

SYLLABUS OF GENERIC ELECTIVE PAPERS (GE)
SEM- 2 (GE-3)

STRESS MANAGEMENT

Sl. No.	Course Title & Code	Credits	Credit Distribution of the Course			Eligibility Criteria	Pre-Requisite of the Course (if any)
			Lecture	Tutorial	Practical/Practice		
3	SEM- 2 (GE-3) STRESS MANAGEMENT	04	3	0	1	XII Pass	NIL

Learning Objective:

- The learner can evaluate the application strategies for Stress.
- To acquaint the student with the knowledge and understanding of anger, stress, and its management and other related aspects important to sports persons.

Learning Outcomes:

- The student would be able to apply the knowledge, learning, and understanding the concept of anger, stress, and how to manage it.
- The students will be introduced to the basic concepts of stress and anger, the causes and effects of stress and anger, the main emotions of stress and anger, daily life stressors, the process of stress, anger and the psychophysiology of stress.
- The students will develop the understanding and knowledge of adaptation to stress- reframing of habitual stress resistance, types of stress,
- It helps to know about stress-related diseases and disorders.
- The students will gain knowledge and concepts of self-awareness and stress management, muscular tension reduction, emotional tension reduction, stress-free living, stress-free examination, stress management through physical activity, and stress management through recreation activities.

SYLLABUS

No. of Credits: 04 (Lecture-03, Practical-1)

Theory: 45 hours, Practical: 30 hours.

UNIT – I INTRODUCTION TO STRESS

(8 hrs lectures)

1.1 Definition and Introduction to Stress

1.2 Types of stress

1.3 Causes and effects of stress

UNIT – II STRESS ADAPTATION AND RESISTANCE

(11 hrs lectures)

2.1 Adaptation to stress - GAS Theory

2.2 Sources of stress-personal and social stress

2.3 Reframing of habitual stress resistance

UNIT – III STRESS AWARENESS

(11 hrs lectures)

3.1 Self-awareness and stress management, Adaptive and Maladaptive Behaviour

3.2 Relationship between Stress and Conflict.

3.3 Stress & drug abuse.

UNIT – IV STRESS MANAGEMENT

(12 hrs lectures)

- 4.1 Role of communication in managing stress and work performance
- 4.2 Conflict Management - Positive and Negative Criticism
- 4.3 Coping Methods through physical activities- Lifestyle management.

PRACTICAL

(30 Hours)

1. Suggest a program utilizing yogic asanas and meditative techniques as a tool to manage stress
2. Suggest a program utilizing physical activity and recreation as a tool to manage stress
3. Suggest a program utilizing pranayama as a tool to manage stress.

SUGGESTED READINGS

- Adrain F & Herrick E. and Sharp P (1998). Anger Management. Routledge Publishing Florence. Kentucky. U.S.A.
- Allen E (2008). Stress Management for Dummies. For Dummies Publishers. U.S.A.
- Davis M. et al (2008). The Relaxation and Stress Reduction workbook. Harbinger Publications, USA.
- Greenberg J.S. (2008). Comprehensive stress management. McGraw Hill, USA
- Hipp E. (2008). Fighting Invisible Tigers: Stress Management for Teens. Free Spirit Publishing, USA.
- Mac W. (2007). Anger and Stress Management. God's Way. Calvary Press, USA.
- Petee F (2006) Anger Management. Pentagon. Press. New York, U.S.A.
- Swate Y B (2009). Anger Management. Sage Publication. New Delhi.
- NCERT & CBSE publication and reading for stress management.
Pahuja M., Pahuja S., Panda S. (2020), "Yoga & Stress Management", Friends Publications. New Delhi (India) ISBN-978-8195365593.
- Sahrawat M (2024) yoga and stress management Khel Sahitya, Kendra ISBN: 978-93-90461-65-3

Note: Examination scheme and mode shall be as prescribed by the Examination Branch, University of Delhi, from time to time.