

Ability Enhancement Elective Course (AEEC) SKILL BASED

for

UG 3rd Semester CBCS (Academic Session 2017-18)

AEEC-PSY-P-01: MANAGING STRESS

Total Credits= 4.

Objective: To understand the main symptoms and sources of stress and learn ways of coping with stress.

Unit 1: Stress: Nature of stress, symptoms of stress. Sources of stress, Effect on health.

Unit 2: Stress Models: Hypothalamus-Pituitary Adrenal Axis. General Adaptation Syndrome.

Unit 3: Problem focused and Emotion focused Approaches to Stress Coping. Resilience and social support.

Unit 4: Managing stress: Stress Reduction Model (John Kabat-Zinn), meditation (Mindfulness), Jacobson's Progressive Muscular Relaxation Technique (JPMRT).

Readings:

DiMatteo, M.R. & Martin, L.R.(2002). Health psychology. New Delhi: Pearson.

Neiten, W. & Lloyd, M.A (2007). Psychology applied to Modern life. Thomson Detmar Learning .

Taylor, S.E. (2015). Health psychology, 9th Edition. New Delhi: Tata McGraw Hill. Ogden, J. (2012). Health Psychology. 5th Edition. Tat McGraw Hill.

Kabat-Zinn, J. (2017). Mindfullness for Beginners. Jaico Publishing House.

Goleman, D. (2017). The Science of Meditation. Penguin Uk.

