



**BACHLOR OF BUSINESS ADMINISTRATION**  
**BBA (ISM) Semester – I**

<b>Course Code</b>	UM01SEBBS01	<b>Title of the Course</b>	<b>Stress Management</b>
<b>Total Credits of the Course</b>	<b>2</b>	<b>Hours per Week</b>	<b>2</b>

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

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





<b>2.</b>	<p><b>STRESS MANAGEMENT:</b></p> <p>Stress and Coping Mechanism</p> <p>Individual Coping Strategies:</p> <ul style="list-style-type: none"> <li>• Physical Exercise</li> <li>• Relaxation</li> <li>• Work Home Transition</li> <li>• Cognitive Therapy</li> <li>• Net Working</li> </ul> <p>Organizational Coping Strategies:</p> <ul style="list-style-type: none"> <li>• Supportive Organizational Climate</li> <li>• Job Enrichment</li> <li>• Organizational Role Clarity</li> <li>• Career Planning and Counselling</li> <li>• Stress Control workshop &amp; Employee Assistance programmes</li> </ul>	<b>50%</b>
-----------	---	------------

<b>Teaching –Learning Methodology</b>	Class Room Teaching
---------------------------------------	---------------------

<b>Evaluation Pattern</b>		
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%

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

<b>Suggested References</b>
-----------------------------





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.

\*\*\*\*\*

