

BA II Year	SEC-1	BPY-S301 Managing Stress		Semester-III	
Total Lectures	Time Allotted for End Semester Examination	Marks Allotted for Internal Assessment	Marks Allotted for End Semester Examination (ESE)	Maximum Marks (MM)	Total Credits
60	3 Hrs.	30	70	100	04

NOTE: The question paper shall consist of two sections (Section-A and Section-B). Section-A shall contain 10 short answer type questions of six marks each and student shall be required to attempt any five questions. Section-B shall contain 8 descriptive type questions of ten marks each and student shall be required to attempt any four questions. Questions shall be uniformly distributed from the entire syllabus. The previous year paper/model paper can be used as a guideline and the following syllabus should be strictly followed while setting the question paper.

Learning Outcomes:

- Acquire skills of evaluating stress level of individuals undergoing stress
- Map existing cognitive resources for stress in an individual
- Learn skills of stress management techniques to resolve stress in self and others
- Develop plan of psychological management of stress

UNIT-I	Introduction	<ul style="list-style-type: none"> • Meaning and Characteristics of stress, • Symptoms of Stress (Emotional, Cognitive, Physical and Behavioral), • Causes of stress, Lectures -10 • Types of stress, • Reaction to Stress, • Stress and Health 	Lectures -20
UNIT-II	Model and Theory of Stress:	<ul style="list-style-type: none"> • Selye's GAS Model, • Lazarus's Cognitive theory of stress, • Theory of Helplessness 	Lectures -10
UNIT-III	Coping with Stress	<ul style="list-style-type: none"> • Meaning of Coping, • Types of coping strategies (Emotion focused coping and Problem focused coping) 	Lectures -10
UNIT-IV	Stress Management	<ul style="list-style-type: none"> • Cognitive restructuring, • Behavioral skill training, • Biofeedback training, • Relaxation training (Yoga Nidra, Meditation, Yogic breathing, Asanas, Jacobson Relaxation training), • Environmental changes approach 	Lectures -20

BOOKS RECOMMENDED:

1. C.P. Khokhar (2007). A Text Book of Stress, Coping and Health, Shalabh Publication, Shastri Nagar, Meerut
2. DiMatteo, M.R. & Martin, L.R.(2017). Health psychology. New Delhi:
3. Pearson. Neiten, W. & Lloyd, M.A (2007). Psychology applied to Modern life. Thomson Detmar Learning
4. Taylor, S.E. (2012). Health psychology, 7th Edition. New Delhi: Tata McGraw Hill.