

COURSE NAME : STRESS AND COPING

CODE COURSE : FEM 3105

CREDIT : 3 (3+0)

**STUDENT
LEARNING TIME : 120 hours per semester**

PREREQUISITE : None

**OUTCOME
LEARNING : Student will be able to:**

1. explain the concept, process and models of stress and coping (C3)
2. describe stressor, impact of stress, symptoms and coping strategies in different context as a group. (C4, P2, LL, TS)
3. evaluate measures and holistic stress management techniques. (A3, CTPS)

SYNOPSIS : This course encompasses the examination of stress and coping among individuals. Stressors across the lifespan in various contexts, factors affecting stress levels, coping resources and strategies, holistic stress management technique, measurements of stress and coping and analysis of prevention programs related to stress reduction are also emphasized.

COURSE CONTENT

		<u>Contact hours</u>
LECTURE:		
	1. Introduction and meaning of basic concepts	3
	– Stress	
	– Coping	
	– Adjustment	
	2. Stressor and stress reaction	3
	– Physiology	
	– Psychology	
	– Behavioural	
	– Benefit of stress response	
	3. Model of stress process, coping and adjustment	3
	– Individual stress model	
	– Family stress model	

4.	Factors influencing stress tolerance: Personal	6
	– Personal coping resources	
	– Individual Perception and definition	
	– Individual Personality	
	– Self concept	
	– Locus of control	
	– Coping strategies	
5.	Factors influencing stress tolerance: External	6
	– External coping resources	
	– Family characteristic	
	– Environment	
	– Support system	
6.	Life long stressor	6
	– Social Expectation	
	– Schooling	
	– Work and stress	
	– Marriage ang family	
	– Interpersonal relationship	
7.	Multiple coping strategies	6
	– Cognitive	
	– Emotion	
	– Spiritual	
	– Communication	
	– Community/relationship	
	– Stress management	
8.	Holistic management technique	3
	– Physical	
	– Cognitive	
	– Personal	
	– Sosioemotion	
	– Spritual	
9.	Stress and coping measurement	3
	– Analysis of instruments	
	– Issues related in measurement	
	– Research in related area	
10.	Preventive Programme	3
	– Analysis of available programme	
	– Purpose of primer prevention	
	– Programme planning	
	– Development of preventive programme	
Total		42

EVALUATION	:	Course Work	60%
		Final Exam	40%

- REFERENCES** :
1. Blonna, R. (2005). *Coping with Stress in a Changing World* (3rd Edition). London: McGraw-Hill.
 2. Greenberg, S. (2002). *Comprehensive Stress Management* (8th Edition). London: McGrawHill.
 3. Hatta Siddi & Hatta Shahrom (2002). *Mengurus Stres*. Kuala Lumpur: Dewan Bahasa dan Pustaka.
 4. Linden, W. (2004). *Stress Management from Basic Science to Better Practice*. London: Sage.
 5. McKenry, P. & Price, S. J. (2005). *Families and Change: Coping with Stressful Events* (3rd Edition). London: Sage.