

SARDAR PATEL UNIVERSITY
PROGRAMME: B.COM. (HONS') (3 Years)
(International Accounting and Corporate Banking & Insurance)
(Under Choice Based Credit System Based on UGC Guidelines)
Syllabus with effect from: December-2020
Semester: VI

Paper Code: UB06SCOH22	Total Credits: 3
Title of Paper: Stress Management	
Objective : The objective of this course is to understand how stress affects productivity and the sources and causes of stress. It gives knowledge about various strategies of stress management and different methods of relieving stress to increase overall productivity. It also touches upon the concept of counseling and its functions.	

Unit No.	Description in Detail	Weightage
1	Stress <ul style="list-style-type: none"> • Meaning & Definition of stress • Characteristics of stress • Main Areas of stress • Types of stress: • Potential Sources of Stress <ul style="list-style-type: none"> - Environmental Factors - Organizational Factors - Individual Factors 	25%
2	Causes Of Stress <ul style="list-style-type: none"> • Individual Stress • Group Stressor • Organizational Stress • Extra Organizational Stressors • Effects of Stress 	25%
3	Stress Management <ul style="list-style-type: none"> • Stress and Coping Mechanism • Individual Coping Strategies <ul style="list-style-type: none"> - Physical Exercise - Relaxation - Work Home Transition - Cognitive Therapy - Net Working • Organizational Coping Strategies <ul style="list-style-type: none"> - Supportive Organizational Climate - Job Enrichment - Organizational Role Clarity - Career Planning and Counseling - Stress Control workshop & Employee Assistance programmes 	25%

4	Counseling <ul style="list-style-type: none"> • Meaning (Concept) • Functions of Counseling <ul style="list-style-type: none"> - Advice - Reassurance - Communication - Release of Emotional Tension - Clarified Thinking - Reorientation • Types of Counseling <ul style="list-style-type: none"> - Directive Counseling - Participative Counseling - Non-directive Counseling - Stress Management Based On Indian Philosophy 	25%
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Evaluation : Internal : 40 Marks (Theory)
: External: 60 Marks (Theory) – Two Hours Examination

Reference Books:

- Principles and Practice of Management: S. Sachdeva, Laxmi Narain Agrawal , Agra.
- Organizational Behavior: L. M. Prasad Sultan Chand & Sins.