

MBAS 512: Stress Management

Workload : 4 hours per week. - Total credits: 4
Examination : 3 hours 70 marks
Objectives : The objectives of the course is to provide the causes for stress and the techniques of handling stress.
Pedagogy : Lectures, assignments, practical exercises, discussions, seminars.

Chapter 1: Understanding the Nature of Stress: The Meaning of Stress. The Body's Reactions to Stress. Sources of Stress: Across the Lifespan. Adaptive and Maladaptive Behaviour. Individual and Cultural Differences, Stressors unique to Women. Emotional aspects of stress: Emotions; The Emotional Basis of Stress;

Chapter 2: Strategies of Stress Management and Prevention: Challenging Stressful Thinking. Problem Solving and Time Management. Psychological and Spiritual Relaxation Methods. Physical Methods of Stress Reduction.

Chapter 3: Preparing for the Future: College and Occupational Stress. Care of the Self: Nutrition and Other Lifestyle Issues. Stress and Conflict in Relationships

Chapter 4: Strategies of Synthesis and Prevention: Resilience and Stress. Optimal Functioning. Making Changes Last, Small Changes and Large Rewards

Chapter 5: Stress in the Home, Overcoming Monetary Stress and Unhealthy Worry, Stress and the Workplace, Dealing With Frustration and Anger. Coping Strategies and Interventions; Management Standards and Management Competencies.

Chapter 6: Stress and Performance and Stress Intervention – Interpersonal, The relationship between stress and performance, Stress intervention – interpersonal, Time management, Relaxation technique -- progressive relaxation technique

Chapter 7: Cognitive aspects of stress: Stress and Cognition; Psychological effects of stress; Stress and Memory; Stress and Other Cognitive Variables; Stressful environmental conditions on cognitive performance.

Chapter 8: Stress Reducing Exercises.

References:

1. Conquer Your Stress by C.L. Cooper, S. Palmer. Publisher: Universities Press (2000)
2. Brilliant Stress Management: How to Manage Stress in Any Situation by Mike Clayton. Publisher: FT Press (2011)
3. The 7 Laws of Stress Management by Anthony D. Parnell Publisher: Indra Publishing House (2009)
4. Stress Management by Prof. P. K. Dutta , Publisher: Himalaya Publishing House (2010)
5. Sumita Roy, Managing Stress, Sterling Publishers, (2012).
6. Barlow, Rapee, and Perini, 10 Steps to Mastering Stress: A Lifestyle Approach, Updated Edition, (2014), OUP USA