

Very Short Answer Questions

Q. 1. What is stress?

[CBSE (AI) 2012]

Ans. Stress is described as the pattern of responses an organism makes to stimulus event that disturbs the equilibrium and exceeds a person's ability to cope. Stressors like noise, crowding, a bad relationship, daily commuting to school or office are events that cause our body to give the stress response.

Q. 2. What do you mean by well-being?

Ans. Well-being means to have positive health. Health is a state of complete physical, mental, social and spiritual well-being, and not merely the absence of disease.

Q. 3. Identify any two human strengths which have been found by positive psychologists.

Ans.

- i. **Curiosity/Interest in the world:** An openness to experience, flexibility about things that don't fit your preconceptions.
- ii. **Love of Learning:** Taking pleasure in learning new things, taking every opportunity to expand your knowledge and expertise.

Q. 4. Give the causes of environmental stress.

Ans. Environmental stresses are caused by air pollution, crowding, noise, heat of the summer, winter cold or disasters such as fire, earthquake, floods etc.

Q. 5. Explain the term 'frustration'.

[CBSE Delhi 2016]

Ans. Frustration results from blocking of needs and motives while achieving a desired goal. Causes of frustration are social discrimination, interpersonal hurt or low grades in school.

Q. 6. Explain the term 'conflict'.

[CBSE (AI) 2016]

Ans. Conflicts occur between two or more incompatible needs or motives, e.g. whether to learn dance or study psychology.

Q. 7. What do you mean by 'burnout'?

[CBSE Delhi

2011]

Ans. The state of physical, emotional and psychological exhaustion is known as burnout.

Q. 8. What is psycho-neuro-immunology?

Ans. Psycho-neuro-immunology focuses on the links between mind, brain and the immune system. It studies the effects of stress on the immune system.

Q. 9. What is fight or flight response?

Ans.

- i. Selye observed that animals exposed to stressors show a similar pattern of bodily response. He called this pattern General Adaptation Syndrome (GAS).
- ii. The fight or flight response, also called as 'acute stress response' refers to a physiological reaction that occurs in the presence of something that is terrifying, either mentally or physically. The response is triggered by the release of hormones that prepare the body to deal with a threat or to run away to safety. The term 'fight or flight' represents the choices.

Q. 10. What is coping?

[CBSE (AI) 2011]

Ans. Coping is a dynamic situation-specific reaction to stress. E.g., watching TV, phone up a friend or try to be with other people.

Q. 11. What is task-oriented coping?

Ans. Task-oriented coping involves using alternate courses of action for coping. For example, scheduling your time better or using better methods to solve problems.

Q. 12. Explain emotion-oriented coping strategy.

[CBSE (AI) 2013]

Ans. Emotion-oriented Strategy involves venting feelings of anger and frustration or deciding that nothing can be done to change things. For example, to stop worrying.

Q. 13. Discuss avoidance-oriented strategy of coping.

[CBSE Delhi 2015]

Ans. Avoidance-oriented strategy involves denying or minimizing the seriousness of the situation. It involves conscious suppression of stressful thoughts and their replacement by self-protective thoughts. Examples of this are watching TV, phone up a friend or try to be with other people.

Q. 14. Explain biofeedback.

[CBSE Delhi 2014]

Ans. Biofeedback is a type of Stress Management Techniques which involves three stages: developing an awareness of the particular physiological response, e.g. heart rate, learning ways of controlling that physiological response in quiet conditions; and transferring that control into the conditions of everyday life.

Q. 15. Explain the role of social support in promoting positive health and well-being.

[CBSE (AI) 2014]

Ans. Emotional support helps to overcome anxiety, loss of self-esteem by the availability of people on whom we can rely upon, those who love, care and value us. Social support reduces psychological distress, depression or anxiety during times of stress. It helps in promoting positive health and providing psychological well-being.

Short Answer Questions – I

Q. 1. What are the signs and symptoms of stress?

Ans. Response to stress varies depending upon personality of an individual. Every person has his/ her own pattern of stress response. Warning signs of stress vary from individual to individual depending upon intensity. Physical symptoms of stress can be palpitation or sweating, emotional symptoms can be confusion and irritability which are manifested in behavioural symptoms such as withdrawal or restlessness. If any of these symptoms are left unresolved, they may lead to suicide, burn-out, a psychological disorder or a medical disease.

Q. 2. What are the types of stress?

Ans. The major types of stress are:

- i. **Physical and Environmental Stress:** Physical stresses are caused when we overexert ourselves physically, lack a nutritional diet, suffer an injury or fail to get enough sleep. Environmental stresses are caused by air pollution, crowding, noise, heat of the summer, winter cold or disasters such as fire, or natural disasters such as earthquake, floods, drought, land-slides, volcanic eruption etc.
- ii. **Psychological Stress:** This is caused by
 - a. *Frustration:* It results from blocking of needs and motives while achieving a desired goal. Causes of frustration are social discrimination, interpersonal hurt, low grades in school.
 - b. *Conflicts:* It may occur between two or more incompatible needs or motives, e.g., whether to learn dance or study psychology.
 - c. *Internal pressures:* These stem from beliefs based upon expectations from inside us to ourselves such as, 'I must do everything perfectly'.
 - d. *Social pressures:* These are brought about from people who make excessive demands on us, e.g., parents and teachers.
- iii. **Social Stress:** These result from our interaction with other people, such as death or illness in the family, strained relationships, trouble with neighbours, etc. For example, attending a party could be stressful for a person who is an introvert and staying at home for a person who is a party lover.

Q. 3. What is Examination Anxiety?

Ans. Examination anxiety involves feelings of tension, apprehension, fear of failure occurring before, during or after an examination. Although, this feeling of anxiety helps in motivating and creates pressure required for increased productivity (Eustress), but some students fall sick during exams. They show symptoms of body aches, stomach upset, nausea, diarrhea, fever. These students are extremely nervous and emotionally

aroused. It decreases concentration, produce high emotional reactions, feelings of helplessness and attentional blocks. To overcome it, one has to give ample study time, judge one's strengths and weaknesses, discuss difficulties, plan out further studies, concentrate and keep one-self cool by relaxation techniques.

Q. 4. Explain the functioning of the Immune system.

Ans. The white blood cells (leucocytes) within the immune system identify and destroy foreign bodies (antigens) such as viruses. It also leads to the production of antibodies. There are several kinds of white blood cells or leucocytes within the immune system, including T cells, B cells and natural killer cells. T cells destroy invaders, and T-helper cells increase immunological activity. It is these T-helper cells that are attacked by the Human Immuno Deficiency Virus (HIV), the virus causing Acquired Immuno Deficiency Syndrome (AIDS). B cells produce antibodies. Natural killer cells are involved in the fight against both viruses and tumours.

Q. 5. Explain the strategies to cope with stress. Give examples from daily life.

[CBSE (AI) 2012]

Ans. The three coping strategies given by Endler and Parker are:

- i. **Task-oriented Strategy:** This involves using alternate courses of action for coping. For example, scheduling your time better or using better methods to solve problems.
- ii. **Emotion-oriented Strategy:** This involves venting feelings of anger and frustration or deciding that nothing can be done to change things. For example, to stop worrying.
- iii. **Avoidance-oriented strategy:** This involves denying or minimizing the seriousness of the situation. It involves conscious suppression of stressful thoughts and their replacement by self-protective thoughts. Examples of this are watching TV, phone up a friend or try to be with other people. According to Lazarus and Folkman the coping responses are of two types:
 - a. **Problem-focused Strategies:** These strategies attack the problem itself with behaviours designed to gain information, to alter the event and to alter belief and commitments. E.g., to make a plan of action.
 - b. **Emotion-focused Strategies:** These call for psychological changes designed primarily to limit the degree of emotional disruption caused by an event, with minimal effort to alter the event itself. E.g., to do things to let it out of your system.

Q. 6. Explain the concept of stress resistant personality. Give suitable examples.

[CBSE Delhi 2014, 2016; (AI) 2014]

Ans. Studies by Kobasa show that people with high levels of stress but low levels of illness are referred to have the personality traits of hardiness which buffer the adverse impact of stress, share the following the three characteristics, the three Cs:

- i. **Control:** These people have a sense of purpose and direction in life.
- ii. **Commitment:** They have a commitment to work, family, hobbies and social life.
- iii. **Challenge:** They see changes in life as normal and positive rather than as a threat.

Short Answer Questions – II

Q. 1. Differentiate between adaptation and adjustment.

Ans. We face challenges in our lives. The difficult circumstances, problems and obstacles often block our path leading towards chosen life goals. We change ourselves or adapt according to the demands of the circumstances by means of inbuilt tendencies or through learned behaviours. The term **adaptation** refers to the process of change in organisms or species to accommodate a particular environment. For example, we put on warm clothes during winter or work hard as per requirement. This enables our survival when we adapt to environmental and social circumstances.

Adjustment is to attain a state of equilibrium by fulfilling certain needs. Hungry people, for example, are stimulated by their physiological state to seek food. When they eat, they reduce the stimulating condition and are thereby adjusted to the particular need. Thus the adjustment process involves:

- i.** A need or a motive
- ii.** Non-fulfillment of the need
- iii.** Exploratory behaviour accompanied by problem-solving
- iv.** Satisfaction by fulfillment of the need

Q. 2. Differentiate between Eustress and Distress.

Ans. Eustress describes the level of stress that is good and positive and is one of a person's best assets for achieving peak performance and managing minor crisis. Distress is the manifestation of stress that causes our body's wear and tear. It produces unpleasant effects, hampers our productivity, emotionally upsets us and causes our performance to deteriorate.

Q. 3. Describe the cognitive theory of stress (primary appraisal and secondary appraisal).

Ans. The perception of stress is dependent upon the individual's cognitive appraisal which is of two types, primary and secondary. Primary appraisal refers to the perception of a new or changing environment as positive, neutral or negative in its consequences. Negative events are appraised for their possible harm, threat or challenge. Harm is the assessment of the damage that has already been done by the event. Threat is the assessment of the possible future damage that may be brought about by the event. Challenge is associated with expectations of the ability to cope with the stressful event. Secondary appraisal is the assessment of one's coping abilities and resources and whether they will be sufficient to meet the harm, threat or challenge of the event.

Q. 4. Describe the factors affecting the appraisal of the stressful events.

Ans. The factors affecting the appraisal of the stressful events are:

- i. **Past experience:** If one has handled similar situations very successfully in the past, they would be less threatening for him or her.
- ii. **Controllable:** A person who believes that she/he can control the onset of a negative situation or its negative consequences will experience less amount of stress than those who have no such sense of personal control.

Q. 5. Explain the concept of stress giving examples from daily life.

[CBSE Delhi 2011]

Ans. Stress is described as the pattern of responses an organism makes to stimulus event that disturbs the equilibrium and exceeds a person's ability to cope. Stressors like noise, crowding, a bad relationship, daily commuting to school or office are events that cause our body to give the stress response. Happenings in our daily lives such as noisy surroundings, commuting, quarrelsome neighbours, electricity and water shortage, traffic snarls cause stress. Attending to various emergencies are daily hassles experienced by a housewife.

Q. 6. What are the effects of stress on the psychological functioning of an individual?

[CBSE (AI) 2012]

Ans. The effects of stress are described as follows:

- i. **Emotional Effects:** Those suffering from stress experience mood swings, show decreasing confidence, suffer from feelings of anxiety, depression or increased physical and psychological tension.
- ii. **Physiological Effects:** Under stress there is an increased production of hormones such as adrenaline and cortisol. These hormones produce marked changes in heart rate, blood pressure levels, metabolism and physical activity. Changes such as release of epinephrine or nor-epinephrine, slowing down of the digestive system, expansion of air passages in the lungs and constriction of blood vessels also occur.
- iii. **Cognitive Effects:** Cognitive effects of stress are poor concentration and reduced short-term memory capacity.
- iv. **Behavioural Effects:** These include disrupted sleep patterns, increase absenteeism and reduced work performance.

Q. 7. What is GAS? How does Selye's model relate prolong stress to bodily response.

Explain.

[CBSE Delhi 2011, 2015]

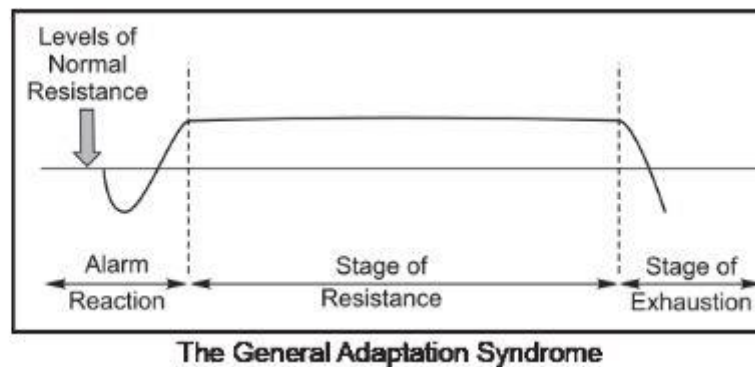
OR

Explain the reaction of body to stress according to General Adaptation Syndrome.

[CBSE (AI) 2013]

Ans. Selye observed that animals exposed to stressors show a similar pattern of bodily response. He called this pattern General Adaptation Syndrome (GAS). According to him GAS involves three stages:

- i. **Alarm reaction:** The presence of a stressor leads to activation of the adrenal-pituitary-cortex system. This triggers the release of hormones producing the stress response. Now the individual is ready for fight or flight.
- ii. **Resistance Stage:** Under prolonged stress, the para-sympathetic nervous system calls for more cautious use of the body's resources in which the organism makes efforts to cope with the threat.
- iii. **Exhaustion stage:** Continued exposure to the same stressor or additional stressors drains the body of its resources and leads to the third stage of exhaustion. The physiological systems involved in alarm reaction and resistance become ineffective and susceptibility to stress-related diseases increases.

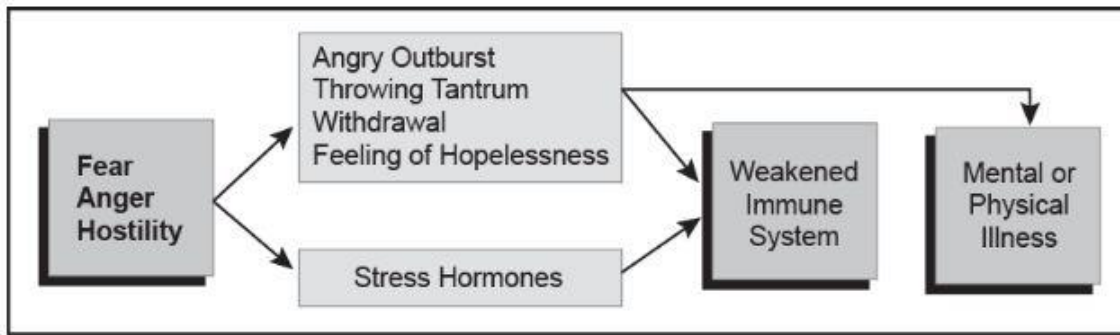


Q. 8. Describe the effect of stress on the immune system.

[CBSE Delhi 2015]

Ans. Release of stress hormone results in weakening of our immune system thus affecting mental and physical health. Weakened immune system has a serious effect on the individuals' health. Stress has **physiological effects** and can affect natural killer cell cytotoxicity, which is of major importance in the defence against various infections and cancer. Reduced levels of natural killer cell cytotoxicity have been found in people who are highly stressed, including students facing important examinations, bereaved persons and those who are severely depressed. Psychological stress is accompanied by **negative emotions or burnout situation** and associated symptoms such as depression, anxiety, irritability and aggression. Individuals may have panic attacks or show obsessive behaviours, mood swings or phobias. These individuals have feelings of hopelessness which is worsened by injury or disease. Studies reveal that immune functioning is better in individuals receiving social support.

Emotions such as fear, anger or hostility are associated with anger outbursts, tantrums, withdrawal symptoms and feelings of hopelessness thus leading to weakening of the immune system thus affecting mental and physical health.



Relation of Stress with Illness

Q. 9. Differentiate between problem-focused and emotion-focused coping strategies with examples.

Ans. According to Lazarus and Folkman the coping responses are of two types:

- i. Problem-focused Strategies:** These strategies attack the problem itself with behaviours designed to gain information, to alter the event and to alter belief and commitments. For example, to make a plan of action.
- ii. Emotion-focused Strategies:** These call for psychological changes designed primarily to limit the degree of emotional disruption caused by an event, with minimal effort to alter the event itself. E.g., to do things to let it out of your system.

Q. 10. What are the factors facilitating positive health?

Ans. Positive health includes good physical, mental, social and spiritual well-being. This includes a healthy body free from disease, effective personal relationships, a sense of purpose in life, self-regard, and resilience to stress.

This requires maintain of the following:

Diet: A balanced diet can lift one's mood, give more energy, feed muscles, improve circulation, prevent illness, strengthen the immune system and make one feel better to cope with stresses of life. The key to healthy living is to eat three main meals a day, and eat a varied well-balanced diet.

Exercise: Regular exercise manages stress, reduces tension, anxiety and depression. It helps the individual to maintain good physical and mental health. Exercise requires changing one's life-style. These produce a calming effect and may include yoga, aerobic exercises, jogging, swimming and cycling.

Positive Thinking: This involves being an optimist and avoid having a pessimistic outlook toward life. Optimists use problem-focused strategies, seek help and advice from others.

Social Support: Availing social support leads to less medical and psychological complications such as observed in pregnant women who getting social support and protection against stress cope life more successfully. The types of social support are tangible support, information support

and emotional support. Tangible support involves assisting one with money, goods and services such as providing notes to a friend who has been absent. Information support is providing one with certain resources such as a student who has appeared in a board exam helps his friend in telling him how the board exams are conducted. Emotional support helps to overcome anxiety, loss of self-esteem by the ones who love and care for you. Social support reduces psychological distress, depression or anxiety during times of stress. It helps in providing psychological well-being.

Long Answer Questions

Q. 1. Explain the nature of stress giving examples. Discuss avoidance-oriented strategy of coping.

[CBSE (AI) 2015]

OR

Explain the nature of stress giving examples.

[CBSE Delhi 2015]

Ans. Nature of Stress:

The term 'stress' has been originated from the Latin word *Strictus*, meaning tight or narrow.

Stress is described as the pattern of responses an organism makes to stimulus event that disturbs the equilibrium and exceeds a person's ability to cope. Stressors like noise, crowding, a bad relationship, daily commuting to school or office are events that cause our body to give the stress response.

Eustress describes the level of stress that is good and positive and is one of a person's best assets for achieving peak performance and managing minor crisis. Distress is the manifestation of stress that causes our body's wear and tear. It produces unpleasant effects, hampers our productivity, emotionally upsets us and causes our performance to deteriorate.

Stress is often explained in terms of characteristics of the environment that are disruptive to the individual. Stressors are events that cause our body to give the stress response. Such events include noise, crowding, a bad relationship, or the daily commuting to school or office. The reaction to external stressors is called 'strain'.

OR

Lazarus has distinguished between two types of appraisal, i.e. primary and secondary. The perception of stress is dependent upon the individual's cognitive appraisal which is of two types, primary and secondary. Primary appraisal refers to the perception of a new or changing environment as positive, neutral or negative in its consequences. Negative events are appraised for their possible harm, threat or challenge. Harm is the assessment of the damage that has already been done by the event. Threat is the assessment of the possible future damage that may be brought about by the event. Challenge is associated with expectations of the ability to cope with the stressful event. Secondary appraisal is the assessment of one's coping abilities and resources and whether they will be sufficient to meet the harm, threat or challenge of the event.

Selye observed that animals exposed to stressors show a similar pattern of bodily response. He called this pattern General Adaptation Syndrome (GAS). According to him GAS involves three stages Alarm reaction, Resistance Stage and Exhaustion stage.

Coping is a dynamic situation-specific reaction to stress. E.g. watching TV, phone up a friend or try to be with other people.

Avoidance-oriented strategy: This involves denying or minimizing the seriousness of the situation. It involves conscious suppression of stressful thoughts and their replacement by self-protective thoughts. Examples of this are watching TV, phone up a friend or try to be with other people.

Q. 2. Distinguish between eustress and distress giving suitable examples. Discuss the different sources of psychological stress.

[CBSE (AI) 2015]

OR

What are the sources of stress?

[CBSE (AI)

2014]

Ans. Eustress describes the level of stress that is good and positive and is one of a person's best assets for achieving peak performance and managing minor crisis. Distress is the manifestation of stress that causes our body's wear and tear. It produces unpleasant effects, hampers our productivity, emotionally upsets us and causes our performance to deteriorate.

The various sources of stress are:

- i. **Life Events:** Changes due to life events such as moving into a new house, break-up of a long-term relationship cause stress.
- ii. **Hassles:** Happenings in our daily lives such as noisy surroundings, commuting, quarrelsome neighbours, electricity and water shortage, traffic snarls cause stress. Attending to various emergencies are daily hassles experienced by a housewife.
- iii. **Traumatic Events:** Effects of extreme events such as fire, train or road accident robbery, earthquake, tsunami persist as symptoms of anxiety, flashbacks, dreams and intrusive thoughts. Severe trauma can also strain relationships or can lead to disorders such as post-traumatic stress disorder (PTSD).

Q. 3. Describe the techniques that can help manage stress in life.

[CBSE (AI) 2016]

Ans. Some of the Stress Management Techniques are described as follows:

- i. **Relaxation Techniques:** Reduces symptoms of stress and incidence of illness such as high blood pressure and heart diseases. Deep breathing and muscle

relaxation is used to relax the mind and body which starts from the lower part of the body and progresses up to the facial muscles.

- ii. **Meditation Procedures:** This technique refocuses the attention that brings about an altered state of consciousness. This is possible through concentration so that the mediator is unaware of any outside stimulation.
- iii. **Biofeedback:** This involves three stages: developing an awareness of the particular physiological response, e.g. heart rate, learning ways of controlling that physiological response in quiet conditions; and transferring that control into the conditions of everyday life.
- iv. **Creative Visualisation:** This involves imagery and imagination for keeping one's mind quiet, body relaxed and eyes closed. This reduces the risk of interference from unhidden thoughts and provides the creative energy needed for turning an imagined scene into reality.
- v. **Cognitive Behavioural Techniques:** This approach involves replacing negative and irrational thoughts with positive and rational ones. It includes assessment, stress reduction techniques, and application and follow-through. Assessment involves discussing the nature of the problem and seeing it from the viewpoint of the client. Stress reduction involves learning the techniques of reducing stress such as relaxation and self-instruction.
- vi. **Exercise:** Regular exercise improves the efficiency of the heart, enhances the function of the lungs, maintains good circulation, lowers blood pressure, reduces fat in the blood and improves the body's immune system. Swimming, walking, running, cycling, skipping help to reduce stress.

Q. 4. Describe the life skills which help in meeting the challenges of school life.

OR

How life skills enable individuals to deal effectively with stressful experiences of life?

Ans. Life skills are the abilities for adaptive and positive behaviour that enable individuals to deal effectively with the demands and challenges of everyday life. They are described below:

- i. **Assertiveness:** Assertiveness is a behaviour or skill that helps to communicate our feelings, needs, wants and thoughts, clearly and confidently. It is the ability to say no to a request, to state an opinion without being self-conscious, or to express emotions such as love, anger openly. An assertive person feels confident, has high self-esteem and a solid sense of his identity.
- ii. **Time Management:** Managing time helps to relieve pressure, organizing our life and thus leading a balanced life. Learning to plan and delegate responsibilities helps to relieve pressure. It requires one to be realistic, deciding on the task to be done and organizing your life.

- iii. **Rational Thinking:** This involves challenging your distorted thinking and irrational beliefs, driving out potentially intrusive negative anxiety-provoking thoughts and making positive statements.
- iv. **Improving Relationships:** This involves listening to what the other person is saying, expressing how you feel and what you think and accepting the other person's opinions and feelings even if they are different from your own.
- v. **Self-care:** This involves keeping ourselves healthy and relaxed which prepares us physically and emotionally to tackle the stresses of everyday life.
- vi. **Overcoming Unhelpful Habits:** This involves overcoming unhelpful habits such as perfectionism, avoidance or procrastination. Perfectionists are persons who want everything to be just right, find it difficult to relax, are critical of self and others. Avoidance is to put the issue under the carpet and refuse to accept or face it. Procrastination means putting off what we need to do and to be done at a later hour. It involves deliberately avoiding and confronting fears of failure or rejection.