



# बिरसा मुंडा ट्रायबल युनिवर्सिटी Birsa Munda Tribal University

राजपिपला, जि० नर्मदा Rajpipla, Dist. Narmada

Established by Tribal Development Department, Govt. of Gujarat

School of Science

B.Sc. (Zoology) Programme

Subject Code & Name: BS03SEZOO2 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	BS03SEZOO2
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	<p><b>STRESS:</b> Meaning, Definition Characteristics of stress, Main Areas of stress: Performance Boredom Fear of Unknown Grief <b>Types of stress:</b> 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 <b>Environmental Factors:</b> Economic Environment, Political &amp; Government Environment, Technological Environment <b>Organizational Factors:</b> Tasks Demands, Organizational Structure, Organizational Leadership <b>Individual Factors:</b> Family Issues, Personality Factors, Boredom V/s Monotony</p>	15
II	<p><b>CAUSES OF STRESS &amp; STRESS MANAGENT:</b> <b>Individual Stress:</b> Life &amp; Career changes, Personality Type, Role Characteristics <b>Group Stressor:</b> Lack of group Cohesiveness, Lack of social support, Conflict <b>Effects of Stress:</b> Eustress, Distress, Physical Problems, Psychological Problems, Behavioral Problems, Burnout and Rust out <b>STRESS MANAGEMENT:</b> ➤ 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 &amp; Employee Assistance programs</p>	15
<b>Text Book(s)</b>		





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### Reference Books

1. DrSatisPai, 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

