

As Per NEP 2020

University of Mumbai



Syllabus for Basket of OE	
Board of Studies in Psychology	
UG First Year Programme	
Semester	I
Title of Paper	Credits 2/ 4
I) Stress Management I	2
From the Academic Year	2024-25

OE1: Stress Management I

Sr. No.	Heading	Particulars
1	Description the course: Including but Not limited to:	The course is designed to understand stress, response to stress, coping and various coping mechanisms that people in general use in various settings in life. It introduces to a important connection between stress and stress management with physical and mental health. The course provides a guideline for managing stress in work, family and personal life. It also tries to bring upon aspects of Indian life and its association with stress and its management. Various interventions discussed are useful for people in general and psychologist and in particular. The four units include stress and stress psychophysiology and Stress and Illness/Disease and Intervention; Intrapersonal and interpersonal life-situation Interventions and Relaxation techniques; Exercise and strategies for decreasing stressful behaviors and Occupational Stress; Stress: Family and Elderly
2	Vertical :	Major/Minor/ Open Elective /Skill Enhancement / Ability Enhancement/Indian Knowledge System
3	Type :	Theory
4	Credit:	2 credits (1 credit = 15 Hours for Theory or 30 Hours of Practical work in a semester)
5	Hours Allotted :	30 Hours
6	Marks Allotted:	50 Marks
7	Course Objectives: 1) To understand concept of stress 2) To impart knowledge and understanding of the basic concepts and modern trends in Stress Management 3) To foster interest in Stress Management as a field of study and research 4) To make the students aware of the practical applications of the various concepts in Stress Management in daily life, in the Indian context 5) To learn about psychophysiology and Stress and Illness/Disease	

8	Course Outcomes: 1) Students are able to find and explain various concepts of stress. 2) Students can explain the role of psycho physiology plays in stress, illness and disease. Students can give example and site researches for the same. 3) Students can compare different types of stressors and contrast to them to different kind of situations. 4) Students can explain Intrapersonal and interpersonal Interventions to manage stress.
9	Modules:-
	Module 1: Stress and stress psychophysiology and Stress and Illness/Disease and Intervention (15 Hours)
	1. The pioneers, stress theory, the stressor, stress reactivity, definition of stress, stress management goals 2. Stress psychophysiology: Brain, Endocrine system, autonomic nervous system, cardiovascular system, gastrointestinal system, muscles and skin, symptoms and stress 3. Hot reactors, psychosomatic disease, stress and the immunological system, stress and serum cholesterol, specific conditions, posttraumatic stress disorder, stress and other conditions 4. Intervention: a model of stress, setting up roadblocks, comprehensive stress management, eustress and a model, taking control and making a commitment
	Module 2: Intrapersonal and interpersonal life-situation Interventions and Relaxation techniques (15 Hours)
	1. Intrapersonal Interventions: eliminating unnecessary stressors, nutrition and stress, noise and stress, life events and stress, hassles and chronic stress, success analysis 2. Interpersonal Interventions: asserting oneself, Conflict resolution, communication, time management, social support networking 3. Meditation and autogenic training and Imagery 4. Progressive relaxation, biofeedback and other relaxation techniques
10	Text Books: Greenberg, J. S. (2008). Comprehensive Stress Management. (10th ed). New York: McGraw Hill publications.
11	Reference Books: 1) Olpin, M. & Hesson, M. (2021). Stress Management for Life: A Research-Based Experiential Approach. 5th Edition 2) Bam, B. P. (2008). Winning Habits: Techniques for Excellence in Sports. New Delhi: Pearson Power, Dorling Kindersley India pvt ltd. 3) Hariharan, M., & Rath, R. (2008). Coping with Life Stress: The Indian Experience. New Delhi: Sage publications India pvt ltd. 4) Rice, P.L. (1999). Stress and Health. (3rd ed). Brooks/Cole publishing co.

12	Internal Continuous Assessment: 40% 20 Marks	External, Semester End Examination 60% Individual Passing in Internal and External Examination : 30 Marks
13	Continuous Evaluation through: (20 marks) a) Question Paper Pattern for Class Test Examination (10 Marks) 1. Fill in the Blanks/ match pairs/ MCQ/True False (All are compulsory): 5 Marks 2. Short Notes (Any Three out of Five) 5 Marks b) Completion of following activities as a part of CIE (10 Marks) Classroom Presentations/ Assignments /Movie Review / Essay Submission/ Book review/ Field Visit Report / Educational Activity Report/ Presentation / Role play/ creative writing assignment: 10 Marks	
14	(B) External / Semester End Examination Marks: 30 Time: 1 Hours Each question is for 15 marks. Two out of Three questions to be attempted. Q.1 Fill in the blanks (Based on all units). Marks 15 Q.2 Essay Type Questions (Based on Unit I). Marks 15 Q.3 Essay Type Questions (Based on Unit II). Marks 15	

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