



Course Syllabus
Gyanmanjari Institute of Arts
Semester-2 (M.A)

Subject: Stress Management - MATPY12509

Type of course: Major (Core)

Prerequisite:

Before diving into stress management techniques, students should consider certain prerequisites to create a foundation for effective stress management.

Rationale:

Stress management for students is crucial for several reasons, encompassing both immediate well-being and long-term success, Enhance Mental Health and Well-being, Coping Skills, Physical Health, Enhanced Focus and Concentration, Positive Learning Environment etc.

Teaching and Examination Scheme:

Teaching Scheme			Credits	Examination Marks					Total Marks
CI	T	P		C	Theory Marks		Practical Marks		
			ESE		MSE	V	P	ALA	
4	0	0	4	60	30	10	0	50	150

Legends: CI-Class Room Instructions; T – Tutorial; P - Practical; C – Credit; ESE - End Semester Examination; MSE- Mid Semester Examination; V – Viva; CA - Continuous Assessment; ALA- Active Learning Activities.



Course Content:

Sr. No	Course content	Hrs.	% Weightage
1	<p>Introduction to Stress Management</p> <ul style="list-style-type: none"> • What is stress? • Causes of Stress • Symptoms of Stress • Sources of stress • Psychopathology – As a personality outcome of well-being <ul style="list-style-type: none"> • Hardiness • Optimism • Control Center • Self-Esteem and Self-Efficacy • Type A Behavior Pattern- TABP • Type A Behavior Pattern and Stress • Type A Behavior Pattern and Health • Bio-psychosocial Factors Affecting Type A Behavior • Improvements in A-type behavior 	15	25
2	<p>Social support as a modifier of psychosocial–wellbeing relationships</p> <ul style="list-style-type: none"> • Concept of social support • Types of social support • Functions of Social Support (Social Support and Coping) <p>Coping strategies as modifiers of psychosocial-well-being relationships</p> <ul style="list-style-type: none"> • Meaning and characteristics of coping • Coping functions and techniques • Problem Focused Coping • Emotion-Focused Coping • Defense Mechanism. 	15	25



<p>3</p>	<p>Strategies of stress Management</p> <ul style="list-style-type: none"> • Relaxation Techniques <ul style="list-style-type: none"> • Benson’s Relaxation stress reduce Techniques • Jacobson’s Progressive relaxation Techniques • Mental Stress Relief Techniques <ul style="list-style-type: none"> • Meditation • Yoga • Physical Stress Relief Techniques <ul style="list-style-type: none"> • Time Management • Nutrition and exercise Sleep • Achieving Behavioral Control <p>Strategies of stress Avoidances Technique</p> <ul style="list-style-type: none"> • Zen • Vipasana • Biofeedback • Assertive Training • Time Management 	<p>15</p>	<p>25</p>
<p>4</p>	<p>Stress Management in Work Situation</p> <ul style="list-style-type: none"> • Stress management in the workplace • Origins of work psychology • Causes of stress at workplace • Qualifications and Roles of Work Psychologists • Top causes of work-related stress for employees • How to measure stress? • Effects of stress • How can you combat stress? 	<p>15</p>	<p>25</p>



Continuous Assessment:

Sr. No	Active Learning Activities	Marks
1	<p>Gratitude Journal: Students have to create a gratitude journal (for one week) in which each day, they must write down three things they are grateful for and reflect on why those things bring them joy.</p> <p>Discuss the impact of gratitude on overall well-being and stress reduction and upload it to the GMIU web portal.</p>	10
2	<p>Time Management Exercise: Students have to create a time management plan for their daily life which includes relaxation time, study time, social activities, self-care, etc. Students also have to write briefly about the effect of time management in daily life. Upload it to the GMIU web portal.</p>	10
3	<p>Documentary Review: Students have to watch any documentary regarding stress management topic and need to write review with positive and Negative points to upload on GMIU Web Portal.</p>	10
4	<p>Chart Making: Students have to some analysis on stress management and prepare a chart as per the data collected. Upload this chart on GMIU Web Portal.</p>	10
5	<p>Relaxation activity: Students have to engage in any stress relieving and relaxing activity like yoga, meditation, playing sports etc. Capture photos and upload them to the GMIU portal.</p>	10
Total		50



Suggested Specification table with Marks (Theory): 60

Distribution of Theory Marks (Revised Bloom's Taxonomy)						
Level	Remembrance (R)	Understanding (U)	Application (A)	Analyze (N)	Evaluate (E)	Create (C)
Weightage %	20%	40%	40%	-	-	-

Note: This specification table shall be treated as a general guideline for students and teachers. The actual distribution of marks in the question paper may vary slightly from above table.

Course Outcome:

After learning the course the students should be able to:	
CO1	Know about the Causes of stress, symptoms of stress, sources of stress and contribution of personality to well-being.
CO2	Explain about social support and Coping strategies.
CO3	Identify the Stress level and Manage that situation.
CO4	Manage emotions through various Techniques of stress management.

Instructional Method:

The course delivery method will depend upon the requirement of content and need of students. The teacher in addition to conventional teaching method by black board, may also use any of tools such as demonstration, role play, Quiz, brainstorming, MOOCs etc.

From the content 10% topics are suggested for flipped mode instruction.

Students will use supplementary resources such as online videos, NPTEL/SWAYAM videos, E-courses, Virtual Laboratory

The internal evaluation will be done on the basis of Active Learning Assignment

Practical/Viva examination will be conducted at the end of semester for evaluation of performance of students in laboratory.



Reference Books:

- [1] Patel, M.K. and Other Authors, (2006), 1st Ed. "Stress, Emotions, Coping and Health", Saurashtra University, Rajkot. P.No. 1, 15, 17, 157,165, 167, 168.
- [2] Patel, S.T. and Other Authors, (1992), 1st Ed. "Psychology and Effective Behaviour", Liberty Publication, Ahmedabad. P.No. 117 to 139.
- [3] Shah, K.N. (2001), 1st Ed. "Psychology and Effective Behaviour", University Book Production Board, Ahmedabad. P.No. 1 to 22.
- [4] Shah, D. R. and Other Authors, (2008-9). 5th Ed, "Psychology and Effective Behaviour", C. Jamnadas Co. Ahmedabad. P.No. 1 to 22.

