

COURSE TITLE	STRESS MANAGEMENT
COURSE CODE	20BN0809
COURSE CREDITS	1

Objective:

- 1 Describe stress and stressors.
- 2 Identify the causes of unwanted stress.
- 3 Understand how stress works and its effects on human behavior and physiology.
- 4 Develop techniques to avoid stress affect the personal and professional life.
- 5 Utilize effective stress reduction techniques.
- 6 Develop a Personal Action Plan for Stress Management.

Course Outcomes: After completion of this course, student will be able to:

- 1 Describe stress and stressors.
- 2 Identify the causes of unwanted stress.
- 3 Understand how stress works and its effects on human behavior and physiology
- 4 Develop techniques to avoid stress affect the personal and professional life.
- 5 Utilize effective stress reduction techniques
- 6 Develop a Personal Action Plan for Stress Management

Pre-requisite of course: This module is designed to enhance the understanding of students about stress and its effects on human behavior and physiology. Further it discusses the techniques and implementation of stress management in personal and professional life.

Teaching and Examination Scheme

Theory Hours	Tutorial Hours	Practical Hours	ESE	IA	CSE	Viva	Term Work
1	0	0	50	50	0	0	0

Contents : Unit	Topics	Contact Hours
1	Introduction Concept of stress, definition, Types of stress: positive, negative, Various sources of stress: environmental, social, physiological, psychological, Types of stressors: internal and external	3
2	Stress and its effect on human physiology and behaviour Body's response to stress: Hans Selye's General Adaptation Syndrome, Stress Cycles: distress and wellness cycle, Cognitive appraisal of stressors, Stress symptoms: emotional, behavioural, physical, Stress and diseases: cancer, Gastric ulcer, Bronchial asthma, effect on endocrine glands, Psycho-sexual disease, Anxiety Neurosis, Assessing stress levels Holmes - Rahe - life change index	5

Contents : Unit	Topics	Contact Hours
3	Stress avoidance techniques Individual difference in resistance to stress: optimism & pessimism, Strategies of stress prevention & management, Challenging stressful thinking/resilience and stress, Problem solving and time management, Physical methods of stress reduction, Preparing for occupational stress, Care of self: Nutrition & other lifestyle issues, Conflict management in relationship	5
4	Stress reduction strategies Utilizing stress reduction techniques, Relaxation techniques:, abdominal breathing, progressive relaxation, massage, biofeedback, autogenic training-self hypnosis, visualization and mental imagery, Enhance self esteem, Support groups	2
5	Lab Demonstration Practice session on identifying own stressors, Practice session assessment of stress level of self and peer group, scoring & classifying the risk., Practice session & Role play on Conflict Management/ Use of problem -solving approach for professional problem, Exercise on: Relaxation techniques: abdominal breathing, progressive relaxation., Develop a Personal Action Plan for Stress Management	5
Total Hours		20

Textbook :

- 1 ELECTIVE MODULES BSc Nursing Program (Modular content outline), INDIAN NURSING COUNCIL, INDIAN NURSING COUNCIL, 2022

References:

- 1 ELECTIVE MODULES BSc Nursing Program (Modular content outline), ELECTIVE MODULES BSc Nursing Program (Modular content outline), INDIAN NURSING COUNCIL, INDIAN NURSING COUNCIL, 2022

Suggested Theory Distribution:

The suggested theory distribution as per Bloom's taxonomy is as follows. This distribution serves as guidelines for teachers and students to achieve effective teaching-learning process

Distribution of Theory for course delivery and evaluation					
Remember / Knowledge	Understand	Apply	Analyze	Evaluate	Higher order Thinking / Creative
0.00	0.00	35.00	35.00	30.00	0.00

Instructional Method:

- 1 LECTURE CUM DISCUSSION AND LAB DEMONSTRATION

Supplementary Resources:

1 NA