



BACHLOR OF BUSINESS ADMINISTRATION
BBA (ISM) Semester – I

Course Code	UM1SEBBS01	Title of the Course	Stress Management
Total Credits of the Course	2	Hours per Week	2

Course objectives	1. To examine the effect of stress in work life.
	2. To analyze causes of stress in organization.
	3. To evaluate Stress management techniques.

Course Content		
Unit	Description	Weightage (%)
1.	<p>STRESS:</p> <p>Meaning, Definition Characteristics of stress</p> <p>Main Areas of stress: Performance Boredom Fear of Unknown Grief</p> <p>Types of stress:</p> <ul style="list-style-type: none"> • Individual stress V/s Group stress • Productive stress V/s Dysfunctional work stress • Mild stress V/s Strong stress • Potential stress V/s Actual stress • Psychical, Psychological V/s Behavioral stress <p>Potential Sources of Stress:</p> <ul style="list-style-type: none"> • Environmental Factors: • Economic Environment • Political & Government Environment • Technological Environment <p>Organizational Factors:</p> <ul style="list-style-type: none"> • Tasks Demands • Organizational Structure • Organizational Leadership <p>Individual Factors:</p> <ul style="list-style-type: none"> • Family Issues • Personality Factors • Boredom V/s Monotony 	50 %





2.	<p>STRESS MANAGEMENT:</p> <p>Stress and Coping Mechanism</p> <p>Individual Coping Strategies:</p> <ul style="list-style-type: none"> • Physical Exercise • Relaxation • Work Home Transition • Cognitive Therapy • Net Working <p>Organizational Coping Strategies:</p> <ul style="list-style-type: none"> • Supportive Organizational Climate • Job Enrichment • Organizational Role Clarity • Career Planning and Counselling • Stress Control workshop & Employee Assistance programmes 	50%
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Teaching – Learning Methodology	Class Room Teaching
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Evaluation Pattern		
Sr. No.	Details of the Evaluation	Weightage
1.	Internal Written (As per CBCSR.6.8.3)	15%
2.	Internal Continuous Assessment in the form of Quizzes, Seminars, Assignments, Attendance (As per CBCS R.6.8.3)	15%
3.	University Examination	70%

Course Outcomes	
1.	Student will learn various causes of stress in work life and finds ways to overcome it.
2.	Techniques to be used in stress management.
3.	Understand the impact of stress on psychology of human being.

Suggested References





Sr.No.	References
1	Principles and Practice of Management: S. Sachdeva, Laxmi Narain Agrawal , Agra.
2	Organizational Behavior: L. M. Prasad Sultan Chand & Sons.

On-line resources to be used if available as reference material

On-line Resources

1.

