

# NCERT SOLUTIONS

CLASS - 12th



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Class : 12th

Subject : Psychology

Chapter : 3

Chapter Name : Meeting Life Challenges

Q1 Explain the concept of stress. Give examples from daily life.

Answer. From the normal point of view, stress is when we take overburden of something. Problems can lead us to put in stress. The word 'stress' has its origin from the latin word 'strictus'.

From the psychological point of view, stress is emotion in which a person's behaviour makes disturbed and decreases the ability to cope.

Example from daily routine:

- When overburden is taken by children during exams.
- When I come home late at home, stress is taken because parents will scold me.
- When not prepared for the test and the next morning sitting for the test.

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Q2 State the symptoms and sources of stress.

Answer. Symptoms of stress are:

- Physical symptoms : Fatigue, decrease appetite, decrease weight, Nausea, Vomiting, Headache, Fast heart beat (heart racing), Headache.
- Psychological symptoms : Frustration, Irritability, Conflict, Low decision making, Not mentally stable
- Social symptoms : Not interested in other people, Low mood in interaction with other people.

Sources of stress :

- Environmental stress : Sometimes the environment makes us feel stressed because of the pressure of something unconditional stimulus.
- Psychological stress : We indulge in those things in which we are interested but when we try to do important things that are for others like for example, students choose their parents' career choice then they have that much stress that leads to psychological problems for them.
- Social cause : We people live in society but feel free and being open to everyone is a kind of stress.

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Q3 Describe the GAS model and illustrate the relevance of this model with the help of an example.

Answer. The GAS model here refers to General Adaptation Syndrome. This model is developed by Selye. He observed patients with different injuries and found the same type of body responses in all of them.

This model has three stages :- alarm reaction, resistance and exhaustion.

1. Alarm reaction stage: In this stage there is presence of stressors. That triggers the stress hormone and the person is ready to fight or flight.
2. Resistance stage: in this stage the person tries to fight with stress emotion and try to suppress it by confrontation.
3. Exhaustion stage: the physiological stage is involved in this. When the person tries to control stress but unable to control that. Then he will lead to high blood pressure.

For example: in a school, when a student is given a test by his teacher but because of some circumstances he is not able to prepare. Next morning the stress level is high because he is not prepared himself, that is the Alarm Reaction Stage.

But if it tries to remember the classes which have taken relative to the topic which is given in the test , please try to fight the situation. This comes under the Resistance Stage.

And if a student is not able to remember and take too much stress that will lead him to a high BP fatigue headache that will come under the Exhaustion Stage, that is ,stress is released through these types of problems.

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Q4 Enumerate the different ways of coping for stress.

Answer. Three coping strategies given by Endler and Parker are :

- Task oriented strategy:  
When we try to do one thing in a different way also find its alternative option so that if we fail to do the first option. That will lead to less stressful situations.
- Emotional oriented strategy:  
When we are able to cope with our emotions then and that is an emotion oriented strategy. It is the type that we people try to make ourselves understandable for a particular kind of situation.
- Avoidance oriented strategy:  
This involved denying the situation which leads to stressful situations.

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Q5 Explain the effects of stress on psychological functioning.

Answer. Effects of stress on the psychological functioning:

When the human body is placed under psychological stress, it increases the production of certain hormones such as adrenaline and cortisol.

It causes :

- Change in heart rate, Changes in physical activity, Slowing down the digestive system.
  
- Cognitive effects : Mental overload,  
Low attention and concentration, Memory loss, Loss in recent memory
  
- Personal effects : Mood Swings, Erratic behaviour, Intolerance, Impatient.
  
- Behavioural effect :  
Less interest in eating nutritional food,  
Disturbed sleep patterns,  
Not good results in work performance.

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Q6 Describe how life skills can help meet life's challenges.

Answer. Life skills are the challenges which make us stiff and understandable to different and tough situations. It makes us able to handle and cope with difficult situations.

Some life skills challenges are:

1. Assertiveness : it is a skill that helps us to communicate clearly.
  
2. Time management: The way you spend your time determines the quality of your life.
  
3. Rational thinking: some of the principles of rational thinking are - challenging your distorted thinking and rational beliefs.
  
4. Improving relationships: this consists of 3 skills - listening to what others are saying, expressing how you feel and something others feelings.
  
5. Selfcare: if we keep ourselves healthy and fit then we will be able to fight with physical problems and that will help us to reduce stress.

6. Overcoming unhelpful habits: sutures procrastination, perfectionism and avoidance are the strategies to avoid stress in the short term.

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Q7 Discuss the factor that leads to positive health and well being.

Answer. Health is the state of complete physical, social, emotional and mental wellbeing. Positive health comprises the following constructs: diet, exercise, positive thinking, positive attitude, social support.

- Diet : if we take proper diet includes proper nutrition, vitamins, proteins, carbohydrate that will make a person healthy.
- Exercise : Exercise makes us healthy. Large numbers of studies reflected a strong and positive relationship between exercise and positive health.
- Positive thinking : positive thinking leads to less burden. Optimising a person always leads to success rather than pessimism.
- Positive attitude : positive attitude includes that having a fairly accurate perception of reality, sense of purpose of life and responsibility etc. help us to remain centred.
- Social support : it is one of the important factors as we human beings living in society and if there is social support then it will make us helpful in doing such things which we are not able to do.

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Q8 How does stress affect the immune system?

Answer. Stress affects us physically as well as psychological you also. As we see people in stress leads to many problems .

For example, low appetite, decrease weight not made in not taking proper diet. That makes our immune system weak. When every factor leads to our low appetite then It will show it disturbs our intake process because we don't have any intake which helps in our digestion. People do not like to eat fruits which contain the roughage which help in the digestion, who do not take nutritious food make them feel physically. So this is how stress leads to weak our immune system.

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Q9 Give an example of a life event which is likely to be stressful. Suggest reasons why it is likely to cause different degrees of stress to the person experiencing it.

Answer. For example : losing a job is a life event which can cause a stressful situation.

A person's response to a stressful situation depends on how it interprets.

Can be positive negative or neutral.

If it is positive that means that using a job gives a challenge for a higher degree of job than before.

If it is night out means yes no for the job and all the possible to his family is upon him that's why he is under pressure.

Can you tell us when he is doing a job because he wants to and his family is also in very fine condition financially so if you do a job then it's up to him if you don't that that will not make him stressful because he doesn't have any responsibility.

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Q10 Given what you know about coping strategies. What suggestion would you give to your friends to avoid stress in their everyday lives?

Answer.

Coping strategies for stress are:

1. Task oriented strategy
2. Emotional oriented strategy
3. Avoidance oriented strategy

I would like to tell you my friends about strategy to make their attitude positive as well as thinking positive. Because it will make them better understanding of life and being optimistic will help them in future so that they will be ready to accept new challenges of life .

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Q11 Reflect on the environmental factors that have(a) a positive impact on the being, and (b) a negative effect.

Answer.

- (a) Environmental factors that have a positive impact on the human being are social and public campaigns, decisions by the government in the favour of people who are below the poverty line, etc.
- (b) Environmental factors that have a negative impact on human beings are noise, pollution, smoke, intolerable weather changes, etc.

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Q12 We know that certain lifestyle factors can cause stress and may lead to diseases like cancer and coronary heart disease, yet we are unable to change our behaviour. Explain why?

Answer. Stress leads to an unhealthy lifestyle. We know that many this is only caused by stress. Our lifestyle factors become unhealthy but we are not able to change our behaviour.

As this is true as such if we start analysing what is taken as food that is not healthy It will come as many as we count.

For example,when we see in families or friend occasions that time males prefer to drink alcohol, that is, not good for health but still they consume that as well as children take fast food in their parties is not good for their health but still they want to eat that and do not bother for their lifestyle.

This is how we can see we know but I am not able to work those things which are not good for our lifestyle because in today's life it is about mandatory to these things like consuming alcohol in bachelor's parties , fast food in children's parties etc.

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