Assignment 1

The due date for submitting this assignment has passed. Due on 2021-02-03, 23:59 IST.

As per our records you have not submitted this assignment.

1) Lazarus and Folkman (1984) proposed three-processes cognitive appraisals in stress and coping process. Which of the following is not one of these processes?
   - (a) Reappraisal
   - (b) Tertiary appraisal
   - (c) Primary appraisal
   - (d) Secondary appraisal
   *No, the answer is incorrect.
   *Score: 1 point
   Accepted Answers:
   - (b) Tertiary appraisal

2) Evaluation of one's coping resources is associated with .......................  
   - (a) Reappraisal
   - (b) Primary appraisal
   - (c) Secondary appraisal
   - (d) Both primary and secondary appraisals
   *No, the answer is incorrect.
   *Score: 1 point
   Accepted Answers:
   - (c) Secondary appraisal

3) Which among the following statement is false?
   - (a) Stress is not influenced by culture
   - (b) Stress is subjective
   - (c) Stress may have spillover effect only
   - (d) Stress may be contagious
   *No, the answer is incorrect.
   *Score: 1 point
   Accepted Answers:
   - (c) Stress may have spillover effect only

4) A person wants to go to the gym but also believes gym membership is unnecessary and extravagant expense. This is an example of .................. Context.
   - (a) Approach-approach
   - (b) Approach-avoidance
   - (c) Approach-avoidance
   - (d) None of these
   *No, the answer is incorrect.
   *Score: 0 points
   Accepted Answers:
   - (b) Approach-avoidance

5) Which of the following is an example of chronic stress?
   - (a) Waiting for an examination test result
   - (b) Making a presentation before a noreful of people
   - (c) Sking downhill on a difficult slope
   - (d) Poverty
   *No, the answer is incorrect.
   *Score: 1 point
   Accepted Answers:
   - (b) Making a presentation before a noreful of people

6) “Stress of adaptation” is associated with ................. phase of the “general adaptation syndrome”.
   - (a) Alarm
   - (b) Resistance
   - (c) Exhaustion
   - (d) Both alarm and resistance
   *No, the answer is incorrect.
   *Score: 1 point
   Accepted Answers:
   - (c) Exhaustion

7) Some research suggests that under stress, females show behaviors such as giving more attention to nurturant activities, creating and maintaining social network to aid in the process of protection and reducing distress. This is known as ......................
   - (a) Fight-or-flight response
   - (b) Tend-and-befriend response
   - (c) Nurturant effect
   - (d) Social support
   *No, the answer is incorrect.
   *Score: 1 point
   Accepted Answers:
   - (b) Tend-and-befriend response

8) Which among the following hormones are secreted by HPA axis during stress reaction?
   - (a) Epinephrine
   - (b) Norepinephrine
   - (c) Cortisol
   - (d) Adrenaline
   *No, the answer is incorrect.
   *Score: 1 point
   Accepted Answers:
   - (c) Cortisol