

## **PSY367 Work Stress**

**Level:** 3

**Credit Units:** 5 Credit Units

**Language:** ENGLISH

**Presentation Pattern:** EVERY JULY

### **Synopsis:**

This module will explore the major theories and concepts related to the processes, antecedents and outcomes of work stress.

Work stress is a contemporary challenge in the modern and sophisticated work place environment. Work-related stress has a debilitating effect on both individual and organizational performance and it is invariably connected to the personal health of employees and the staff turnover rate. The effect of work stress is further compounded by recent structural changes in organizations arising from globalization, automation and outsourcing. The intersection between individual differences and organizational structure and climate will be discussed.

### **Topics:**

- What is Stress?, Theoretical Models Explaining Stress
- Organizational Stressors
- Strains and Moderators
- Researching and Measuring Stress, Examining quantitative and qualitative research on job stress
- Coping with Stress, Job/Environmental Stressors
- Stress Management

### **Textbooks:**

Sulsky, L., & Smith, C. (2005).: Workstress. (Alternate ISBN: 0534575765) Belmont, CA: Thomas Wadsworth. Cengage Learning  
ISBN-13: 9780534575762-AA

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**Learning Outcome:**

- Analyze stress theories.
- Criticize stress theories and their associated research methods .
- Apply stress theories to real world situations.
- Show how people can cope with stress.
- Formulate practical recommendations to solve real world problems using stress theories.
- Propose real world examples of stress theories in action.

**Assessment Strategies:**

<b>Continuous Assessment Component</b>	<b>Weightage (%)</b>
TUTOR-MARKED ASSIGNMENT	20
TUTOR-MARKED ASSIGNMENT	25
PRE-CLASS QUIZ	1
PRE-CLASS QUIZ	1
PRE-CLASS QUIZ	1
PRE-CLASS QUIZ	1
PRE-CLASS QUIZ	1
<b>Sub-Total</b>	<b>50</b>

<b>Examinable Component</b>	<b>Weightage (%)</b>
Written Exam	50
<b>Sub-Total</b>	<b>50</b>

**Weightage Total** **100**