



MARMARA UNIVERSITY - Faculty of Business Administration

Business Administration (in English)

SYLLABUS

Course Code	Course Title		Type of Course	Course Group * for electives	Weekly Course Hours		ECTS Credits	Prerequisite to minimum letter grade
					T	P		
OB2047	Stress Management		Elective		3	0	5	
Prerequisite			Minimum grade				Grade	
Language of Instruction								
Course Lecturer								
Short Course Content	Concept of stress, physiology of stress and health, individual and organizational sources of stress, burnout, person-job/organization fit, work-family balance, workplace bullying, work stress and cultural differences, individual and organizational coping.							
Course Objectives	The aim of this course is to help students understand the nature of stress, recognize personal stress patterns, create and implement strategies that will improve their ability to cope with stressful situations, and learn the sources and methods of combating workplace stress.							
Recommended or Required Reading	1.	1) Brenni, B.A. (1996). Stress Management: Increasing Your Stress Resistance. New York: Longman. 2) Greenberg, J. (2002). Managing behavior in organizations (2nd ed). Upper Saddle River, N.J.: Prentice Hall.						
Learning Outcomes	1.	To be able to recognize the lifestyles that predispose to stress.						
	2.	To be aware of the reactions shown in the face of stress.						
	3.	To be able to apply methods of coping with stress.						
	4.	To identify the sources of stress in business life.						
	5.	To be able to plan initiatives that can reduce stress in the workplace.						
Planned Learning Activities and Teaching Methods								
WEEK	Date	Course Contents						
Week 1		Stress Concept						
Week 2		Physiology of Stress and Health						
Week 3		Lifestyle and Stress						
Week 4		Personality and Stress						
Week 5		Emotion-Focused Coping						
Week 6		Problem-Focused Coping						
Week 7		Prevalence of Work Stress and Burnout						
Week 8		Midterm(s)						
Week 9		Causes of Organizational Stress						
Week 10		Person-Job Fit/Person-Organization Fit						
Week 11		Work-Family Balance						
Week 12		Bullying at Work						
Week 13		Cultural Differences Related to Work Stress						
Week 14		Coping with Workplace Stress (Individual Practices)						
Week 15		Coping with Workplace Stress (Organizational Practices)						
Week 16		Study week						
Week 17		Final						
Assessment Methods		Assessment Method	Quantity	Date		Weight in Total (%)	Weight in Semester Evaluation (%)	
		Final Exam	1			50	0	
		Final Make-up Exam (if exists)	1			50	0	
		Semester Evaluation				50	100	

Methods and Criteria	Midterm(s)		1		50	100.0
	Quiz(zes)					
	Project(s)					
	Homework(s)					
	Laboratory					
	Other					
*** ECTS Credit Calculation ***						
Evaluation Tool	Hour/Quantity	Student Workload Hours		Evaluation Tool	Quantity	Student Workload Hours
Theoretical hours	3.0	42.0		Quiz & preparation	10	10.0
Applied hours	0.0	0.0		Homework		
Laboratory	2.0	28.0		Project	5	5.0
Pre-class self study				Research and presentation		
Post-class self study				Seminar		
Post-application self study				Field study		
Exam preparation & Midterm	10	10.0		Atelier		
Exam preparation & Final	20	20.0		Other		
GENERAL TOTAL :					50.0	115.0
Recommended ECTS Credit (Total Hours / 25) :						5