



B. J. VANIJYA MAHAVIDYALAYA

(Autonomous)

(Grant-in-Aid)

(Affiliated to Sardar Patel University)

Vallabh Vidyanagar- 388 120, Dist. Anand, Gujarat, India

Accredited with CGPA of 2.78 on four-point scale at B++ Grade by NAAC

Syllabus as per the NEP 2020 with effect from December - 2024

Bachelor of Commerce (B. Com.)

Semester – II

Course Code	UB02VACOM05	Title of the Course	Stress Management
Total Credits of the Course	02	Hours per week	02

Course Objectives:	<ol style="list-style-type: none">1) To understand the concept of stress its types and potential sources.2) To examine the effect of stress on job performance.3) To understand the causes of stress.4) To understand the stress and stressors of the life.
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Course Content		
Unit No.	Description	Weightage (%)
1)	<p>Stress:</p> <ul style="list-style-type: none">• Meaning, Definition Characteristics of Stress, Symptoms of Stress, Effects of Stress: Eustress Distress, Physical Problems, Psychological Problems, Burnout and Rust out, Main Areas of Stress: Performance Boredom Fear of Unknown Grief• Types of Stress: Individual Stress V/s Group Stress, Productive Stress V/s Dysfunctional Work Stress , Mild Stress V/s Strong Stress, Potential Stress V/s Actual Stress, Psychical, Psychological V/s Behavioral Stress• Environmental Factors: Economic Environment, Political & Government Environment, Technological Environment• Organizational Factors: Tasks Demands, Organizational Structure, Organizational Leadership• Individual Factors: Family Issues, Personality Factors, Boredom V/s Monotony, Stress and Job Performance, Stress Vulnerability	50%
2)	<p>Causes Of Stress & Stress Management:</p> <ul style="list-style-type: none">• Causes of Stress: Individual Stressors, Organizational Stressors, Group Stressors and Extra Organizational Stressors	50%



	<ul style="list-style-type: none"> • Stress Management: Individual Coping Strategies: <ul style="list-style-type: none"> ✓ Physical Exercise ✓ Relaxation ✓ Work Home Transition ✓ Cognitive Therapy ✓ Net Working Organizational Coping Strategies: <ul style="list-style-type: none"> ✓ Supportive Organizational Climate ✓ Job Enrichment ✓ Organizational Role Clarity ✓ Career Planning and Counseling ✓ Stress Control workshop & Employee Assistance programmes 	
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Teaching-Learning Methodology	The course would be taught /learnt through ICT (e.g. Power Point Presentation, Audio-Visual Presentation), Lectures, Group Discussions, Quizzes, Assignments, Case Study and Browsing E- Resources.
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Internal and External Examination Evaluation

Sr. No.	Details of the Evaluation / Exam Pattern	50 Marks (%)	25 Marks (%)
1)	Class Test (at least one)	15 (30%)	10 (40%)
2)	Quiz (at least one)	15 (30%)	05 (20%)
3)	Active Learning	05 (10%)	----
4)	Home Assignment	05 (10%)	05 (20%)
5)	Class Assignment	05 (10%)	----
6)	Attendance	05 (10%)	05 (20%)
Total Internal (%)		50 (100%)	25 (100%)
University Examination (%)		50 (100%)	25 (100%)

Sr. No.	Course Outcomes: Having completed this course, the learner will be able to
1)	Understand the basics of Stress and its potential sources.
2)	Comprehend the effects of stress on job performance and life.
3)	Develop the understanding of various causes of stress.
4)	Learn how to become mentally healthy without stress.
5)	Apply various stress management techniques in everyday life.

Sr. No.	Suggested References:
1)	Principles and Practice of Management: S. Sachdeva, Laxmi Narain Agrawal, Agra.
2)	Organizational Behaviour: L. M. Prasad Sultan Chand & Sons.
3)	Organizational Behaviour at Work (Human Behaviour): John W. Newstrom and Keith Davis, Tata MaCgrow Hill

Sr. No.	On-Line Resources available that can be used as Reference Material
1)	https://www.simplinotes.com/stress-stress-management-meaning-definitions-features-causes-burnout-rustout/
2)	https://www.verywellmind.com/stress-and-health-3145086
3)	https://www.pathways.com/pathways-at-work/blog/job-stress-and-employee-performance
4)	https://www.webmd.com/balance/stress-management/stress-management
5)	https://www.youtube.com/watch?v=sTpo1FuYQ9I