

INDIAN SCHOOL MUSCAT
SECOND PERIODIC TEST 2018
PSYCHOLOGY CLASS XII
ANSWER KEY SET -C

1. Eustress
2. Exorcism
3. Arjun's personality we can see the hardiness and it is a set of belief, in view of Kobasa people with more stress and less sickness possess three characteristics which are control, commitment and challenge and these 3 C's together known as hardiness.
4. Substance disorders are of two types. Substance dependency and substance abuse, Substance dependency refers to showing tolerance and withdrawal symptoms for a particular drug.

Substance abuse the term is described as damaging the relations due to the compulsive drug taking behavior. The substance abuse may cause various problems in the personal and professional life and it may lead to loss of job, family disturbance.

5. Cognitive theory of stress appraisal is proposed by Lazarus along with Folkman and the theory is having two major phases.
Primary appraisal refers to perceiving the changing environment as positive, negative and neutral, and secondary appraisal refers to evaluation of ones coping abilities and skills in overcoming the stress.
Coping strategies of Endler and Parker
Task oriented coping strategy
Emotion oriented coping strategy
Avoidance oriented coping strategy (To be explained in detail)
6. Dissociation can be viewed as severance of connections between ideas and emotions and it is of four different types.
Dissociative amnesia, Dissociative fugue, Dissociative identity disorder, Depersonalization
7. Mood disorders are of four different types.
Depression, Major depressive disorder, Mania, Bipolar mood disorder (To be explained in detail)