

Paper – 404 Stress Management

1. Main Objective :

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

2. The Scheme of question paper:

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

70: External Examination

30: Internal evaluation

(Duration of examination: 3 hours)

Unit – 1 Personality as a factor influencing stress tolerance

General nature of stress

Various personality traits as moderators of stress: Hardiness, Optimism , self-esteem and self-efficacy, Locus of control, Type-A Behaviour pattern (TA BP) – concept, TA BP and stress, TA BP and health , Modifying TA BP.

Unit – 2 Social support as moderator of stress

Concept of social support

Type of social support

Sources of social support

Social support as moderator of stress and as method of coping -stress buffering hypothesis

Some studies on impact of social support

Unit – 3 Stress and Coping

The concept of coping

Common coping patterns of limited value : giving up, striking out of others, including yourself, blaming self, using defensive coping.

The nature of constructive coping

Categories of constructive coping

Unit - 4 Strategies of Coping and Other strategies of stress management

Appraisal focused constructive coping - Ellis's Rational Thinking, Humour as a stress reducer, positive reinterpretation.

Problem focused constructive coping – using systematic problem solving, seeking help- control

Emotion-Focused constructive coping – Releasing pent-up emotions, distracting yourself, managing hostility and forgiving others, meditating , using relaxation procedures.

Yoga

Assertiveness training

Nutrition and exercise