

## Psychology (Class-XII)

### Theme 3: Meeting Life Challenges

Learning Outcomes	Sources/Resources	Suggested Activities (to be guided by teachers)	Suggested Activities for Students having No Digital Device (to be guided by teachers)
<p>The learner</p> <ul style="list-style-type: none"> <li><b>explains</b> the nature, types and sources of stress.</li> <li><b>describes</b> strategies to cope with stress.</li> <li><b>identifies</b> life skills that help people to stay healthy.</li> </ul>	<p>NCERT/ State Textbook in Psychology (Class XII)</p> <p>Students may also visit NROER, an online educational resource repository of NCERT, and explore the e-resources available online for Psychology, i.e.</p> <ul style="list-style-type: none"> <li>Stress <a href="https://nroer.gov.in/55ab34ff81fccb4f1d806025/page/582aebf116b51c60b06a8314">https://nroer.gov.in/55ab34ff81fccb4f1d806025/page/582aebf116b51c60b06a8314</a></li> <li>Effect of Stress on Health <a href="https://nroer.gov.in/55ab34ff81fccb4f1d806025/page/582aedbe16b51c60b06a8336">https://nroer.gov.in/55ab34ff81fccb4f1d806025/page/582aedbe16b51c60b06a8336</a></li> </ul>	<p><b>Week - 1</b></p> <p><b>Understanding nature, types and sources of stress</b></p> <ul style="list-style-type: none"> <li>Reflect and write about various situations where you have experienced stress. Write the extent to which the stress inducing factor(s) are related to our internal framework and factor(s) which result from the external environment.</li> <li>Make a list of things which make you stressful. Identify which factors are related to physical and environmental conditions, which factors are related to psychological aspects, and which factors are related to social events.</li> <li>Rank the list of things which made you stressful ranging from ‘not much’, ‘somewhat’, ‘moderately’ to ‘very much’. Give the rating according to the negative impact it had on your day-to-day functioning.</li> </ul>	<p><b>Week - 1</b></p> <ul style="list-style-type: none"> <li>Make a list of things which make you stressful. Identify which factors are related to physical and environmental conditions, which factors are related to psychological aspects, and which factors are related to social events.</li> </ul>

	<ul style="list-style-type: none"> <li>Stress Management</li> </ul> <p><a href="https://nroer.gov.in/55ab34ff81fccb4f1d806025/page/582aef7e16b51c60b06a8358">https://nroer.gov.in/55ab34ff81fccb4f1d806025/page/582aef7e16b51c60b06a8358</a></p> <p>Students may also watch live session on different themes in Psychology on PM e-Vidya Channel No. 11.</p>	<p><b>Week - 2</b></p> <p><b>Understanding the effects of stress on psychological functioning and health</b></p> <ul style="list-style-type: none"> <li>Trace the emotional, physiological, cognitive, and behavioural effects experienced by you because of the different stressors you experience in your day-to-day life.</li> <li>Give an example of an incident which you find stressful and how is your appraisal different from others experiencing the same situation.</li> <li>Do you think stress and immune system are related? Give any two pertinent examples from your life to support your argument.</li> <li>Collect information on different lifestyle factors that can cause stress and may lead to heart problems and cancer. Which factor is the most important one, according to you? Why?</li> </ul> <p><b>Week – 3</b></p> <p><b>Understanding stress and coping</b></p> <ul style="list-style-type: none"> <li>Reflect on any one instance where stress impacted your health and what you did to cope with it. What would you have done now to cope with stress in that situation after reading this chapter? Trace the points of similarity and uniqueness.</li> <li>Interview any two people in your family. Discuss the stressors they have experienced and what coping</li> </ul>	<p><b>Week - 2</b></p> <ul style="list-style-type: none"> <li>Do you think stress and immune system are related? Give any two pertinent examples from your life to support your argument.</li> </ul> <p><b>Week - 3</b></p> <ul style="list-style-type: none"> <li>Interview any two people in your family. Discuss the stressors they have experienced and what coping strategies they have used.</li> </ul>
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		<p>strategies they have used.</p> <ul style="list-style-type: none"> <li>• Meditate for 10 minutes everyday and list the changes you were able to trace in your state of being.</li> </ul> <p><b>Week - 4</b></p> <p><b>Understanding promoting positive health and well-being</b></p> <ul style="list-style-type: none"> <li>• Think of situation when you or someone known to you has handled challenging life situations. Write the factors which lead to handling of such situations.</li> <li>• Arrange the list of activities, you think promote positive health and well-being, from being highly effective to least effective. Write about any one activity which you think is most effective in promoting positive health and well-being.</li> </ul>	<p><b>Week - 4</b></p> <ul style="list-style-type: none"> <li>• Arrange the list of activities, you think promote positive health and well-being, from being highly effective to least effective. Write about any one activity which you think is most effective in promoting positive health and well-being.</li> </ul>
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## **Psychology (Class-XII)**

### **Theme 3: Meeting Life Challenges**

#### **Assessment Questions**

1. Mohit is undergoing stress and experiencing mood swings, and shows erratic behaviour. He doesn't talk to family and friends. He is suffering from \_\_\_\_\_.
  - a) Emotional effects
  - b) Physiological effects
  - c) Cognitive effects
  - d) Behavioural effects
2. Stressed individuals may be more likely to expose themselves to \_\_\_\_\_, which are agents causing physical illness.
  - a) Antigens
  - b) Antibodies
  - c) Pathogens
  - d) Pathology
3. The leukocyte that is attacked by HIV is
  - a) T cells
  - b) T killer cells
  - c) T helper cells
  - d) B cells
4. Kanav is working in a multinational company (MNC). He had a small tiff over some work assignment with his boss. The boss has transferred him to another department. After that, Kanav is showing disrupted sleep patterns, increased absenteeism, and reduced work performance. These signs indicate that he is suffering from \_\_\_\_\_ effects of stress.
5. The stage of General Adaptation Syndrome (GAS) marked by intense psychological efforts to adapt to the stressor is called
  - a) Resistance
  - b) Alarm reaction

- c) Exhaustion
- d) Reaction

6. \_\_\_\_\_ is the assessment of possible future damage that may be brought about by the event.
7. The stress resistant personality is categorised by 3 Cs, i.e., Control, Commitment and \_\_\_\_\_ .
8. \_\_\_\_\_ results from the blocking of needs and motives by something or someone that hinders us from achieving a desired goal.
9. The state of complete physical, emotional and psychological exhaustion is termed as
  - a) Distress
  - b) Burnout
  - c) Breakdown
  - d) Nervous breakdown
10. Task-oriented strategy involves obtaining information about the stressful situation and about alternative courses of action and their probable outcome. (True/False)

## **Answers**

1. (a)
2. (c)
3. (c)
4. behavioural
5. (b)
6. Threat
7. Challenge
8. Frustration
9. (b)
10. True