



(Shri Ramkrishna Seva Mandal's)

ANAND COMMERCE COLLEGE

An Autonomous College (2025-26 to 2034-35)

(Affiliated to Sardar Patel University)

NAAC ACCREDITED 'A' GRADE (3.04 CGPA)

ISO 9001:2015

Syllabus as per NEP 2020 with effect from the Academic Year 2025-26



Bachelor of Business Administration BBA (GENERAL) Semester – I

Course Code	UB01SEBBA01	Title of the Course	Stress Management
Total Credit of Course	02	Hours Per Week	02

Course Objectives:	<ol style="list-style-type: none"> 1. To examine the effect of stress in work life. 2. To analyze causes of stress in organization. 3. To evaluate Stress management techniques.
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Course Content		
Unit	Description	Weightage* (%)
1.	<p>Understanding Stress:</p> <ul style="list-style-type: none"> • Meaning, Definition, and Characteristics of Stress • Main Areas of Stress: <ul style="list-style-type: none"> • Performance Stress • Boredom • Fear of the Unknown • Grief • Types of Stress: <ul style="list-style-type: none"> • Individual vs Group Stress • Productive vs Dysfunctional Work Stress • Mild vs Strong Stress • Potential vs Actual Stress • Physical, Psychological, and Behavioral Stress • Sources of Stress: <ul style="list-style-type: none"> • Environmental Factors: Economic, Political & Government, Technological • Organizational Factors: Task Demands, Organizational Structure, Leadership <p>Individual Factors: Family Issues, Personality, Boredom vs Monotony</p>	35%
2.	<p>Causes and Effects of Stress</p> <p>Causes of Individual Stress:</p> <ul style="list-style-type: none"> • Life and Career Changes • Personality Type • Role Characteristics <p>Group Stressors:</p> <ul style="list-style-type: none"> • Lack of Group Cohesiveness • Lack of Social Support • Interpersonal Conflict <p>Effects of Stress:</p> <ul style="list-style-type: none"> • Eustress vs Distress 	35%

	<ul style="list-style-type: none"> Physical Effects (e.g., headaches, fatigue) Psychological Effects (e.g., anxiety, depression) Burnout and Rust-out 	
3.	Stress Management Strategies Individual Coping Strategies: <ul style="list-style-type: none"> Physical Exercise Cognitive Therapy Work-Home Transition Organizational Coping Strategies: <ul style="list-style-type: none"> Job Enrichment Role Clarity Career Planning and Counseling Stress Control Workshops Employee Assistance Programs (EAPs) 	30%

Teaching-Learning Methodology	Class Room Teaching, Lectures, Case Discussion, Video and Presentation
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Internal and / or 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%)
College External Examination (%)		50 (100%)	25 (100%)

Course Outcomes: Having completed this course, the learners will be able to

- Learn various causes of stress in work life and finds ways to overcome it.
- Analyze techniques to be used in stress management.
- Understand the impact of stress on psychology of human being.

Suggested References:

Sr.No.	References
1.	Seaward, B. L., Managing stress: Principles and strategies for health and well-being. Jones & Bartlett Learning
2.	Smith, J. C., Stress management. Springer.
3.	Rao, V. S. P., Workplace stress management. Excel Books.
4.	Bhagtani, H. T., Stress management. Himalaya Publishing House.

Digital resources to be used if available as reference material

Digital Resources

- <https://indiafreenotes.com/potential-source-of-stress-environmental-organizational-and-individual/>
- <https://courses.lumenlearning.com/wm-organizationalbehavior/chapter/sources-of-stress/>
- <https://businessjargons.com/job-enrichment.html>
- <https://ccsme.org/wp-content/uploads/2017/10/2017.10.24-The-12-Core-Functions.pdf>


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 BOS of Management
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