

PYC-1502

YEAR-2020

ASSIGNMENT 1

SEMESTER 1

Question 1

The General Adaptation Syndrome (GAS) of the stress process refers to

1. the appraisal of our ability to cope in a stressful situation

2. the common pattern in which people react to stress

3. the contextualisation of the stress process

4. the use of unconscious processes to deal with a stressful situation

Question 2

Which of the following statement(s) explain(s) different reactions to a stressful event?

1. People use different coping strategies

2. What one person sees as a personal event, another sees it as a micro event

3. Personality factors play a role in the manner in which a situation is appraised

4. All of the above

Question 3

John read in the newspaper that the economic recession is hitting many countries and companies are retrenching people. This scenario is an example of . . . stressor.

1. personal

2. micro

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R Pring



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