down, and can involve focusing on the breath, a mantra, or a specific object.

Both yoga and meditation have been shown to have numerous health benefits, including reducing stress, anxiety, and depression, improving sleep, boosting mood, and enhancing overall well-being. Many people find that incorporating yoga and meditation into their daily routine can help them feel more balanced, centered, and at peace.

5.4 Vipassana, also known as insight meditation, is a traditional Buddhist meditation practice that aims to cultivate mindfulness and insight into the nature of reality. It is one of the oldest forms of meditation and is often associated with the Theravada tradition of Buddhism.

In vipassana meditation, practitioners focus on observing the present moment with a clear and non-judgmental awareness. This involves paying attention to the sensations in the body, the thoughts in the mind, and the emotions that arise without getting attached to them or reacting to them.

Through consistent practice, vipassana meditators develop a deeper understanding of the impermanent, unsatisfactory, and selfless nature of all phenomena. This insight can lead to a profound shift in one's perception of reality and a greater sense of peace, clarity, and wisdom.

Vipassana meditation is often practiced in silent retreat settings, where participants dedicate extended periods of time to intensive meditation practice under the guidance of experienced teachers. However, the principles of vipassana can also be applied in daily life to cultivate mindfulness and insight in all activities.

Overall, vipassana meditation is a powerful tool for self-discovery, personal growth, and spiritual development, offering practitioners a path to greater awareness, compassion, and liberation from suffering.

5.5 Biofeedback is a technique that involves using electronic devices to monitor and provide real-time feedback on physiological processes in the body, such as heart rate, muscle tension, skin temperature, and brainwave activity. This feedback can help individuals learn how to control these processes through relaxation techniques, breathing exercises, and other strategies. Biofeedback is often used as a non-invasive, drug-free treatment for a variety of conditions, including stress, anxiety, chronic pain, and high blood pressure. It can be conducted in a clinical setting with a trained healthcare provider or at home with the use of biofeedback devices.

Biofeedback is a technique that involves using electronic monitoring devices to provide real-time information about physiological processes in the body, with the goal of helping individuals learn how to control these processes. Some common methods and techniques used in biofeedback include:

- 1. Electromyography (EMG):** EMG biofeedback measures muscle activity and tension levels. It is often used to help individuals learn how to relax tense muscles and reduce muscle tension.
- 2. Electroencephalography (EEG):** EEG biofeedback, also known as neurofeedback, measures brainwave activity. It is used to help individuals regulate their brainwave patterns, improve focus and attention, and manage conditions such as ADHD and anxiety.
- 3. Galvanic Skin Response (GSR):** GSR biofeedback measures changes in skin conductance, which can indicate levels of stress and arousal. It is often used to help individuals learn relaxation techniques and reduce stress.
- 4. Heart Rate Variability (HRV):** HRV biofeedback measures the variation in time intervals between heartbeats. It is used to help individuals improve their heart rate coherence, reduce stress, and enhance overall cardiovascular health.
- 5. Temperature Biofeedback:** Temperature biofeedback measures changes in skin temperature, which can be influenced by stress levels and relaxation. It is used to help individuals learn how to increase blood flow to extremities and promote relaxation.
- 6. Respiration Biofeedback:** Respiration biofeedback measures breathing patterns and

can help individuals learn how to regulate their breathing to reduce stress, anxiety, and improve overall respiratory function.

7. Virtual Reality Biofeedback: Virtual reality biofeedback combines biofeedback techniques with virtual reality technology to provide individuals with immersive experiences that can help them learn to control physiological processes and manage conditions such as pain, anxiety, and phobias.

Overall, biofeedback techniques can be tailored to individual needs and goals, and can be used to improve physical and mental well-being through self-regulation and self-awareness.

5.6 Assertiveness techniques are strategies and skills used to effectively communicate one's thoughts, feelings, and needs in a clear, direct, and respectful manner. Assertiveness involves standing up for oneself, expressing opinions, setting boundaries, and advocating for one's rights without being aggressive or passive.

Some common methods and techniques used in assertiveness training include:

- 1. "I" Statements:** Using statements that start with "I" to express feelings, thoughts, and needs in a non-blaming way. For example, "I feel frustrated when you interrupt me during meetings."
- 2. Active Listening:** Listening attentively to others, acknowledging their feelings, and responding empathetically. This helps in building rapport and understanding in communication.
- 3. Assertive Body Language:** Using confident body language, such as maintaining eye contact, standing or sitting up straight, and using gestures to emphasize points.
- 4. Setting Boundaries:** Clearly defining personal boundaries and communicating them to others to protect one's rights and well-being.
- 5. Saying No:** Politely and assertively declining requests or demands that are not in alignment with one's values or priorities.
- 6. Assertive Communication:** Using a firm and respectful tone of voice, speaking clearly and directly, and avoiding passive or aggressive language.
- 7. Role-playing:** Practicing assertiveness skills in simulated scenarios to build confidence and improve communication effectiveness.
- 8. Self-Reflection:** Reflecting on past interactions and identifying areas for improvement in assertive communication.
- 9. Assertiveness Training:** Participating in workshops, courses, or therapy sessions focused on developing assertiveness skills and confidence in communication.

Overall, assertiveness techniques aim to help individuals express themselves authentically, assert their needs and boundaries, and navigate interpersonal interactions effectively.

5.7 Time management is the process of planning and organizing how to divide your time between specific activities. It involves setting goals, prioritizing tasks, and using techniques to make the most of your time. Effective time management allows you to work smarter, not harder, so you can get more done in less time.

Some common methods and techniques used in time management include:

- 1. Prioritization:** Identify and prioritize tasks based on their importance and urgency. Use tools like the Eisenhower Matrix to categorize tasks into four quadrants: urgent and important, important but not urgent, urgent but not important, and neither urgent nor important.
- 2. Time blocking:** Allocate specific blocks of time for different tasks or activities. This helps you focus on one task at a time and avoid multitasking, which can decrease productivity.
- 3. Pomodoro Technique:** Break your work into intervals, typically 25 minutes of focused work followed by a short break. This technique helps improve focus and productivity by working in short bursts.
- 4. To-do lists:** Create a list of tasks to be completed, organized by priority. Check off tasks as you complete them to track progress and stay motivated.
- 5. Set deadlines:** Establish deadlines for tasks to create a sense of urgency and accountability. This can help you stay on track and avoid procrastination.
- 6. Time tracking:** Monitor how you spend your time to identify inefficiencies and areas for improvement. Use tools like time tracking apps or spreadsheets to track your activities.
- 7. Delegate tasks:** Identify tasks that can be delegated to others to free up your time for more important or high-priority tasks.
- 8. Avoid distractions:** Minimize distractions such as social media, email notifications, or unnecessary meetings that can derail your focus and productivity.

By implementing these methods and techniques, you can improve your time management skills and become more efficient and productive in your daily tasks and responsibilities.

5.8 Coping with organizational role stress refers to the strategies and techniques that individuals use to manage and reduce the stress that arises from their roles and responsibilities within an organization. This type of stress can result from factors such as high workloads, conflicting demands, unclear expectations, and lack of support.

Some common coping strategies for organizational role stress include:

- 1. Identify Stressors:** Recognize the specific factors within the organizational role that are causing stress. This could include workload, deadlines, conflicts with colleagues, or lack of support.
- 2. Develop Coping Strategies:** Once the stressors are identified, develop coping strategies to manage them effectively. This could involve setting boundaries, seeking support from colleagues or supervisors, or practicing relaxation techniques.
- 3. Time management:** Prioritizing tasks, setting realistic goals, and managing time effectively can help individuals feel more in control of their workload.
- 4. Seeking support:** Talking to colleagues, supervisors, or a mentor about challenges and

seeking advice or assistance can provide emotional support and practical solutions.

5. Setting boundaries: Establishing clear boundaries between work and personal life can help prevent burnout and maintain a healthy work-life balance.

6. Mindfulness and relaxation techniques: Practicing mindfulness, deep breathing, meditation, or other relaxation techniques can help reduce stress and promote mental well-being.

7. Physical activity: Regular exercise and physical activity can help reduce stress, improve mood, and increase resilience to stressors.

8. Seeking professional help: In some cases, individuals may benefit from seeking support from a mental health professional or counselor to address and cope with organizational role stress.

Overall, coping with organizational role stress involves a combination of self-care practices, seeking support from others, and developing healthy coping mechanisms to effectively manage and reduce stress in the workplace.

5.9 Mergers and acquisitions (M&A) refer to the consolidation of companies or assets through various types of financial transactions. In a merger, two companies combine to form a new entity, while in an acquisition, one company buys another company. M&A activities are typically undertaken to create synergies, increase market share, expand into new markets, or achieve other strategic objectives. These transactions can involve a range of structures, such as stock purchases, asset purchases, or mergers of equals. M&A deals can have a significant impact on the companies involved, their employees, shareholders, and the overall business landscape.

Dual-career refers to a situation where both partners in a relationship or marriage are pursuing their own careers simultaneously. This often involves balancing work responsibilities, personal life, and supporting each other's career goals. Dual-career couples may face challenges such as managing time, coordinating schedules, and making decisions that benefit both partners' careers. It requires effective communication, compromise, and mutual support to successfully navigate the complexities of having two careers in one household.

When dealing with mergers and acquisitions and dual-career relationships, it is important to consider the impact on both partners' careers and how the changes resulting from the merger or acquisition may affect their professional lives. This includes addressing potential conflicts of interest, ensuring equal opportunities for both partners, and providing support for dual-career couples to navigate any challenges that may arise during the transition. It is essential to have open communication, flexibility, and a willingness to accommodate the needs of both partners to maintain a healthy work-life balance and ensure the success of the relationship.

When dealing with mergers and acquisitions and dual-career relationships, it is important to consider the following:

1. Communication: Open and transparent communication is key in addressing any concerns or challenges that may arise for dual-career couples during a merger or acquisition. Keeping employees informed about changes and potential impacts on their

careers can help alleviate stress and uncertainty.

2. Flexibility: Employers should be flexible and accommodating when it comes to dual-career couples, especially during times of transition such as mergers and acquisitions. Offering flexible work arrangements or support for spouses/partners seeking new job opportunities can help retain valuable talent.

3. Support: Providing support services or resources for dual-career couples, such as career counseling, networking opportunities, or assistance with job searches, can help ease the transition and ensure that both partners feel valued and supported during the merger or acquisition process.

4. Equal opportunities: Ensuring that both partners in a dual-career relationship have equal opportunities for career advancement and development within the merged or acquired company is essential for maintaining employee satisfaction and engagement.

5. Work-life balance: Recognizing the importance of work-life balance for dual-career couples and offering programs or policies that support this balance can help retain top talent and improve overall employee morale and productivity.

Overall, taking a proactive and supportive approach to addressing the needs of dual-career couples during mergers and acquisitions can help minimize disruptions and ensure a smooth transition for all employees involved.

Multiple Choices Questions

1. Which of the following is NOT a self-management strategy for coping with stress?

- A) Regular exercise
- B) Mindfulness meditation
- C) Ignoring the stressor and hoping it goes away
- D) Healthy eating habits

Answer: C

2. How can self-management techniques help in coping with stress?

- A) By avoiding the stressor completely
- B) By providing tools to effectively manage and reduce stress levels
- C) By increasing stress levels
- D) By relying solely on external sources for support

Answer: B

3. Which self-management technique involves setting specific, achievable goals to help cope with stress?

- A) Time management
- B) Positive self-talk
- C) Social support
- D) Problem-solving

Answer: B

4. Which of the following is an example of a self-management technique for coping with stress?

- A) Procrastinating and avoiding tasks
- B) Seeking professional help immediately
- C) Engaging in hobbies and activities you enjoy
- D) Relying solely on medication for stress relief

Answer:C

5. How can self-management techniques for coping with stress be personalized to individual needs?

- A) By following a one-size-fits-all approach
- B) By seeking advice from friends and family only
- C) By experimenting with different techniques to see what works best
- D) By ignoring personal preferences and sticking to a rigid routine

Answer: C

6. What is self-awareness?

- A) Understanding one's own thoughts, emotions, and behaviors
- B) Knowing everything about oneself
- C) Ignoring one's own feelings and actions
- D) Being unaware of one's own existence

Answer: A

7. Why is self-awareness important for coping with stress?

- A) It helps in avoiding stress altogether
- B) It allows individuals to understand their triggers and reactions to stress
- C) It makes individuals immune to stress
- D) It has no impact on stress management

Answer: B

8. How can self-awareness help in managing stress?

- A) By ignoring one's emotions
- B) By avoiding stressful situations
- C) By recognizing and addressing the root causes of stress
- D) By pretending that stress does not exist

Answer: C

9. What are some ways to improve self-awareness for better stress management?

- A) Avoiding self-reflection

- B) Practicing mindfulness and meditation
- C) Ignoring one's emotions and thoughts
- D) Engaging in unhealthy coping mechanisms

Answer: B

10. How does self-awareness contribute to overall well-being?

- A) It leads to increased stress and anxiety
- B) It helps in building healthier relationships
- C) It has no impact on mental health
- D) It makes individuals more closed off and isolated

Answer: B

11. Which of the following is a common breathing technique used in yoga for stress relief?

- A) Ujjayi breath
- B) Kapalabhati breath
- C) Alternate nostril breathing
- D) All of the above

Answer: D

12. Which yoga pose is known for its calming and stress-relieving effects?

- A) Downward facing dog
- B) Child's pose
- C) Warrior II
- D) Tree pose

Answer: B

13. Meditation involves:

- A) Focusing on a specific thought or object
- B) Clearing the mind of all thoughts
- C) Controlling the breath
- D) None of the above

Answer: A

14. Which of the following is a benefit of practicing yoga and meditation for stress relief?

- A) Improved focus and concentration
- B) Reduced muscle tension
- C) Lowered blood pressure
- D) All of the above

Answer: D

15. Mindfulness meditation involves:

- A) Focusing on the present moment without judgment
- B) Repeating a mantra
- C) Visualizing a peaceful place
- D) None of the above

Answer: A)

16. Which type of yoga is known for its gentle and restorative nature, making it ideal for stress relief?

- A) Vinyasa
- B) Hatha
- C) Bikram
- D) Ashtanga

Answer: B

17. How does yoga help in coping with stress?

- A) By promoting relaxation and reducing tension in the body
- B) By improving flexibility and strength
- C) By increasing heart rate and blood pressure
- D) By encouraging competition and comparison with others

Answer: A

18. Which of the following is a common meditation technique for stress relief?

- A) Loving-kindness meditation
- B) Body scan meditation
- C) Walking meditation
- D) All of the above

Answer: D

19. How often should one practice yoga and meditation for effective stress management?

- A) Once a week
- B) Daily
- C) Once a month
- D) Only in times of extreme stress

Answer: B

20. Which of the following is NOT a physical benefit of practicing yoga and meditation for stress relief?

- A) Improved posture
- B) Increased energy levels

- C) Weight loss
- D) Reduced inflammation

Answer: C

21. What is Vipassana meditation?

- A. A form of Buddhist meditation focused on insight and mindfulness
- B. A form of Buddhist meditation focused on chanting mantras
- C. A form of Buddhist meditation focused on visualization techniques
- D. A form of Buddhist meditation focused on breathing exercises

Answer: A.

22. How does Vipassana meditation help in coping with stress?

- A. By promoting relaxation and reducing anxiety
- B. By increasing self-awareness and emotional regulation
- C. By distracting the mind from stressors
- D. By suppressing negative emotions

Answer: B.

23. What is the primary goal of Vipassana meditation?

- A. To achieve enlightenment
- B. To develop psychic powers
- C. To cultivate compassion towards others
- D. To gain insight into the true nature of reality

Answer: D.

24. How is Vipassana meditation different from other forms of meditation?

- A. It involves chanting mantras
- B. It focuses on visualization techniques
- C. It emphasizes mindfulness and awareness of the present moment
- D. It requires specific postures and movements

Answer: C.

25. How can Vipassana meditation help in managing stress-related physical symptoms?

- A. By reducing muscle tension and promoting relaxation
- B. By increasing heart rate and blood pressure
- C. By inducing a state of hypervigilance
- D. By suppressing the body's stress response

Answer: A

26. What is the role of breath awareness in Vipassana meditation for stress relief?

- A. To control the breath and slow down respiration
- B. To observe the natural rhythm of breathing without trying to change it
- C. To hold the breath for extended periods of time
- D. To focus on breathing techniques to distract the mind from stress

Answer: B.

27. How does Vipassana meditation promote emotional resilience in dealing with stress?

- A. By avoiding difficult emotions and thoughts
- B. By cultivating a non-judgmental awareness of one's inner experiences
- C. By suppressing emotions to maintain a sense of control
- D. By distracting the mind from negative emotions

Answer: B.

28. What is the significance of mindfulness in Vipassana meditation for stress management?

- A. It helps in escaping from reality
- B. It promotes a deeper connection with one's inner self
- C. It encourages rumination and overthinking
- D. It distracts the mind from present-moment experiences

Answer: B.

29. How can Vipassana meditation help in improving cognitive function and decision-making under stress?

- A. By increasing impulsivity and reactivity
- B. By enhancing focus and attention
- C. By promoting mind-wandering and distraction
- D. By suppressing critical thinking skills

Answer: B.

30. What is the recommended duration for practicing Vipassana meditation to experience stress relief benefits?

- A. 5 minutes per day
- B. 30 minutes per day
- C. 2 hours per day
- D. 24 hours per day

Answer: B.

31. How does Vipassana meditation contribute to a sense of inner peace and well-being during stressful times?

- A. By avoiding challenging situations
- B. By developing equanimity and acceptance of the present moment

- C. By seeking external validation and approval
- D. By suppressing emotions and thoughts

Answer: B.

32. What is the role of self-compassion in Vipassana meditation for coping with stress?

- A. To criticize oneself for perceived shortcomings
- B. To cultivate kindness and understanding towards oneself
- C. To ignore one's own needs and feelings
- D. To compare oneself to others and feel inadequate

Answer: B.

33. How can Vipassana meditation help in breaking the cycle of rumination and worry associated with stress?

- A. By encouraging obsessive thinking and analysis
- B. By promoting acceptance of uncertainty and impermanence
- C. By avoiding introspection and self-reflection
- D. By suppressing thoughts and emotions

Answer: B.

34. What is the relationship between Vipassana meditation and resilience in the face of stress?

- A. Vipassana meditation weakens resilience by promoting avoidance of challenges
- B. Vipassana meditation strengthens resilience by fostering adaptability and inner strength
- C. Vipassana meditation has no impact on resilience levels
- D. Vipassana meditation increases vulnerability to stress

Answer: B.

35. How can Vipassana meditation support overall well-being and mental health in the long term?

- A. By promoting avoidance of difficult emotions and experiences
- B. By cultivating a deeper understanding of the interconnectedness of all beings
- C. By encouraging attachment to material possessions and external validation
- D. By suppressing self-awareness and introspection

Answer: B.

36. What is biofeedback?

- A. A technique used to measure and monitor physiological responses
- B. A form of meditation
- C. A type of medication
- D. A type of exercise

Answer: A.

37. Which of the following is NOT a common physiological response that can be measured through biofeedback?

- A. Heart rate
- B. Blood pressure
- C. Brain waves
- D. Blood sugar levels

Answer: D.

38. How does biofeedback help individuals cope with stress?

- A. By teaching them relaxation techniques
- B. By providing real-time feedback on their physiological responses
- C. By prescribing medication
- D. By encouraging exercise

Answer: B.

39. Which of the following is a common biofeedback technique for stress management?

- A. Heart rate variability training
- B. Yoga
- C. Running
- D. Reading

Answer: A.

40. True or False: Biofeedback requires the use of specialized equipment to measure physiological responses.

- A. True
- B. False

Answer: A.

41. Which of the following is a benefit of using biofeedback for stress management?

- A. Increased muscle tension
- B. Improved focus and concentration
- C. Decreased awareness of physiological responses
- D. Increased stress levels

Answer: B.

42. Biofeedback can be used to help individuals with which of the following conditions?

- A. Anxiety disorders
- B. Broken bones
- C. Vision problems

D. All of the above

Answer: A

43. Which of the following is NOT a type of biofeedback technique?

- A. Electromyography (EMG)
- B. Electroencephalography (EEG)
- C. Magnetic resonance imaging (MRI)
- D. Galvanic skin response (GSR)

Answer: C.

44. How can biofeedback help individuals become more aware of their stress levels?

- A. By providing visual or auditory cues based on physiological responses
- B. By encouraging them to ignore their physiological responses
- C. By increasing stress levels
- D. By distracting them from their stress

Answer: A.

45. Which of the following is a potential limitation of using biofeedback for stress management?

- A. It is expensive
- B. It is time-consuming
- C. It is not effective
- D. It requires no effort from the individual

Answer: B.

46. Biofeedback is based on the principle that individuals can learn to control their physiological responses through:

- A. Medication
- B. Relaxation techniques
- C. Ignoring their responses
- D. Exercise

Answer: B.

47. Which of the following is a common goal of biofeedback therapy for stress management?

- A. Increasing stress levels
- B. Decreasing awareness of physiological responses
- C. Improving self-regulation and coping skills
- D. Avoiding relaxation techniques

Answer: C.

48. True or False: Biofeedback is a passive form of stress management that does not require

active participation from the individual.

- A. True
- B. False

Answer: B.

49. Which of the following is NOT a potential benefit of using biofeedback for stress management?

- A. Improved sleep quality
- B. Reduced muscle tension
- C. Increased anxiety levels
- D. Enhanced emotional regulation

Answer: C

50. Biofeedback is often used in conjunction with other stress management techniques such as:

- A. Medication
- B. Cognitive-behavioral therapy
- C. Avoiding all stressors
- D. Ignoring physiological responses

Answer: B.

51. What is assertiveness training?

- A. A type of therapy that helps individuals cope with stress
- B. A technique to improve communication skills and self-confidence
- C. A form of meditation to reduce anxiety
- D. A physical exercise to release tension

Answer: B.

52. How can assertiveness training help in coping with stress?

- A. By avoiding all stressful situations
- B. By learning to express thoughts and feelings effectively
- C. By suppressing emotions and feelings
- D. By isolating oneself from others

Answer: B.

53. Which of the following is a key component of assertiveness training?

- A. Avoiding communication with others
- B. Passive-aggressive behavior
- C. Setting boundaries and saying no when necessary
- D. Always saying yes to others' requests

Answer: C.

54. True or False: Assertiveness training teaches individuals to prioritize their own needs and feelings.

Answer: True

55. Which of the following is a common goal of assertiveness training?

- A. Always pleasing others at the expense of one's own well-being
- B. Avoiding conflict at all costs
- C. Building self-esteem and self-confidence
- D. Suppressing emotions and thoughts

Answer: C.

56. How can assertiveness training help in managing stress in the workplace?

- A. By avoiding all work-related tasks
- B. By communicating effectively with colleagues and supervisors
- C. By taking on more tasks than one can handle
- D. By isolating oneself from the team

Answer: B.

57. Which of the following is a characteristic of assertive behavior?

- A. Aggressively dominating others
- B. Passively accepting unfair treatment
- C. Expressing thoughts and feelings honestly and respectfully
- D. Avoiding all forms of communication

Answer: C.

58. True or False: Assertiveness training can help individuals set boundaries and prioritize self-care.

Answer: True

59. Which of the following is a potential benefit of assertiveness training?

- A. Increased feelings of helplessness and low self-esteem
- B. Improved relationships and communication skills
- C. Avoidance of all social interactions
- D. Decreased self-awareness

Answer: B.

60. How can assertiveness training help in reducing anxiety?

- A. By avoiding all situations that trigger anxiety
- B. By learning to communicate assertively and manage stress effectively

- C. By suppressing emotions and thoughts
- D. By isolating oneself from others

Answer: B.

61. Which of the following is a common challenge that individuals may face when learning assertiveness skills?

- A. Difficulty expressing thoughts and feelings
- B. Overwhelming others with aggressive behavior
- C. Avoiding all forms of communication
- D. Suppressing emotions and needs

Answer: A.

62. True or False: Assertiveness training can help individuals build resilience and cope with challenging situations.

Answer: True

63. How can assertiveness training benefit personal relationships?

- A. By avoiding all conflicts and disagreements
- B. By improving communication and setting boundaries
- C. By always prioritizing others' needs over one's own
- D. By isolating oneself from loved ones

Answer: B.

64. Which of the following is a key aspect of assertive communication?

- A. Passive acceptance of unfair treatment
- B. Aggressive behavior towards others
- C. Honest and respectful expression of thoughts and feelings
- D. Avoidance of all forms of communication

Answer: C.

65. True or False: Assertiveness training can help individuals feel more empowered and in control of their lives.

Answer: True

66. What is time management?

- A. A technique for organizing and prioritizing tasks
- B. A way to control time and make it go faster
- C. A method for avoiding stress altogether
- D. A strategy for procrastination

Answer: A.

67. Why is time management important for coping with stress?

- A. It helps you avoid responsibilities
- B. It allows you to accomplish more in less time
- C. It increases your stress levels
- D. It creates more chaos and disorganization

Answer: B.

68. Which of the following is a benefit of effective time management?

- A. Increased stress levels
- B. Improved productivity
- C. Decreased focus and concentration
- D. Lack of motivation

Answer: B.

69. How can prioritizing tasks help with stress management?

- A. By increasing the number of tasks to be completed
- B. By reducing the importance of tasks
- C. By focusing on the most important tasks first
- D. By avoiding tasks altogether

Answer: C.

70. What is the Pomodoro Technique?

- A. A method for cooking pasta
- B. A time management technique involving intervals of work and rest
- C. A way to waste time
- D. A strategy for multitasking

Answer: B.

71. How can setting realistic goals help with time management and stress?

- A. By setting unattainable goals
- B. By creating more stress
- C. By increasing productivity and motivation
- D. By avoiding tasks altogether

Answer: C.

72. Which of the following is a common time management mistake that can lead to stress?

- A. Procrastination
- B. Prioritizing tasks
- C. Setting realistic goals

D. Using the Pomodoro Technique

Answer: A.

73. How can creating a daily schedule help with time management and stress?

- A. By adding more tasks to your day
- B. By increasing chaos and disorganization
- C. By providing structure and organization
- D. By avoiding tasks altogether

Answer: C.

74. What is the 2-minute rule in time management?

- A. Completing tasks that take less than 2 minutes immediately
- B. Procrastinating on tasks that take less than 2 minutes
- C. Ignoring tasks that take less than 2 minutes
- D. Spending excessive time on tasks that take less than 2 minutes

Answer: A.

75. How can delegation help with time management and stress?

- A. By taking on more tasks yourself
- B. By increasing your workload
- C. By sharing tasks with others
- D. By avoiding tasks altogether

Answer: C.

76. What is the importance of taking breaks in time management?

- A. Breaks are unnecessary and waste time
- B. Breaks can increase stress levels
- C. Breaks can improve focus and productivity
- D. Breaks should be avoided at all costs

Answer: C.

77. How can time blocking help with time management and stress?

- A. By avoiding scheduling tasks
- B. By creating a structured schedule for specific tasks
- C. By multitasking
- D. By procrastinating on tasks

Answer: B.

78. What is the significance of setting boundaries in time management?

- A. Boundaries limit productivity

- B. Boundaries can increase stress levels
- C. Boundaries help prioritize tasks and manage time effectively
- D. Boundaries are unnecessary

Answer: C

79. How can technology be used for effective time management?

- A. By avoiding technology altogether
- B. By using technology to set reminders and schedules
- C. By increasing distractions
- D. By relying solely on technology for time management

Answer: B.

80. What is the key to successful time management for coping with stress?

- A. Avoiding tasks and responsibilities
- B. Procrastinating on important tasks
- C. Prioritizing tasks and setting realistic goals
- D. Multitasking and trying to do everything at once

Answer: C.

81. What is organizational role stress?

- A. Stress caused by personal issues outside of work
- B. Stress caused by conflicts within the organization
- C. Stress caused by lack of job security
- D. Stress caused by excessive workload and role ambiguity

Answer: D.

82. Which of the following is a common symptom of organizational role stress?

- A. Increased job satisfaction
- B. Improved communication with colleagues
- C. Decreased productivity
- D. Enhanced work-life balance

Answer: C.

83. How can individuals cope with organizational role stress?

- A. Ignoring the stress and hoping it will go away
- B. Seeking social support from colleagues and friends
- C. Taking on more responsibilities at work
- D. Avoiding seeking help from a mental health professional

Answer: B.

84. Which coping strategy is NOT effective in managing organizational role stress?

- A. Time management techniques
- B. Mindfulness and relaxation exercises
- C. Engaging in unhealthy behaviors like excessive drinking or smoking
- D. Seeking feedback and clarification on job responsibilities

Answer: C.

85. What is role ambiguity in the context of organizational role stress?

- A. Having a clear understanding of job responsibilities
- B. Uncertainty about job expectations and responsibilities
- C. Having too many tasks to complete in a given time frame
- D. Feeling overwhelmed by workload and deadlines

Answer: B.

86. Which of the following is a proactive approach to preventing organizational role stress?

- A. Waiting until stress becomes overwhelming before seeking help
- B. Setting clear boundaries between work and personal life
- C. Avoiding communication with supervisors about workload concerns
- D. Taking on additional tasks without considering the impact on workload

Answer: B.

87. How can organizations help employees cope with role stress?

- A. Providing inadequate training and resources
- B. Ignoring feedback and concerns from employees
- C. Offering flexible work arrangements and support programs
- D. Increasing workload and job demands without consultation

Answer: C.

88. What is the relationship between job satisfaction and organizational role stress?

- A. Higher job satisfaction is associated with lower levels of organizational role stress
- B. Lower job satisfaction is associated with lower levels of organizational role stress
- C. Higher job satisfaction is associated with higher levels of organizational role stress
- D. Job satisfaction has no impact on organizational role stress

Answer: A.

89. Which of the following is a healthy coping mechanism for managing organizational role stress?

- A. Avoiding taking breaks and working long hours
- B. Engaging in physical exercise and relaxation techniques
- C. Blaming others for the stress and not taking responsibility
- D. Bottling up emotions and not seeking support

Answer: B.

90. What is the importance of self-care in coping with organizational role stress?

- A. Self-care is not necessary for managing stress
- B. Self-care helps individuals prioritize their well-being and manage stress effectively
- C. Self-care is only important for physical health, not mental health
- D. Self-care is a sign of weakness and should be avoided

Answer: B.

91. What is a common challenge faced by dual career couples during mergers and acquisitions?

- A) Lack of communication
- B) Role conflict
- C) Job insecurity
- D) Work-life balance

Answer: C

92. How can dual career couples cope with job insecurity during mergers and acquisitions?

- A) Ignoring the situation
- B) Seeking career counseling
- C) Quitting their jobs
- D) Blaming each other

Answer: B

93. What is a potential benefit of dual career relationships during mergers and acquisitions?

- A) Increased competition
- B) Enhanced support system
- C) Decreased productivity
- D) Lack of work-life balance

Answer: B

94. How can dual career couples maintain work-life balance during mergers and acquisitions?

- A) Working longer hours
- B) Setting boundaries
- C) Avoiding communication
- D) Prioritizing work over personal life

Answer: B

95. What is a common stressor for dual career couples during mergers and acquisitions?

- A) Lack of job opportunities
- B) Financial instability

- C) Increased job satisfaction
- D) Improved communication

Answer: B

96. How can dual career couples improve communication during mergers and acquisitions?

- A) Avoiding difficult conversations
- B) Listening actively
- C) Blaming each other
- D) Keeping secrets

Answer: B

97. What is a potential consequence of neglecting dual career relationships during mergers and acquisitions?

- A) Improved teamwork
- B) Decreased job satisfaction
- C) Enhanced support system
- D) Better work-life balance

Answer: B

98. How can dual career couples support each other during mergers and acquisitions?

- A) Competing with each other
- B) Prioritizing individual success
- C) Collaborating and sharing responsibilities
- D) Ignoring each other's challenges

Answer: C

99. What is a key factor in successfully navigating dual career relationships during mergers and acquisitions?

- A) Lack of empathy
- B) Lack of trust
- C) Open communication
- D) Avoiding compromise

Answer: C

100. How can dual career couples cope with role conflict during mergers and acquisitions?

- A) Ignoring the conflict
- B) Seeking external support
- C) Blaming each other
- D) Avoiding compromise

Answer: B

MODEL PAPER
M.A. (Fourth Semester)
(NEP-2020) EXAMINATION, 2024
PSYCHOLOGY

Psychology of Stress and Coping Strategies- A091008T

1. Stressors are more likely to affect health if they are. Which of the following?
 - A. Long lasting
 - B. Highly disruptive
 - C. Difficult to control
 - D. All of the above
2. Which of the following statements is true?
 - A. The stress response is nonspecific
 - B. Different stressors produce exactly the same response
 - C. Different people respond to the same stressor differently
 - D. All of the above
3. Which factors improve coping?
 - A. Social support
 - B. Optimism
 - C. Perceived control
 - D. All of the above
4. Ramesh is trying to decide whether to give up his current part-time job. He dislikes the job, but if he gives it up, he will have no money. This is an example of what kind of conflict?
 - A. An approach-approach conflict
 - B. An approach-avoidance conflict
 - C. An avoidance-avoidance conflict
 - D. None of the above
5. Jasmine has been denied a promotion at work. She is not an effective worker, but she believes she did not get the promotion because her supervisor has a grudge against her. This suggests that Jasmine has which of the following?
 - A. A pessimistic personality
 - B. An external locus of control
 - C. A type A personality
 - D. A type B personality

6. Which behaviour has been linked to poor health?
 - A. Suppressing negative emotions
 - B. Hostility
 - C. Overeating
 - D. All of the above

7. What does secondary control involve?
 - A. Changing locus of control
 - B. Trying to change one's perspective on a situation
 - C. Trying to change a problematic situation
 - D. None of the above

8. What does the frustration-aggression hypothesis state?
 - A. Aggression always precedes frustration
 - B. Aggression and frustration occur simultaneously
 - C. Aggression is always caused by frustrationAggression always follows frustration

9. When is a person more likely to have difficulty coping with a stressful situation?
 - A. When he is over the age of fifty
 - B. When he expects a positive outcome
 - C. When he thinks he does not have control over the situation,
 - D. When he has a good social support network

10. 'Who has given General Adaptation Syndrome?
 - A. Freud
 - B. Watson
 - C. Wundt
 - D. Selye

11. The term health psychology has been acknowledged formally since...
 - A. 1947
 - B. 1987
 - C. 2000
 - D. 1978

12. Who has given the fight or flight response concept?
 - A. Baron
 - B. Canon
 - C. Wundt

- D. Taylor
13. What are the effects of long-term stress?
- A. Increased blood pressure
 - B. Suppression of immunity
 - C. Weight gain
 - D. All of the above
14. ____ is a negative emotional experience accompanied by biological cognitive and behavioural.
- A. Stress
 - B. Excitement
 - C. Hope
 - D. Response bias
15. The main keys to managing stress are
- A. Recognising and understanding the signs of stress
 - B. Identifying sources of stress
 - C. Identifying what we can and can't control
 - D. All of the above
16. Symptoms such as moodiness, hostility, and fearfulness are signs that stress is affecting the
- A. Body
 - B. Mind
 - C. Emotions
 - D. Behavior
17. Which of the following causes stress?
- A. Illness
 - B. Academic Demands
 - C. Loss of a family member
 - D. All of the above
18. Taking care of and supporting yourself during stressful times, includes all of the following, EXCEPT
- A. Talking with someone about the stress
 - B. Providing some down time for yourself
 - C. Suppressing true feelings
 - D. Creating an emotional outlet

19. Stress management is about learning
- A. How to avoid the pressures of life
 - B. How to develop skills that would enhance our body's adjustment when we are subjected to the pressures of life
 - C. Both 'A' and 'B' are true
 - D. None of the above
20. Which of the following statements is true?
- A. In small quantities, stress is good
 - B. Too much stress is harmful
 - C. All stress is bad
 - D. Only 'A' & 'B' are right
21. Which of the following statements is true about stress management?
- A. Stress management is learning about the connection between mind and body
 - B. Stress management helps us control our health in a positive sense
 - C. Stress management teaches us to avoid all kinds of stress
 - D. Only 'A' & 'B' are right
22. Which of the following are the basic sources of stress?
- A. Social Stressors
 - B. Physiological
 - C. Thoughts
 - D. All of the above
23. Examples of environmental stressors are
- A. Weather
 - B. Traffic
 - C. Substandard housing
 - D. All of the above
24. Examples of social stressors are
- A. Financial problems
 - B. Divorce
 - C. Loss of a loved one
 - D. All of the above
25. Examples of physiological stressors are
- A. Menopause
 - B. Giving birth

- C. Sleep disturbances
D. All of the above
26. The following are the characteristics of positive stress:
A. It improves performance
B. It feels exciting
C. It motivates
D. All of the above
27. The following are the characteristics of negative stress:
A. It causes anxiety
B. It feels unpleasant
C. It decreases performance
D. All of the above
28. Which of the following statements is true?
A. Positive stress is short-term
B. Negative stress can be short- or long-term
C. Negative stress can lead to mental as well as physical problems
D. Negative stress is perceived within our coping abilities
29. The following are some examples of negative stressors:
A. Unemployment
B. Legal problems
C. Divorce
D. All of the above
30. The following are some examples of positive stressors:
A. New job
B. Having a child
C. Buying a home
D. All of the above
31. Which of the following statements is true?
A. Habitual behaviour patterns like over scheduling, procrastination, etc. Can cause negative stress
B. Thoughts like fear, worrying about future, etc. can cause negative stress
C. Both 'A' and 'B' are true
D. None of the above

32. Which of the following are the physical symptoms of anxiety?
- A. Racing heart
 - B. Sweaty palms
 - C. Flushed cheeks
 - D. All of the above
33. What are the behavioral reactions to anxiety?
- A. Avoiding situation where there are chances of experiencing anxiety
 - B. Escaping situations when feelings of anxiety begin
 - C. Both 'A' and 'B' are true
 - D. None of the above
34. Anxiety can cause the following moods:
- A. Irritable
 - B. Panicky
 - C. Anxious
 - D. All of the above
35. What thoughts come to mind when you're under negative stress?
- A. You think that you can cope with the situation
 - B. You think that you cannot cope with the situation
 - C. You think that everything will get better eventually
 - D. You think that you will get help immediately
36. The symptoms of stress can be divided into the following categories:
- A. Cognitive
 - B. Emotional
 - C. Physical
 - D. All of the above
37. Which of the following statements is true?
- A. Moodiness is a cognitive symptom of stress
 - B. Moodiness is an emotional symptom of stress
 - C. Poor judgement is an emotional symptom of stress
 - D. Agitation is cognitive symptom of stress
38. The following are true about the behavioural symptoms of stress:
- A. The subject's starts eating more or less
 - B. The subject starts sleeping more or less
 - C. The subject isolates himself/herself from others

- D. All of the above
39. Aches, shallow breathing and sweating, and frequent colds are
- A. Physical symptoms of stress
 - B. Behavioral symptoms of stress
 - C. Emotional symptoms of stress
 - D. Cognitive symptoms of stress
40. In emergency situations, stress plays the role of:
- A. Life killer
 - B. Life saver
 - C. Both 'A' and 'B' are true
 - D. Neither of the two
41. Acute stress is
- A. Short term
 - B. Long term
 - C. Fatal
 - D. All of the above
42. Family quarrels and accidents cause:
- A. Short-term stress
 - B. Long-term stress
 - C. Essential stress
 - D. All of the above
43. Episodic stress is more common in certain type of people-
- A. Type-B personality
 - B. Type-A personality
 - C. Type-C personality
 - D. All of the above
44. Situations that cause chronic stress are:
- A. Poverty
 - B. Problematic families
 - C. Mismatched marriages
 - D. All of the above
45. Which of the following is not an emotional symptom of stress?
- A. Anxiety

- B. High blood pressure
C. Depression
D. Anger
46. Social readjustment rating scale is related to which psychologist:
A. Holmes and Rahe
B. Hassel
C. Kanner
D. McDougall
47. Adjustment behavior is related to:
A. Lazarus and Folkman
B. Lehrer
C. Ulfolk
D. Glass and Singer
48. Cognitive measures of stress are related to which concept of Freud?
A. Consciousness
B. Anxiety
C. Ego-defensive process
D. Superego
49. The concept of 'fight and flight response' is related to:
A. Burnout stress syndrome
B. General adaptation syndrome
C. Immune system impairment
D. All of the above
50. Which of the following is true in relation to the relaxation response?
A. It is a physical state of deep rest.
B. Eliciting this reduces your metabolism
C. Eliciting this reduces your blood pressure
D. All of the above
51. Which of the following is true about eliciting the relaxation response?
A. Repetition of a word
B. Passive disregard of everyday thoughts
C. Both 'A' & 'B' are true
D. Doing weight training

52. Which of the following mindfulness meditation techniques can help relieve stress?
- A. Body Scan
 - B. Meditation
 - C. Mindful Eating
 - D. All of the above
53. Which of the following are true about 'mini relaxation exercises'?
- A. You can do them anywhere
 - B. You can do it without eliciting attention from others around you
 - C. It is most beneficial if you do it on a regular basis
 - D. All of the above
54. Which of the following is true about 'deep breathing relaxation technique'?
- A. It can be self-taught
 - B. It releases tension from the body and clears your mind
 - C. You have to do this under-water
 - D. Only 'A' & 'B' are true
55. Which of the following is true about the 'Guided Imagery' technique?
- A. It is like vivid daydreaming
 - B. You need a hypnotist for this technique
 - C. You need to rest in a sleeping posture
 - D. All of the above
56. Which of the following are stress busters?
- A. Trying to find something funny in a difficult situation
 - B. Taking a mindful walk
 - C. Developing a support network
 - D. All of the above
57. What is the best way to handle the demands of others that are unrealistic and of low personal or family priority?
- A. Do the demand to avoid an argument
 - B. Learn to say "no."
 - C. Make up an excuse
 - D. None of the above
58. When a task appears overwhelming, it is best to
- A. Put it off until later
 - B. Drink a glass of alcohol to help relax you

- C. Break it down into smaller segments
D. Avoid the task
59. People who are assertive can help manage stress. Select the approaches that encourage assertiveness.
- A. Avoid eye contact during conversation
 - B. Avoid expressing opinions or feelings
 - C. Disagree with others when holding opposing viewpoints
 - D. Take initiative to engage in a new behavior or learn a new activity
60. Stress management techniques are applicable for people who
- A. Have had an unexpected change in their life
 - B. Manifest an Illness/disease
 - C. Are healthy and show no signs of Illness
 - D. Active people are twice as likely to be stressed.
61. Which one of the following is NOT a technique used in emotion-focused coping?
- A. Seeking social support to vent feelings
 - B. Exercising caution
 - C. Self-blame
 - D. Escapism
62. Ram was unable to complete the puzzle that he had been working on. The following day, Ram continued to build the incomplete puzzle. This is an example of
- A. fear of success
 - B. external locus of control
 - C. Zeigarnik effect
 - D. Controllability
63. Which one of the following sets is the correct sequence of adjustment processes? Conflict -
- A. Frustration- Coping mechanism -Defense mechanism
 - B. Frustration- Conflict- Coping mechanism - Defense mechanism
 - C. Conflict- Coping mechanism - Frustration- Defense mechanism
 - D. Conflict- Frustration- Coping mechanism - Defense mechanism
64. The secret of coping with stress is to be willing to change your personality traits so that they become appropriate to the new circumstances. This statement is related to:
- A. Maslow
 - B. Erikson
 - C. George Kelly

- D. Rogers
65. Which one of the following is not a characteristic of personality type 'A'?
- A. Excessive compulsion
 - B. Meticulous analysis
 - C. Sleeplessness
 - D. always in a hurry
66. The optimal amount of stress that people need to promote their health and sense of well-being is called
- A. Intensity
 - B. Distress
 - C. Eustress
 - D. Acute stress
67. Anxiety, recurring nightmares, sleep disturbances, and concentration problems that occur for more than one month after a major stressor are symptoms of
- A. Acute stress disorder
 - B. Post-traumatic stress disorder.
 - C. Pre-traumatic stress disorder.
 - D. General stress disorder.
68. According to Lazarus, secondary appraisal involves
- A. Estimating the severity of the stressor
 - B. Classifying the stressor as a threat or challenge.
 - C. Deciding whether the stressor is a problem
 - D. Estimating the resources a person has available for coping.
69. Research has shown that.....have a long-term effect on physical and mental health,but.....have a greater impact on short-term health
- A. hassles; major life events
 - B. major life events; hassles
 - C. major life events; catastrophes.
 - D. hassles; catastrophes
70. The College Undergraduate Stress Scale ratesbeing raped as equally stressful when compared with which of the following?
- A. Death of a close family member
 - B. Concerns about being pregnant
 - C. Being accused of rape

- D. Finding out that one is HIV-positive
71. When people have to work harder, do more work, or work faster, they are experiencing
- frustration.
 - uncontrollability.
 - pressure.
 - conflict.
72. The stress-increasing effects of uncontrollability are related to the effects of.....on stress.
- Frustration
 - Unpredictability
 - Pressure
 - Conflict
73. Narender is on his way to an important job interview when his car breaks down on the highway. Narender is likely to experience what kind of frustration?
- External
 - Personal
 - Internal
 - Uncontrollable
74. The first response that people typically make to frustration is
- Persistence
 - Increasing efforts
 - Varying efforts
 - Aggression.
75. People who are depressed and may be suicidal often suffer from.....a condition in which the person has lost the ability to experience pleasure.
- Irritability
 - Anhedonia
 - Neural numbness
 - Learned helplessness
76. Jasmine has just been offered an opportunity to teach at a small college in a rural area of Kanpur Dehat. On the one hand, she really needs a job, and the money it would bring would allow her to pay off some debts. But the college is in a very small town far away from any major cities and has very little in the way of amusements. She would also be far away from her family and friends. Jasmine is facing what type of conflict in deciding whether or not to accept the job?
- Approach- approach.

- B. Avoidance-avoidance
 - C. Approach-avoidance
 - D. Double approach-avoidance
77. In the stage of the GAS, the person may actually start to feel better.
- A. Alarm
 - B. Resistance
 - C. Exhaustion
 - D. Termination
78. The activation of the immune system response by stress differs from the activation of that system by illness in that
- A. Illness activates areas in the brain first.
 - B. Stress increases the release of natural killer cells.
 - C. Stress activates a different immune response than does illness.
 - D. Stress activates areas in the brain first.
79. Adam is very ambitious and driven to succeed. He is easily angered, always wants to be working, and finds it hard to relax. According to research, Adama.
- A. Is at a high risk for coronary heart disease.
 - B. Is a hardy personality
 - C. Is a Type B personality,
 - D. Is a Type C personality.
80. Which of the following is NOT one of the three "C's" of the hardy personality?
- A. commitment
 - B. callousness
 - C. control
 - D. challenge
81. Optimism has been associated with all of the following, EXCEPT
- A. Taking care of one's health.
 - B. Increased rates of learned helplessness.
 - C. Lower rates of depression
 - D. Healthy immune systems.
82. Which of the following is NOT a typical source of stress in the workplace?
- A. Heavy workload
 - B. Lack of variety
 - C. Lack of shift work

D. Lack of job security

83. Which of the following is NOT a symptom of burnout?

- A. Pessimism.
- B. Optimism
- C. Dissatisfaction
- D. Desire to quit

84. Larysa moved from Ukraine to the United States. She learned to speak and write English, changed her last name so that it would sound more "American," and no longer maintains any of her old culture's styles of dress or customs. Larysa has used which method of entering the majority culture?

- A. Integrations
- B. Separation
- C. Assimilation
- D. Marginalization

85. Social support

- A. Has a positive effect on health.
- B. Can improve the physical functioning of cancer patients
- C. Can improve the physical functioning of people with HIV.
- D. Shows all of the above

86. Which of the following is a cognitive symptom of stress?

- A. Frequent colds
- B. Anxiety
- C. Overeating
- D. Memory problems

87. How do today's researchers differ from Selye in their view of eustress?

- A. They feel that eustress is more harmful than distress.
- B. They have not found evidence of eustress
- C. They believe that a certain level of eustress is necessary to promote health.
- D. They believe that distress can be helpful instead of harmful.

88. Appraising a stressor as a challenge results in

- A. More stress.
- B. Less stress.
- C. Less successful coping.
- D. Increased negative emotions.

89. Unpredictable, large-scale events that create a great deal of stress and feelings of threat are collected.
- A. Major life events.
 - B. Catastrophes.
 - C. Hassles.
 - D. Major hassles.
90. After the car accident, Yoshiko suffered from insomnia and other sleeping problems, and she could not concentrate on her work. After about two weeks, these symptoms disappeared, and she was able to work and sleep normally. Yoshiko was suffering from
- A. Acute stress disorder.
 - B. Post-traumatic stress disorder
 - C. Mild stress reaction
 - D. Shell shock
91. Lisa's score on the SRRS was 380. According to Holmes and Rahe, Lisa is probably suffering from
- A. Mid life crisis
 - B. Moderate life crisis.
 - C. Major life crisis.
 - D. Mild stress disorder
92. Researchers found that theof daily hassles was a far better predictor of headaches than scores on a life events scale
- A. Number
 - B. Type
 - C. Positive quality
 - D. Perceived severity
93. Differences in the way men and women respond to daily hassles
- A. Are greatest during the college years
 - B. Decrease with age.
 - C. Were not supported by research
 - D. Are present for older adults, but not for college students.
94. Which of the following is NOT a source of stress, as discussed in the text?
- A. Pressure
 - B. Uncontrollability
 - C. Predictability;

D. Frustration

95. Who reformulated the frustration-aggression hypothesis?

- A. Dollard
- B. Berkowitz
- C. Miller
- D. Lazarus

96. Rachel's employer gives her a bad review, making Rachel feel lousy. When she arrives at home, she yells at her husband and children. Rachel is displaying

- A. Escape
- B. Withdrawal.
- C. Displacement
- D. Projection

97. Which of the following is NOT one of the three methods suggested by Vaughan to promote a positive, optimistic mood?

- A. Alternative thinking
- B. Relaxations
- C. Using a scapegoat
- D. Downward social comparison

98. Acculturative stress is lowest for people who choose their method of entering the majority culture.

- A. Integration
- B. Assimilation
- C. Separation
- D. Marginalization

99. Showna is having trouble in algebra. She goes to the school's academic help center for tutoring and spends extra time working on algebra problems at home. Showna's method of coping is

- A. Problem focused
- B. Emotion focused.
- C. Defensive focused
- D. Internal focused

100. Jerome, an 8-year-old boy, constantly teases one of the girls in his third-grade classroom. He calls her names and chases her on the playground, telling other boys that she has "cooties." If Jerome's real feelings are more like attraction to this girl, we can say that Jerome is exhibiting

- A. Displacement.
 B. Projection.
 C. Reaction formation
 D. Sublimation

ANSWER KEY									
1.	D	21.	D	41	A	61	B	81	B
2.	D	22	D	42	A	62	C	82	C
3.	D	23	D	43	B	63	C	83	B
4.	C	24	D	44	D	64	B	84	C
5.	B	25	D	45	B	65	B	85	D
6.	D	26	D	46	A	66	C	86	D
7.	B	27	D	47	A	67	B	87	C
8.	C	28	D	48	C	68	D	88	B
9.	C	29	D	49	D	69	B	89	B
10.	D	30	D	50	D	70	B	90	A
11.	D	31	C	51	C	71	C	91	C
12.	B	32	D	52	D	72	B	92	D
13.	D	33	C	53	D	73	A	93	D
14.	A	34	D	54	D	74	A	94	C
15.	D	35	B	55	A	75	B	95	B
16.	C	36	D	56	D	76	C	96	A
17.	D	37	B	57	B	77	B	97	C
18.	C	38	D	58	C	78	D	98	A
19.	C	39	A	59	D	79	A	99	A
20.	D	40	C	60	A	80	B	100	C

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