SmartKalike

CBSE Class 12 · Psychology

Meeting Life Challenges

10 most probable questions for Boards 2027

Q1. 1 mark · Multiple choice

Which statement about coping with stress is NOT true?
(A) Coping can be a dynamic, situation-specific reaction to stress.
(B) Coping involves responses intended to resolve a problem and reduce stress.
(C) Coping is always identical across situations and does not depend on the stressor.
(D) Coping may involve efforts to manage stressful situations.

Answer

(C) Coping is always identical across situations and does not depend on the stressor. — Coping is a dynamic, situation-specific reaction to stress.

Q2. 2 marks · Short answer

Briefly explain how life skills can help a person meet life challenges and support resilience and health.

Answer

Life skills such as assertiveness, time management, rational thinking, self-care and improving relationships help people counter everyday demands and maintain equilibrium. Problem-solving and social support strengthen resilience, promoting psychologically healthy, meaningful lives.

Q3. 3 marks · Medium answer

Name and briefly explain any three techniques that can be used to manage stress.

Answer

1. Relaxation techniques, such as deep breathing and progressive muscle relaxation, reduce bodily tension and calm physiological arousal.
2. Meditation trains attention and quietens the mind, helping reduce anxiety and emotional strain.
3. Biofeedback provides information about current physiological activity, enabling a person to monitor and reduce stress responses, often alongside relaxation training.

Q4. 4 marks · Long answer

Explain any four stress-management techniques that can help prevent stress-related ailments such as hypertension and ulcers.

Answer

Stress-management techniques reduce strain and may lower the risk of stress-related problems such as hypertension and ulcers.

1. Regular physical exercise, such as walking, swimming or cycling, helps reduce stress. Practising for 30 minutes at least four times a week supports this benefit.
2. Relaxation training, including slow breathing and deliberate muscle relaxation, reduces bodily

tension and physiological arousal. Regular practice can help a person respond calmly to pressure.
3. Meditation helps steady attention and quieten distressing thoughts. Practising it regularly can reduce emotional strain during demanding situations.
4. Biofeedback gives feedback about current physiological activity, helping a person learn to monitor and reduce stress responses. It is often combined with relaxation training.

Regular use of these techniques can help manage stress and support psychological and physical well-being.

Q5. 5 marks · Long answer

What does psychoneuroimmunology study? Describe how white blood cells defend the body and distinguish the functions of T cells, T-helper cells, B cells and natural killer cells.

Answer

Psychoneuroimmunology focuses on links between the mind, the brain and the immune system, and studies the effects of stress on the immune system. The immune system guards the body against attackers from within and outside. White blood cells (leucocytes) identify and destroy foreign bodies (antigens), such as viruses, and lead to the production of antibodies. T cells, B cells and natural killer cells are kinds of white blood cells.
1. Function in defence — T cells destroy invaders; T-helper cells increase immunological activity and are attacked by the Human Immuno Deficiency Virus (HIV), the virus causing Acquired Immuno Deficiency Syndrome (AIDS).
2. Function in immune response — B cells produce antibodies; natural killer cells fight both viruses and tumours.

Q6. 1 mark · Multiple choice

Wasim refuses to face a stressor or even accept that it exists. Which unhelpful habit does this illustrate?
(A) Forgetfulness
(B) Avoidance
(C) Procrastination
(D) Perfectionism

Full answer on SmartKalike: https://smartkalike.com/cbse/class-12/psychology/meeting-life-challenges

Q7. 2 marks · Short answer

What is burnout? State one physical and one mental sign of burnout.

Full answer on SmartKalike: https://smartkalike.com/cbse/class-12/psychology/meeting-life-challenges

Q8. 3 marks · Medium answer

A student feels overwhelmed by several upcoming commitments. Suggest and briefly explain three practical ways they could cope with the situation and reduce stress.

Full answer on SmartKalike: https://smartkalike.com/cbse/class-12/psychology/meeting-life-challenges

Q9. 4 marks · Long answer

Ruchika is stressed because she must prepare for a music competition as well as medical examinations. Recommend four stress-management techniques suited to her situation and briefly explain how each could help.

Full answer on SmartKalike: https://smartkalike.com/cbse/class-12/psychology/meeting-life-challenges

Q10. 5 marks · Long answer

Describe resilience, including the I HAVE, I AM and I CAN resources, and state what is meant by health.

Full answer on SmartKalike: https://smartkalike.com/cbse/class-12/psychology/meeting-life-challenges

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