

NIRMA UNIVERSITY
Institute of Management
Master of Business Administration (Full Time) Programme/
Integrated Bachelor of Business Administration-Master of Business
Administration Programme/
Master of Business Administration (Family Business &
Entrepreneurship) Programme

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Course Code	MFT5SEOB08 MBM5SEOB08 MFB5SEOB07
Course Title	Stress Management

Course Learning Outcomes (CLO):

At the end of the course, the students will be able to:

1. Explain the concept of stress and identify its causes.
2. Appraise the role of stress and coping in human wellbeing, communication, relationships, academic and work performance.
3. Evaluate stress management techniques pertinent to personal and professional functioning.
4. Design an action plan to manage stress at individual and organizational level.

Syllabus

Teaching Hours

<p>Unit I:Defining and Assessing Stress</p> <ul style="list-style-type: none"> • Understanding Stress: Definition & Causes • Sources of Managerial Stress • The Stress Response • Symptoms of Stress 	04
<p>Unit II: Stressors and Their Impact</p> <ul style="list-style-type: none"> • Role Stress • Burnout • Stress and Conflict • Stress and Personality • Stress and Performance • Work Life Balance and Stress • Stress and Productivity 	06
<p>Unit III: Coping with Stress</p> <ul style="list-style-type: none"> • Understanding the Coping Process • Managing Stress – Skills & Techniques • Psychological Capital • Assertiveness Training • Relaxation & Stress, • Organizational Strategies for Managing Stress • Stress Audit. 	05

Suggested Readings:

1. Lee, K, *Reset: Make the Most of Your Stress: Your 24-7 Plan for Well-being*. Bloomington iUniverse Publishing.
2. Olpin, M., & Hesson, M., *Stress Management for Life: A Research-Based Experiential Approach*. USA: Wadsworth Publishing.
3. Pestonjee, D.M., *Stress & Coping: The Indian Experience*. New Delhi: Sage Publications.
4. Pestonjee, D.M., & Pandey, S., (Ed). *Stress and Work: Perspectives on Understanding and Managing Stress*. NewDelhi: Sage Publications.

w.e.f. Academic Year 2019-20 and onwards