

<b>Study Programme:</b> Psychology
<b>Course Unit Title:</b> Occupational Stress
<b>Course Unit Code:</b> 21MP001
<b>Name of Lecturer(s):</b> Dr. Dragana Jelić (Assistant professor), MA Marija Volarov (Teaching assistant)
<b>Type and Level of Studies:</b> master studies
<b>Course Status (compulsory/elective):</b> elective
<b>Semester (winter/summer):</b> winter
<b>Language of instruction:</b> Serbian and English language
<b>Mode of course unit delivery (face-to-face/distance learning):</b> consultation sessions and distance learning
<b>Number of ECTS Allocated:</b> 3
<b>Prerequisites:</b> None.
<b>Course Aims:</b> Introducing students to the concept of work-related stress, theoretical models of occupational stress, the conditions under which it develops, and its effects on employees' psychological well-being and organizational effectiveness. Enabling students to apply methods and techniques for assessing, designing, and implementing various strategies for stress management and for creating healthy organizations.
<p><b>Learning Outcomes:</b></p> <p><b>By the end of the course, students are expected to be able to:</b></p> <ul style="list-style-type: none"> <li>• Demonstrate comprehensive and in-depth understanding of the concepts of stress, burnout, and psychological well-being in the workplace</li> <li>• Demonstrate comprehensive and in-depth understanding of theoretical concepts related to the causes and development of stress and burnout syndrome</li> <li>• Demonstrate knowledge of techniques for assessing stress, burnout symptoms at work, and quality of life</li> <li>• Demonstrate knowledge of the application of a wide range of techniques for stress management and for creating healthy organizations</li> </ul>
<p><b>Syllabus:</b></p> <p><b>Theoretical Instructions</b></p> <ul style="list-style-type: none"> <li>• Stress, burnout, and well-being – key concepts: the concept of stress; the concept of occupational burnout; the concept of workplace accidents; working conditions, stress, and burnout; emotions at work and stress; effects of stress on health and work performance</li> <li>• Theories of occupational stress and well-being: person–organization fit theory; cybernetic theory of stress, coping, and well-being; the job demands–resources theory; the organizational health framework</li> <li>• Prevention of stress and burnout syndrome: job design and well-being; organizational learning and stress; workplace conflict, stress, and well-being; risk assessment and stress prevention</li> <li>• Coping with stress and burnout: individual and organizational levels of intervention; employee counseling; stress management: training design and evaluation of intervention outcomes</li> </ul> <p><b>Practical Instructions</b></p> <ul style="list-style-type: none"> <li>• Methods and techniques for assessing stress</li> <li>• Practicing techniques for stress management at both the individual and organizational levels</li> </ul>

**Required Reading:**

- Popov, B. (2018). *Stres u radnom okruženju*. Filozofski fakultet.
- Cooper, C. L., Dewe, P. J., & O’Driscoll, M. P. (2001). *Organizational stress: A review and critique of theory, research, and applications*. Sage Publications.
- Lehrer, P. L., Woolfolk, R. L., & Sime, W. E. (2007). *Principles and practice of stress management*. The Guilford Press.
- **Other:** Additional readings will include selected peer-reviewed scientific articles relevant to the topics covered in the course.

**Weekly Contact Hours:** 1.5h**Lectures:** 45 minutes**Practical work:** 45 minutes**Teaching Methods:**

Lectures, Individual exercises, Group exercises (optional), Case studies

**Knowledge Assessment (maximum of 100 points):**

<b>Pre-exam obligations</b>	points	<b>Final exam</b>	points
Active class participation	5	written exam	35
Practical work		oral exam	
Preliminary exam(s)	35	.....	
Seminar(s)	25		

The methods of knowledge assessment may differ; the table presents only some of the options: written exam, oral exam, project presentation, seminars, etc.