

**Semester II**  
**GE-Paper: STRESS MANAGEMENT**

**GE : STRESS MANAGEMENT**

| Course Title & Code | Credits | Credit Distribution of the Course |          |                    | Eligibility Criteria | Pre-Requisite of the Course (if any) |
|---------------------|---------|-----------------------------------|----------|--------------------|----------------------|--------------------------------------|
|                     |         | Lecture                           | Tutorial | Practical/Practice |                      |                                      |
| Stress Management   | 04      | 3                                 | 1        | 0                  | XII class pass       | NIL                                  |

**Learning Objectives:**

1. To acquaint the learner with the knowledge, practices and understanding of anger, stress and its management and other related aspects important to sports persons.
2. The learners will be introduced with the basic concepts of stress and anger, causes and effects of stress and anger, main emotions of stress-fear and anger, daily life stressors, process of stress, anger and psycho physiology of stress.
3. The learner will gain knowledge and concept 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.
4. The learner will gain knowledge of anger management- Redford William's 12 steps of anger management, stress management- behavior modification, time management, coping strategy & intervention skills. It also helps to learn relaxation technique- diaphragmatic breathing, meditation, progressive muscle relaxation, Yoga, mental imagery, music therapy, and massage therapy.

**Learning Outcomes:**

1. The learner will be able to apply the knowledge, learning and understanding to the concept of anger, stress and how to manage it.
2. The learner will be able to correlate the concepts and practices of the stress and anger.
3. The learner will be able to understand and adapt to stress - reframing of habitual stress resistance, types of stress, personal and social stress, occupational stress, peer stress / learners stress, family stress, stress & elderly and Stress & drug abuse. It helps to know about the stress related diseases- sleep disorder, eating disorder, sexual and emotional disorder, other stress related diseases, stress & spirituality.
4. The learner will be able to correlate the concepts and practices for best management of stress.

**THEORY SYLLABUS:**

**Unit-I**

**(15 hrs Lectures)**

Definition of stress and anger, Causes and effects of stress and anger, two main emotions of stress-fear and anger, Daily life stressors, Process of stress and anger- Psycho Physiology of stress.

**Unit-II**

**(15 hrs Lectures)**

Adaptation to stress-Reframing of habitual stress resistance, types of stress-personal and social stress Occupational stress, Peer stress / Students stress, Family stress, Stress & elderly and Stress & drug abuse.  
Stress related diseases- i) Sleep disorder, ii) Eating disorder, iii) Sexual and emotional disorder, iv) Other stress related diseases, v) Stress & Spirituality.

### Unit-III

**(15 hrs Lectures )**

Self-awareness and stress management, Muscular tension reduction, Emotional tension reduction, Stress free living, Stress free examination, Stress management through physical activity, Stress management through recreation.

### Unit-IV

**(15 hrs Lectures)**

Anger management- Redford William's 12 steps of anger management

Stress management- behavior modification, time management, coping strategy & intervention skills.

Relaxation technique- i) Diaphragmatic breathing, ii) Meditation, iii) Progressive muscle relaxation, iv) Yoga, v) Mental imagery, vi) Music therapy, vii) Massage therapy

### **SUGGESTED READINGS**

1. Adrain F & Herrick E. and Sharp P (1998). Anger Management. Routledge Publishing. Florence. Kentucky. U.S.A.
2. Allen E (2008). Stress Management for Dummies. For Dummies Publishers. U.S.A.
3. Davis M. et al (2008). The Relaxation and Stress Reduction workbook. Harbinger Publications, USA.
4. Greenberg J.S. (2008). Comprehensive stress management. McGraw Hill, USA
5. Hipp E. (2008). Fighting Invisible Tigers: Stress Management for Teens. Free Spirit Publishing, USA.
6. Mac W. (2007). Anger and Stress Management. God's Way. Calvary Press, USA.
7. Petee F (2006). Anger Management. Pentagon. Press. New York. U.S.A.
8. Swate Y B (2009). Anger Management. Sage Publication. New Delhi.
9. NCERT & CBSE publication and reading for stress management.