ASSIGNMENT NO. 3

SUBJECT: PSYCHOLOGY   **CLASS-XII**   **JULY,2025**

CHAPTER 3: METTING LIFE CHALLENGES

Objective type questions

1.. Stress that causes our body wear and tear is called:
(a) Distress
(b) Threat
(c) Eustress
(d)Resilience

2._____is the assessment of ones coping abilities and resources.
(a) Primary appraisal
(b) Secondary appraisal
(c) Resilience
(d) Life skills

3.Assertion (A) People with high levels of stress but low levels of illness share three characteristics which are referred to as the personality traits of hardiness.
Reason(R) Hardines consists of the three C's, ie "commitment, control and challenge"
 a) Both A and R are true and R is the correct explanation of A.
 b) Both A and R are true but R is not the correct explanation of A.
 c) A is true but R is false.
d) A is false but R is true

4. Assertion (A) Primary appraisal refers to the assessment of one's coping abilities, resources and whether they will be sufficient to meet the harm, threat or challenge of the event.
Reason(R): The resources may be mental, physical, personal or social.
a) Both A and R are true and R is the correct explanation of A.
b) Both A and R are true but R is not the correct explanation of A.
c) A is true but R is false.
d) A is false but R is true

Subjective type questions

1. Explain the behavioural effects of stress.

2. How would you differentiate between adaptation and adjustment?

3. Explain the term 'Burn out

4. What is meant by well-being?

5. Describe the three sources of stress.

6. How stress and illness are related to each other.

7. Explain the term coping.

8. How life-style and stress are related to each other?

9. How do Lazarus and Folkman explain the concept of copying?

10. How can social support help in promoting positive health?

11. Differentiate between the three major types of stress

12. Explain the concept of stress resistant Personality. Give Suitable example

13. Describe briefly four factors which facilitate development of positive health