

B.Com. (H): Semester V
DSE

BCM554: STRESS MANAGEMENT

Teaching Scheme	Examination Scheme
Lectures: 4hrs/Week	Class Test – 12Marks
Tutorials: 1 hr/Week	Teachers Assessment – 6Marks
	Attendance – 12 Marks
Credits: 5	End Semester Exam – 70 Marks

Course Objective

Course aims at providing the knowledge about the organizational stress and how to cope with the use of emotional intelligence.

Course Learning Outcomes

After completing the course, the student shall be able to:

- CO1: improve one's personal knowledge of the holistic management of stress.
- CO2: increase awareness about the impact of mental and physical wellbeing.
- CO3: motivate students to assume a greater sense of personal responsibility.
- CO4: work in groups and understand basic human relationships.
- CO5: promote problem solving skills
- CO6: Understand the different thought streams which contribute to either a stressful or vital life

Unit I: Introduction to Stress Management

Nature of stress, Approaches to stress, Good Stress Vs Bad Stress, The individual and work Occupational Stress, Role Stress, Source of managerial stress, Stress & thought process learning, Manifestations of Stress - Stages of Stress, Signs of Stress at work, Personal types and Stress

Unit II: Various linkages and Assessment of Stress

Stress & personality, Stress & motivation, Verbal & non-verbal indications of stress, Assessment of stress, General sources of Stress - Stress and Health - Physiological and psychological illness, Stress Management - Stress Diary, Becoming change skilled, Adopting a healthy life style, Right attitude, Thought Awareness, Imaginary (Auto-genic Therapy), Learning to relax, Correct breathing, Value and goal planning

Unit III: Stress and Leadership Styles

Stress & management of change, Stress & conflict, Leadership styles in stressful & non-stressful situations, Organization and Stress Management - Recognize the signs, Approaches to the problem, Providers Assistance. Time Management, General advice - The Individual's Ten Commandments for effective Stress Management.

Unit IV: Stress In individuals

Types of personalities, Transactional Analysis, Locus of Control, Work life Balance

Unit V: Emotional Intelligence

Definition History and the measurement of emotional Intelligence, Impact of emotional Intelligence on business environment, Emotional intelligence skills, Business Solution and emotional intelligence


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Suggested Readings

- I'M ok-You're ok – Thomas Harris.M.D
- You Can Win – Shiv Khera.
- Ann Edworthy, Managing Stress: Open University Press, Buckingham, Phildephia.
- K. Hari Gopal, Organizational Stress: University Press.
- Dr. Rakesh Chopra Santosh Sharma, The stress Cyclone Suffer or Emerge-out: The choice of yours
- Institute of corporate Management, Excel Book
- Stress Management & Emotional Intelligence- Daniel Goleman
- Emotional Intelligence and Your Success- Steven Stein and Howard

Note: Latest edition of the books should be used.


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