

PSYCHOLOGY ENTRANCE EXAMINATIONS

Useful for CUET-PG Psychology, GATE & Other M.A/ M.Sc
Psychology Entrances

Arvind Otta



Chapter 14

Stress

Explanations

1. a) alarm

Explanation: According to Hans Selye's General Adaptation Syndrome (GAS), the body's response to stress occurs in three stages: alarm, resistance, and exhaustion. During the alarm stage, the body perceives a threat or stressor, and physiological responses are mobilized to prepare the body to cope with the stress. This includes activation of the sympathetic nervous system and release of stress hormones like adrenaline and cortisol.

2. d) Health

Explanation: Health psychology is the subfield of psychology concerned with the relationship between psychological factors and physical health or illness. It explores how psychological, behavioral, and social factors influence health and well-being, as well as how individuals can promote health and cope with illness. This includes understanding factors such as stress, coping mechanisms, adherence to medical advice, and the impact of psychological interventions on health outcomes.

3. d) all of these conditions

Explanation: Stress has been shown to have a significant impact on the immune system, making individuals more susceptible to various health problems, including cancer, progression from HIV infection to AIDS, and bacterial infections. Chronic stress can weaken the immune system, making it less effective at fighting off infections and diseases. Therefore, prolonged or chronic stress can increase the risk of developing various health conditions.

4. b) health psychology

Explanation: Dr. Mazeroll's research on the biological, psychological, social, and cultural factors influencing health and illness aligns with the field of health psychology. Health psychology focuses on understanding how these various factors interact to affect individuals' health outcomes. It examines how biological processes, psychological traits, social relationships, and cultural contexts contribute to health-related behaviors, illness prevention, and

treatment adherence. Psychophysiology is more focused on the physiological correlates of psychological processes, while humanistic psychology emphasizes personal growth and self-actualization, making health psychology the most appropriate choice in this context.

5. b) stress

Explanation: Stress refers to a demand or pressure that leads to a state of tension or threat, requiring some form of change or adaptation. It can arise from various sources such as work, relationships, or life events, and it often elicits physiological, psychological, and behavioral responses. Stress can impact individuals differently, influencing their physical health, emotional well-being, and overall quality of life. Recognizing and effectively managing stress is essential for maintaining optimal health and functioning.

6. c) the process by which we perceive and respond to challenging or threatening events.

Explanation: Stress is not just about unpleasant or aversive events, nor is it solely situations that threaten health. It encompasses the entire process of how we perceive and respond to challenging or threatening events. This includes both the subjective experience of stress and the physiological and behavioral responses it elicits. Stress can be triggered by various factors, not limited to situations threatening health, and how individuals perceive and cope with these stressors varies greatly.

7. a) whether the noise is your choice of noise.

Explanation: The stressfulness of noise can depend on various factors, including individual preferences and perceptions. When individuals have control over the noise, such as choosing to listen to music they enjoy or using white noise to mask other sounds, it can be less stressful compared to situations where they have no control over the noise. Therefore, whether the noise is the individual's choice can significantly influence its stressfulness.

8. d) how much stress a person has undergone in a given period

Explanation: The Social Readjustment Rating Scale (SRRS), developed by Holmes and Rahe, is a tool used to measure the amount of stress a person has experienced over a specific period. It assigns numerical values to various life events based on the degree of adjustment or readjustment they require. By summing up the scores of different life events experienced by an individual within a certain timeframe, the scale provides an overall assessment of the stress level the person has encountered.

9. d) rise over the early hours and fall during the day's last several hours.

Explanation: Research on diurnal patterns of mood suggests that positive emotions

Answer Key

tend to peak earlier in the day, typically during the morning hours after waking, and gradually decline as the day progresses. This pattern is often attributed to factors such as circadian rhythms, variations in energy levels, and the accumulation of stressors or fatigue throughout the day. Thus, a graph depicting the course of positive emotions over the hours of the day since waking would show an initial rise followed by a gradual decline towards bedtime.

10. d) hostility.

Explanation: While all elements of the Type A personality pattern can contribute to health risks, hostility is particularly associated with negative health outcomes. Hostility involves feelings of anger, cynicism, and mistrust toward others, and individuals with high levels of hostility tend to experience higher levels of stress, which can contribute to cardiovascular problems, weakened immune function, and other health issues. Therefore, hostility is often considered the most hazardous aspect of the Type A personality pattern in terms of health consequences.

11. d) irrational beliefs.

Explanation: Albert Ellis, the founder of Rational Emotive Behavior Therapy (REBT), described an internal source of stress resulting from irrational beliefs. According to Ellis, individuals often hold irrational beliefs or irrational thinking patterns about themselves, others, and the world, which can lead to emotional distress and maladaptive behaviors. These irrational beliefs include demandingness (e.g., “I must always be perfect”), catastrophizing (e.g., “It would be awful if I failed”), and global evaluations (e.g., “If others disapprove of me, I am worthless”). Addressing and challenging these irrational beliefs is a central focus of REBT to reduce stress and improve psychological well-being.

12. a) problem-focused coping.

Explanation: Problem-focused coping involves taking direct action to address the stressor itself or changing the way one interacts with the stressor. This approach aims to modify the source of stress or one’s response to it, thereby reducing its impact. Examples include problem-solving strategies, time management techniques, seeking social support to resolve the issue, or altering one’s environment to better manage the stressor. Emotion-focused coping, on the other hand, involves regulating emotional responses to the stressor without necessarily addressing the stressor itself.

13. d) compromise

Explanation: Compromise involves finding a middle ground where each party gives up

something to reach a mutually acceptable solution. It acknowledges the needs and perspectives of both sides, fostering cooperation and reducing tension. Denying the conflict, withdrawing, or being aggressive are generally not effective long-term strategies for resolving conflicts and may escalate the situation or lead to unresolved issues.

14. c) those who were most self-disclosing later had the most improved health.

Explanation: Research on Holocaust survivors found that those who were most willing to talk about their traumatic experiences, even though it was distressing, showed improved health outcomes later on. This suggests that self-disclosure and processing traumatic events through communication can have therapeutic benefits. It's important to note that while some survivors may not have been fully forthcoming about their experiences initially, the act of disclosure, when it did occur, was associated with positive health effects.

15. d) defense mechanisms

Explanation: Defense mechanisms are psychological strategies that individuals unconsciously use to protect themselves from anxiety or perceived threats to their self-esteem. Freud proposed various defense mechanisms, such as repression, denial, projection, and rationalization, which operate at an unconscious level to reduce the impact of potentially harmful or anxiety-inducing thoughts, feelings, or impulses. These mechanisms help individuals maintain a sense of psychological equilibrium by distorting reality or minimizing the significance of threatening stimuli.

16. b) usually increases

Explanation: Social support generally enhances our ability to cope with stressful events. Having supportive relationships and networks provides emotional, informational, and instrumental assistance during challenging times. This support can reduce feelings of isolation, provide comfort, offer practical help, and facilitate problem-solving, ultimately bolstering resilience and adaptive coping strategies. While individual experiences may vary, research consistently indicates that social support is beneficial for managing stress and promoting overall well-being.

17. d) sublimation

Explanation: Sublimation involves transforming socially unacceptable impulses or instincts into socially acceptable actions or behaviors. Instead of directly expressing these impulses in socially inappropriate ways, individuals channel them into productive and socially constructive outlets, such as creative endeavors, artistic pursuits, or intellectual activities. This process allows individuals to satisfy their underlying desires while conforming to

Answer Key

societal norms and values. For example, someone with aggressive tendencies may channel their energy into sports or competitive activities, thereby sublimating their aggression into a socially acceptable form of expression.

18. d) equals nonsmoking and exercise.

Explanation: Studies have shown that religious involvement can have significant positive effects on health and longevity, comparable to the benefits of nonsmoking and regular exercise. Research indicates that individuals who actively participate in religious activities, such as attending religious services, prayer, and spiritual practices, tend to exhibit better overall health outcomes and have a lower risk of mortality. These benefits may be attributed to various factors associated with religious involvement, including social support, coping mechanisms, healthier lifestyles, and positive psychological well-being.

19. c) actualize themselves

Explanation: Maslow's theory, often depicted as a hierarchy of needs, proposes that individuals strive for self-actualization, which involves realizing one's full potential, achieving personal growth, and pursuing intrinsic goals. According to Maslow, individuals who are well-adjusted and psychologically healthy are those who actively work towards self-actualization by fulfilling their innate capacities, talents, and aspirations. This process includes engaging in activities that promote personal fulfillment, creativity, authenticity, and meaningful relationships, rather than seeking external validation or attempting to conform to societal norms.

20. a) psychophysiological

Explanation: Psychophysiological illnesses, also known as psychosomatic or somatoform disorders, are genuine physical illnesses that are influenced or exacerbated by psychological factors such as stress, anxiety, or emotional distress. These conditions involve a complex interplay between psychological and physiological factors, where psychological stressors can trigger or worsen physical symptoms. Examples include tension headaches, hypertension, irritable bowel syndrome (IBS), and asthma, among others. The term "psychophysiological" reflects the combined influence of psychological and physiological processes in these disorders.

21. c) adrenal; sympathetic

Explanation: Epinephrine and norepinephrine, often referred to as adrenaline and noradrenaline respectively, are released by the adrenal glands in response to stimulation by the sympathetic branch of the nervous system. When the body perceives a threat or

experiences stress, the sympathetic nervous system activates the fight-or-flight response, leading to the release of these stress hormones from the adrenal medulla. They play a crucial role in preparing the body to respond to stressful situations by increasing heart rate, blood pressure, and energy availability, among other physiological changes.

22. c) overestimate; better

Explanation: Taylor's research indicates that mentally healthy individuals tend to overestimate their ability to control chance events, exhibiting an optimistic bias. Additionally, they often believe that the future will be better than the present, reflecting a positive outlook on life. This optimism can contribute to their overall well-being and resilience in facing life's challenges.

23. a) suppress the immune system.

Explanation: Stress triggers the release of stress hormones like cortisol, which can suppress the immune system's effectiveness. This suppression can weaken the body's ability to fight off infections and diseases, making individuals more vulnerable to illnesses during periods of stress. Chronic stress can lead to prolonged immune suppression, exacerbating health problems. Therefore, stress primarily has a negative impact on the immune system, compromising its ability to function optimally.

24. d) when you feel crowded.

Explanation: While physical factors like room size and external conditions can contribute to stress, the perception of being crowded is more influential. Feeling crowded can induce feelings of discomfort, anxiety, and a sense of being trapped, irrespective of actual physical conditions. This subjective perception significantly impacts stress levels, making it the most stressful aspect of crowding. Therefore, individual feelings of being crowded are a key determinant of stress in crowded situations.

25. c) problem-focused coping.

Explanation: Problem-focused coping involves actively addressing the stressor by identifying the problem and taking steps to understand it better. This approach aims to directly manage or eliminate the stressor itself rather than focusing solely on managing emotions. By gathering information and understanding the problem thoroughly, individuals can develop effective strategies to tackle it. This proactive approach empowers individuals to take control of the situation and make meaningful changes, leading to better stress management outcomes. Therefore, identifying a problem and learning about it aligns with problem-focused coping strategies.

Answer Key

26. d) all of the above

Explanation: All the options listed social support, ability to relax, and feelings of control are psychological factors that contribute to good health. Social support refers to the network of friends, family, and community members who provide emotional, informational, and instrumental support. Having a strong social support system has been linked to better physical and mental health outcomes. The ability to relax is crucial for reducing stress and promoting overall well-being. Relaxation techniques such as deep breathing, meditation, and progressive muscle relaxation can help lower blood pressure, reduce muscle tension, and improve sleep quality. Feelings of control involve perceiving oneself as having the ability to influence and manage one's environment and life circumstances. This sense of control is associated with lower levels of stress and better health outcomes.

27. b) Physiological stress reactions were reduced with experience.

Explanation: Fenz and Epstein's study on sport parachuting as an approach-avoidance conflict demonstrated that physiological stress reactions decreased with experience. Novice parachutists typically experience higher levels of physiological arousal due to the novelty and potential danger associated with the activity. However, as individuals become more experienced with parachuting, they tend to adapt to the stressors, leading to reduced physiological responses such as heart rate and cortisol levels. This reduction in stress reactions reflects the process of habituation and the development of coping mechanisms to deal with the perceived threat.

28. b) Cluster of responses to threatening situations

Explanation: According to the response-based model, stress is primarily defined by a cluster of responses to threatening situations. This model focuses on the physiological, psychological, and behavioral reactions that occur when individuals perceive a situation as challenging or threatening. Stress is seen as a dynamic process involving the body's physiological arousal, cognitive appraisals, emotional reactions, and behavioral responses to cope with or adapt to the perceived stressors.

29. c) Stimulus-Based Model

Explanation: The Stimulus-Based Model of stress focuses on the nature of stressful stimuli such as overload, conflict, and uncontrollability. In this model, stress is primarily defined by the external events or circumstances (stimuli) that individuals perceive as challenging or threatening. These stimuli can include environmental factors, work demands, interpersonal conflicts, or life events. The model emphasizes the objective characteristics of stressors and their impact on individuals' well-being and functioning.

30. c) It exceeds a person's ability to adapt.

Explanation: The primary characteristic of overload as a stressful stimulus is that it exceeds a person's ability to adapt. Overload occurs when individuals face demands or responsibilities that surpass their capacity to effectively cope or manage them. This imbalance between the demands placed on individuals and their resources to cope with those demands can lead to feelings of overwhelm, fatigue, and decreased performance. This key feature of overload as a stressor, highlighting its propensity to overwhelm individuals' coping mechanisms.

31. b) Avoidance-avoidance conflict

Explanation: Avoidance-avoidance conflict involves a situation where a person has to choose between two undesirable alternatives. This type of conflict creates significant stress because the individual must decide between two negative options, each of which is equally unappealing. Unlike approach-approach conflict, where the choice is between two desirable options, or approach-avoidance conflict, which involves a single option with both positive and negative aspects, avoidance-avoidance conflict forces a person to make a tough decision between two negatives, leading to stress and discomfort.

32. c) (A) is true, but (R) is false.

Explanation: Assertion (A) is true: People with Type A behavior pattern experience chronic stress, hostility, and impatience. These characteristics lead to physiological changes like increased heart rate, blood pressure, and cholesterol levels. These changes are well-established risk factors for atherosclerosis and heart disease.

Reason (R) is false: People with Type A behavior pattern typically don't engage in enough relaxing activities to counteract their heightened physiological responses. They may resist relaxation and continue to push themselves, further exacerbating their stress levels.

33. b) Overload, conflict, and uncontrollability

Explanation: Stimuli that are likely to produce stress reactions generally include conditions such as overload, conflict, and uncontrollability. Overload occurs when the demands placed on an individual exceed their capacity to handle them. Conflict arises when an individual faces incompatible demands or goals, leading to tension and stress. Uncontrollability refers to situations where an individual perceives a lack of control over the events affecting them, which is a significant source of stress. These factors disrupt an individual's equilibrium and can elicit strong stress reactions, unlike emotions or states such as happiness, complacency, or relaxation, which do not typically produce stress.

Answer Key

34. a) Grief

Explanation: Grief is the specific stress syndrome that commonly occurs in response to the death of a loved one. It is characterized by a range of emotional responses, including sadness, longing, and sorrow. Grief can also involve physical symptoms like changes in appetite and sleep patterns, cognitive changes such as difficulty concentrating, and behavioral changes like withdrawal from social activities. While depression, anxiety, and insomnia can be associated with grief, they are not specific stress syndromes triggered by the loss of a loved one; rather, they can be symptoms or related conditions that may arise during the grieving process. Grief is a natural and individualized response to loss and can vary greatly in intensity and duration from person to person.

35. a) Time Pressure

Explanation: Time pressure represents a significant source of occupational stress, particularly when an individual is constantly worried about meeting deadlines. This type of stress occurs when there is a perceived lack of sufficient time to complete tasks, leading to feelings of anxiety, urgency, and often, a rushed work pace. Time pressure can negatively impact an employee's performance, health, and well-being, as the constant need to meet deadlines can lead to chronic stress and burnout. Unlike role conflict, changes in responsibilities, or trouble with a boss, time pressure specifically revolves around the management and perception of time and the deadlines associated with various tasks.

36. b) 50

Explanation: The Social Readjustment Rating Scale (SRRS), developed by Holmes and Rahe, assigns different Life Change Units (LCUs) to various life events to quantify the stress they may cause. "Marriage" is assigned 50 LCUs on this scale. This reflects the significant impact that marriage, as a major life change, can have on an individual's stress levels, though it is not the most stressful event on the scale, such as "death of a spouse," which is rated higher. The SRRS is used to help identify the potential risk of stress-related health issues based on the accumulation of life changes an individual experiences.

37. b) Vacation

Explanation: Common daily hassles are minor irritants or stressors that occur regularly and can accumulate to impact an individual's overall stress levels. Examples include concerns about rising prices of common goods, worries about physical appearance, and fears related to crime. Vacation, however, is typically considered a positive event or a break from routine stressors, and thus is not usually listed as a common daily hassle. Instead, vacations are generally seen as opportunities for relaxation and stress relief, despite the occasional minor stress they might involve, such as planning and travel logistics.

38. c) (A) is true, but (R) is false.

Explanation: Assertion (A) is true: Seeking social support is a way for individuals to cope with stress or challenges. It can involve emotional support (listening, empathy), informational support (sharing knowledge or advice), and instrumental support (tangible help like running errands).

Reason (R) is false: While social support can include practical problem-solving guidance, it's not the main focus. It's more about the emotional connection, validation, and sense of belonging that comes from interacting with supportive people.

39. c) Post traumatic stress disorder (PTSD)

Explanation: A delayed stress reaction following an intensely stressful experience is often referred to as Post Traumatic Stress Disorder (PTSD). This disorder can occur after experiencing or witnessing a traumatic event and is characterized by symptoms such as flashbacks, nightmares, severe anxiety, and avoidance of reminders of the event. Unlike acute stress disorder, which typically resolves within a few weeks, PTSD symptoms can persist for months or even years, significantly impacting an individual's daily functioning and quality of life.

40. c) Highly stressful and uncontrollable experiences

Explanation: Delayed stress reactions, such as post-traumatic stress disorder (PTSD), are typically associated with highly stressful and uncontrollable experiences, such as natural disasters, combat exposure, physical or sexual assault, or other traumatic events. These experiences can overwhelm an individual's ability to cope effectively in the immediate aftermath, leading to the delayed onset of stress-related symptoms. Routine daily stressors, positive life changes, and stressors related to work are less likely to result in delayed stress reactions compared to traumatic events.

41. a) Anxiety

Explanation: The common symptom of delayed stress reactions that often appears first is Anxiety. Delayed stress reactions, such as those seen in post-traumatic stress disorder (PTSD), can manifest with symptoms like anxiety, which can have a significant impact on day-to-day life. These symptoms may develop months or even years after a traumatic event, leading to re-experiencing the trauma through flashbacks, nightmares, and physical sensations like pain or trembling. Anxiety is a key feature of PTSD, often accompanied by avoidance behaviors, emotional numbing, and hyperarousal, which includes irritability, sleeping problems, and difficulty concentrating.

Answer Key

42. c) Lack of public support and understanding

Explanation: During the Vietnam War, many veterans faced significant challenges upon returning home, including a lack of public support and understanding regarding the experiences they endured during the conflict. This lack of support contributed to delayed stress reactions among Vietnam veterans, as they struggled to reintegrate into civilian life and cope with the psychological and emotional toll of their wartime experiences. The absence of acknowledgment and appreciation for their service compounded feelings of isolation, making it difficult for veterans to seek help or find support networks to address their mental health needs.

43. c) A sense of urgency and competitiveness

Explanation: The Type A behavior pattern is characterized by a sense of urgency, competitiveness, and a constant drive to achieve goals. Individuals with Type A behavior tend to be highly ambitious, often setting demanding standards for themselves and others. They may exhibit impatience, aggression, and a strong desire to accomplish tasks quickly and efficiently. This behavior pattern is associated with a heightened risk of stress-related health problems, particularly cardiovascular issues, due to the constant pressure and strain placed on the body and mind.

44. c) (A) is true, but (R) is false.

Explanation: Assertion (A) is true because a lack of control over stressors can indeed reduce the body's ability to defend against disease. Chronic stress and perceived lack of control can impair immune function and increase susceptibility to illness.

Reason (R) is false because the ability to control stressors is actually relevant to the development of stress-related illnesses. Perceived control over stressors is an important factor in how individuals manage stress and its impact on health.

45. b) Stress and illness.

Explanation: This term refers to the well-established connection between stressful life events and increased susceptibility to illness. Stress can negatively impact the immune system, making individuals more vulnerable to infections and diseases. This relationship has been extensively studied in the field of behavioral medicine, which investigates how psychological factors like stress influence physical health. Understanding this connection is crucial for developing strategies to manage stress and promote overall well-being.

46. c) Physically stressful working conditions.

Explanation: Job satisfaction is influenced by various factors like challenging work,

recognition for good performance, and alignment with personal values. However, physically stressful conditions typically detract from satisfaction as they can lead to discomfort and health issues, undermining overall job enjoyment and well-being. So, while challenging work, rewards, and alignment with personal values enhance satisfaction, physically stressful conditions tend to diminish it.

47. c) A sense of urgency and competitiveness.

Explanation: The Type A behavior pattern is characterized by a competitive orientation, a sense of time urgency, and a tendency toward impatience and hostility. Individuals with Type A behavior are often highly ambitious, driven, and exhibit a strong desire for achievement. They may engage in multitasking and have difficulty relaxing, which can lead to increased stress levels and a higher risk of developing stress-related health issues such as cardiovascular diseases.

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

Explanation: Assertion (A) is true because there is a correlation between specific psychological characteristics (such as personality traits or stress levels) and specific types of illnesses.

Reason (R) is true because research has indeed identified specific psychological traits associated with various diseases like hypertension, ulcers, and hives. For example, Type A personality traits are linked to higher risk of hypertension, and stress is associated with ulcers and other stress-related conditions. Therefore, (R) provides a correct explanation for (A).

49. c) Illnesses that reflect physiological disturbances related to psychological factors.

Explanation: Psychosomatic disorders are conditions where physical symptoms are caused or exacerbated by mental or emotional factors. These disorders involve both the mind (psyche) and body (soma), and the symptoms can be influenced by psychological, social, and behavioral factors. The term “psychosomatic” emphasizes the interconnectedness of mental and physical health, highlighting how psychological factors can affect physiological processes and vice versa.

50. c) To integrate knowledge from various behavioral and medical specialties.

Explanation: The primary goal of behavioral medicine is to integrate knowledge from various behavioral and medical specialties. Behavioral medicine aims to combine insights and techniques from psychology, behavioral science, and medicine to understand how behavior influences health and illness. It focuses on developing interventions and

Answer Key

treatments that address both psychological and physiological aspects of health conditions, promoting holistic approaches to healthcare.

51. b) Ambitious, hardworking, and impatient.

Explanation: The Type A behavior pattern is characterized by Ambitious, hardworking, and impatient. Individuals with a Type A personality are typically highly competitive, ambitious, work-driven, time-conscious, and aggressive. They exhibit traits such as aggression, lack of patience, and determination, and are known for their intense striving for achievement and competitiveness. This personality type is characterized by a strong sense of urgency and a drive to achieve goals quickly, often displaying impatience and a fast-paced approach to tasks.

52. a) High Type A behavior pattern.

Explanation: High levels of Type A behavior, characterized by competitiveness, time urgency, and hostility, have been identified as a significant risk factor for developing coronary heart disease (CHD). Individuals with a Type A behavior pattern tend to experience higher levels of stress, which can contribute to the development and progression of CHD through mechanisms such as increased blood pressure, inflammation, and unhealthy lifestyle behaviors like smoking and poor dietary habits. Therefore, option a) best reflects a significant risk factor for CHD.

53. a) Both (A) and (R) are true and (R) is correct explanation of (A).

Explanation: The assertion states that psychological approaches can improve surgical recovery and heart attack survival. This is true, as evidenced by studies showing that psychological interventions, such as providing patients with information, coping skills, and emotional support, have been effective in enhancing recovery from surgical procedures and heart attacks.

The reason given is that providing patients with information, coping skills, and emotional support has proven effective in speeding recovery from these medical procedures. This is also true and aligns with the assertion, as psychological interventions aimed at improving patients' psychological well-being and coping mechanisms have been shown to positively impact recovery outcomes after surgeries and heart attacks.

54. b) By combining psychology and medicine into a holistic approach.

Explanation: Behavioral medicine has evolved from psychosomatic medicine by embracing a holistic approach that integrates insights and techniques from psychology, behavioral

science, and medicine. Unlike psychosomatic medicine, which initially focused on the relationship between psychological factors and specific physical illnesses, behavioral medicine recognizes the complex interplay between behavior, psychology, and physiology in health and illness.

55. c) (A) is true, but (R) is false.

Explanation: The assertion states that the response-based model of stress focuses on the physiological and psychological responses to stressful situations. This is true, as the response-based model emphasizes the individual's physiological and psychological reactions to stressful stimuli, such as increased heart rate, blood pressure, and anxiety.

However, the reason given is incorrect. The reason states that the response-based model views stress as an imbalance between individual needs and abilities. This is not accurate, as the response-based model focuses on the stress response itself, rather than the imbalance between individual needs and abilities.

56. b) Both (A) and (R) are true, but (R) is not the correct explanation of (A).

Explanation: The assertion states that the stimulus-based model of stress primarily examines the patterns of physiological responses in stressful situations. This is true, as the stimulus-based model views stress as a physiological response to external stimuli or life events that tax a person's coping abilities.

The reason given is that it emphasizes understanding the environmental events or stimuli that lead to stress. This is also true, as the stimulus-based model focuses on the external stimuli or life events that trigger the physiological response to stress.

However, the reason does not directly explain why the stimulus-based model primarily focuses on physiological responses. It only highlights the importance of understanding the environmental events or stimuli that lead to stress. Therefore, the reason does not provide a correct explanation of the assertion.

57. c) (A) is true, but (R) is false.

Explanation: Assertion (A) is true: The interactional model of stress, most commonly associated with Lazarus and Folkman, emphasizes the appraisal process. This means an individual's perception of a situation (demands) and their resources (abilities) to cope with it determines the stress response.

Reason (R) is false: The interactional model doesn't solely focus on physiological responses.

Answer Key

It acknowledges the physiological changes but emphasizes the cognitive appraisal as the core factor influencing stress.

58. a) Both (A) and (R) are true and (R) is correct explanation of (A).

Explanation:

The General Adaptation Syndrome (GAS) is a model proposed by Hans Selye to describe how organisms respond to stress. Assertion (A) accurately describes GAS as a response-based model because it outlines the body's physiological responses to stressors.

Reason (R) complements Assertion (A) by explaining that GAS represents a specific response pattern to a wide range of stressors. This means that regardless of the type of stressor—whether it's physical, psychological, or environmental—the body tends to follow the same general pattern of response as described by GAS. Therefore, Reason (R) provides a clear explanation of why Assertion (A) is true.

59. d) (A) is false, but (R) is true.

Assertion (A) is False: Hans Selye actually defined stress as the non-specific response of the body to any demand made upon it. This means that regardless of the stressor (physical injury, emotional challenge, etc.), the body's physiological response follows a general pattern.

Reason (R) is True: Selye emphasized that stress is a non-specific response. The body reacts in a similar way to prepare for dealing with a stressor, even if the stressors themselves are quite different.

60. c) Being both drawn to and repelled by a goal.

Explanation: Approach-avoidance conflict arises when an individual is faced with a goal or decision that has both attractive and repulsive qualities. This means that the individual is simultaneously drawn to the goal or decision because of its positive aspects and repelled by it because of its negative aspects. This internal conflict can lead to indecision, stress, and a prolonged decision-making process as the individual weighs the pros and cons of the goal or decision.

61. c) Rapid mobilization of physiological defenses.

Explanation: The alarm stage is the initial response of the body to stress, characterized by a rapid release of hormones such as adrenaline and cortisol. This response is designed to prepare the body for immediate action, either to confront or escape from the stressor. Physiological changes during this stage include increased heart rate, rapid breathing, and

a boost in energy production. These changes mobilize the body's resources to ensure immediate survival.

62. c) Characteristics of stressful stimuli.

Explanation: The stimulus-based model views stress as external stimuli or life events that tax a person's coping abilities. It emphasizes understanding the environmental events or stimuli that lead to stress, such as significant life changes, traumatic events, or chronic stressors. This model examines the characteristics of the stressful stimuli themselves, such as their intensity, duration, and frequency, to determine their impact on the individual. It assumes that certain events or situations are inherently stressful and will elicit a stress response in most people.

63. c) It promotes a sense of mastery and self-control.

Explanation: Physical exercise has been shown to be effective in reducing stress because it promotes a sense of mastery and self-control. Engaging in exercise provides individuals with a tangible activity that they can control and succeed at, which can help counteract feelings of helplessness and stress. Additionally, exercise releases endorphins, which are natural mood elevators, and reduces levels of stress hormones like cortisol.

64. d) It blocks stress-induced arousal for several hours.

65. b) Hypnosis.

Explanation: Hypnosis involves achieving deep relaxation through direct suggestion and relaxing mental images. In a hypnotic state, individuals are highly focused and receptive to suggestions from a trained hypnotist, which can help induce relaxation and reduce stress. This technique can be effective in promoting relaxation, managing pain, and addressing various psychological issues.

66. d) A state of extremely low physiological arousal.

Explanation: The relaxation response is a state of deep relaxation that counters the body's stress response. It involves reduced physiological arousal, such as lowered heart rate, blood pressure, and muscle tension. This state is opposite to the fight-or-flight response, which is characterized by heightened arousal. Engaging in practices like meditation, deep breathing, or progressive muscle relaxation can help elicit the relaxation response, promoting a sense of calm and well-being.

67. c) To teach individuals to recognize the difference between tension and relaxation.

Answer Key

Explanation: Progressive relaxation involves systematically tensing and then relaxing different muscle groups throughout the body. By repeatedly experiencing the contrast between tension and relaxation, individuals learn to recognize the physical sensations associated with each state. The goal is to develop awareness of muscular tension and to learn how to release it intentionally, promoting a greater sense of relaxation and reducing overall stress levels.

68. c) Hands and arms

Explanation: Progressive relaxation is a relaxation technique that involves systematically tensing and then relaxing different muscle groups in the body. The process usually starts with the hands and arms, gradually progressing to other areas such as the neck and shoulders, abdomen and chest, and so on. Tensing and then releasing tension in the hands and arms helps individuals become more aware of the sensation of relaxation and sets the stage for the rest of the relaxation process.

69. d) Deep relaxation, aerobic exercise, and progressive relaxation.

Explanation: These techniques are commonly used to reduce tension and promote relaxation:

Deep relaxation: Involves practices such as meditation, deep breathing exercises, or guided imagery to induce a state of calmness and reduce physiological arousal.

Aerobic exercise: Regular physical activity, such as jogging, swimming, or cycling, can help reduce tension by promoting the release of endorphins and reducing stress hormones in the body.

Progressive relaxation: Involves systematically tensing and then relaxing different muscle groups throughout the body to promote awareness of muscular tension and achieve a state of deep relaxation.

70. c) To block any stress-induced arousal.

Explanation: Rebound relaxation, also known as rebound therapy, is a technique that involves exercising on an unstable surface, such as a low-impact rebounder. This type of exercise is designed to provide a healthy and constant balance challenge, which can help reduce stress-induced arousal by forcing the involuntary contraction of muscles and improving balance and coordination.

71. a) Tense every muscle in the body.

Explanation: The progressive muscle relaxation technique involves systematically tensing and relaxing different muscle groups in the body. The first step is to create tension in

specific muscle groups and begin to notice what tension feels like in that body part. This is done by tensing each muscle group, holding the tension for a few seconds, and then releasing it. This process helps build awareness of the sensations of tension and relaxation in different parts of the body.

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

Explanation: Regular exercise indeed contributes to stress reduction by providing individuals with a sense of mastery and control over their physiological arousal, as stated in assertion (A). This sense of control can help individuals manage stress more effectively. The reason (R) complements the assertion by emphasizing that exercise-induced arousal is involuntary, contrasting it with stress-induced arousal, which can feel overwhelming and uncontrollable. Therefore, assertion (A) is true, and reason (R) provides a valid explanation for it.

73. a) Both (A) and (R) are true and (R) is a correct explanation of (A).

Explanation: Assertion (A) is True: The relaxation response, as described by Herbert Benson, can be learned and used to manage stress. Through practices like meditation and deep breathing, you can train your body to enter a state of deep relaxation that counteracts the physiological effects of stress.

Reason (R) is True: Hypnosis and meditation are indeed two well-established techniques for achieving the relaxation response. Hypnosis uses suggestion and imagery to guide relaxation, while meditation involves focusing attention and quieting the mind. Both can promote a physiological shift towards calmness. Therefore, both statements are true, and Reason (R) accurately explains how techniques like hypnosis and meditation can be used to acquire the relaxation response and manage stress.

74. d) (A) is false, but (R) is true.

75. d) Threats to basic needs and survival.

Explanation: When individuals experience intensely stressful events that threaten their basic needs and survival, such as natural disasters, violence, or traumatic events, they may develop delayed stress reactions. These reactions can manifest as symptoms of post-traumatic stress disorder (PTSD) or other stress-related disorders, which may not immediately appear but can emerge later, sometimes weeks, months, or even years after the traumatic event.

Answer Key

76. b) Denial.

Explanation: Denial is a defense mechanism commonly observed in individuals experiencing delayed stress reactions. It involves refusing to acknowledge or accept the reality of a stressful or traumatic event, often as a way to protect oneself from the emotional pain and distress associated with it. While denial may provide temporary relief, it can hinder the processing and resolution of the underlying stressor, potentially leading to further complications in the long term.

77. c) Catastrophic events and natural disasters.

Explanation: Delayed stress reactions, also known as delayed-onset stress reactions, typically occur in response to intensely stressful or traumatic events, such as catastrophic events (e.g., terrorist attacks, mass shootings, natural disasters), combat exposure, or severe accidents. These reactions may not immediately manifest following the traumatic event but can emerge later, sometimes weeks, months, or even years afterward.

78. b) Group “rap session” format where veterans could share their feelings and experiences.

Explanation: Operation Outreach centers, established during the Vietnam War era, aimed to provide support and counseling services to returning Vietnam veterans. One of the primary counseling formats used in these centers was the group “rap session,” where veterans could gather together in a supportive environment to share their feelings, experiences, and concerns with one another. These group sessions offered a sense of camaraderie and understanding among veterans who had shared similar wartime experiences, facilitating healing and adjustment to civilian life.

79. c) The hardening and loss of flexibility of coronary arteries.

Explanation: Atherosclerosis is a medical condition characterized by the buildup of plaque (composed of fat, cholesterol, calcium, and other substances) inside the arteries, leading to their narrowing and hardening. This condition can reduce blood flow to vital organs, including the heart, brain, and other parts of the body, increasing the risk of various cardiovascular diseases such as coronary artery disease, heart attack, and stroke.

80. c) A constant whirlwind of activity, impatience, and competitiveness.

Explanation: The Type A behavior pattern is defined by traits such as a constant sense of urgency, impatience, competitiveness, and a high level of activity. Individuals with Type A personalities are often driven, ambitious, and highly focused on achieving their goals. They tend to be workaholics who push themselves with deadlines and are highly aware of time

management. This behavior pattern is associated with high levels of stress, job-related stress, and less job satisfaction compared to individuals with Type B personalities.

81. c) An unusually high need for control over the environment.

Explanation: Individuals with Type A behavior traits often exhibit a strong need for control over their environment. They may feel compelled to exert high levels of effort and strive for success in various aspects of their lives, driven by a desire to maintain control and achieve their goals. This need for control, combined with other factors such as competitiveness and impatience, contributes to the development of Type A behavior traits.

82. c) Overarousal of autonomic and endocrine response systems.

Explanation: When individuals with Type A behavior encounter uncontrollable situations, they often exhibit an overactive autonomic nervous system and heightened endocrine responses. This overarousal can manifest as increased heart rate, elevated blood pressure, and higher levels of stress hormones such as adrenaline and cortisol. These physiological responses contribute to the characteristic stress-reactive nature of Type A behavior, which may increase the risk of cardiovascular problems and other stress-related health issues.

83. c) Psychological characteristics correlate with specific somatic symptoms.

Explanation: This hypothesis suggests that certain psychological characteristics or personality traits are associated with specific physical symptoms or illnesses. For example, individuals who exhibit high levels of anxiety may be more prone to developing gastrointestinal issues or tension headaches. Psychosomatic specificity posits that there is a correlation between psychological factors and the manifestation of specific somatic symptoms or illnesses.

84. d) (A) is false, but (R) is true.

Explanation: The Assertion (A) is false. The psychosomatic specificity hypothesis, which suggests that specific psychological factors are related to specific illnesses, has not been widely accepted in the medical community. This is due to the complex nature of the mind-body interaction and the difficulty in establishing clear-cut cause-and-effect relationships.

The Reason (R) is true. There are standardized assessment procedures for identifying the psychological component of an illness. These procedures often involve psychological testing and clinical interviews to assess a patient's mental state and how it might be contributing to their physical symptoms.

Answer Key

85. a) Both (A) and (R) are true and (R) is correct explanation of (A).

86. b) It is a learned phenomenon associated with drug therapy for cancer, and it is typically treated using relaxation techniques and distraction methods.

Explanation: Anticipatory nausea and vomiting are learned phenomena associated with drug therapy for cancer. These symptoms occur before the administration of chemotherapy, often triggered by cues associated with the treatment environment or past experiences of nausea and vomiting during treatment. In the context of behavioral medicine, anticipatory nausea and vomiting are typically treated using relaxation techniques, cognitive-behavioral therapy, and distraction methods. These approaches aim to reduce anxiety and stress associated with treatment, thereby mitigating anticipatory nausea and vomiting.

87. d) Events that cause emotional, cognitive, and physiological stress reactions in individuals.

Explanation: Stressful life events are those experiences that induce emotional, cognitive, and physiological stress reactions in individuals. These events can vary widely and may include situations such as major life transitions, loss, trauma, or significant challenges. Stressful life events can trigger a range of responses, including feelings of anxiety, sadness, or overwhelm, as well as physiological changes such as increased heart rate or sweating.

88. b) Challenging work within one's abilities, recognition for good performance, supportive working conditions, and work aligned with personal values.

Explanation: Job satisfaction is influenced by various factors such as engaging and meaningful work that aligns with personal values, opportunities for recognition and advancement, supportive working conditions, and a sense of accomplishment from challenging tasks. A high salary alone or long working hours may not necessarily lead to job satisfaction if other aspects of the job are lacking.

89. b) Reconsidering one's initial perception of a situation and converting negative appraisals into positive ones.

Explanation: Reappraisal involves reframing or reevaluating the significance or meaning of a stressful situation. Instead of viewing the situation solely in negative terms, individuals actively reconsider their initial perceptions and try to find alternative, more positive interpretations. This cognitive reframing can help individuals cope with stress by reducing the negative emotional impact of the situation and promoting a more adaptive response.

90. c) It generates positive emotional states and distracts from negative aspects, increasing a sense of control.

Explanation: Reappraising the situation involves actively reconsidering one's initial perceptions of a stressful situation and finding alternative, more positive interpretations. By engaging in this cognitive reframing process, individuals can generate positive emotional responses and shift their focus away from the negative aspects of the situation. This helps to reduce stress and increase a sense of control over the situation.

91. c) They requested pain-relieving medication about one third as often and tended to leave the hospital sooner.

Explanation: The group practicing reappraisal, which involves cognitive reframing of the situation to reduce stress, requested pain-relieving medication less frequently compared to the control group. Additionally, they tended to leave the hospital sooner. This suggests that reappraisal as a coping method was associated with better pain management and potentially faster recovery post-surgery.

92. b) Combine psychology and medicine into a holistic approach for illness.

Explanation: Behavioral medicine is an interdisciplinary field that integrates principles and techniques from psychology, medicine, and related disciplines to understand how behavior, emotions, and biological factors influence health and illness. It emphasizes the interaction between biological, psychological, and social factors in health and disease and seeks to develop comprehensive, holistic approaches to prevention, treatment, and management of various medical conditions.

93. c) Teaching patients to divert attention and induce relaxation to alleviate symptoms.

Explanation: Relaxation techniques, such as deep breathing, progressive muscle relaxation, guided imagery, and mindfulness meditation, are used in behavioral medicine to help patients manage anticipatory nausea and vomiting associated with cancer therapy. These techniques aim to divert patients' attention away from the treatment-related cues that trigger nausea and induce a state of relaxation, thereby reducing the intensity of the symptoms. This approach addresses the psychological aspect of the symptoms and complements medical interventions, such as medication, to provide comprehensive symptom management.

94. c) Integration of psychological and biological approaches for illness prevention and treatment.

Explanation: Behavioral medicine recognizes the intricate interplay between psychological, behavioral, and biological factors in health and illness. By integrating psychological and biological approaches, it offers a comprehensive and holistic perspective on illness

Answer Key

prevention and treatment. This integration allows for the development of tailored interventions that address both the psychological and physiological aspects of health conditions, leading to more effective and personalized care.

95. d) The group that was given control to stop the noise by pressing a button.

Explanation: This finding aligns with research on the concept of perceived control and its impact on stress. When individuals feel a sense of control over their environment, such as the ability to stop or mitigate a stressor, they tend to experience less stress compared to those who feel helpless or lack control. Therefore, the group that had control over stopping the noise by pressing a button likely experienced less stress because they had a perceived sense of control over the situation.

96. c) Stress occurs only when there is a significant imbalance between environmental demands and coping abilities that interacts with threats to personally important needs or motives.

Explanation: This statement captures the essence of the interactional approach by emphasizing the dynamic interplay between environmental demands, coping abilities, and individual factors such as personal needs and motives. Stress arises when there is a substantial imbalance between the demands of the environment and one's ability to cope with those demands, particularly when these demands threaten personally important needs or motives.

97. c) Reduces the ability to concentrate by causing distractions and heightened reactivity.

Explanation: Stress can lead to cognitive disruptions, including difficulties in focusing attention and maintaining concentration. Heightened arousal and distractions caused by stressors can interfere with cognitive processes, making it challenging for individuals to concentrate on tasks. Additionally, increased reactivity to stressors may divert attention away from the task at hand, further impairing concentration.

98. c) Rapid blood circulation, increased muscular tension, accelerated breathing, and energy release from the liver.

Explanation: Cannon's research identified a coordinated set of physiological changes that prepare the body to either confront a threat (fight) or flee from it (flight). These changes include increased heart rate and blood pressure to enhance blood circulation, heightened muscular tension to prepare for action, accelerated breathing to increase oxygen intake, and release of energy from the liver in the form of glucose to fuel the body's response to the perceived threat.

99. d) It's a psychological phenomenon influenced by both external factors and personality traits.

Explanation: Time pressure is not solely determined by external factors like work overload or self-imposed deadlines. It also involves subjective perceptions of time constraints and the feeling of being pressed for time, which can vary based on individual differences and psychological factors. Therefore, time pressure is a psychological phenomenon influenced by both external factors (such as deadlines, workload) and internal factors (such as personality traits, perception of time).

100. b) Conflicting instructions given by different superiors to an employee.

Explanation: Role conflict occurs when an individual is confronted with incompatible expectations or demands from different sources, such as supervisors or coworkers. In this scenario, the employee faces conflicting instructions from different superiors, which can create confusion, stress, and uncertainty about how to proceed. This conflict between the expectations of different authority figures can make it challenging for the employee to effectively fulfill their job responsibilities.

101. a) The process of moving involves leaving familiar environments and social connections.

Explanation: Relocation often entails leaving behind familiar surroundings, including friends, neighbors, and community support systems. For families, particularly children and adolescents, this can mean leaving behind schools, extracurricular activities, and established social networks, which are integral to their sense of stability and belonging. The disruption of these familiar environments and social connections can lead to feelings of loss, loneliness, and disorientation, contributing to the overall stress of the relocation process.

102. a) It distorts perception, blocking emotional arousal in response to stress.

Explanation: Intellectualization involves approaching stressful situations in a detached, rational, and analytical manner, focusing on the intellectual aspects of the situation while minimizing emotional involvement. By relying heavily on cognitive processes and analysis, individuals employing intellectualization attempt to avoid or reduce emotional discomfort associated with the stressor. This defense mechanism allows individuals to distance themselves from the emotional impact of the situation, often by focusing on abstract or intellectual aspects rather than the emotional reality.

103. c) Denial and intellectualization defense mechanisms decreased physiological arousal compared to the control group.

Answer Key

Explanation: Lazarus's research indicated that denial and intellectualization defense mechanisms could effectively reduce physiological arousal in response to stressors. These defense mechanisms involve cognitive strategies that aim to distance oneself from the emotional impact of stressors, thereby reducing the physiological activation typically associated with stress reactions.

104. c) It's any voluntary method to directly inhibit stress-induced physiological arousal and its associated symptoms.

Explanation: Tension reduction involves deliberately employing techniques or strategies to decrease or alleviate the physiological arousal and symptoms associated with stress. These techniques can include relaxation exercises, deep breathing, mindfulness practices, or other stress management methods aimed at promoting a sense of calm and reducing the body's physiological response to stressors.

105. c) The voluntary nature of exercise allows control over arousal levels and promotes a sense of mastery and self-control.

Explanation: Engaging in physical exercise is a voluntary activity that allows individuals to exert control over their bodies and exertion levels. By participating in exercise, individuals can actively manage their arousal levels and release tension through physical activity. This sense of control over one's body and the ability to regulate arousal can contribute to feelings of mastery and self-control, ultimately reducing tension and stress.

106. d) Deep relaxation involves loose muscles, low activity in the nervous and endocrine systems, and is acquired through practice.

Explanation: The relaxation response is characterized by a state of deep relaxation where muscles are relaxed, and there is reduced activity in the nervous and endocrine systems. This state is typically achieved through various relaxation techniques such as deep breathing, progressive muscle relaxation, meditation, or imagery exercises. It is acquired through practice and training in these relaxation methods.

107. c) Learning to interpret stress indicators and taking actions to reduce the stress reaction.

Explanation: Self-monitoring involves becoming aware of one's internal states and external cues related to stress. In anticipatory coping, individuals monitor their physiological, cognitive, and emotional responses to stressors. By recognizing signs of stress and understanding their triggers, individuals can implement proactive strategies to manage and reduce stress reactions before they escalate.

108. b) It follows a prolonged, intensely stressful experience where basic needs are threatened, events are uncontrollable, and rigid defense mechanisms are employed. Explanation: Delayed stress reactions, or PTSD, typically manifest after a prolonged and intensely stressful experience, such as exposure to trauma or a catastrophic event. These reactions often involve the individual's basic needs being threatened, a sense of helplessness due to uncontrollable events, and the use of rigid defense mechanisms to cope. Symptoms may not immediately emerge but can develop over time, sometimes weeks, months, or even years after the traumatic event.

109. c) Stress disrupts normal immune system functioning and impairs its activity. Explanation: Studies in psychoimmunology have shown that chronic stress can negatively impact the immune system, leading to dysregulation and impaired functioning. Stress hormones such as cortisol and adrenaline, which are released in response to stress, can suppress immune function, making individuals more susceptible to infections and illnesses. Therefore, Stress disrupts normal immune system functioning and impairs its activity reflects the primary suggestion of recent research in psychoimmunology regarding stress and the immune system.

110. c) Indirectly leading to atherosclerosis and artery damage, which, in combination with other risk factors, can lead to heart problems. Explanation: Type A behavior, characterized by competitiveness, time urgency, and hostility, is associated with physiological responses such as increased heart rate, blood pressure, and cortisol levels. Over time, these heightened physiological responses can contribute to the development of atherosclerosis, a condition characterized by the buildup of plaque in the arteries. Atherosclerosis narrows the arteries and restricts blood flow, increasing the risk of CHD, including conditions like heart attacks and angina. Therefore, while Type A behavior does not directly cause CHD, its associated physiological responses can contribute to the development of arterial damage and atherosclerosis, which are significant risk factors for heart disease.

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