

MBA II Year	MBA-E338/438		Semester-III/IV		
	Stress Management				
Time Allotted for End Semester Examination	Marks Allotted for Internal Assessment	Marks Allotted for End Semester Examination (ESE)	Maximum Marks (MM)	Total Credits	Maximum Hours
<b>3 Hrs.</b>	<b>30 (20+10)</b>	<b>70</b>	<b>100</b>	<b>03</b>	<b>40</b>

**OBJECTIVE:** The objective of this course is to make students aware of stress and its management techniques.

- Meaning; Nature of Stress; Occupational Stressors: Role Stress, Managerial Stress; Sources and Causes. **Case Study 1:** Managing Stress and Worklife Balance, Stress Takes its Toll.  
(8 hours)
- Stress and Personality: Behavioral and Situational Modifiers; Stress Motivation and Performance.  
(8hours)
- Managerial Implications of Stress: Leadership Styles in Stressful Situations and non-stressful situations; Decision making and Stress. **Case Study 2:** More than Paychecks.  
(8hours)
- Sources of Stress: Individual Stressors, Group Stressors, Organisational Stressors; Physical, psychological and Behavioral indicators of stress.  
(8hours)
- Stress Management Techniques: Coping with Stress; Individual Coping Strategies, Organisational Coping Strategies, Relaxation Techniques.  
(8hours)

**SUGGESTED READINGS:**

1. Cranwell, J., & Abbey, A. (2005). *Organizational Stress*, Palgrave Macmillan, USA.
2. Clayton, M. (2011). *Brilliant Stress Management: How to Manage Stress in Any Situation*. Prentice Hall, New York
3. Greenberg, J.S. (2008). *Comprehensive Stress Management*, McGraw Hill, New Delhi.
4. Herbert, B. (2006). *Stress Management: Techniques for Easing and Preventing Stress*, Harvard Health Publications, USA.
5. Lehrer, P.M., Woolfolk, R.L., & Sime, W.E. (2007). *Principles and Practice of Stress Management*, Guildford Press, New York
6. Quick, J.C. (2013). *Preventive Stress Management in Organizations*, Washington DC: American Psychological Association, USA
7. Sutherland. V.J. & Cooper, C.L. (2000) *Strategic Stress Management: An Organizational Approach*, London: Macmillan Business, New Delhi.
8. Short, E. (2001). *Strategic Stress Management: An Organizational Approach*, Emerald Group Publishing Limited, UK
9. Turkington, C. (1997). *Stress Management for Busy People*, McGraw Hill, New Delhi.
10. **Case Study 1:** Aithal, P.S. (2016-2017). Organization Behaviour. Chapter-8, Case 9, Managing Stress And Worklife Balance : Stress Takes Its Toll. Organizational Change And Development : Spooked by Computres. *Institute of Management Studies, Manglore-575001*.pp. 21-22