



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

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 - 1	Understanding Stress	Hours:10
	• Stress- Concept, Features, types of stress • Relation between Stressors and Stress • Potential Sources of stress- Individual, Organisational, Environmental • Consequences of stress-Physiological, Psychological and Behavioural Symptoms • Stress at the workplace- Meaning and Reasons • Impact of stress on performance • Burnout- Concept, Stress v/s Burnout	
Unit - 2	Managing Stress	Hours:10
	• Pre- requisites of stress-free life • Anxiety- Meaning, Mechanisms to cope up with anxiety • Relaxation- Concept and techniques • Time Management - Meaning, Importance and approaches • Stress Management - Concept and beliefs • Managing stress at individual level • Stress Management Techniques- Organisational Level	
Unit - 3	Stress Management Leading to Success	Hours:10
	• Eustress- Concept, factors affecting Eustress • Stress Management Therapy - Concept and benefits • Stress Counselling - concept and importance • Stress and New Technology • Assessment of stress- Tools and Techniques • Future of stress Management	
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