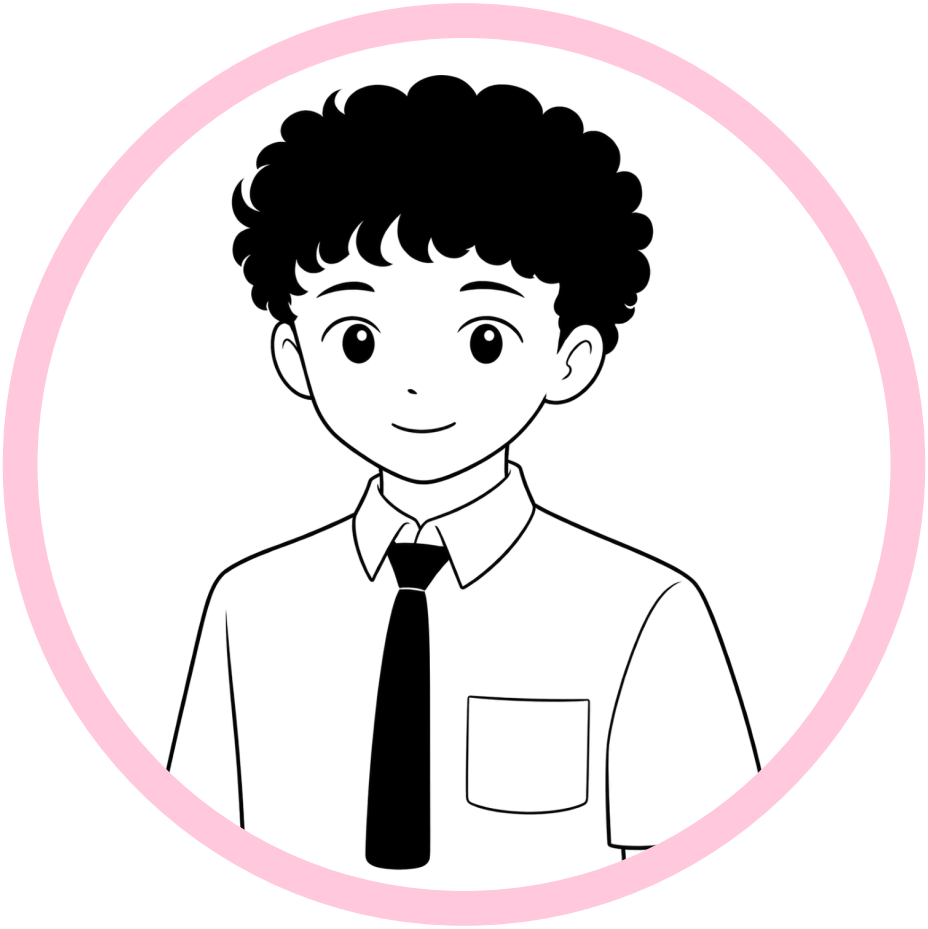
AQA A-LEVEL PSYCHOLOGY · 7182

PSYCHOLOGY



EXAM QUESTION PACK

3.3.7 INDIVIDUAL DIFFERENCES IN STRESS

SCORE	PERCENTAGE
/72	%

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Q1.

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)

Q2.

Discuss individual differences in responses to stress.

(Total 16 marks)

Q3.

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)

Q4.

Roy and Mick are members of a football team; both play to the same high standard. Roy never minds if the team does not win; he just enjoys playing with his team-mates and spending time with them after the match. Mick always wants to win and gets angry if the team loses.

(a) Which personality type is each person likely to have?

Roy _____

Mick _____

(2)

(b) Explain whether Roy or Mick is more likely to suffer from a stress-related illness. Use research in your explanation.

_____

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Extra space

(4)

(Total 6 marks)

Q5.

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.

Extra space

(Total 4 marks)

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Q6.

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)

Q7.

Mark is very competitive and he hates losing any game he plays. At work, he is often impatient and likes working to tight deadlines. He can become quite hostile when challenged.

(a) What personality type is Mark likely to have?

_____

(1)

(b) Using your knowledge of how personality factors can affect the body's response to stress, explain how Mark might respond to the effects of stress.

_____

_____

_____

_____

_____

_____

_____

_____

Extra space _____

_____

_____

_____

(4)

(Total 5 marks)

Q8.

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.

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Extra space

(4)

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

(2)
(Total 6 marks)

Q9.

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

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Extra space _____

_____

_____

_____

_____

(Total 5 marks)

Q10.

(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)

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