



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 2016-06-13

Revised 2018-11-01 by Faculty of Health and Life Sciences. Revision of entry requirements, definition of objectives and clarification of type of instruction.

The course syllabus is valid from spring semester 2019

Prerequisites

15 credits from Psychology, Work and Organizational Psychology, Master Programme 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

Content

- The importance of biological and psychological reactions to stress
- the importance of socio-cultural factors on stress
- work related stress
- stress from a gender perspective
- measurement of stress

Type of Instruction

Literature studies, lectures, three mandatory seminars. 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

A course evaluation will be carried out during the course or soon after. The result and the analysis of the course evaluation will be communicated to the students who have completed the course and presented to those who take the course the next time it is given. The course evaluation is anonymous.

Other

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

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.

Dewe, Philip & Cooper, Gary (2017) Work stress and coping, forces of change and challenges. Sage ISBN 978-1-4739-1570-1

Lovallo, R. Stress and Health. *Biological and Psychological Interactions*. Sage Publications, 2015.

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

Articles according to teacher's instructions.