

**BANGABASI COLLEGE**

Affiliated to the University of Calcutta

*Add-on Course*

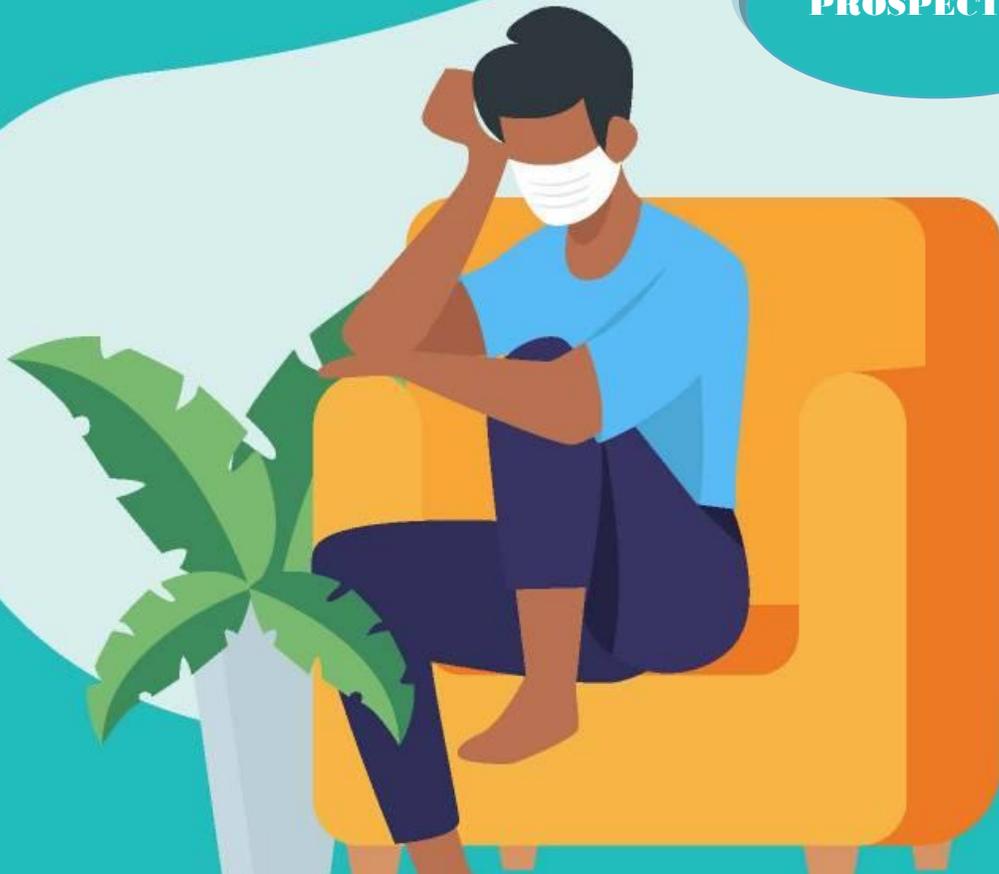
*on*

***STRESS & COPING***

*(Department of Psychology)*



**PROSPECTUS**





## ABOUT THE COLLEGE

Bangabasi College had its genesis in the prophetic vision and spirit of sacrificial dedication of Late Acharya Girish Chandra Bose. Founded under private management in 1887, it had as its guiding inspiration the genius of Pandit Ishwar Chandra Vidyasagar. The aim of the institution was twofold: first, to cater to the growing demand for higher education and second, to nurture the spirit of nationalism in the minds of young learners under colonial yoke. At the same time, it marked an indirect protest challenging the narrow educational policy of the Hunter Commission.

Academic excellence with character and personality development is our goal. The well chalked out academic and co-curricular programmes enables the students to attain their full potential to develop sound working habits. The academic work is centered on highly personalized attention and supervision.





## INTRODUCTION

The ever-changing global scenario makes the world more modest and needs high levels of lateral thinking and the spirit of entrepreneurship to cope up with the emergent challenges. Many a times, the defined skill sets that are being imparted to students today with Programme Specific Objectives in educational institutions become redundant sooner or later due to rapid technological advancements. It is important for higher education institutions to supplement the curriculum to make students better prepared to meet industry demands as well as develop their own interests and aptitudes.

### **Objectives The main objectives of the Add-on Course are:**

- ✓ To provide students an understanding of the expectations of industry.
- ✓ To improve employability skills of students.
- ✓ To bridge the skill gaps and make students industry ready.
- ✓ To provide an opportunity to students to develop inter-disciplinary skills.

### **Conduction of Add-on Courses :**

Add-on Course is not mandatory to qualify for any programme and the credits earned through the Add-on Courses shall be over and above the total credit requirement prescribed in the curriculum for the award of the degree. It is a teacher assisted learning course open to all students without any additional fee. Classes for a VAC are conducted during the RESERVED Time Slot in a week or beyond the regular class hours The value-added courses may be also conducted during weekends / vacation period. A student will be permitted to register only one Add-on Course in a Semester. student will be encouraged to opt for the Add-on course offered by his/her parent Department/Faculty. Industry Experts / Eminent Academicians from other Institutes are eligible to offer the value-added course. The course can be offered only if there are at least 5 students opting for it. The students may be allowed to take Add-on courses offered by other departments after obtaining permission from Dean offering the course. The duration of Add-on course is 30 hours with a combination 18 hours (60%) of theory and 12 hours (40%) of practical. However, the combination of theory and practical shall be decided by the course teacher with the approval of the Dean.



## **GUIDELINES FOR CONDUCTING ADD-ON COURSES**

- ❖ Add-on Course is not mandatory to qualify for any program.
- ❖ It is an instructor supported learning course open to only Psychology Department students without any added fee.
- ❖ Classes for Add-on course will be conducted during the RESERVED Time Slot in a week or beyond the regular class hours.
- ❖ The Add-on courses may be also conducted during weekends / vacation period.
- ❖ A student will be permitted to register only one Add-on Course in a Semester.

## **DURATION AND VENUE**

- ❖ The duration of Add-on course should not be less than 30 hours.
- ❖ The venue is Department of Psychology, Bangabasi College.

## **REGISTRATION PROCEDURE**

The list of Add-on Courses, along with the syllabus, will be available on the Psychology Department, Bangabasi College. A student must register for an Add-on Course offered during the semester by completing and submitting the registration form.

- ❖ Each faculty member in charge of a course is responsible for maintaining Attendance and Assessment Records for candidates who have registered for the course.
- ❖ The Record must include information about the students' attendance and Assignments, seminars, and other activities that were carried out.
- ❖ The record shall be signed by the Course Instructor and the Head of the Department at the end of the semester and kept in safe custody for future verification.
- ❖ Each student must have a minimum of 75% attendance in all courses for the semester in order to be eligible to take certificate.
- ❖ Attendance requirements may be relaxed by up to 10% for valid reasons such as illness, representing the University in extracurricular activities, and participation in NCC.
- ❖ The students who have successfully completed the Add-on Course shall be issued with a Certificate duly signed by the Authorized signatories.



## **STRESS AND COPING**

### **Course objectives:**

1. Comprehend the psychological and physiological effects of stress;
2. Comprehend the concepts related to individual and cultural differences in stress reactions across the lifespan;
3. Evaluate individual stress risk factors (behavioral, emotional, physical, and spiritual);
4. Understand and learn how to use various techniques and determine the most appropriate method to aid in stress management;
5. Develop the ability to tap personal strengths for stress prevention and achievement of meaningful goals;
6. Accept responsibility for managing your own levels.

### **Course Outcomes:**

1. Learn the fundamentals of stress management.
2. Recognize your stressors and how to deal with them.
3. Create proactive reactions to stressful situations.
4. Use coping strategies for stress management both on and off the job. Learn how to manage stress through diet, sleep, and other lifestyle factors.
5. Create a long-term action plan to reduce and better manage stress.

### **Course Content**

#### **Module I: Understanding the Nature of Stress:**

- The Meaning of Stress
- The Body's Reactions to Stress
- Sources of Stress Across the Lifespan
- Adaptive and Maladaptive Behavior
- Individual and Cultural Differences

#### **Module II: Strategies of Stress Management and Prevention:**

Problem Solving and Time Management

Psychological and Spiritual Relaxation Methods



Physical Stress Reduction Methods  
Preparing for the Future: College and Occupational Stress  
Self-Care: Nutrition and Other Lifestyle Issues

### **Module III: Strategies of Synthesis and Prevention:**

Stress Resilience  
Optimal Functions  
Making Changes Stick

### **Practical:**

- Administration of Perceived Stress Scale
- Effect of Brief Relaxation on Perceived Stress (Pre and Post Design).

### **Reference Books:**

- Baron .L & Feist.J (2000) Health Psychology 4th edition, USA Brooks/Cole
- Barlow, Rapee, and Perini(2014), 10 Steps to Mastering Stress: A Lifestyle Approach, USA
- Clayton,M (2011).Brilliant stress management How to manage stress in any situation's 1st edition, Greart Britain Pearson Education
- Cooper, C,& Palmer,S, (2000)Conquer Your Stress, London: Institute of personal development Universities Press
- Dutta, P,K, (2010) Stress management Himalaya, Himalaya Publishing House
- Lee, K. (2014). Reset: Make the Most of Your Stress: Your 24-7 Plan for Wellbeing. Universe Publishing.
- Ogden. J (2000) Health Psychology 2nd edition Philadelphia, Open university press
- Olpin, M. & Hesson, M. (2015). Stress Management for Life: A ResearchBased Experiential Approach. 4th edition. Wadsworth Publishing. Rice. P. L.(1992) Stress and Health,2nd edition, California, Brooks/Cole
- Roy, S (2012) Managing stress, Sterling Publication
- Taylor S.E (1998) Health Psychology 3rd edition, New York. Mc Graw Hill



## 1. COURSE DESIGN

Sl No.	Title	Content
1.	Context	Add on course on 'Stress and Coping'
2.	Eligibility	Current Under graduate honours students
3.	Course Description	The add-on course on Stress and Coping has been tailor made to suit the needs of the current generation. Stress is omnipresent and its impact is manifold.
5.	Faculty Requirement	Internal (4)
6.	Course Fee	Nil
7.	Intake Capacity	25
8.	Course Duration	30 Hours (January-June)
9.	Course Content	Detailed syllabus given in point 2
10.	Course Outcome	This course intends to equip the students with effective strategies to cope with stress thereby increasing their productivity and promoting well-being.
11.	Assessment Process and Grading	1. Written test 2. Practical test



## 2. SYLLABUS DISTRIBUTION

Unit	Particulars	Credit	Lecture Hour
I	<b>Module I: Understanding the Nature of Stress:</b> <ul style="list-style-type: none"><li>• The Meaning of Stress</li><li>• The Body's Reactions to Stress</li><li>• Sources of Stress Across the Lifespan</li><li>• Adaptive and Maladaptive Behavior</li><li>• Individual and Cultural Differences</li></ul>	3	6
II	<b>Module II: Strategies of Stress Management and Prevention:</b> <ul style="list-style-type: none"><li>• Problem Solving and Time Management</li><li>• Psychological and Spiritual Relaxation Methods</li><li>• Physical Stress Reduction Methods</li><li>• Preparing for the Future: College and Occupational Stress</li><li>• Self-Care: Nutrition and Other Lifestyle Issues</li></ul>		6
III	<b>Module III: Strategies of Synthesis and Prevention:</b> <ul style="list-style-type: none"><li>• Stress Resilience</li><li>• Optimal Functions</li><li>• Making Changes Stick</li></ul>		6
IV	<b>Practical:</b> <ul style="list-style-type: none"><li>• Administration of Perceived Stress Scale</li><li>• Effect of Brief Relaxation on Perceived Stress (Pre and Post Design).</li></ul>	1	12



## 3. LESSON PLAN

Lectures	Content
6	<b>Module I: Understanding the Nature of Stress:</b> <ul style="list-style-type: none"><li>• The Meaning of Stress</li><li>• The Body's Reactions to Stress</li><li>• Sources of Stress Across the Lifespan</li><li>• Adaptive and Maladaptive Behavior</li><li>• Individual and Cultural Differences</li></ul>
6	<b>Module II: Strategies of Stress Management and Prevention:</b> <ul style="list-style-type: none"><li>• Problem Solving and Time Management</li><li>• Psychological and Spiritual Relaxation Methods</li><li>• Physical Stress Reduction Methods</li><li>• Preparing for the Future: College and Occupational Stress</li><li>• Self-Care: Nutrition and Other Lifestyle Issues</li></ul>
6	<b>Module III: Strategies of Synthesis and Prevention:</b> <ul style="list-style-type: none"><li>• Stress Resilience</li><li>• Optimal Functions</li><li>• Making Changes Stick</li></ul>
12	<b>Practical:</b> <ul style="list-style-type: none"><li>• Administration of Perceived Stress Scale</li><li>• Effect of Brief Relaxation on Perceived Stress (Pre and Post Design)</li></ul>



## 4. TEACHING PLAN

Teacher's Name	Lecture
Dr. Mousumi Bhattacharyya	<b>Module I: Understanding the Nature of Stress:</b> <ul style="list-style-type: none"><li>• The Meaning of Stress</li><li>• The Body's Reactions to Stress</li><li>• Sources of Stress Across the Lifespan</li><li>• Adaptive and Maladaptive Behavior</li><li>• Individual and Cultural Differences</li></ul>
Dr. Mousumi Bhattacharyya & Dr. Antara Ghosh	<b>Module II: Strategies of Stress Management and Prevention:</b> <ul style="list-style-type: none"><li>• Problem Solving and Time Management</li><li>• Psychological and Spiritual Relaxation Methods</li><li>• Physical Stress Reduction Methods</li></ul>
Dr. Mousumi Bhattacharyya & Dr. Antara Ghosh	<b>Module II: Strategies of Stress Management and Prevention:</b> <ul style="list-style-type: none"><li>• Preparing for the Future: College and Occupational Stress</li><li>• Self-Care: Nutrition and Other Lifestyle Issues</li></ul>
Dr. Antara Ghosh & Disha Halder	<b>Module III: Strategies of Synthesis and Prevention:</b> <ul style="list-style-type: none"><li>• Stress Resilience</li><li>• Optimal Functions</li><li>• Making Changes Stick</li></ul>
Chilka Mukherjee & Disha Halder	<b>Practical:</b> <ul style="list-style-type: none"><li>• Administration of Perceived Stress Scale</li><li>• Effect of Brief Relaxation on Perceived Stress (Pre and Post Design)</li></ul>



## 5. EVALUATION MODALITIES

Written and Practical examination will be taken in two separate days in the Psychology Department, Bangabasi College.

## 6. GRADING CARD

Total Score	Grade
Above 90	<b>O - OUTSTANDING</b>
81 - 90	<b>E - EXCELLENT</b>
61 - 80	<b>A - VERY GOOD</b>
41 - 60	<b>B - GOOD</b>
30 - 40	<b>C - FAIR</b>
Below 30	<b>F - FAILED</b>