

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, the rise of the 'gig economy', and outsourcing. The intersection between individual differences and organizational structure and climate will be discussed.

Topics:

- Organizational Psychology, Organizational Behaviour and Workplace Stress
- The Singapore workplace
- Theoretical models of stress
- Researching and measuring stress
- Stressors, strains and moderators
- Work, stress, personal mastery and mental health
- Researching and measuring stress
- Technology, globalization and workplace stress
- Coping with stress
- Stress management strategies
- Stress and the future of work
- The future of work stress research

Textbooks:

Philip J. Dewe Cary L. Cooper: Work Stress and Coping (eText) Sage
ISBN-13: 9781526421647

Learning Outcome:

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

Assessment Strategies (Evening Class):

Components	Description	Weightage Allocation (%)
Overall Continuous Assessment	PRE-CLASS QUIZ 1	5
	PRE-CLASS QUIZ 2	5
	TUTOR-MARKED ASSIGNMENT 1	20
	TUTOR-MARKED ASSIGNMENT 2	20
Overall Examinable Components	ECA	50
Total		100