



बिरसा मुंडा ट्रायबल युनिवर्सिटी Birsā Munda Tribal University

राजपिपला, जि० नर्मदा Rajpipla, Dist. Narmda

Established by Tribal Development Department, Govt. of Gujarat

School of Science

B.Sc. (Chemistry) Programme

Subject Code & Subject Name: BS03SECHE2 Stress Management

Teaching and Evaluation Scheme:

Teaching Scheme				Examination Scheme			
Credits				Component Weightage (%)			
				CCE		SEE	
L	T	P	Total	TH	PWE	TH	PWE
2	0	0	2	50	0	50	0

Programme Name	B.Sc.
Semester	III
Course Code	BS03SECHE2
Course Title	Stress Management
Course Content Type (Th./Pr.)	Theory
Course Credit	2
Sessions+ Lab. Per Week	2
Total Teaching/Lab. Hours	30 Hours
* 2 Laboratory = 1 Session	

Learning Objectives

1. To understand basic concepts of stress and stress management.
2. To learn the techniques of stress management..

Learning Outcomes

On the Completion of this course, students will able to:

1. Know the concept of stress management and its effects
2. Identify the and use various stress management techniques





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Detailed Contents

UNIT	TOPIC/SUB-TOPIC	TEACHING HOURS
I	STRESS: Meaning, Definition Characteristics of stress, Main Areas of stress: Performance Boredom Fear of Unknown Grief Types of stress: Individual stress V/s Group stress, Productive stress V/s Dysfunctional work stress, Mild stress V/s Strong stress, Potential stress V/s Actual stress, Psychical, Psychological V/s Behavioral stress Environmental Factors: Economic Environment, Political & Government Environment, Technological Environment Organizational Factors: Tasks Demands, Organizational Structure, Organizational Leadership Individual Factors: Family Issues, Personality Factors, Boredom V/s Monotony	15
II	CAUSES OF STRESS & STRESS MANAGENT: Individual Stress: Life & Career changes, Personality Type, Role Characteristics Group Stressor: Lack of group Cohesiveness, Lack of social support, Conflict Effects of Stress: Eustress, Distress, Physical Problems, Psychological Problems, Behavioral Problems, Burnout and Rust out STRESS MANAGEMENT: ➤ Individual Coping Strategies a. Physical Exercise b. Relaxation c. Work Home Transition d. Cognitive Therapy e. Networking ➤ Organizational Coping Strategies: a. Supportive Organizational Climate b. Job Enrichment c. Organizational Role Clarity d. Career Planning and Counseling e. Stress Control workshop & Employee Assistance programs	15
Text Book(s)		





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Reference Books

1. DrSatishPai, Dr S Ravishankar, Dr H L Kaila, Shri S V Kamat, Stress Management, Himalaya Publication
2. Principles and Practice of Management: S. Sachdeva, Laxmi Narain Agrawal, Agra.
3. Organizational Behavior: L. M. Prasad Sultan Chand & Sons.

Web Resources

1. <https://www.uakron.edu/armyrotc/MS1/14.pdf>
2. <https://egyankosh.ac.in/bitstream/123456789/12223/1/Unit-9.pdf>

Required Software(s) (if any)

Practical(s) (if any)

L:: Lecture, **T::** Tutorial, **P::** Practical

CCE:: Continuous and Comprehensive Evaluation

(CCE Theory includes Mid Semester Examination, Assignment, MCQ quizzes, Seminar, Reflective notes, class participation, case analysis and presentation, slip tests (announced/ surprised), attendance etc. or any combination of these)

PWE:: Practical Work Examination

(PWE includes Laboratory practical work, project work, viva simulation exercise work etc.)

SEE:: Semester End Evaluation

