Managing Stress 10th edition Seaward Test Bank

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Multiple Choice

1. “Future Shock” is best defined as:
A. stress that comes as a surprise.
B. fear of the unknown.
C. pronounced unanticipated stress.
D. rapid societal change.

Answer: D
Complexity: Easy
Ahead: Section Opener
Subject: Chapter 2
Title: The Sociology of Stress

2. “Superstress” is a term coined by Dr. Roberta Lee to mean:
A. stress experienced by public officials.
B. twenty-first century lifestyle stress.
C. more than usual stress in the course of a day.
D. stress experienced by professional athletes.

Answer: B
Complexity: Easy
Ahead: Section Opener
Subject: Chapter 2
Title: The Sociology of Stress

3. According to experts, the field of sociology involves the study of human behavior within all of the following *except*:
A. families.
B. organizations.
C. institutions.
D. societies.

Answer: D
Complexity: Easy
Ahead: Section Opener
Subject: Chapter 2
Title: The Sociology of Stress

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4. The term “screen addiction” was coined specifically to address:
A. the addiction to television programming.
B. the addiction to computer, smart phone, and tablet screens.
C. the addiction to Netflix movies.
D. All of these are correct.

Answer: B
Complexity: Easy
Ahead: Technostress: Digital Toxicity
Subject: Chapter 2
Title: The Sociology of Stress

5. Stressfully speaking, the anxiety from the digital divide, information overload, and cell phone proliferation can be summed up in which of the following expressions?
A. TMI (too much information)
B. Technostress
C. 24/7 Accessibility
D. “The Information Age”
E. “Big Brother“

Answer: B
Complexity: Easy
Ahead: Technostress: Digital Toxicity
Subject: Chapter 2
Title: The Sociology of Stress

6. According to Manpower, about this many Americans typically don’t leave their workstation during the lunch hour.
A. 12%
B. 22%
C. 37%
D. 50%

Answer: D
Complexity: Easy
Ahead: Technostress: Digital Toxicity
Subject: Chapter 2
Title: The Sociology of Stress

7. Receiving this many emails per day is said to precipitate email stress.
A. 50
B. 100
C. 150
D. 200

Answer: A
Complexity: Easy
Ahead: Technostress: Digital Toxicity
Subject: Chapter 2
Title: The Sociology of Stress

8. The neurotransmitter associated with chemical addictions, which is now also associated with screen addictions, is:
A. serotonin.
B. epinephrine.
C. beta endorphin.
D. dopamine.

Answer: D
Complexity: Easy
Ahead: Technostress: Digital Toxicity
Subject: Chapter 2
Title: The Sociology of Stress

9. “Cognitive surplus” is a term that best explains:
A. a very intelligent college student.
B. the collective intelligence of humanity.
C. Navy Seal soldiers in Afghanistan.
D. digital consciousness with online media.

Answer: D
Complexity: Easy
Ahead: Technostress: Digital Toxicity
Subject: Chapter 2
Title: The Sociology of Stress

10. The term “shallow effect” is related to which of the following concepts?
A. The lack of water in underground aquifers
B. The dumbing down of Americans from Internet exposure

C. One's "water footprint" in relationship to one's carbon footprint
D. Poor scores on standardized academic tests

Answer: B
Complexity: Easy
Ahead: Technostress: Digital Toxicity
Subject: Chapter 2
Title: The Sociology of Stress

11. Smart phones negatively affect your memory process in which of the following ways?
A. Microwave radiation causes mental distractions with attention span.
B. Constant surfing doesn't allow storage of info into long term memory.
C. Dopamine release interferes with the synaptic charge from neuron to neuron.
D. They don't affect memory in a negative way.

Answer: B
Complexity: Moderate
Ahead: Technostress: Digital Toxicity
Subject: Chapter 2
Title: The Sociology of Stress

12. "Digital dementia" is a term that is best summed up by which of the following statements?
A. Outsourcing our memory to our devices
B. Inability to move information from short term to long term memory
C. Forgetting information because of too many video games
D. Poor note taking results in poor test grades.

Answer: B
Complexity: Easy
Ahead: Technostress: Digital Toxicity
Subject: Chapter 2
Title: The Sociology of Stress

13. All of the following are suggestions for decreasing digital toxicity (stress) from Ron Friedman *except*:
A. leave your smart phones off your working space.
B. turn off your message alerts.
C. schedule unplugged time from technology.
D. All of these are correct.

Answer: D
Complexity: Moderate
Ahead: Technostress: Digital Toxicity
Subject: Chapter 2
Title: The Sociology of Stress

14. Nitsa Lallas attributes the cause of America's current demise of civility to:
A. narcissism and lack of values.
B. talk show hosts and blogs.
C. obsessions with Facebook and Twitter.
D. apathy and lethargy.

Answer: A
Complexity: Easy
Ahead: A Decline in Civility
Subject: Chapter 2
Title: The Sociology of Stress

15. People on cell phones show a driving impairment measurable of:
A. negligible difference.
B. 0.08 blood alcohol level.
C. 0.05 THC of marijuana.
D. It is impossible to measure.

Answer: B
Complexity: Easy
Ahead: A Decline in Civility
Subject: Chapter 2
Title: The Sociology of Stress

16. An increase in incivility is often accompanied by a lack of:
A. tolerance.
B. empathy.
C. patience.
D. humor.

Answer: B
Complexity: Easy
Ahead: A Decline in Civility
Subject: Chapter 2

Title: The Sociology of Stress

17. This vitamin is called the sunshine vitamin.
A. Vitamin A
B. Vitamin B complex
C. Vitamin C
D. Vitamin D

Answer: D
Complexity: Easy
Ahead: Environmental Disconnect
Subject: Chapter 2
Title: The Sociology of Stress

18. Approximately this many gallons of water are used to produce a 1-pound hamburger.
A. 1,511
B. 1,757
C. 1,994
D. 2,500

Answer: D
Complexity: Easy
Ahead: Environmental Disconnect
Subject: Chapter 2
Title: The Sociology of Stress

19. This many gallons of water are used to produce one cup of coffee.
A. 1
B. 17
C. 29
D. 37

Answer: D
Complexity: Easy
Ahead: Environmental Disconnect
Subject: Chapter 2
Title: The Sociology of Stress

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20. This many gallons of water are used to produce enough cotton for a pair of blue jeans.
A. 469
B. 634
C. 899
D. 1,800
E. 2,300

Answer: D
Complexity: Easy
Ahead: Environmental Disconnect
Subject: Chapter 2
Title: The Sociology of Stress

21. Please finish this popular axiom. As population increases:
A. water supplies decrease.
B. civil behavior decreases.
C. food supplies decrease.
D. energy demands increase.

Answer: B
Complexity: Easy
Ahead: Environmental Disconnect
Subject: Chapter 2
Title: The Sociology of Stress

22. This non-inert substance in plastic is associated with problematic changes in one's hormonal balance.
A. Polypropylene
B. Styrofoam
C. PCBs
D. Phthalates

Answer: D
Complexity: Moderate
Ahead: Environmental Disconnect
Subject: Chapter 2
Title: The Sociology of Stress

23. According to a Gallup poll, all the following are reasons for worksite stress *except*:
A. unfair treatment at work.

B. lazy coworker.
C. lack of role clarity.
D. unmanageable workloads.

Answer: B
Complexity: Easy
Ahead: Occupational Stress
Subject: Chapter 2
Title: The Sociology of Stress

24. It is suggested that attitudes and behaviors about race and gender begin in:
A. preschool.
B. grade school.
C. middle school.
D. high school.

Answer: B
Complexity: Easy
Ahead: Race- and Gender-Based Stress
Subject: Chapter 2
Title: The Sociology of Stress

True/False

1. True or False? “Future shock” is an unproven theory, according to futurist Alvin Toffler.

Answer: False
Complexity: Easy
Ahead: Section Opener
Subject: Chapter 2
Title: The Sociology of Stress

2. True or False? Sociology is best described as the study of different cultures in the same locality.

Answer: False
Complexity: Easy
Ahead: Section Opener
Subject: Chapter 2

Title: The Sociology of Stress

3. True or False? The term “presenteeism” is a corporate business term to describe high productivity levels often motivated by one’s optimal stress level.

Answer: False
Complexity: Easy
Ahead: Section Opener
Subject: Chapter 2
Title: The Sociology of Stress

4. True or False? Social media theorist Douglas Rushkoff explains that one reason why people are so stressed is that technology has stripped people of time to process scores of information through social media.

Answer: True
Complexity: Moderate
Ahead: Section Opener
Subject: Chapter 2
Title: The Sociology of Stress

5. True or False? The threshold of 40 emails is now labeled as email stress.

Answer: False
Complexity: Moderate
Ahead: Technostress: Digital Toxicity
Subject: Chapter 2
Title: The Sociology of Stress

6. True or False? Brain tissue is not able to adapt to the host of cognitive challenges and stimuli.

Answer: False
Complexity: Easy
Ahead: Technostress: Digital Toxicity
Subject: Chapter 2
Title: The Sociology of Stress

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7. True or False? The Shallow Effect: Weblink jumping and cherry picking information leads to an inability to concentrate, focus, and comprehend a subject well.

Answer: True
Complexity: Moderate
Ahead: Technostress: Digital Toxicity
Subject: Chapter 2
Title: The Sociology of Stress

8. True or False? The distraction of cell phone use reveals a driving impairment similar to 0.08% blood alcohol levels.

Answer: True
Complexity: Easy
Ahead: Technostress: Digital Toxicity
Subject: Chapter 2
Title: The Sociology of Stress

9. True or False? If you are inside playing video games, surfing the net, or using a smart phone all day long, more than likely, you are not directly getting enough of the sunshine vitamin.

Answer: True
Complexity: Easy
Ahead: Technostress: Digital Toxicity
Subject: Chapter 2
Title: The Sociology of Stress

10. True or False? In terms of technostress, the rate of change with technology seems to have outpaced the level of responsibility and moral codes that accompany it.

Answer: True
Complexity: Moderate
Ahead: Technostress: Digital Toxicity
Subject: Chapter 2
Title: The Sociology of Stress

11. True or False? For information to move from short term to long term memory, there must be

periods of rest.

Answer: True
Complexity: Easy
Ahead: Technostress: Digital Toxicity
Subject: Chapter 2
Title: The Sociology of Stress

12. True or False? Experts in the field of sociology suggest that narcissism and a lack of values promotes incivility in our culture.

Answer: True
Complexity: Easy
Ahead: A Decline of Civility
Subject: Chapter 2
Title: The Sociology of Stress

13. True or False? The leading cause of incivility in America is aggressive radio talk show hosts.

Answer: False
Complexity: Easy
Ahead: A Decline of Civility
Subject: Chapter 2
Title: The Sociology of Stress

14. True or False? A rise in incivility is often seen with a decrease in empathy.

Answer: True
Complexity: Easy
Ahead: A Decline in Civility
Subject: Chapter 2
Title: The Sociology of Stress

15. True or False? The typical American uses approximately 100 gallons of water per day.

Answer: True
Complexity: Easy
Ahead: Environmental Disconnect

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Subject: Chapter 2
Title: The Sociology of Stress

16. True or False? Melatonin is known as the “feel good” neurotransmitter.

Answer: False
Complexity: Moderate
Ahead: Environmental Disconnect
Subject: Chapter 2
Title: The Sociology of Stress

17. True or False? Water, and the lack thereof, is suggested to become a significant social stressor in the months and years to come.

Answer: True
Complexity: Easy
Ahead: Environmental Disconnect
Subject: Chapter 2
Title: The Sociology of Stress

18. True or False? The water footprint of a fast food hamburger is over 3,000 gallons per pound of beef.

Answer: False
Complexity: Easy
Ahead: Environmental Disconnect
Subject: Chapter 2
Title: The Sociology of Stress

19. True or False? Many biologists now refer to our age as the “sixth mass extinction” due to over hunting and fishing, loss of habitat, and pollution, all of which will impact us.

Answer: True
Complexity: Easy
Ahead: Environmental Disconnect
Subject: Chapter 2
Title: The Sociology of Stress

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20. True or False? A metastudy of historical records and various findings suggest that as global temperatures rise, so too do increases in aggression and violence.

Answer: True
Complexity: Easy
Ahead: Environmental Disconnect
Subject: Chapter 2
Title: The Sociology of Stress

21. True or False? Flint Michigan is the only city in the US with undrinkable water.

Answer: False
Complexity: Easy
Ahead: Environmental Disconnect
Subject: Chapter 2
Title: The Sociology of Stress

Essay

1. Define the following terms.
A. Future Shock
B. Superstress
C. Technostress
D. Email Stress
E. Dopamine
F. Shallow Effect
G. Cognitive Surplus
H. Civility
I. Vitamin D
J. Nature Deficit Disorder
K. Environmental Disconnect
L. Water Footprint
M. Present Shock
N. FOMO
O. Digital Dementia

Answer: Answers will vary
Complexity: Difficult

Ahead: Technostress: Digital Toxicity
Subject: Chapter 2
Title: The Sociology of Stress

2. How can addictions be stressful? Please relate the concept of screen addictions to the bigger problem of stress and addictions. Please give some solutions to the problem of screen addictions.

Answer: Answers will vary.
Complexity: Difficult
Ahead: Technostress: Digital Toxicity
Subject: Chapter 2
Title: The Sociology of Stress

3. Please describe how technostress, incivility, and environmental disconnect can create the perfect storm of stress.

Answer: Answers will vary
Complexity: Difficult
Ahead: Environmental Disconnect
Subject: Chapter 2
Title: The Sociology of Stress

<CN>Chapter 2:

<CT>The Sociology of Stress

<A>Discussion Question Answers

1. Define the following terms.

A. Future shock

B. Superstress

C. Technostress

D. Email stress

E. Dopamine

F. Shallow effect

G. Cognitive surplus

H. Civility

I. Incivility

J. Empathy

K. Vitamin D

L. Nature deficit disorder

M. Environmental disconnect

N. Water footprint

O. Present shock

P. FOMO

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Q. Digital dementia

Answer: Answers will vary.

2. Please describe how technostress, incivility, and environmental disconnect can create the "perfect storm" of stress.

Answer:

• Opening statement

• Explain the concept of sociology

• Explain how stress affects the social fabric

• Explain the impact of our love affair with technology and the stress associated with it (and memory)

• Explain the problems associated with incivility and rudeness

• Explain how our disconnection with nature creates more stress

• Synthesis: connect the dots

• Concluding remarks: summary statement

3. How can addictions be stressful? Please relate the concept of screen addictions to the bigger problem of stress and addictions.

Answer:

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• Opening statement

• Explain what screen addiction is

• Include the concerns of isolation and alienationå

• Describe how this behavior affects other aspects of your life

• Tie in FOMO, outsourcing memory, etc.

• Synthesis: connect the dots to stress

• Concluding remarks: summary statement

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<A>Practice Activity Answers

1. According to Manpower, approximately how many Americans typically don't leave their workstation during the lunch hour?

A) 12%

B) 22%

C) 37%

D) 50%

Ans: D

2. The term *shallow effect* is related to what concept?

A) The lack of water in underground aquifers

B) The dumbing down of Americans from Internet exposure

C) One's "water footprint" in relationship to one's carbon footprint

D) Poor scores on standardized academic tests

Ans: B

3. What non-inert substance in plastic is associated with problematic changes in one's hormonal balance?

A) Polypropylene

B) Styrofoam

C) PCBs

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D) Phthalates

Ans: D

4. True or False? "Future shock" is an unproven theory, according to futurist Alvin Toffler.

Ans: False

5. True or False? Melatonin is known as the "feel good" neurotransmitter.

Ans: False

6. True or False? The leading cause of incivility in America is aggressive radio talk show hosts.

Ans: False

7. True or False? Water, and the lack thereof, is suggested to become a significant social stressor in the months and years to come.

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8. True or False? The term *presenteeism* is a corporate business term to describe high productivity levels often motivated by one's optimal stress level.

Ans: False

9. True or False? Flint, Michigan, is the only city in the United States with undrinkable water.

Ans: False

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10. True or False? Social media theorist Douglas Rushkoff explains that one reason why people are so stressed is that technology has stripped people of time to process scores of information through social media.

Ans: True

11. True or False? According to experts, we are in the midst of the 6th great extinction

Ans: True

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