Stress Management for Life 5th edition Olpin Test Bank

SKU: 9780357363966-TEST-BANK

Name:_____ Class:_____ Date:_____

Chapter 01 - Stress in Todays World

1. According to the National College Health Assessment, nearly two-thirds of college students reported feeling overwhelmingly anxious.

a. True

b. False

ANSWER: True

2. The way that you experience stress depends on several components, including your body's capacity for handling its demands.

a. True

b. False

ANSWER: True

3. Health is best defined as the absence of disease.

a. True

b. False

ANSWER: False

4. A key indicator of emotional wellness is the ability to maintain the same habits and ways of thinking throughout one's life.

a. True

b. False

ANSWER: False

5. Stress can have both a positive and a negative impact on your life.

a. True

b. False

ANSWER: True

6. Your reaction to the events in your life, rather than the actual events, determines whether your experience is stressful or not.

a. True

b. False

ANSWER: True

7. How an individual deals with stress is determined almost entirely by his or her genetic makeup.

a. True

b. False

ANSWER: False

8. People who are exposed to extremely stressful events as children tend to be particularly vulnerable to stress as adults.

a. True

b. False

ANSWER: True

9. Overall, college students describe relationship difficulties with their families, friends, and romantic partners as the greatest impediment to their academic performance.

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Chapter 01 - Stress in Todays World

a. True
b. False

ANSWER: False

10. The Hopi Indian word *koyaanisqatsi* describes a life lived in balance with nature and humanity.
a. True
b. False

ANSWER: False

11. The Yerkes-Dodson Principle states that ____.
a. higher stress levels always lead to enhanced performance
b. lower stress levels always lead to enhanced performance
c. stress levels do not have an impact on performance
d. stress levels that are either too high or too low can diminish performance
e. stress levels most typically tend to diminish performance

ANSWER: d

12. You are driving down the highway when your tire suddenly has a blowout. What immediate reaction are you most likely to experience?
a. eustress
b. chronic stress
c. acute stress
d. episodic stress
e. distress

ANSWER: c

13. Which dimension of health relates to your ability to think and learn from experiences, your ability to assess and question new information, and your openness to new learning?
a. physical health
b. intellectual health
c. emotional health
d. social health
e. spiritual health

ANSWER: b

14. Which dimension of health relates to the morals and values that guide you and that give meaning, direction, and purpose to your life?
a. emotional health
b. social health
c. intellectual health
d. spiritual health
e. physical health

ANSWER: d

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Chapter 01 - Stress in Todays World

15. Which dimension of health includes the cells, tissues, organs, and systems of the body working together to minimize disease and injury and to function at an optimal level?

a. physical health
b. intellectual health
c. emotional health
d. spiritual health
e. social health

ANSWER: a

16. Which dimension of health involves experiencing and appreciating a wide range of feelings and an ability to express these feelings in a healthy manner?

a. physical health
b. spiritual health
c. social health
d. intellectual health
e. emotional health

ANSWER: e

17. Which dimension of health is most related to the ability to express care and concern for others?

a. spiritual health
b. social health
c. intellectual health
d. emotional health
e. physical health

ANSWER: b

18. An essential first step in developing a plan to reduce stress is to

a. develop a coping mechanism
b. track your unhealthy behaviors
c. blame other people and uncontrollable events
d. remove all stressors from your life
e. identify the sources of your stress

ANSWER: e

19. Your text describes a research study that found a connection between high levels of the stress hormone cortisol and the human brain. What other significant finding came from this study ?

a. Excess cortisol may cause shrinkage of the amygdala, a brain structure required for the formation of certain kinds of memory.
b. There is no risk associated with developing healthy stress management techniques later in life.
c. All individuals experience periods of episodic stress with the same frequency.
d. Individuals with heightened cortisol levels had decreased brain volume later in life.
e. Periods of eustress during the first year of life can enhance brain growth.

ANSWER: d

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Chapter 01 - Stress in Todays World

20. What is the key lesson to take away from this chapter?
    a. Avoid stress whenever possible.
    b. Optimize your experience of stress.
    c. Strive for balance in your life.
    d. Use technology to reduce stress.
    e. Ignore the "small stuff."

ANSWER: c

Match the correct answer with the appropriate term.

a. Negative stress
b. Any event or situation that is perceived by an individual as a threat
c. A type of stress typically resulting from long-term stressors
d. Positive or desirable stress
e. A demand made upon the adaptive capacities of the mind and body
f. A type of stress typically resulting from short-term stressors
g. The theory that up to a certain point, stress can increase performance but that too much stress can diminish performance

21. stress
ANSWER: e

22. Yerkes-Dodson Principle
ANSWER: g

23. stressor
ANSWER: b

24. eustress
ANSWER: d

25. distress
ANSWER: a

26. acute stress
ANSWER: f

27. chronic stress
ANSWER: c

28. After a challenging freshman year of college, Renata has joined a student group that meets weekly to talk about classes, relationships, and homesickness. This activity will most likely nourish the _____ dimension of her health.
ANSWER: social

29. According to research, students rate _____ as the top impediment to their academic performance.
ANSWER: stress

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30. The information overload generated by 24/7 access to the Internet, smart phones, Twitter, Instagram, and e-mail has had an impact on stress that is referred to as _____.

ANSWER: Technostress

31. Explain why having too little stress can be as much of a problem as having too much stress.

ANSWER: Too little stress can lead to feelings such as boredom, lethargy, and apathy. Although we often think of stress as negative, stress can be stimulating and helpful. The right balance leads to a productive, healthy life.

32. Identify and describe one of the five dimensions of health. Illustrate the impact of stress along that dimension with specific examples.

ANSWER: Student answers will vary.

Physical health. When the cells, tissues, organs, and systems that function together to form your body are in working order, you can claim to be in good physical health. You are able to minimize disease and injury and function optimally. A physically healthy body is better able to resist many of the damaging physiological changes that otherwise might result from excessive stress. Stress can cause disease and illness, and disease and illness can cause stress.

Mental or intellectual health relates to the ability to think and learn from experiences, the ability to assess and question new information, and an openness to new learning. Your mind—how and what you think—has a powerful impact on your health and well-being. Learning a variety of stress prevention and reduction techniques can provide you with tools and techniques that work best for you. Your ability to process and act on this information will strengthen the mental dimension of your health.

Emotional health involves experiencing and appreciating a wide range of feelings and the ability to express these feelings and emotions in a healthy manner. An indication of emotional wellness is the ability to remain flexible in coping with the ups and downs of life. Emotionally healthy people use a variety of coping skills to keep from becoming overwhelmed by these feelings. Dealing successfully with stress means taking control of your emotions rather than letting your emotions take control of you.

Spiritual health relates to the principles and values that guide a person and give meaning, direction, and purpose to life. A conviction that life is meaningful and a belief that your life is guided by a reality greater than yourself are indications of spiritual health. Stress often arises from a sense of aimlessness or lack of purpose. It can happen when someone feels worthless or has low self-esteem. Much stress today relates to being out of touch with our principles, values, and beliefs. Making choices that are not consistent with your core values can be stressful. Learning techniques such as values clarification can contribute to spiritual peace.

Social health refers to the ability to relate to others and express care and concern for others. The ability to interact effectively with others, to develop satisfying interpersonal relationships, and to fulfill social roles is important for social health. Relationships with others, particularly family and friends, affect social well-being. A strong social support system increases your ability to manage the demands of life.

33. Define stress and include the three important aspects of stress as explained in your text.

ANSWER: Stress is a demand made upon the adaptive capacities of the mind and body. This definition helps us understand three important aspects of stress:

1. How you experience stress depends on your personal view of the stressor, and it can affect you positively and negatively.
2. Your reaction to events in life, rather than the events themselves, is what determines whether your experience is stressful or not.
3. Stress is a demand upon the body's capacity. When your ability to manage stress is robust and healthy, the outcome is positive. When you can't seem to meet the demand, the result is adverse.

34. Identify some individual factors that influence how different people are affected by stress.

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Chapter 01 - Stress in Todays World

ANSWER: Stress affects each person differently. Many factors affect our experience with stress. Individual factors include heredity, environment, number of stressors, magnitude of the stressor, subjective meaning of the stressor, developmental level of the individual, and availability of social support.

35. Summarize the Yerkes-Dodson Principle and explain how it relates to you and your stress levels.

ANSWER: The Yerkes-Dodson Principle implies that up to a certain point, a specific amount of stress is beneficial and can enhance performance. However, this relationship between increased stress and increased performance does not continue indefinitely. When stress exceeds one's ability to cope, this overload contributes to diminished performance. Student answers will vary with regard to their personal experiences.

36. Describe the key differences between acute and chronic stress.

ANSWER: Acute stress results from a short-term stressor. It appears suddenly, is usually quite intense, and then disappears quickly. When you manage acute stress well, it can help you think clearly and perform optimally. Acute stress can be exciting and invigorating in small doses—but too much is exhausting.
Chronic stress is long-term stress that can result from unrelenting demands and pressures that seem to go on for an interminable time. The danger of chronic stress is that some people get used to it, lose hope, and give up searching for solutions. As their physical and mental resources are depleted, they are overcome by feelings of apathy, hopelessness, and fear.

37. Define holistic health and explain its role in stress management.

ANSWER: Health is more than just the absence of disease and relates to more than just the physical dimension. Holistic health encompasses physical, intellectual, emotional, spiritual, and social dimensions. An imbalance in any of these dimensions will affect one's health. The holistically healthy person functions as a total, balanced person. In the context of stress, every dimension of health may be negatively affected.

38. Briefly describe two main sources of your own personal stress and their impact on you in the context of the five dimensions of health.

ANSWER: Student answers will vary but should address all five dimensions of health (physical, intellectual, emotional, spiritual, and social) and how each applies to their unique and individual experience.

39. Explain the meaning of the term "eustress" and illustrate with at least two examples.

ANSWER: Eustress is a term that explains the positive, desirable stress that keeps life interesting and helps to motivate and inspire. Events such as going off to college, getting married, starting a new job, or having a baby can be happy, joyous, *and* stress-producing. Eustress also involves managing stress successfully even when dealing with a negative stressor. Eustress can be represented on a curve in which stress level and health and performance increase simultaneously. Eustress implies that a certain amount of stress is useful, beneficial, and even good for our health.

40. According to Lazarus's research, what are daily hassles? What role do they play in the production of stress?

ANSWER: Lazarus described hassles as the irritating, frustrating, or distressing incidents that occur in our everyday transactions with the environment. His research supports the premise that the petty annoyances, frustrations, and unpleasant surprises that plague us every day may add up to more grief than life's major stressful events.

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