

Gujarat University

K. S. School of Business Management and Information Technology
[Five Years' (Full – Time) M.B.A. Integrated Degree Course]

First Year B.B.A. (Sem - I)

Code: KS-MBA-SEC-116 A

Understanding and Managing Stress for Healthy Living

Course Credit: 2

Instructions: It is a Skill Enhancement Course with approximately 30 to 35 hours direct teaching in the semester. The course has theoretical portion and activity portion as well. At least two assignments in the semester would be given to the students in this subject.

Objective: For healthy living and better performance, every individual needs to thoroughly understand the nature, causes and effect of stress. The course deals with coping and management strategies which are discussed and applied through physical interventions. The nature of stress, determinant causes, and the physiological and psychological reactions to stress are addressed in the lecture portion of the course. The activity portion of the class will introduce and implement physiological, cognitive and behavioral stress management techniques and exercise programming.

Program Outcomes: The MBA program, offered by the institute, tries to develop analytical and strategic thinking, decision making ability and communication skills of the students. It tries to make them competent and responsible professionals to be able to become a part of the growing business and corporate sector of India. As India is slowly paving its way ahead and emerging as a global superpower, the young generation should be the agent of positive change and development of the country. The program provides knowledge, skills and proficiency to create well-read responsible graduates who are an asset for the society.

Course Outcomes: After attending this course, a student should be able to understand his own causes of stress and how to cope with it to maintain stress at optimal level. The student will know the importance of physical activities in managing stress.

Detailed Syllabus:

Module 1:

[50%]

- Understanding stress, physiology of stress, symptoms of stress- behavioral, mental, emotional, physical, imagery, cognitive and interpersonal, eustress and distress.

Practical: Self-Assessment test to measure stress.

- Different types of stress-acute, episodic acute, chronic stress. Stress and illness-a 'job strain' model. Stressors and stress factors-external and internal psychological stressors.

Module 2:**[50%]**

- Response to stress-General Adaptation syndrome (GAS), coping with stress – a 5 step framework, Physical techniques to cope up with stress- stretching, breath work, meditation, diet, imagery, rest and laughter.

Practical: to know yourself physically and physiologically and practice the techniques.

- Stress coping strategies: Behavioral, diversion and workplace techniques

Practical: Assessing yourself- a positive thinking assessment Identifying energizers.

Reference Books:

- Handbook for Stress Management Skills by Centre for good Governance (online)
- Stress Management by P. K. Dutta, Himalaya Publishing House
- Personal Stress and Health Management by H. L. Kaila, S. Ravishankar, Upinder Dhar and J. K. M. Nair

Mode of Evaluation:

Continuous Evaluation 30%

Mid Semester Exam 20%

End Semester Exam 50%

Assessment Tools: Test, Quiz, Assignment, Presentation, Project etc.