

**CENTRAL UNIVERSITY OF PUNJAB  
BATHINDA**



**Master of Arts in Psychology**

**Session - 2020-2022**

**Department of Psychology  
School of Social Sciences**

## Value Added Course (for Semester III)

**Course Code: PSY.504**

**Course Title: Stress Management**

**Total Hours: 16 hours**

L	T	P	Cr
1	0	0	1

### Learning Outcomes:

After the completion of this course, the students should be able to

- Examine the concept of stress and its pathophysiology
- demonstrate various ways of managing stress

### Course contents

#### Unit 1

**4 hours**

Introduction to Stress Management

Basic concepts: Defining stress, stress response, types of stress, Pathophysiology of stress, Mind-Body Health: Psychoneuroimmunology

#### Unit 2

**4 hours**

Physical and emotional Management

Acupuncture and acupressure; Biofeedback; Breathing techniques; Laughter and art therapy

#### Unit 3

**4 hours**

Intellectual Management

Meditation; Goal setting and problem solving; Time management

#### Unit 4

**4 hours**

Social and Spiritual Management

Conflict Resolution; Interpersonal communication; Forgiveness and gratitude.

### Transactional Modes:

1. Lecture
2. Demonstration
3. Project method
4. Group discussion
5. Case based study
6. Brain storming
7. Role play

### Suggested Readings

1. Aboud, F. E. (1998). Health psychology in global perspectives. Thousand Oaks C.A: Sage
2. Bishop, G. D. (1993). Health psychology: Integrating mind and body. Boston: Allyn & Bacon

3. Bloom, B.L. (1988). *Health Psychology: A Psychological Perspective*. Englewood Cliffs. N.J: Prentice Hall.
4. Kaptein, A. (2004). *Health Psychology*. London: Blackwell Scientific Publications.
5. Michie, S. (2004). *Health Psychology in Practice*. London: Blackwell Scientific Publications.
6. Pestonjee, D.M. (1992). *Stress and coping: The Indian experience*. New Delhi: Sage
7. Singh, N. N. (2014). *Psychology of Meditation*. New York: Nova Science Publishers.
8. Taylor, S.E. (2006). *Health Psychology*. U.S.A.: McGraw Hill.

**Value Added Course (for Semester IV)**

**Course Code: PSY.505**

**Course Title: Coping with Addictions**

**Total Hours: 15**

L	T	P	Cr
1	0	0	1

**Learning Outcomes:**

After the completion of this course, the learners will be able to:

- Infer addiction from psychological point of view.
- Comprehend the physiological basis, causes and symptoms behind various addictions.
- Learn the ways for coping towards various addictions.

**Course Contents**

**Unit I**

**4 Hours**

Addiction: Meaning, Nature, Types  
Physiological basis of addiction

**Unit II**

**4 Hours**

Drug addiction: Causes, Symptoms and Coping  
Alcohol addiction: Causes, Symptoms and Coping

**Unit III**

**4 Hours**

Internet addiction: Causes, Symptoms and Coping  
Relationship addiction: Causes, Symptoms and Coping

**Unit IV**

**3 Hours**

Role of social environment in coping and prevention: Family, School, Culture, Media.