

SEMESTER-III		CODE: MPY –E316	PAPER TITLE: STRESS MANAGEMENT	
Credit	Time	Internal Assessment	End Semester Examination	Total Marks
05	03 Hours	20+10=30 Marks	70 Marks	30+70=100 Marks
LEARNING OUTCOMES: <ol style="list-style-type: none"> 1. Acquire skills of evaluating stress level of individuals undergoing stress 2. Map existing cognitive resources for stress in an individual 3. Learn skills of stress management techniques to resolve stress in self and others 4. Develop plan of psychological management of stress 				
UNIT-I	Concept of Stress and Health	<ul style="list-style-type: none"> • Concept of stress, health and wellbeing • Selye’s General Adaptation Syndrome • Fight and flight response • Stress and Illness • Effects of Long-Term Stress 		
UNIT-II	Emotions, Stress and Coping and Relevant Assessment Tools	<ul style="list-style-type: none"> • Coping mechanisms, types • Social support system • Negative emotions • Emotional regulation • Cognitive emotional regulation • Coping resources: Resilience, Optimism , Self-efficacy, Hope 		
UNIT-III	Relaxation and Biofeedback	<ul style="list-style-type: none"> • Concept and theory of biofeedback • Relaxation and Meditation- JPMR, Autogenic Training, Yognidra, Meditation, Mindfulness based stress reduction • Biofeedback modalities-GSR, EMG, ECG, Pulse, Respiration, Thermal, EEG 		
UNIT-IV	Psychological Approaches Specifically with reference to Stress Management	<ul style="list-style-type: none"> • Psychoeducation • Supportive psychotherapy • Anxiety management training • Cognitive-behavioural approach to stress management • Problem solving approach • Solution Focused Therapy 		
UNIT-V	Other Approaches to Stress Management	<ul style="list-style-type: none"> • Coping Skill Training • self observation, self monitoring and Self control • Guided imagery • Yoga • Psychological immunity • Psychological first aid 		
Books Recommended: <ol style="list-style-type: none"> 1. Munesh Chakravorty, Benu Gupta and SK Chakravorty (2019) Yoga and Stress Management. FRIENDS PUBLICATION ISBN-13: 978 -8172165680 2. Vasant Kothari (2020) Psychotherapeutic Methods. Spring Season Publications. ISBN-13: 978-8194331407 3. M.B. Ghorpade & V. Kumar (1988): Introduction to Modern Psychotherapy. Bombay. Himalaya Publishing House 4. Jonathan Horowitz (2017) Stress: The Psychology of Managing Pressure ISBN-13: 978 -1465464309 5. Jonathan C. Smith (2002) Stress Management: A Comprehensive Handbook of Techniques and Strategies. Springer Publishing ISBN-13: 978 -0826149473 6. Eva Selhub (2020) The Stress Management Handbook. Skyhorse ISBN-13: 978 -1510751941 7. Mark S. Schwartz and Frank Andrasik (2005) Biofeedback: A Practitioner's Guide. Guilford Press ISBN-13: 978-1593852337 8. Charles W. Fetrow and Juan R. Avila (2003) Professional's Handbook of Complementary and Alternative Medicines Springhouse Publishing ISBN-13: 978-1582552439 				
Pattern of Theory Question Paper: The theory paper will consist of two sections. Section-A will be of 30 marks in which 10 short answer type questions will be asked and the student will have choice to answer any five questions, each question will carry 06 marks. The Section-B shall be of 40 marks and will contain 08 questions of long answer type and the student will have a choice to answer any four questions. Each question will carry 10 marks. The examiner will be required to set up a question paper covering the entire syllabus uniformly.				