



ASSIGNMENT NO. 2

SUBJECT: PSYCHOLOGY

CLASS-XII

JULY'2026

CHAPTER 3: MEETING LIFE CHALLENGES

VERY SHORT ANSWER TYPE QUESTIONS (2 Marks)

1. Rupam's term-end exams are about to start. Being a studious person he has well prepared and attended regular classes with good internal exams. However he is not able to properly sleep or take food on time due to examination stress. How examination stress can be characterised?
2. What are the common signs of stress?
3. What are life skills?

SHORT ANSWER TYPE QUESTIONS (3 Marks)

4. Ravi and Harsh are the same batch-mates in the AIIMS where they both are aspiring doctors. However, there is always a sense of bitter rivalry and fierce competition to prove that who is the best doctor. What would be the possible cause of stress between them?

SHORT ANSWER TYPES QUESTIONS (4 Marks)

5. Kanika now the day stopped going to school and locked himself in a room and in case asking about the issue he repeatedly states that she knows that she is going to fail in the term exams and someone is constantly trying to let her down in future. Identify the kind of psychological trauma Kanika is going through and how many types of stress people experiences?
1. Stephaney is a nurse in a general hospital in Kerala. She tirelessly worked several days to treat COVID patients. Unfortunately she has died due to excessive stress in the workplace. Explain the correlation between stress and health. How chronic daily stress can affect our health?
2. Riya, known for her calm demeanor, manages stress effectively and understands the emotions of those around her. She resolves conflicts peacefully, motivates herself in tough times, and maintains healthy reRehana is always worried about her children's future. Due to family pressure to have a boy child, she became mother of six girls. Her in-laws always taunts her and don't treat her equally in the family. She remains in the great stress all day long. Explain the psychological meaning and process of stress.
3. Sankalp working as a Product Manager has endless tasks to accomplish by day end. Being into the senior post he never hesitate to come forward and finish off the tasks by his own. However, it was found that Sankalp is suffering from great amount of stress.What are the various Stress Management Techniques he can opt for?
4. Ramola Dixit is a bright and excellent student throughout her career. Nowadays she is preparing for campus placement interviews and remains in great stress an anxiety. How emotional effects are deeply attached with stress

LONG ANSWER TYPES QUESTIONS (6 Marks)

5. Describe different strategy of coping with stress.
6. Write the impacts of stress on psychological functioning.
7. How skills of life are supportive in life challenges ?
8. Describe the reasons for good health and well-being.
9. Describe any four stress management techniques.
10. What is positive psychology? How positive psychologists have identified virtues and strengths of human beings?
11. How stress impact the immune system and health?
12. Given what you know about coping strategies, what suggestion would you give to your friends to avoid stress in their everyday lives.