

## Sources of Stress – Questions by Topic

### Q1.

Mr Harris is about to move his business into a brand new building. He is very keen to create a healthy working environment and reduce workplace stress. In this way, he hopes to improve productivity and reduce absenteeism.

What advice would you give Mr Harris? Use your knowledge of psychological research in this area.

(Total 6 marks)

### Q2.

Discuss sources of workplace stress.

(Total 8 marks)

### Q3.

Outline and evaluate research into life changes **and / or** daily hassles as sources of stress.

(Total 16 marks)

### Q4.

‘There are several methods used to manage the negative effects of stress. These methods can be biological or psychological.’

Discuss **two or more** methods of stress management.

(Total 16 marks)

### Q5.

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)