

Individual Differences in Stress – Questions by Topic

Q1.

Describe personality factors that have been shown to influence the way people respond to stress.

(Total 5 marks)

Q2.

(a) Outline what is meant by *Type A behaviour*.

(2)

(b) Outline a method used by psychologists to assess whether someone shows Type A behaviour.

(2)

(Total 4 marks)

Q3.

With reference to hardiness, outline what is meant by 'challenge'.

Read the item and then answer the questions that follow.

Mike recently started working for a bank. He works long hours and his manager is always asking him to take on new tasks. Mike has started feeling anxious and having sleepless nights. His doctor has just prescribed medication for his raised blood pressure.

(Total 2 marks)

Q4.

A researcher used a questionnaire and an in-depth interview to assess Georgia's personality. After completing the questionnaire Georgia was found to be Type A. However, after the in-depth interview she was found to be Type B.

Explain why these methods might produce such different results.

(Total 4 marks)

Q5.

Harry always meets deadlines. He hates being late and always likes to keep himself busy with plenty to do. Alex does not mind being late for anything and although he tries to meet deadlines, he is not worried if he misses some of them.

(a) Is Harry or Alex more likely to have Type A personality?

Explain why having Type A personality makes him more likely to suffer the negative effects of stress.

(4)

(b) Outline **one** way in which psychologists measure Type A personality.

(2)

(Total 6 marks)

Q6.

Mannie has a well-paid job. However, she worries about work problems all the time, suffers from sleeplessness and always has a cold. Jilly works in the same company doing the same job. Although she works just as hard as Mannie, she does not worry about work and is able to relax quite happily in the evenings and at the weekends. Jilly cannot remember the last time she was ill.

(a) Briefly describe how the endocrine system is involved in mediating and responding to stress. Refer to Mannie **and** Jilly in your answer.

(4)

(b) Outline personal variables which might explain why Mannie and Jilly respond so differently to the same situation.

(4)

(Total 8 marks)

Q7.

What is meant by *locus of control* **and** *hardiness*? Discuss the role of locus of control **and** the role of hardiness in mediating responses to stress. Refer to evidence in your answer.

(Total 16 marks)

Q8.

Discuss individual differences in responses to stress.

(Total 16 marks)