



## Chapter 14 Exercises

### Review Questions

1. Negative effects of stress are most likely to be experienced when an event is perceived as \_\_\_\_\_.
  - a. negative, but it is likely to affect one's friends rather than oneself
  - b. challenging
  - c. confusing
  - d. threatening, and no clear options for dealing with it are apparent
2. Of the most common stressors impacting young adults today, which of the following is *not* considered a top stressor?
  - a. discrimination
  - b. nutrition
  - c. finances
  - d. family planning
3. At which stage of Selye's general adaptation syndrome is a person especially vulnerable to illness?
  - a. exhaustion
  - b. alarm reaction
  - c. fight-or-flight
  - d. resistance
4. During an encounter judged as stressful, cortisol is released by the \_\_\_\_\_.
  - a. sympathetic nervous system
  - b. hypothalamus
  - c. pituitary gland
  - d. adrenal glands
5. According to the Holmes and Rahe scale, which life event requires the greatest amount of readjustment?
  - a. marriage
  - b. personal illness
  - c. divorce
  - d. death of spouse
6. While waiting to pay for his weekly groceries at the supermarket, Paul had to wait about 20 minutes in a long line at the checkout because only one cashier was on duty. When he was finally ready to pay, his debit card was declined because he did not have enough money in his checking account. Because he left his credit cards at home, he had to place the groceries back into the cart and head home to retrieve a credit card. While driving back to his home, traffic was backed up 2 miles due to an accident. These events that Paul had to endure are best characterized as \_\_\_\_\_.
  - a. chronic stressors
  - b. acute stressors
  - c. daily hassles
  - d. readjustment occurrences
7. What is one of the major criticisms of the Social Readjustment Rating Scale?
  - a. It has too few items.
  - b. It was developed using only people from the New England region of the United States.
  - c. It does not take into consideration how a person appraises an event.
  - d. None of the items included are positive.
8. Which of the following is *not* a dimension of job burnout?
  - a. depersonalization
  - b. hostility
  - c. exhaustion
  - d. diminished personal accomplishment
9. The white blood cells that attack foreign invaders to the body are called \_\_\_\_\_.
  - a. antibodies
  - b. telomeres
  - c. lymphocytes
  - d. immune cells

10. The risk of heart disease is especially high among individuals with \_\_\_\_\_.
- depression
  - asthma
  - telomeres
  - lymphocytes
11. The most lethal dimension of Type A behavior pattern seems to be \_\_\_\_\_.
- hostility
  - impatience
  - time urgency
  - competitive drive
12. Which of the following statements pertaining to asthma is *false*?
- Parental and interpersonal conflicts have been tied to the development of asthma.
  - Asthma sufferers can experience asthma-like symptoms simply by believing that an inert substance they breathe will lead to airway obstruction.
  - Asthma has been shown to be linked to hostility.
  - Rates of asthma have decreased considerably since 2000.
13. Emotional-focused coping would likely be a better method than problem-focused coping for dealing with which of the following stressors?
- terminal cancer
  - poor grades in school
  - unemployment
  - divorce
14. Studies of British civil servants have found that those in the lowest status jobs are much more likely to develop heart disease than those who have high status jobs. These findings attest to the importance of \_\_\_\_\_ in dealing with stress.
- biofeedback
  - social support
  - perceived control
  - emotional-focused coping
15. Relative to those with low levels of social support, individuals with high levels of social support \_\_\_\_\_.
- are more likely to develop asthma
  - tend to have less perceived control
  - are more likely to develop cardiovascular disorders
  - tend to tolerate stress well
16. The concept of learned helplessness was formulated by Seligman to explain the \_\_\_\_\_.
- inability of dogs to attempt to escape avoidable shocks after having received inescapable shocks
  - failure of dogs to learn to from prior mistakes
  - ability of dogs to learn to help other dogs escape situations in which they are receiving uncontrollable shocks
  - inability of dogs to learn to help other dogs escape situations in which they are receiving uncontrollable electric shocks
17. Which of the following is *not* one of the presumed components of happiness?
- using our talents to help improve the lives of others
  - learning new skills
  - regular pleasurable experiences
  - identifying and using our talents to enrich our lives
18. Researchers have identified a number of factors that are related to happiness. Which of the following is *not* one of them?
- age
  - annual income up to \$75,000
  - physical attractiveness
  - marriage

19. How does positive affect differ from optimism?
- Optimism is more scientific than positive affect.
  - Positive affect is more scientific than optimism.
  - Positive affect involves feeling states, whereas optimism involves expectations.
  - Optimism involves feeling states, whereas positive affect involves expectations.
20. Carson enjoys writing mystery novels and has even managed to publish some of his work. When he's writing, Carson becomes extremely focused on his work; in fact, he becomes so absorbed that that he often loses track of time, staying up well past 3:00 a.m. Carson's experience best illustrates the concept of \_\_\_\_\_.
- happiness set point
  - adaptation
  - positive affect
  - flow

### Critical Thinking Questions

21. Provide an example (other than the one described earlier) of a situation or event that could be appraised as either threatening or challenging.
22. Provide an example of a stressful situation that may cause a person to become seriously ill. How would Selye's general adaptation syndrome explain this occurrence?
23. Review the items on the Social Readjustment Rating Scale. Select one of the items and discuss how it might bring about distress and eustress.
24. Job burnout tends to be high in people who work in human service jobs. Considering the three dimensions of job burnout, explain how various job aspects unique to being a police officer might lead to job burnout in that line of work.
25. Discuss the concept of Type A behavior pattern, its history, and what we now know concerning its role in heart disease.
26. Consider the study in which volunteers were given nasal drops containing the cold virus to examine the relationship between stress and immune function (Cohen et al., 1998). How might this finding explain how people seem to become sick during stressful times in their lives (e.g., final exam week)?
27. Although problem-focused coping seems to be a more effective strategy when dealing with stressors, do you think there are any kinds of stressful situations in which emotional-focused coping might be a better strategy?
28. Describe how social support can affect health both directly and indirectly.
29. In considering the three dimensions of happiness discussed in Lesson 14.5 (the pleasant life, the good life, and the meaningful life), what are some steps you could take to improve your level of happiness?
30. The day before the drawing of a \$300 million Powerball lottery, you notice that a line of people waiting to buy their Powerball tickets is stretched outside the door of a nearby convenience store. Based on what you've learned, provide some perspective on why these people are doing this and what would likely happen if one of these individuals happened to pick the right numbers.