



Course syllabus

Faculty of Health and Life Sciences

Department of Psychology

4PS205 Stress i arbetslivet, 7,5 högskolepoäng

Stress at work, 7.5 credits

Main field of study

Psychology

Subject Group

Psychology

Level of classification

Second Level

Progression

A1F

Date of Ratification

Approved by Faculty of Health and Life Sciences 2016-06-13

The course syllabus is valid from spring semester 2017

Prerequisites

The course Job satisfaction and motivation (4PS203) and 22,5 credits from Psychology, Work and Organizational Psychology, MasterProgramme (SAPS2) or the equivalent.

Objectives

Upon completion of the course, the student shall:

- show understanding of the biological and psychological reactions to different types of stress and stress situations and the influence of socio-cultural, social and other factors on stress and stress reactions
- analyze different relationships between health and stress
- evaluate different theories/models for coping with stress
- describe stress reactions from a gender perspective
- explain mindfulness, in theory and applied, from both a historical and a contemporary perspective
- critically evaluate the construct of mindfulness from a psychological scientific perspective
- apply different mindfulness based techniques, and independently assess the effects of training from a meta-cognitive perspective and from stress-theory

Content

- The importance of biological and psychological reactions on stress
- the importance of socio-cultural factors on stress
- work related stress
- stress from a gender perspective
- measurement of stress
- different historical and contemporary perspectives on mindfulness, its meaning, origin, criteria for application and anchoring in psychological theory
- Mindfulness and evidence. Scientifically grounded knowledge about mindfulness in organizations and its influence on effectiveness, stress och job satisfaction
- regular training of one's ability to apply mindfulness based methods. Relating the effects of training to psychological theory, and a comprehensive meta-cognitive perspective is attained through writing a diary about one's training and its effects.

Type of Instruction

The students participate at lectures, work with literature studies, seminar assignments and written papers. In addition, there is training of mindfulness based techniques for a minimum of two weeks. Labs may occur.

Examination

The course is assessed with the grades A, B, C, D, E, Fx or F.

The grade A constitutes the highest grade on the scale and the remaining grades follow in descending order where the grade E is the lowest grade on the scale that will result in a pass. The grade F means that the student's performance is assessed as fail. Grade criteria for the A–F scale are communicated to the student through a special document.

Assessment of the student's performance is made through written essay. For students who have not passed (i.e. received the grade F) at the regular examination a new examination will be provided shortly after the regular examination.

Course Evaluation

After completing the course, a written course evaluation will be carried out. The result of the course evaluations will be presented to the students who have completed the course and to the future students of the course. Course evaluations are archived according to the university regulations.

Other

This course is part of Master Programme in Work and Organizational Psychology, SAPS2.

Required Reading and Additional Study Material

Atkins, Paul WB & Parker, Sharon K (2012). *Understanding individual compassion in organizations: The role of appraisals and psychological flexibility*. *Academy of Management Review*, 37(4), 524-546.

Dane, Eric. (2011). *Paying Attention to Mindfulness and Its Effects on Task Performance in the Workplace*. *Journal of Management*, 37(4) 997-1018

Goldberg, Leon & Breznitz, Shlomo. *Handbook of Stress. Theoretical and Clinical Aspects*. Amazon, 1993. 804 sidor. IBSN 13: 9780029120361.

Robbins, S.P., Judge, T.A., & Vohra, N. (2012). *Organizational behavior (15 ed.)*. New York: Pearson. ISBN: 9789332500334. Utvalda delar.

Williams, Mark G & Kabat-Zinn, Jon (Eds) (2013). *Mindfulness: Diverse perspectives on its meaning, origins and applications*. Routledge: London. 313 sidor.

Articles according to teacher's instructions.