

Paper –304 STRESS AND HEALTH

1. Main Objective :

- To provide the knowledge of various aspects of stress and health.

2. The Scheme of question paper:

1. The paper will consist four units:
2. Each Unit Should be given equal weight age in examination
3. Total Marks are: 100.

70: External Examination

30: Internal evaluation

(Duration of examination: 3 hours)

UNIT-I Nature and Basic Source of Stress.

Conceptualization of stress : stimulus based model, Response based model, Interaction model, Lazarus and Forman's Transactional model.

General nature of stress

Basic sources / causes of stress : Frustration , Conflict , change and pressure.

UNIT-II Types of Stress

Life events stress

Daily hassles

Occupational / work related / organizational stress:

Cooper's classification of occupational role stressors

Examination stress

UNIT- III Stress and Physical health

Concept of stress

Physiological consequences of stress.

Fight or flight response and appropriateness of this response for today's social stresses.

Hans Selye's GAS

Effects of stress on health (1) Direct effects : Changes in brain , cardiovascular system, endocrine system and immune system (2) Indirect effects : altered life style.

UNIT-IV Stress and Psychological Health, Stress and Health

Psychological consequences of stress : Cognitive Impairment ; Emotional reaction (1) Fear, anxiety and post traumatic stress disorder (2) anger and hostility (3) depression; Burnout – Stress Syndrome (Boss) – its definition and components ; Psychological Disorders in general.

Behavioural consequences of stress : aggression , learned helplessness indulging self.

Stress-its meaning impact and sources-psychological modifiers of stress how stress affects health.

Books

1. Friedman, Howard, S. Health Psychology, Prentice Hall, 2002.
2. Sarafino, Edward, P. Health Psychology : Biopsychosocial Interactions, John Willy & Sons, Inc. 2002.
3. Marks, David, F., Murray, Micheal. Evans, Brain, Carla, Willing., Sage Publishing, 2001.
4. Mishra, G. (Ed). Psychological Perspective on stress and Health Concept Publication, New Delhi, 1999.