14.2 Sources of Stress, Individual Differences and Managing Stress: 10-minute Pack

AQA 7182 · about 10 minutes

Total Marks

Name: _____ Date: ____ / ____ / _____

Answer all questions. Questions worth 4 marks or more should be answered in full sentences. Spend approximately 10 minutes on this pack.

1 Explain briefly how β-blockers can be used to manage acute stress symptoms and give one ethical or practical concern about their use in stress management.

(Total for Question 1 is 4 marks)

2 A study finds that workers with higher perceived social support report fewer stress symptoms after organisational change. Identify three plausible reasons, based on social support theory, why social support may reduce stress and briefly explain each reason.

(Total for Question 2 is 4 marks)

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Mark scheme · 14.2 Sources of Stress, Individual Differences and Managing Stress: 10-minute Pack

Question 1

explains mechanism: β-blockers reduce the effects of adrenaline on the heart, lowering heart rate and tremor to reduce physical symptoms of acute stress oe	**M1**
applies to acute stress: this helps performers or people facing short term stressors to control somatic symptoms and perform better oe	**A1**
identifies concern: possible side effects or medical contraindications, e.g. asthma or low blood pressure, or masking symptoms that signal a more serious condition oe	**M1**
explains consequence: medical screening and prescription are needed and misuse could be harmful, limiting broad availability as a stress management tool oe	**A1**

Answer: Beta-blockers block adrenaline effects on the heart, reducing heart rate and tremor and so controlling acute physical symptoms of stress; they can help with short term performance anxiety. A concern is side effects and contraindications, such as in asthma or low blood pressure, so medical screening and prescription are required.

Question 2

identifies emotional support as a reason and explains that empathy and reassurance reduce perceived threat and physiological arousal oe	**M1**
identifies instrumental support as a reason and explains that practical help reduces demands and the objective load on the worker oe	**A1**
third reason: esteem support improves self-efficacy and perceived control, reducing stress appraisal oe	**M1**
explains consequence: higher self-efficacy changes appraisal from threat to challenge, reducing stress response and improving coping oe	**A1**

Answer: Emotional support reduces perceived threat and arousal through empathy and reassurance. Instrumental support reduces objective demands by providing practical help. Esteem support also boosts self-efficacy and perceived control, changing appraisal from threat to challenge and reducing stress.

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