GANPAT UNIVERSITY									
FACULTY OF SOCIAL SCIENCES AND HUMANITIES									
Programme	Bachelor of Arts					Branch/Spec.	Psychology		
Semester	III					Version	1.0.0.0		
Effective from Academic Year		2026-27				Effective for the Batch admitted in			July 2025
Course Code	BPSY204	Course Name				Stress and Coping Mechanism			
Teaching Scheme						Examination Scheme (Marks)			
(Per week)	Lecture (DT)		Practical (Lab.)		Total		CE	SEE	Total
	L	TU	P	TW					
Credit	04	00	00	00	04	Theory	50	50	100
Hours	04	00	00	00	04	Practical	00	00	00

Pre-requisites
Basic understanding of emotional processes and general awareness of stress-related experiences in everyday life.
Course Objective:
To provide students with an understanding of the concept and models of stress, coping mechanisms, and stress management strategies and their application in everyday life.
Course Outcomes
On successful completion of the course, the students will be able to:

CO1	Explain the concept, models, and sources of stress.
CO2	Identify different types of stress and their psychological and physiological effects.
CO3	Understand various coping mechanisms and personal resources for managing stress.
CO4	Apply stress management strategies to academic, work-related, and personal life situations.

Theory Syllabus

Unit	Content	Hrs.
1	**Understanding Stress – Concept and Models** Meaning and definition of stress, Stress as a stimulus, response, and process, Stress vs pressure vs anxiety, Eustress and Distress, Sources of stress: Personal, Academic, Social and Environmental, Models of Stress: Hans Selye's General Adaptation Syndrome (GAS), Lazarus' Transactional Model of Stress.	15
2	**Types of Stress and Stress Responses** Types of Stress: Acute stress, Chronic stress, Daily hassles and Life-event stress, Stress across life domains: Academic stress, Work-related stress, Family and relationship stress, Personality and Stress: Type A, Type B, Type C, Type D personalities, Physiological and Psychological Responses to Stress: Physical symptoms, Emotional reactions, Cognitive effects, Behavioural changes.	15
3	**Coping Mechanisms and Psychological Resources** Meaning of coping, Stress vs coping relationship, Types of Coping: Problem-focused coping, Emotion-focused coping, Avoidant coping, Defense mechanisms vs coping strategies, Role of: Appraisal, Perceived control, Social support, Resilience and hardiness, Self-regulation and emotional regulation.	15
4	**Stress Management Techniques and Applications** Stress Management Strategies: Relaxation techniques, Deep breathing exercises, Progressive Muscular Relaxation (PMR), Guided imagery, Mindfulness and Meditation, Yoga and stress reduction, Cognitive techniques: Positive thinking, Reframing, Lifestyle management: Sleep, Exercise, Time management, Application of stress management in: Students, Workplace, Daily life.	15

Exam: Theory 100%, Numerical 0%
Practical Content
Practical, assignments and tutorials are based on above syllabus.
Text Books

1	Lazarus, R. S., & Folkman, S. (1984). *Stress, Appraisal, and Coping*. New York: Springer Publishing Company.

Reference Books	
1	Sharma, R., & Sharma, R. (2019). *Introduction to Stress, Stress Management and Coping Mechanisms*. New Delhi: Atlantic Publishers and Distributors.
2	Mottram, C. (2007). *The Psychology of Stress*. London: Palgrave Macmillan.
3	Seaward, B. L. (2017). *Managing Stress: Principles and Strategies for Health and Well-Being* (9th ed.). Burlington, MA: Jones & Bartlett Learning.
4	Cooper, C. L. (Ed.). (2013). *Handbook of Stress, Coping, and Health: Implications for Nursing Research, Theory, and Practice*. London: SAGE Publications.
ICT/MOOCs Reference	
1	https://onlinecourses.swayam2.ac.in/nou26_hs16/preview

Mapping of CO with PO and PSO:

Course Outcome (CO) No.	PO-CO Mapping								PSO-CO Mapping					
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6
CO1	3	2	1	1	1	1	1	1	3	2	2	1	1	1
CO2	3	3	2	2	1	2	1	1	3	3	2	2	1	1
CO3	3	3	3	2	2	2	1	1	3	2	3	2	1	1
CO4	3	3	3	3	2	2	2	1	3	3	3	3	2	2