



# 10TH SSC MCQ - CH 9 - Social health

DATE: \_\_\_\_\_

TIME: 12 Min

MARKS: 12

SEAT NO:

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**Note:-**

1. All Questions are compulsory.
2. Numbers on the right indicate full marks.

- Q.1 The following are the characteristics of Positive Stress (1)
- A) It improves performance      B) It feels exciting  
C) It motivates                      D) All of the above

**Ans : D**

- Q.2 Which of the following are the basic sources of stress? (1)
- A) The Environment      B) Physiological  
C) Thoughts                D) All of the above

**Ans : D**

- Q.3 Stress management is about learning (1)
- A) How to avoid the pressures of life      B) How to develop skills that would enhance our body's adjustment when we are subjected to the pressures of life  
C) Both a and b are true                      D) None of the above

**Ans : B**

- Q.4 Which of the following statements is true? (1)
- A) In small quantities, stress is good      B) Too much stress is harmful  
C) All stress is bad                              D) Only a and b are right

**Ans : D**

- Q.5 ----- is a physical response. (1)
- A) Habit                      B) Emotions  
C) Feelings                D) Thinking

**Ans : A**

- Q.6 Which of the following is the reason for some road accidents? (1)
- A) Selfie                      B) Liquor  
C) Rash driving      D) All of these

**Ans : C**

- Q.7 The important factor that determines the social health of the place you live is \_\_\_\_\_. (1)
- A) Priority to remove a shop in the premises selling liquor.      B) Opposition to the yoga class in the premises  
C) Opposition to the laughing club in the premises.      D) None of these

**Ans : A**

- Q.8 Which of the following help us in stress management? (1)  
A) Yoga            B) Wine  
C) Tobacco       D) Mobile  
**Ans : A**
- Q.9 Which of the following is the cause of mental stress? (1)  
A) Alcohol        B) Music  
C) Sports         D) Swimming  
**Ans : A**
- Q.10 Which is an example of Internet use? (1)  
A) E – Mail        B) Letter  
C) Money order   D) Post  
**Ans : A**
- Q.11 Which of these helps in stress reducing? (1)  
A) Laughing      B) Playing outdoor games  
C) Painting       D) All of these  
**Ans : C**
- Q.12 Which of the following is the cause of mental stress? (1)  
A) Competition in study      B) Family responsibility  
C) Comparision of siblings    D) All of these  
**Ans : C**