

Semester IV
MSW-S IV-W-18 BEHAVIOUR, STRESS AND COPING

Course In-charge: Dr. Vani Narula

Max Marks: 100 [25/75]

Transaction Time: 4 Periods (45 minutes) + 1 Hour of contact each week for 16 weeks.

At the end of the course, the student will be able to:

1. *To develop understanding about behavior and its anomalies.*
2. *To understand the dynamics of stress, crisis and burnout.*
3. *To develop knowledge about managing stress.*

Teaching Plan:

Unit I	Concept and meaning of Behaviour	Dates
	<ol style="list-style-type: none">1. Behaviour: Concept and theories2. Biological and psychological base of behavior3. Sociological and environmental basis of behavior4. Anomalies of behavior: an outcome of stress	21 st and 22 nd Jan

Unit II	Understanding Stress, Crisis and Burnout
	<ol style="list-style-type: none">1. Stress, crisis and burnout: Concept and factors2. Life events, stress and crisis: impact3. Theories of Stress4. Manifestations of stress

Unit III	Managing Stress and crisis intervention
	<ol style="list-style-type: none">1. Stressors: Concept and typology2. Coping: Concept and Mechanisms3. Managing Stress and burnout4. Crisis Intervention

Internal Assessment (25 Marks)

1. Assignment Unit I and II
2. Skill Laboratories Unit III

Essential Readings

1. Pestonjee, D.M (1999) Stress and Coping: The Indian Experience, New Delhi: Sage Publications
2. John, A.R (1999) Stress and Emotional Health: Application of Clinical Anthropology, New York: Auburn House Publications
3. Srivastava, Sumitra (1998) Understanding Stress: Multi Modal Approach, New Delhi: Regency Publications

Transaction Plan

Unit 1 Topic 1 Week 1 and 2 21,22,28,29 Jan 2014

References:

1. Behaviour as a Psychological Concept by Arthur Robinson,
<http://www.jstor.org/stable/4543944>
2. Aronson, E., Wilson, T.D. and Akert, R.M. (2010). Social Psychology (7th ed.). Boston: Prentice Hall.
3. Baron, R.A., Branscombe, N.R., Byne, D. and Bhardwaj, G.(2010). Social Psychology (12th Edition). Delhi, Pearson.
4. Misra, G. (2009). Psychology in India: Social and Organisational Processes. Delhi. Pearson.
5. Myers, D.G. (2005). Social Psychology (8th ed.). New Delhi : Tata McGraw Hill Pub.
6. Hogg, A.M. (Ed.) (2003) Social Psychology, Vol. I-IV. London: Sage.
7. Sinha, D & Rao, S.K. (1988) Social Values and Development, Asian Perspectives, New Delhi: Sage Publications.
8. Jena, S. P. K. (2008). Behaviour Therapy: Techniques, Research and Applications. New Delhi: Sage.
9. Kazdin, A. E. (2001). Behaviour Modification in Applied settings, 6th Ed. Wadsworth

Unit 1 Topic 2 Week 3 4, Feb 2014

References:

10. Bear, Connors, Paradiso (2006) Neuroscience Exploring the Brain (3rd ed). ISBN 0-7817-6003-8
11. Cognitive planning: The psychological basis of intelligent behavior. Das, Jagannath Prasad; Kar, Binod C.; Parrila, Rauno K. Thousand Oaks, CA, US: Sage Publications, Inc. (1996). 202 pp

Unit 1 Topic 3 Week 3 5 Feb 2014

References:

12. Taking Advantage: Social Basis of Human Behaviour by Richard F. Taflinger
<http://public.wsu.edu/~taflinge/socself.html>
13. Luther Lee Bernard. "The Environmental Bases of Behavior." Chapter 6 in *An Introduction to Social Psychology*. New York: Henry Holt and Co.(1926): 69-89.
http://www.brocku.ca/MeadProject/Bernard/1926/1926_06.html

Unit 1 Topic 4 Week 4 11 Feb 2014

References

14. Ingram, R. E. & Luxton, D. D. (2005). "Vulnerability-Stress Models." In B.L. Hankin & J. R. Z. Abela (Eds.), Development of Psychopathology: A vulnerability stress perspective(pp. 32-46). Thousand Oaks, CA: Sage Publications Inc

Unit 2 Topic 1. Week 4 12 Feb, 2014

References:

15. Srivastava, Sumitra(1998) Understanding Stress: Multi Modal Approach, New Delhi: Regency Publications

Unit2 Topic 2 Week 5 18 March 2014

References:

16. John,A.R(1999) Stress and Emotional Health: Application of Clinical Anthropology, New York: Auburn House Publications

Unit 2 Topic 3 Week 5 19 March 2014

References:

17. Stress and Coping Theories by H. W. Krohne a Johannes Gutenberg-Universität Mainz Germany
serpage.fu-berlin.de/~schuez/foalien/Krohne_Stress.pdf

Unit 2 Topic 3 Week 6 25, March 2014

References:

18. Stress and Coping Theories by H. W. Krohne a Johannes Gutenberg-Universität Mainz German
serpage.fu-berlin.de/~schuez/foalien/Krohne_Stress.pdf

Unit 2 Topic 4 Week 6. 26 March, April 2014

References:

19. John,A.R(1999) Stress and Emotional Health: Application of Clinical Anthropology, New York: Auburn House Publications
20. Srivastava, Sumitra(1998) Understanding Stress: Multi Modal Approach, New Delhi: Regency Publications

Unit 3 Topic 1 Week 7 1, April, 2014

References

21. Srivastava, Sumitra(1998) Understanding Stress: Multi Modal Approach, New Delhi: Regency Publications
22. Pestonjee,D.M(1999) Stress and Coping: The Indian Experience, New Delhi: Sage Publications

Unit 3 Topic 2 Week 7. 2 April, 2014-01-24

References:

23. Pestonjee,D.M(1999) Stress and Coping: The Indian Experience, New Delhi: Sage Publications
24. John,A.R(1999) Stress and Emotional Health: Application of Clinical Anthropology, New York: Auburn House Publications

Unit 3 Topic 2 Week 8. 9, April 2014

References:

25. Pestonjee, D.M (1999) Stress and Coping: The Indian Experience, New Delhi: Sage Publications
26. John, A.R (1999) Stress and Emotional Health: Application of Clinical Anthropology, New York: Auburn House Publications

Unit 3 Topic 3. Week 9 15 April, 2014

References:

27. Pestonjee, D.M (1999) Stress and Coping: The Indian Experience, New Delhi: Sage Publications
28. John, A.R (1999) Stress and Emotional Health: Application of Clinical Anthropology, New York: Auburn House Publications
29. Srivastava, Sumitra (1998) Understanding Stress: Multi Modal Approach, New Delhi: Regency Publications

Unit 3 Topic 4 Week 9 16 April, 2014

References:

30. Pestonjee, D.M (1999) Stress and Coping: The Indian Experience, New Delhi: Sage Publications
31. John, A.R (1999) Stress and Emotional Health: Application of Clinical Anthropology, New York: Auburn House Publications
32. Srivastava, Sumitra (1998) Understanding Stress: Multi Modal Approach, New Delhi: Regency Publications

Note: The skill lab is proposed to be held in the third week of March.