

Agenda No.2.03 in AC and

Date: 23/03/2022

University of Mumbai



Vidya Prasarak Mandal's

K.G. Joshi College of Arts & N.G. Bedekar College of Commerce

(Autonomous)

(Affiliated to University of Mumbai)

Program: B.A.

Specific Programme: Psychology – JBCUAPSY

Syllabus for SYBA (Psychology)

Year of Establishment: 1969

Year of Upgrading: 2022-2023

Specific Programme: Psychology – JBCUAPSY

PREAMBLE

Psychology is the science of mind and behaviour. The formation of Psychology as a separate academic discipline can be traced back to the establishment of a Psychology laboratory in Leipzig by Wilhelm Wundt. Since then, the field has flourished as a multifaceted discipline that includes many sub-fields. In the three-year duration students are expected to develop comprehensive knowledge of fundamental concepts in Psychology as well as explore the art of research and practice in Psychology. Students are taught various topics including Cognitive Psychology, Statistics and Testing, Developmental Psychology, Social Psychology, Counseling, Abnormal Psychology and Industrial Psychology. The curriculum aims at creating a foundation for further career into the field.

Programme Duration: Three years (Entire BA Course)

Mode of Delivery: Offline (Online, in case of emergency)

Semester III

Applied Component C: Stress Management

Course Nomenclature: Introduction to Stress Management

Course Code: JBCUASM301

DISTRIBUTION OF TOPICS AND CREDITS

Paper No	Paper Name	Semester	Course Nomenclature	Course Code	Credits
Applied Component Option C	Stress Management	III	Introduction to Stress Management	JBCUASM301	2
		IV	Application to Stress Management	JBCUASM401	2

COURSE OUTCOMES

1. To impart knowledge and understanding of the basic concepts and modern trends in Stress Management
2. To foster interest in Stress Management as a field of study and research
3. To make the students aware of the practical applications of the various concepts in Stress Management in daily life, in the Indian context.

Syllabus

Unit 1. Stress and Stress Psychophysiology

- a) The pioneers, stress theory, the stressor, stress reactivity, a definition of stress, stress management goals
- B) Stress psychophysiology: the brain, endocrine system, autonomic nervous system, cardiovascular system, gastrointestinal system, muscles and skin, symptoms and stress

Unit 2. Stress and Illness/ Disease and Intervention

- a) Hot reactors, psychosomatic disease, stress and the immunological system, stress and serum cholesterol, specific conditions, post-traumatic stress disorder, stress and other conditions

b) Intervention – coping with a stressor, a model of stress, setting up roadblocks, comprehensive stress management, eustress and the model, taking control and making a commitment

Unit 3. Intrapersonal and Interpersonal Life-Situation Interventions

a) Intrapersonal Interventions: – Eliminating unnecessary stressors, nutrition and stress, noise and stress, life events and stress, hassles and chronic stress, success analysis

b) Interpersonal Interventions – asserting oneself, conflict resolution, communication, emotional intelligence, techno stress, time management, social support networking

Unit 4: Self – Direction in a changing world

a) Social change

b) The challenge of Self-direction

c) Themes of personal growth

REFERENCES

Greenberg, J. S. (2013). *Comprehensive Stress Management*. (13th ed). New York: McGraw Hill publications.

1) Abascal, J. R., Brucato, D., Brucato, L., & Chauhan, D. (2001). *Stress Mastery: The Art of Coping Gracefully*. Indian subcontinent adaptation 2012, New Delhi: Dorling Kindersley India pvt ltd

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.

5) Schafer, W. (2002). *Stress Management*. (4th ed). New Delhi: Wadsworth Cengage Learning India pvt ltd; first Indian reprint 2008

7) Wilson, E. (2007). *Stress Proof Your Life: 52 Brilliant Ideas for Taking Control*. New Delhi: Pearson Power

Modality of Assessment

A. Internal Assessment: 40% - 40 Marks

Sr. No.	Evaluation Type	Marks
1	Written Test	20
2	Assignment / Project	15
3	Class Participation	05
	Total	40

B. External Assessment: 60% - 60 Marks

Semester End Theory Examination

Time: 2 Hours

NB. 1. All questions are compulsory.

2. Each question has internal options.

3. Figures to the right indicate marks.

1. Full length question (Module 1) 15

OR

A. Short question (Module 1) 8

B. Short question (Module 1) 7

2. Full length question (Module 2) 15

OR

A. Short question (Module 2) 8

B. Short question (Module 2) 7

3. Full length question (Module 3)	15
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OR

A. Short question (Module 3)	8
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B. Short question (Module 3)	7
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4. Full length question (Module 4)	15
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OR

A. Short question (Module 4)	8
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B. Short question (Module 4)	7
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Semester IV

Applied Component C: Stress Management

Course Nomenclature: Applications to Stress Management

Course Code: JBCUASM401

COURSE OUTCOMES

1. To impart knowledge and understanding of the basic concepts and modern trends in Stress Management
2. To foster interest in Stress Management as a field of study and research
3. To make the students aware of the practical applications of the various concepts in Stress Management in daily life, in the Indian context.

Syllabus

Module 1: Spirituality and Stress

- a) Religion and Spirituality
- b) Spirituality and Health
- c) Close thoughts on Spirituality, health and managing stress, Coping strategies

Unit 2. Relaxation Techniques

- a) Meditation
- b) Autogenic training, imagery and progressive relaxation
- c) Biofeedback and other relaxation techniques

Unit 3. Exercise and Strategies for decreasing stressful behaviors

- a) Physiological arousal interventions: Exercise and health, the healthy way to exercise, principles of exercise, assessing cardio-respiratory fitness, starting an exercise program, choosing an exercise program, exercise and the elderly, exercise – keep it going
- b) Strategies for decreasing stressful behaviors - Health and lifestyle behaviors, health-behavior assessment, selected lifestyle behaviors, barriers to action, locus of control, various methods for decreasing stressful behaviors, application of behavior change techniques, behavior change theories and stress

Unit 4. Occupational Stress

- a) What is Occupational Stress, occupational stress cycle, why is occupational stress of concern, gender and occupational stress, disease and occupational stress
- b) Occupational stressors, the workaholic, burnout, women and work outside the home, working in the home, interventions, managing occupational stress

REFERENCES

Greenberg, J. S. (2013). *Comprehensive Stress Management*. (13thed). New York: McGraw Hill publications.

- 1) Abascal, J. R., Brucato, D., Brucato, L., & Chauhan, D. (2001). *Stress Mastery: The Art of Coping Gracefully*. Indian subcontinent adaptation 2012, New Delhi: Dorling Kindersley India pvt ltd
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OR

A. Short question (Module 1) 8

B. Short question (Module 1) 7

2. Full length question (Module 2) 15

OR

A.Short question (Module 2) 8

B. Short question (Module 2) 7

3. Full length question (Module 3) 15

OR

A.Short question (Module 3) 8

B. Short question (Module 3) 7

4.Full length question (Module 4) 15

OR

A. Short question (Module 4) 8

B.Short question (Module 4) 7