



Bachelor of Business Administration
BBA (General) - Semester – I

Course Code	UM01SEBBA01	Title of the Course	Stress Management
Total Credits of the Course	02	Hours per Week	02

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: Meaning, Definition Characteristics of stress, Main Areas of stress: Performance Boredom Fear of Unknown Grief</p> <p>Types of stress: 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, Psychological V/s Behavioral stress</p> <p>Environmental Factors: Economic Environment, Political & Government Environment, Technological Environment</p> <p>Organizational Factors: Tasks Demands, Organizational Structure , Organizational Leadership</p> <p>Individual Factors: Family Issues, Personality Factors , Boredom V/s Monotony</p>	50 %
2.	<p>CAUSES OF STRESS & STRESS MANAGENT:</p> <p>Individual Stress: Life & Career changes ,Personality Type , Role Characteristics</p> <p>Group Stressor: Lack of group Cohesiveness , Lack of social support , Conflict</p> <p>Effects of Stress: Eustress Distress ,Physical Problems ,Psychological Problems Burnout and Rust out</p> <p>STRESS MANAGEMENT:</p> <ul style="list-style-type: none"> • Physical Exercise • Work Home Transition • Cognitive Therapy • Organizational Coping Strategies: • Job Enrichment • Organizational Role Clarity • Career Planning and Counseling • Stress Control workshop & Employee Assistance programmes 	50 %





Teaching –Learning Methodology	Class Room Teaching, Lectures, Case Discussion, Video and Presentation
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Evaluation Pattern		
Sr. No.	Details of the Evaluation	Weightage
1.	Internal Written(As per CBCSR.6.8.3)	15%
2.	InternalContinuousAssessmentintheformofQuizzes,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 physochology 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. https://indiafreenotes.com/potential-source-of-stress-environmental-organizational-and-individual/
2. https://courses.lumenlearning.com/wm-organizationalbehavior/chapter/sources-of-stress/
3. https://businessjargons.com/job-enrichment.html
4. https://ccsme.org/wp-content/uploads/2017/10/2017.10.24-The-12-Core-Functions.pdf



