

B.Com.: Semester-VI
DSE-6
BCR616: STRESS MANAGEMENT

Teaching Scheme	Examination Scheme
Lectures: 3hrs/Week	Class Test – 12Marks
Tutorials: 1 hr/Week	Teachers Assessment – 6Marks
Credits: 4	Attendance – 12 Marks
	End Semester Exam – 70 Marks

Course Objective

Stress is a common word used today in the everyday walk of life. This course will enable students to understand the cause and effects of stress. It will help students gain knowledge about how to cope with stress and change potential stressors to enrich their lives.

Course Learning Outcomes

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

- CO1: to define stress, identify stressors and their origin.
- CO2: to understand the role of physiological mechanisms of stress.
- CO3: to identify the stress-related illness.
- CO4: to develop a better understanding of different coping strategies and relaxation techniques.
- CO5: to identify the causes and effects of stress in the Workplace.
- CO6: to understand the different types of training in an organization.

Unit I: Introduction

What is stress? Types and Sources of Stress; Symptoms of Stress; Theories of stress: Flight or Fight Response; General Adaptation Syndrome; Cognitive Appraisal; Person-Environment Fit; Diathesis: Stress Model

Unit II: Stress and Health

Stress and Health: Role of Adrenal Gland; Moderators of stress; Lifestyle diseases related to stress – Cardiovascular Disorder, Allergies, Digestive System Disorder, Recurrent Headache, and Cancer.

Unit III: Stress in the Workplace

What is Mental Health? Occupational Health Psychology; Job satisfaction and feelings of control; Individual Differences in stress response; Work-Family Conflicts; Causes and Effects of Stress in Workplace; creating a positive environment in the Workplace.

Unit IV: Coping with Stress

Meaning and Definition; Styles of Coping; Individual differences in Coping; Stress Management – Medical and Behavioural Approaches; Breathing Exercise; Systematic Desensitization; Progressive Muscle Relaxation Techniques; Meditation; Mindfulness and Cognitive Restructuring.

Unit V: Training in Organisations

Overview of Training; Learning; KSA; Competencies; Training, Development, and Education; Training that motivates adults to learn; Development of Training and Implementation.

Suggested Readings

- Baron, R. A., and Mishra, G. (2016). Psychology. 5th Edition. New Delhi: Pearson Publisher.
- Ghosh, M. (2015). Health Psychology: Concepts in Health and Well-being. New Delhi: Dorling Kindersley (India) Pvt. Ltd.
- Schultz, D., and Schultz, S. E. (2009). Psychology and Work Today. 8th Edition. New Delhi: Pearson Publisher.
- Piperopoulos, G. P. (2017). Control your Stress & Manage your Time. 1st Edition. Retrieved from www.bookboon.com
- Blanchard, P. N., and Thacker, J. W. (2009). Practical Training: Systems, Strategies, and Practices. 3rd Edition. New Delhi: Pearson Publisher.

Note: Latest edition of readings may be used.

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