

QUICK DRILL · CBSE CLASS 12

Meeting Life Challenges

Psychology · Chapter 3 · 15 MCQs · 20 minutes · PYQ-tagged with time budgets

DATE	TOTAL MARKS 15	DURATION 20 min	MARKING +1 / 0	TARGET ≥ 12/15
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OBJECTIVES

Reinforce the four core topics of Meeting Life Challenges via 15 PYQ-derived MCQs. Identify weak sub-topics via concept-node IDs (see answer key). Build per-question time budget habit.

INSTRUCTIONS

Attempt all 15. Time budget shown per Q (use it as pacing guide). Mark answers (A/B/C/D) in the margin. Answer key + explanations on the last page. **Don't peek — score yourself honestly.**

SECTION · QUICK DRILL

Q 1-15 · 20 MIN

Q1. The three stages of Selye's GAS, in order, are:

- | | |
|-----------------------------------|-----------------------------------|
| (A) Resistance, alarm, exhaustion | (B) Alarm, resistance, exhaustion |
| (C) Exhaustion, alarm, resistance | (D) Alarm, exhaustion, resistance |
- PYQ 2018 · Delhi · 1m · 25s

Q2. Positive, motivating stress is called:

- | | |
|--------------|--------------|
| (A) Distress | (B) Eustress |
| (C) Hassle | (D) Burnout |
- PYQ 2019 · All India · 1m · 20s

Q3. Who proposed the General Adaptation Syndrome?

- | | |
|-------------|----------------|
| (A) Lazarus | (B) Hans Selye |
| (C) Endler | (D) Kobasa |
- PYQ 2022 · Delhi · 1m · 25s

Q4. Lazarus's primary appraisal evaluates whether an event is:

- | | |
|------------------|-----------------------|
| (A) A threat | (B) A coping resource |
| (C) A life skill | (D) A hassle |
- PYQ 2020 · Delhi · 1m · 30s

Q5. Coping that acts directly on the stressor is:

- | | |
|------------------------|---------------------|
| (A) Emotion-focused | (B) Problem-focused |
| (C) Avoidance-oriented | (D) Denial |
- PYQ 2018 · All India · 1m · 25s

Q6. Endler & Parker's three coping styles are task-oriented, emotion-oriented, and:

- | | |
|------------------------|------------------------|
| (A) Problem-oriented | (B) Avoidance-oriented |
| (C) Hardiness-oriented | (D) Goal-oriented |
- PYQ 2019 · Delhi · 1m · 30s

Q7. The study of how psychological states affect the immune system is called:

- | | |
|-------------------|---------------------------|
| (A) Psychometrics | (B) Psychoneuroimmunology |
| (C) Psychophysics | (D) Psychoanalysis |
- PYQ 2022 · All India · 1m · 25s

Q8. The personality type linked to coronary heart disease is:

- | | |
|------------|------------|
| (A) Type A | (B) Type B |
| (C) Type C | (D) Type D |
- PYQ 2023 · Delhi · 1m · 30s

Q9. In the GAS, the stage where the body's resources are depleted and illness occurs is:

- | | |
|----------------|----------------|
| (A) Alarm | (B) Resistance |
| (C) Exhaustion | (D) Appraisal |
- PYQ 2018 · Outside Delhi · 1m · 25s

Q10. Biofeedback works by helping a person gain:

- | | |
|--|-----------------------|
| (A) Voluntary control over involuntary processes | (B) Better sleep only |
| (C) Higher IQ | (D) Social support |
- PYQ 2020 · All India · 1m · 30s

Q11. Kobasa's hardiness consists of commitment, control, and:
(A) Conflict (B) Challenge
(C) Cortisol (D) Coping

PYQ 2022 · Outside Delhi · 1m · 25s

Q12. A blocked goal produces the psychological stress of:
(A) Pressure (B) Frustration
(C) Conflict (D) Trauma

PYQ 2024 · Delhi · 1m · 25s

Q13. Small everyday irritations that accumulate as a source of stress are called:
(A) Life events (B) Hassles
(C) Traumatic events (D) Eustress

PYQ 2019 · All India · 1m · 30s

Q14. Meichenbaum's Stress Inoculation Training is a type of:
(A) Relaxation technique (B) Cognitive behavioural technique
(C) Biofeedback (D) Exercise

PYQ 2023 · All India · 1m · 25s

Q15. Emotion-focused coping is the appropriate strategy when the stressor is:
(A) Controllable (B) Uncontrollable
(C) A hassle (D) A life skill

PYQ 2024 · All India · 1m · 30s

ANSWER KEY & EXPLANATIONS

Q 1-15 · MARK YOUR SCORE

Q1. Answer: B
Alarm reaction → resistance → exhaustion.

Q2. Answer: B
Eustress = positive stress (Selye).

Q3. Answer: B
Hans Selye (1936).

Q4. Answer: A
Primary appraisal asks 'Is this a threat?'

Q5. Answer: B
Problem-focused coping (Lazarus & Folkman).

Q6. Answer: B
Avoidance-oriented is the third style.

Q7. Answer: B
Psychoneuroimmunology (PNI).

Q8. Answer: A
Type A — hostile, time-urgent.

Q9. Answer: C
Exhaustion = resource depletion + illness.

Q10. Answer: A
Voluntary control of normally involuntary physiology.

Q11. Answer: B
The three C's: Commitment, Control, Challenge.

Q12. Answer: B
Frustration = a blocked goal.

Q13. Answer: B
Hassles = daily irritants that accumulate.

Q14. Answer: B
SIT is a CBT for stress.

Q15. Answer: B
Used when the stressor cannot be changed (e.g. bereavement).