



<b>Bachelor of Business Administration (B.B.A.)</b>		<b>Semester - II</b>	
<b>Course Title: Stress Management</b>	<b>Course Code:</b>		<b>Type of Course: SEC</b>
<b>Credit: 02</b>	<b>Theory: 02 Hours</b>	<b>Practical: Nil</b>	<b>Teaching Hours: 30</b>
<b>Internal Marks: 25</b>	<b>External Marks: 25</b>	<b>Total Marks: 25</b>	<b>External Exam Time: 2 Hours</b>

**COURSE OUTCOMES:**

- To understand the nature and causes of stress in organizations
- To familiarize the learners with the stress prevention mechanism
- To understand the strategies that help cope with stress
- To be able to apply stress management principles to achieve high levels of performance
- To enable learners to adopt effective strategies, plans and techniques to deal with

**Pedagogy:** Theory, Exercise

**UNIT WISE SYLLABUS:**

Unit - 1	Understanding Stress	Hours:10
	<ul style="list-style-type: none"> <li>• Stress- Concept, Features, types of stress</li> <li>• Relation between Stressors and Stress</li> <li>• Potential Sources of stress- Individual, Organisational, Environmental</li> <li>• Consequences of stress-Physiological, Psychological and Behavioural Symptoms</li> <li>• Stress at the workplace- Meaning and Reasons</li> <li>• Impact of stress on performance</li> <li>• Burnout- Concept, Stress v/s Burnout</li> </ul>	
Unit - 2	Managing Stress	Hours:10
	<ul style="list-style-type: none"> <li>• Pre- requisites of stress-free life</li> <li>• Anxiety- Meaning, Mechanisms to cope up with anxiety</li> <li>• Relaxation- Concept and techniques</li> <li>• Time Management - Meaning, Importance and approaches</li> <li>• Stress Management - Concept and beliefs</li> <li>• Managing stress at individual level</li> <li>• Stress Management Techniques- Organisational Level</li> </ul>	
Unit - 3	Stress Management Leading to Success	Hours:10
	<ul style="list-style-type: none"> <li>• Eustress- Concept, factors affecting Eustress</li> <li>• Stress Management Therapy - Concept and benefits</li> <li>• Stress Counselling - concept and importance</li> <li>• Stress and New Technology</li> <li>• Assessment of stress- Tools and Techniques</li> <li>• Future of stress Management</li> </ul>	

**Skill Development Activities:** Stress Removal Exercise



## REFERENCES

- Stress management by Susan R. Gregson
- Stress Management by Heena T. Bhagtani, Himalaya Publishing House, Mumbai
- Stress management: Leading to Success by B Hiriyappa
- Strategic Stress Management: An Organizational Approach by V. Sutherland, C. Cooper
- Stress Management: An Integrated Approach to Therapy by Dorothy H.G. Cotton
- Stress Management by A. K. Rai
- Organizational Stress Management: A Strategic Approach by A. Weinberg, V. Sutherland, C. Cooper
- Stress Management by Dr. Nivedita