

## **BA APPLIED PSYCHOLOGY**

### **Elective Course Title: Stress Management**

**Course Category: PS415**

**Schedule of Offering: 6<sup>th</sup> Semester**

**Course Credit Structure: 3 Credits**

- **Lecture: 3 Hours per week**

**Contact Hours per week: 3 Hours per week**

**Course Instructor: Prof. K. Krishna Mohan**

#### **1. Introduction:**

To introduce the basic concepts of stress and everyday life we experience stress related to various situations. This elective course provides students an understanding how they can make adjustments and manage to cope with stress more effectively. The aim of the course is to help students to gain skills in managing stress.

#### **2. Course Objectives**

- To introduce the basic concepts of stress and everyday life we experience stress related to various situations.
- To develop understanding how they can make adjustments and manage to cope with stress more effectively.
- To study the applications of psychology in stress management.

#### **3. Pre-requisites**

Registration as student in any UG program.

#### **4. Readings & Reference**

Carr, A. (2004). Positive Psychology: The Science of Happiness and Human Strength. UK: Routledge.

Neiten, W. & Lloyd, M.A (2007). Psychology applied to Modern life. Thomson Detmar Learning.

#### **5. Module-wise topics**

##### **Module 1: Introduction to Stress (3 sessions)**

##### **Topics:**

- Nature of stress
- Symptoms of stress
- Models of stress
- Distress and eustress

**Readings:**

Neiten, W. & Lloyd, M.A (2007). Psychology applied to Modern life. Thomson Detmar Learning.

**Module 2 :Sources of stress(14 sessions)****Topics:**

- Environmental
- Social
- Physiological
- Psychological
- Organisational stress
- Life event stress
- PTS

**Readings:**

Neiten, W. & Lloyd, M.A (2007). Psychology applied to Modern life. Thomson Detmar Learning.

**Module 3 : : Stress and Health (14 sessions)****Topics:**

- Emotional response to Stress
- physiological & behavioral Stress
- Effects of stress on health
- Stress pathways
- Obesity
- Hypertension
- Addiction

**Readings:**

Carr, A. (2004). Positive Psychology: The Science of Happiness and Human Strength. UK: Routledge.

Neiten, W. & Lloyd, M.A (2007). Psychology applied to Modern life. Thomson Detmar Learning.

**Module 4 : Managing Stress(14 sessions)****Topics:**

- Stress and Coping
- Emotional focused and problem focused Coping
- Social support and Stress
- Stress Management Methods - yoga, meditation, Vipassana,
- Relaxation techniques,

**Readings:**

Carr, A. (2004). Positive Psychology: The Science of Happiness and Human Strength. UK: Routledge.

Neiten, W. & Lloyd, M.A (2007). Psychology applied to Modern life. Thomson Detmar Learning.

## **6. Pedagogy**

The teaching-learning of the course would be organized through lectures, experiential exercises, presentations. Students would be encouraged to develop an understanding of real life issues and participate in the course and practices in the social context. Practicum is incorporated as an important component in most of the course. ICT and mass media and web based sources (like documentaries, videos, films etc.) will used to make the teaching-learning process interactive, interesting and fruitful.

## **7. Evaluation Pattern**

The mode of evaluation would be through a combination of examination (Mid and End semester Exam) 70 marks and internal assessment is 30 marks. The internal assessment include individual and group presentations and practicum submissions as a part of the overall assessment of the students.

- End Semester Examination: 40%
- Mid Semester Examination: 30%
- Group/Individual Presentation: 15 %
- Practicum: 15 %