

Name of the Program: Master of Business Administration (MBA) MBAS 312: STRESS MANAGEMENT		
Course Credits	No. of Hours per Week	Total No. of Teaching Hours
4 Credits	4 hours	56 hours
Pedagogy: Lectures, assignments, Group discussions, seminars and training programmes		
Examination: 30 marks continuous evaluation and 70 marks final examination.		
Objectives: 1. To understand the nature and consequences of stress 2. To understand the impact of stress on work 3. To recognise the stressors, Adaptive and Maladaptive behaviour 4. To engage students in independent and life-long learning. 5. To identify the key issues facing a business or business subdivision. 6. To develop analytical and critical thinking abilities for decision making. 7. To integrate tools and concepts from multiple functional areas		
Course Outcomes: 1. Understand the cognitive variables of stress 2. Learn Managing Work-Life Balance 3. Preparing for better future by reducing the stress. 4. Demonstrate the knowledge in this area and solve complex corporate problems. 5. Identify business opportunities, design and implement innovations in work space. 6. Apply reasoning informed by the contextual knowledge in the given area. 7. Apply ethical principles for making judicious managerial decisions		
Syllabus		Hours
Module No.1: Meaning and nature of stress		
Difference between eustress and distress; Frustration, conflict and pressure; Meaning of stressors; common stressors at work place: Stressors unique to age, gender, personality type, family, social pressure, and insomnia.		
Module No. 2: Cognitive appraisal of stress		
General adaptation to stress; Consequences of stress; Physiological and psychological changes associated with the stress response. Stress and Memory; Stress and Other Cognitive Variables; Stressful environmental conditions on performance.		
Module No.3: Behavioural aspects of Stress		
Adaptive and Maladaptive Behaviour; Individual and Cultural Differences: Sources of Stress-Across the Lifespan; College and Occupational Stress.		
Module No. 4: Stress and Work performance		
Role of communication in managing stress and work performance: Emotional regulation and coping; Emotional intelligence and conflict management: Emotional Basis and Stress; Stress and Conflict in Relationships.		
Module No 5: Stress Intervention		
Performance and Stress Intervention- The relationship between stress and performance; Stress intervention – interpersonal, Management Standards and Management Competencies.		
Module No 6: Strategies of Stress Management		
Prevention of stress Challenging Stressful Thinking; Problem Solving; Emotional and cognitive coping styles: Strategies of Synthesis and Prevention: Resilience and Stress; Optimal		

functioning; Making changes last; Small changes and large rewards. Cognitive Behavioural Therapy (CBT), Importance of Work-life balance.

Module No 7: Preparing for the Future

Care of the Self: Nutrition and Other Lifestyle Issues: Stress reduction practices: Time management; Exercise; Relaxation techniques; yoga; meditation. Importance of sleep and rest.

Books for Reference:

1. Baron .L &Feist.J (2000) Health Psychology 4th edition, USA Brooks/Cole
2. Barlow, Rapee, and Perini(2014), 10 Steps to Mastering Stress: A Lifestyle Approach, USA
3. Clayton, M, (2011).Brilliant stress management How to manage stress in any situation's 1st edition, Great Britain Pearson Education.
4. Cooper, C,& Palmer, S, (2000)Conquer Your Stress, London: Institute of personal development Universities Press
5. Dutta, P,K, (2010) Stress management Himalaya, Himalaya Publishing House
6. Lee, K. (2014). Reset: Make the Most of Your Stress: Your 24-7 Plan for Well-being. Universe Publishing.
7. Ogden.J (2000) Health Psychology 2nd edition Philadelphia, Open university press
8. Olpin, M. & Hesson, M. (2015). Stress Management for Life: A Research-Based Experiential Approach. 4th edition. Wadsworth Publishing.
9. Rice.P.L.(1992) Stress and Health,2nd edition, California, Brooks/Cole
10. Roy,S (2012) Managing stress, Sterling Publication
11. Taylor S.E (1998) Health Psychology 3rd edition, New York. Mc Graw Hill

