

Faculty of Behavioural Sciences

Stress and Anxiety Management

Name of Faculty		Behavioural Sciences				
Name of Course		CBCS UG Level			Credits: 2	
Subject/Paper		Stress and Anxiety Management	Semester	2 nd	Paper Code	FBS_OE_2
Course Objectives:		<p>To generate basic understanding of Stress and Anxiety, the Factors leading to them, their Effects and Management techniques.</p> <p>This course is imparting the most essential life skill of dealing with stress and anxiety which has become an inherent part of everyday life and it tries to teach about strategies to reduce the stress and anxiety for everyday well being of an individual.</p>				
Unit	Sub Units	Time (hrs)	Topic	Teaching Methodology	Assessment Method	Teaching Faculty
Unit-I	1.1	3	Introduction: Stress: Concept, Types, Stressors: Life events stress, Daily hassles.	Power Point presentation by teacher, SIS, FGD, Teacher's seminar	Subjective and Objective/ Class Test, Assignment/ presentation etc.	Dr Shivani Sahdev
	1.2	3	Theories of Stress: Hans Selye, Lazarus, Bio-psycho-social Model			
	1.3	3	Anxiety: Concept, Symptoms and Types			
Unit-II	2.1	4	Stress: Health & Illness Underlying Neurophysiology of stress and anxiety.	PowerPoint presentation by teacher, SIS, FGD	Subjective and Objective/ Class Test, Assignment/ presentation etc.	Dr Shivani Sahdev
	2.2	2	General Adaptation Syndrome and Diasthesis Stress Model			
	2.3	4	Consequences of Stress and Anxiety: Biological, Psychological, Social and Occupational			

Unit-III	3.1	3	Management of Stress & Anxiety Relaxation Training, Positive Imagery, and Biofeedback	Power Point presentation by teacher, SIS, FGD	Subjective and Objective/ Class Test, Assignment/ presentation etc.	Dr Shivani Sahdev
	3.2	3	Emotional Disclosure, Behaviour Modification and Stress Inoculation			
	3.3	3	Lifestyle Management: Nutrition, Exercise, Daily Scheduling.			

Assessment: 50 Marks (10 marks Internal – 40 End Term)

Recommended Books:

- 1. Brannon, L. & Feist, J. (2010). Introduction to Health Psychology. Belmont: Watsworth Cengage Learning.**
- 2. Taylor, S. E. (2006). Health Psychology. New York: Tata Mc Graw Hill.**