

BA II Year		BPY-S301		Semester-III	
SEC-1		Managing Stress			
Total Lectures	Time Allotted for End Semester Examination	Marks Allotted for Internal Assessment	Marks Allotted for End Semester Examination (ESE)	Maximum Marks (MM)	Total Credits
60	3 Hrs.	30	70	100	04

NOTE: The question paper shall consist of three sections (Sec.-A, Sec.-B and Sec.-C). Sec.-A shall contain 10 objective type questions of one mark each and student shall be required to attempt all questions. Sec.-B shall contain 10 short answer type questions of four marks each and student shall be required to attempt any five questions. Sec.-C shall contain 8 descriptive type questions of ten marks each and student shall be required to attempt any four questions. Questions shall be uniformly distributed from the entire syllabus. The previous year paper/model paper can be used as a guideline and the following syllabus should be strictly followed while setting the question paper.

Objective: To understand the main symptoms and sources of stress and learn ways of coping with stress.

Unit 1: Introduction: Meaning and Characteristics of stress, Symptoms of Stress (Emotional, Cognitive, Physical and Behavioral), Causes of stress, Types of stress, Reaction to Stress, Stress and Health

Unit 2: Model and Theory of Stress: Selye's GAS Model, Lazarus's Cognitive theory of stress, Theory of Helplessness

Unit 3: Coping with Stress: Meaning of Coping, Types of coping strategies (Emotion focused coping and Problem focused coping)

Unit 4: Stress Management: Cognitive restructuring, Behavioral skill training, Biofeedback training, Relaxation training (Yoga Nidra, Meditation, Yogic breathing, Asanas, Jacobson Relaxation training), Environmental changes approach

Suggested Readings:

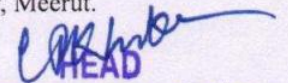
अरुण कुमार सिंह (2010) उच्चतर सामान्य मनोविज्ञान। दिल्ली- मोतीलाल बनारसीदास प्रकाशन।

DiMatteo, M.R. & Martin, L.R.(2002). Health psychology. New Delhi:

Pearson. Neiten, W. & Lloyd, M.A (2007). Psychology applied to Modern life. Thomson Detmar Learning

Taylor, S.E. (2006). Health psychology, 6th Edition. New Delhi: Tata McGraw Hill.

C.P. Khokhar (2007). A Text Book of Stress, Coping and Health, Shalabh Publication, Shastri Nagar, Meerut.


HEAD

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