



माँ विन्ध्यवासिनी विश्वविद्यालय, मीरजापुर

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Programme /Class: B.A./ B.Sc./ B.Com.	Year: First/Second	Semester: I & II
Subject: Psychology		
Course Code:	Course Title: Stress Management: Using Mindfulness and Emotional Intelligence	
Course outcomes: The course is designed to familiarize students with the concept of stress, mindfulness, emotional intelligence, different models of stress, sources and consequences of stress and the different ways of coping. An additional objective is to discuss the different coping methods/ strategies and stress management techniques. By the end of the course students would have a better understanding of stress, how it affects life and how they can cope with it.		
Credits: 4		Minor Elective
Max. Marks: 25+75		Min. Passing Marks:
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 2-0-2.		
Unit	Topics	No. of Lectures
I	Understanding stress, Eastern and Western Perspective of Stress, Myths about Stress Theories of Stress- Physiological Models of Stress: General Adaptation Model and Canon’s Flight or fight Model of Stress Load of Information Models: Stimulus Overload/Underload Model and Optimal Information Flow and Mood Interactional Models: Cognitive Model of Stress, Person- Environment (P-E) Fit Model and Systems Model of Stress	12
II	Stress at workplace Modifiers of Stress: a) Social Support; b) Sense of Personal Control; c) Personality: Hardy Personality, Type A and Type B Behaviour Pattern and Hostility Burnout, and Consequences of Stress	12
III	Understanding Coping Methods of Coping: Problem focused Coping, Emotion focused Coping, Engagement Coping, Disengagement Coping, Accommodative Coping, Meaning focused Coping, and Proactive Coping; Strategies for Coping: Emotional discharge, Cognitive Redefinition, Denial, Intellectualization, Avoidance and Time Management	12

IV	Understanding mindfulness; Why mindfulness matters; Learning to practice mindfulness, and; Mindfulness and Stress Management Understanding emotional intelligence; Leadership and emotional intelligence; Social skills and emotional intelligence; and Emotional Intelligence and Stress Management	12
V	Mindfulness Based Stress Reduction (MBSR) Program; Emotional intelligence; the secrets to managing stress; Techniques of Stress Management: Medication, Relaxation, Systematic Desensitization, Biofeedback, Modelling, Meditation, Buffer Creation, and Social Support Interventions	12

Suggestive Readings:

[D M Pestonjee](#) (1992). Stress and Coping; the Indian Experiences, SAGE Publication

Francis, M. (2017). Meditation and Emotional Intelligence.

<https://Clinicaltrials.Gov/Show/Nct03097510>.

<https://www.cochranelibrary.com/central/doi/10.1002/central/CN-01563026/full>

Hariharan M & Rath R (2008). Coping with stress; The Indian Experience, sage Publication

Heart, T. W., Acceptance, R., Life, I. Y., & Way, T. M. (n.d.). <161061605-The-Mindfulness-Solution.pdf>.

Jeremy Stranks (2005). Stress at Work Management and Prevention, Elsevier

Jick, T. D., & Payne, R. (1980). Stress at work. *Journal of Management Education*, 5(3), 50–56.
<https://doi.org/10.1177/105256298000500315>

Mace, C. (2007). Mindfulness and Mental Health. In *Mindfulness and Mental Health*.
<https://doi.org/10.4324/9780203945919>

Rita Agarwal (2001). Stress in Life and at Work New Delhi: Response Books

This course can be opted as Skill by the students of following subjects: Open for all

Suggested Continuous Evaluation Methods:

Continuous Internal Evaluation shall be based on allotted assignment and Class Test. The marks shall be as follows:

Internal Assessment	Marks
Class Interaction	5
Quiz	10
Project /Dissertation Report	10