FEM 3105

TEKANAN DAN DAYATINDAK
(STRESS AND COPING)

PJJ, SEM 1, 2013-2014
SYNOPSIS

An examination of stress and coping among individuals. Emphasizes on stressors across the lifespan in various contexts, factors affecting stress level, coping strategies, holistic stress management techniques and development of primary prevention programs related to stress reduction.
Some concepts

- Stress
- Coping
- Stressors
- Across the lifespan
- Factors affecting
- Stress level
- Coping strategies
- Holistic Stress Management
- Prevention program
- Stress reduction
Course objectives

- Understand and able to discuss the concepts of stress, crisis and coping
- Comprehend and distinguish different stressors and effect of stress on individual at various context over the lifespan
- Analyze coping strategies, develop prevention and intervention programs
INSTRUCTOR

- PM Dr. Mansor Abu Talib
- Jabatan Pembangunan Manusia & Jabatan Keluarga
- Human Development Counselling, Early Adult Development, Psychosocial Stress & Adaptation, Achievement Motivation
- PhD Counseling, University of Manchester
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<table>
<thead>
<tr>
<th>Course Work</th>
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<tr>
<td>(a) Assignment 1 (Essay)</td>
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<tr>
<td>(b) Assignment 2 (Case Study)</td>
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<td>(c) Mid-term Examination</td>
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<td>Final Examination</td>
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Assignment 1

- Academic essay – literature search, primary and secondary data
- Group of 2
- Student chose topic that will be pre-determined by instructor.
- Format and marking scheme will be discuss during lecture.
- Submission?
Assignment 1: Format & Marking

- Abstract 3%
- Introduction 3%
- Discussion 6%
- Conclusion 3%
- Reference 2%
- Reflection 3%
Assignment 2

- Case study
- Group of 2-3
- Application of theory into practice
- Interviewing individual with stress and discuss issues related to what is learnt in lectures such as their definition of stress, perceptions, symptoms of stress, stressor, coping resources, coping strategies
- Application of selected stress and coping model
Assignment 2: Format & Grading

- Definition/description of stressor
- Analysis of respondent’s coping resources
- Effects of the stressor
- Coping strategies and effectiveness
- Social support received and needed
- Suggested additional strategies
- References
- Appendix