Revised Syllabus as per NEP 2020 with effect from the Academic Year 2026-2027

Bachelor of Business Administration (BBA) (General)
Semester - I

Course Code	UM1SEBBA13	Title of the Course	STRESS MANAGEMENT
Total Credits	02 Credits	Hours per Week	02 Hours / Week

Course Learning Outcomes (CLOs)	
CLO 1	Students will be able to explain the meaning, definition, characteristics, major areas, and types of stress, along with environmental, organizational, and individual factors affecting human behavior and performance.
CLO 2	Students will be able to analyze the causes and effects of stress and apply individual, organizational, and Indian philosophy–based stress management strategies for improving personal well-being and organizational effectiveness.

Course Content

Unit No.	Description	Weightage (%)
1.	**STRESS** Meaning, Definition Characteristics of stress, Main Areas of stress: Performance Boredom Fear of Unknown Grief **Types of stress:** Individual stress V/s Group stress, Productive stress V/s Dysfunctional work stress, Mild stress V/s Strong stress, Potential stress V/s Actual stress, Psychical, Psychological V/s Behavioral stress **Environmental Factors:** Economic Environment, Political & Government Environment, Technological Environment **Organizational Factors:** Tasks Demands, Organizational Structure, Organizational Leadership **Individual Factors:** Family Issues, Personality Factors, Boredom V/s Monotony	50%
2.	**CAUSES OF STRESS & STRESS MANAGENT:** **Individual Stress:** Life & Career changes, Personality Type, Role **Characteristics Group Stressor:** Lack of group Cohesiveness, Lack of social support, Conflict Effects of Stress: Eustress, Distress, Physical Problems, Psychological Problems, Behavioral Problems, Burnout and Rust out **STRESS MANAGEMENT:** **Individual Coping Strategies:** (A) Physical Exercise (B) Relaxation (C) Work Home Transition (D) Cognitive Therapy (E) Networking. **Organizational Coping Strategies:** (A) Supportive Organizational Climate (B) Job Enrichment (C) Organizational Role Clarity (D) Career Planning and Counseling (E) Stress Control workshop & Employee Assistance programs Stress Management Based on Indian philosophy	50%

Teaching – Learning Methodology
This course employs ICT-enabled learning and interactive lectures to establish foundational knowledge in psychology and behavioral science. To bridge theory with practical application, the course heavily utilizes the Lecture Method, Online Lectures, Group Discussions, Case Studies, Practical Problem Solving and Video & Presentations. Furthermore, students will engage in experiential and active learning exercises to evaluate individual stressors, culminating in a clear understanding of personal well-being and coping design.

Examination Evaluation Pattern		
Sr. No.	**Particulars**	**Weightage (%)**
01	Continuous and Comprehensive Evaluation (CCE) (Formative Assessment)	50%
02	Semester End Evaluation (SEE) (Summative Assessment)	50%
	TOTAL	**100%**

Specifications for CCE and SEE			
Sr. No.	**Details of the Evaluation Pattern**		**Marks**
01	Continuous and Comprehensive Evaluation (CCE) (Formative Assessment)		
	A	Assignments	10
	B	Multiple Choice Questions	05
	C	Attendance	05
	D	Written Examination (01 Hour)	30
		(A + B + C + D)	50 Marks
	Note: • For 02 Credit Courses, the Formative Assessment for students must be from 25 Marks. Thus, the total obtained marks from A + B + C + D (50 Marks) will be divided by 02.		**25 Marks**
02	Semester End Evaluation (SEE) (Summative Assessment)		
	E	Written Examination (01 Hour)	**25 Marks**
		TOTAL (For 02 Credit Courses)	**50 Marks**

Rubrics – Based Assessment for Assignments (10 Marks)		
Excellent	09 – 10 Marks	Accurate, error-free, logically presented, timely submission
Good	07 – 08 Marks	Minor errors and good conceptual clarity
Average	05 – 06 Marks	Basic understanding or partially correct
Basic	03 – 04 Marks	Limited clarity, noticeable mistakes, incomplete content
Poor	01 – 02 Marks	Inadequate conceptual clarity, incorrect content
Below Poor	Zero Marks / NA	Content is irrelevant / Not Attempted / Not Submitted
Note: • Assignments may be taken in forms of written project, computerized and online suggested courses / certificates as per the decision made by the respective faculties of the courses.		

Rubrics – Based Assessment for Multiple Choice Questions (05 Marks)		
05 Multiple Choice Questions – 01 Mark Each (05 Marks)		
Excellent	01 Mark	The chosen option is correct, no errors in response
Below Poor	Zero Marks / NA	Chosen option is incorrect, completely irrelevant, multiple options chosen / Not Attempted

Rubrics – Based Assessment for Attendance (05 Marks)		
As per the Rules and Regulations provided by the Academic Section of Sardar Patel University, Vallabh Vidyanagar, for the students studying in all departments and colleges. Reference No.: E – 3 / 3127; dated: 07-03-2024. https://www.spuvvn.edu/orbit-cdn/uploads/circulars/Circular-NEP-InternalExamMarks-March-April24.pdf		
Excellent	05 Marks	More than 90% (Minimum 27 Hours for 02 Credits Courses)
Good	04 Marks	80% - 89% (24 to 26 Hours for 02 Credit Courses)
Average	03 Marks	70% - 79% (21 to 23 Hours for 02 Credit Courses)
Poor	Zero / NA	Less than 70% (Less than 21 Hours for 02 Credit Courses) **(NOT ELIGIBLE TO APPEAR FOR EXAM)**
Note: Students with below 70% of attendance must submit their written application to their respective class coordinators with genuine reasons and evidence (in case of working or medical emergencies). Students must **not** pursue dual degree programmes that clash with the college's timings.		

Rubrics – Based Assessment for Mid-Semester Examination (30 Marks)		
Any One Unit or 50% of The Syllabus - 15 Marks Each Question		
Excellent	13 – 15 Marks	Accurate and comprehensive understanding of stress parameters, individual/organizational factors, or types. Excellent application of these concepts to behavioral scenarios with high-level analytical ability and logical conclusions.
Good	10 – 12 Marks	Good understanding of core stress concepts with proper explanation and application. Minor conceptual errors or missing details may be present, but answers remain well-organized and relevant.
Average	07 – 09 Marks	Basic recall and understanding of stress classifications or environments with limited application and analysis. Answers show average presentation and lack detailed explanation.
Basic	04 – 06 Marks	Partial understanding of concepts with incomplete explanations, weak organization, and noticeable mistakes in identifying organizational or individual stress factors.
Poor	01 – 03 Marks	Very limited conceptual clarity with incorrect explanations, insufficient content, and poor presentation.
Below Poor	Zero Marks / NA	Completely irrelevant or Not Attempted.
Note: Written Examination questions will be based on various levels of Revised Bloom's Taxonomy.		

Rubrics – Based Evaluation Pattern for End-Semester Examination (25 Marks)		
05 Multiple Choice Questions – 01 Mark Each (05 Marks)		
Excellent	01 Mark	The chosen option is correct, no errors in response

Below Poor	Zero Marks / NA	Chosen option is incorrect, completely irrelevant, multiple options chosen / Not Attempted
UNIT I - 10 Marks Each Question		
Excellent	09 – 10 Marks	Demonstrates deep understanding of stress fundamentals. Highly accurate application of meaning, definitions, characteristics, and types with suitable examples. Logical analysis of environmental and organizational stressors.
Good	07 – 08 Marks	Good understanding of types of stress and factors. Explanations are clear with only minor conceptual gaps or omissions.
Average	05 – 06 Marks	Basic recall of definitions (performance, boredom, fear). Limited analytical depth regarding environmental or individual factors.
Basic	03 – 04 Marks	Partial understanding with incomplete points and weak explanations of basic stress concepts. Noticeable mistakes in categorizing stressors.
Poor	01 – 02 Marks	Very poor understanding with major conceptual mistakes regarding basic behavioral and physical stress environments.
Below Poor	Zero Marks / NA	Completely irrelevant or Not Attempted
UNIT II - 10 Marks Each Question		
Excellent	09 – 10 Marks	Comprehensive understanding of individual and organizational coping strategies. Exceptional ability to accurately identify stress effects (burnout/rust out) and apply highly effective Indian philosophy–based coping mechanisms.
Good	07 – 08 Marks	Good understanding of stressors and coping paths. Accurately identifies physical/psychological problems of stress and suggests proper coping strategies with minor gaps in explanation.
Average	05 – 06 Marks	Basic recall of job enrichment, role clarity, or relaxation terms. Limited application of stress management remedies; explanations lack practical depth.
Basic	03 – 04 Marks	Limited clarity regarding stress control workshops or counseling systems. Incomplete listing of individual coping frameworks and noticeable mistakes in identifying stressors.
Poor	01 – 02 Marks	Major misconceptions about eustress/distress or coping procedures. Incorrect processes for stress management implementation.
Below Poor	Zero Marks / NA	Completely irrelevant or Not Attempted

Note:

- Multiple Choice Questions of 05 Marks will be based on Bloom's Taxonomy Level 1 & 2.
- Written Examination questions will be based on various levels of Revised Bloom's Taxonomy.

PLO – CLO Mapping

STRESS MANAGEMENT

	PLO 1	PLO 2	PLO 3	PLO 4	PLO 5	PLO 6	PLO 7	PLO 8	PLO 9	PLO 10
CLO 1	03	00	02	01	02	00	02	02	00	01
CLO 2	03	00	03	03	03	02	02	03	02	02

Note:

- High: **03**; Moderate: **02**; Low: **01**; No Mapping: **00**

Suggested References and E-Resources for Further Reading
• Principles and Practice of Management, S. Sachdeva, Laxmi Narain Agrawal, Agra. • Organizational Behavior, L. M. Prasad, Sultan Chand & Sons. • https://indiafreenotes.com/potential-source-of-stress-environmental-organizational-and-individual/ • https://courses.lumenlearning.com/wm-organizationalbehavior/chapter/sources-of-stress/ • https://businessjargons.com/job-enrichment.html • https://ccsme.org/wp-content/uploads/2017/10/2017.10.24-The-12-Core-Functions.pdf • https://www.swayamprabha.gov.in/higheredu • https://epgp.inflibnet.ac.in/Home/Download

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