



**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 June – 2024**

**Bachelor of Business Administration BBA (General)**

**Semester - I**

<b>Course Code</b>	<b>UM01SEBBA01</b>	<b>Title of the Course</b>	<b>Stress Management</b>
<b>Total Credits of the Course</b>	<b>02</b>	<b>Hours per week</b>	<b>02</b>

<b>Course Objectives:</b>	<ol style="list-style-type: none"> <li>1) To understand the concept of stress, its types and potential sources.</li> <li>2) To examine the effect of stress on job performance.</li> <li>3) To understand the causes of stress.</li> <li>4) To understand the stress and stressors of the life.</li> </ol>
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<b>Course Content</b>		
<b>Unit No.</b>	<b>Description</b>	<b>Weightage (%)</b>
<b>1.</b>	<b>Stress:</b> <ul style="list-style-type: none"> <li>• 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.</li> <li>• <b>Types of stress:</b> 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.</li> <li>• <b>Environmental Factors:</b> Economic Environment, Political &amp; Government Environment, Technological Environment.</li> <li>• <b>Organizational Factors:</b> Tasks Demands, Organizational Structure, Organizational Leadership.</li> <li>• <b>Individual Factors:</b> Family Issues, Personality Factors,</li> </ul>	<b>50%</b>



	Boredom V/s Monotony <ul style="list-style-type: none"> <li>Stress and Job Performance, Stress Vulnerability.</li> </ul>	
2.	<b>Causes of Stress &amp; Stress Management:</b> <ul style="list-style-type: none"> <li><b>Causes of Stress:</b> Individual Stressors, Organizational Stressors, Group Stressors and Extra Organizational Stressors.</li> <li><b>Stress Management:</b> Individual Coping Strategies, Organizational Coping Strategies.</li> </ul>	<b>50%</b>

<b>Teaching-Learning Methodology</b>	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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<b>Evaluation Pattern</b>		
<b>Sr. No.</b>	<b>Details of the Evaluation</b>	<b>Weightage</b>
1.	Internal Written / MCQ (As per CBCS R.6.8.3)	<b>30%</b>
2.	Internal Continuous Assessment in the form of Practical, Viva-voce, Quiz, Seminars, Assignments, Attendance (As per CBCS R.6.8.3)	<b>20%</b>
3.	Final Examination	<b>50%</b>

<b>Course Outcomes: Having completed this course, the learner will be able to</b>	
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.

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

<b>Sr. No.</b>	<b>On-Line Resources available that can be used as Reference Material</b>
<b>1.</b>	<a href="https://www.simplinotes.com/stress-stress-management-meaning-definitions-features-causes-burnout-rustout/">https://www.simplinotes.com/stress-stress-management-meaning-definitions-features-causes-burnout-rustout/</a>
<b>2.</b>	<a href="https://www.verywellmind.com/stress-and-health-3145086">https://www.verywellmind.com/stress-and-health-3145086</a>
<b>3.</b>	<a href="https://www.pathways.com/pathways-at-work/blog/job-stress-and-employee-performance">https://www.pathways.com/pathways-at-work/blog/job-stress-and-employee-performance</a>
<b>4.</b>	<a href="https://www.webmd.com/balance/stress-management/stress-management">https://www.webmd.com/balance/stress-management/stress-management</a>

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