

## STRESS MANAGEMENT

Semester	Subject Code	Category	Lecture		Theory		Practical	Credits
			Hrs/ Week	Hrs/ Sem	Hrs/ Week	Hrs/ Sem		
IV	21SPS4A	SBS-II	02	30	01	15	15	02

### COURSE OBJECTIVE

This course helps the student to understand about stress and managing techniques to reduce Stress.

### COURSE OUTCOMES

On successful completion of the course, students will be able to

CO Number	CO Statement	Knowledge Level (K1-K4)
CO1	List the nature and potential effects of Stress	K1
CO2	Describe the goals and coping styles of stress	K2
CO3	Apply different approaches for managing stress	K3
CO4	Classify various interventions to cope up with stress	K3
CO5	Combine various alternative techniques for stress management	K4

### MAPPING WITH PROGRAMME OUTCOMES

COS	PO1	PO2	PO3	PO4	PO5	PO6
CO1	S	S	M	M	M	M
CO2	S	S	S	S	M	M
CO3	S	S	S	S	S	S
CO4	S	S	S	S	S	S
CO5	S	S	S	S	S	S

**S- Strong M-Medium L-Low**

## **UNIT-I**

**6 Hours**

### **THE NATURE OF STRESS**

Definition - Major Type of Stress: Frustration-Conflict-Change-Pressure.

Response Twisters: Emotional Responses-Physiological Responses-Behavioral Responses.

The Potential Effects of Stress- Factors influences in stress tolerance.

## **UNIT-II**

**6 Hours**

### **STYLES OF COPING**

Meaning and definition of coping - Common coping patterns-The Nature of contracting coping-

Types of Coping: Appraisal focused coping-Problem focused coping-Emotional focused coping.

## **UNIT-III**

**6 Hours**

### **STRESS MANAGEMENT TECHNIQUES**

Setting New Goal-Positive Self Talk-Relaxation training-Time management and planning-

Assertiveness training-Bio feedback

## **UNIT-IV**

**6 Hours**

### **COPING INTERVENTIONS**

Physical Control- Emotional Control- Spiritual Control- Social Support - Systematic

Desensitization-Cognitive Modification -Rational Emotional Therapy (RET)-Mindfulness

## **UNIT-V**

**6 Hours**

### **ALTERNATIVE TECHNIQUES**

Meditation-Exercise-Play Therapy-Sharing and Ventilating-Hypnosis-Yoga-Nutrition and Diet-

Cultivating Happiness-Laughter Therapy -Mental Imaginary-Massage Therapy-Self Hypnosis-

Leisure and recreation

### **Practicum:**

*(Note: Minimum of any two practicum should be carried out)*

- Discussion on the individual perception of stress (Stress lies in the eyes of the beholder)
- Application of Psychological Assessment related to stress
- Identify the cause of stress in your life
- Observing physiological changes in stressful situation

- Finding the relation between stress and health issues
- Demonstration and Practice of few coping techniques in class
- Demonstration and practice of relaxation techniques, meditation, mental imaginary, Yoga, Self-hypnosis, Laughter therapy

**Distribution of Marks: Theory 100% and Problems 0%**

**TEXT BOOKS:**

S.No	Authors	Title	Publishers	Year of Publication
01	Shelley E.Taylor	Health Psychology (6 <sup>th</sup> Edition)	Tata MCgraw	1995
02	V.Rajasenannair	Life Skill and Personality And Leadership	RGNIYD Sriperumbudur	2010

**REFERENCE BOOKS:**

S.No	Authors	Title	Publishers	Year of Publication
01	Paul.M.Lehrer	Principles and practices of stress management (3 <sup>rd</sup> Edition)	The Guilford Press, NewYork	2007
02	Kimberley.V.Oxington	Psychology of Stress	Nova Biomedical Books, New York	2005

**WEB SOURCES:**

- ❖ <https://www.slideshare.net/gulrukhhashmii/stress-and-health-24424410>
- ❖ <https://www.verywellmind.com/stress-and-health-3145086>
- ❖ <https://www.sketchbubble.com/en/presentation-coping-with-stress.html>
- ❖ <https://books.google.co.in/books?id=ThUvwUNjvUC&printsec=frontcover&dq=stress+management+in+psychology&hl=en&sa=X&ved=2ahUKEwiI9IW9cfqAhV7IbcAHWxCDUgQ6AEwCHoEACQAg#v=onepage&q=stress%20management%20in%20psychology&f=false>

- ❖ <https://books.google.co.in/books?id=G0W7P3Sxt1QC&printsec=frontcover&dq=stress+management+in+psychology&hl=en&sa=X&ved=2ahUKEwiI9IW9cfqAhV7IbcAHWxCDUgQ6AEwAXoECAMQAg#v=onepage&q=stress%20management%20in%20psychology&f=false>
- ❖ <https://www.pinterest.com/DeStressMonday/stress-management-tips/>
- ❖ <https://www.helpguide.org/articles/stress/stress-management.htm>
- ❖ <https://www.slideshare.net/mobile/Rajavignesh10/stress-management-techniques-66406920>
- ❖ [https://www.medicinenet.com/stress\\_management\\_techniques/article.htm#](https://www.medicinenet.com/stress_management_techniques/article.htm#)
- ❖ <https://www.psychologytoday.com/us/blog/natural-standard/201208/alternative-therapies-stress-and-anxiety>
- ❖ <https://www.slideshare.net/mobile/ashokkumar1761/relaxation-therpy>

### **TEACHING METHODOLOGIES:**

- Discussion
- Demonstration
- Assignment and Seminar
- Peer teaching.

### **SYLLABUS DESIGNER:**

**Mrs.R.Safina Selva**

*Head and Assistant Professor of Psychology*

*DKM College for Women (Autonomous)*