

CLASS XII PSYCHOLOGY
CHAPTER – 3 MEETING LIFE CHALLENGES

1. What is Eustress?
2. Define the term stress?
3. What is resilience and health?
4. What is positive health and what are the factors facilitating positive health?
5. What is Hardiness and explain the stress resistant personality?
6. What is Psychoneuroimmunology?
7. Define the word Burn-out?
8. Explain the cognitive theory of stress appraisal?
9. What are the coping strategies proposed by Lazarus?
10. What is positive health and what are the factors affecting positive health?
11. Explain General adaptation syndrome of Hansselye?
12. What are the various sources of stress?
13. What are the various stress coping strategies proposed by Endler and Parker?
14. What are the various life skills and how they will be helpful in overcoming stress?
15. What the various alternative strategies of stress coping?
16. Explain Post traumatic stress disorder?
17. What are the various observable physical features during stress Explain?
18. What are the various psychological effects of stress on Human beings?