

PSYCHOLOGY

Placement: First Year

**Theory – 60 hours
(Class 50 + lab 10)**

Course Description - This course is designed to assist the students to acquire knowledge of fundamentals of psychology and develop an insight into behavior of self and others. Further it is aimed at helping them to practice the principles of mental hygiene for promoting mental health in nursing practice.

Specific objectives – At the end of the course the students will be able to:

1. Understand the importance of psychology in personal and professional life.
2. Understands the biology of human behavior.
3. Understands cognitive and affective processes of human mind.
4. Develops an understanding of self and others.
5. Understand the influence of personality of human behavior.
6. Appreciates developmental psychology.
7. Understands the significance of mental hygiene and mental health.
8. Assist with psychological assessments and tests.

Unit	Time (Hrs)	Learning Objective	Contents	Teaching Learning Activities	Evaluation
I	2	<ul style="list-style-type: none">• Describe the history, scope and methods of psychology	Introduction: <ul style="list-style-type: none">• History, development and origin of science of psychology• Definitions, scope, branches of psychology and relations with other subjects.• Relevance to nursing• Methods of psychology	<ul style="list-style-type: none">• Lecture Discussion	<ul style="list-style-type: none">• Essay type• Short answers

II	4	<ul style="list-style-type: none"> • Explain the biology of Human behavior 	<p>Biology of behavior Dynamics of human behavior</p> <ul style="list-style-type: none"> • Body mind relationship modulation process in health and illness • Genetics and behavior: Heredity and environment • Brain and behavior: Nervous System. Neurons and synapse, • Association Cortex, Rt and Lt Hemispheres • Psychology of Sensations • Muscular and glandular controls of behavior • Nature of behavior of an organism/Integrated Responses 	<ul style="list-style-type: none"> • Lecture Discussion 	<ul style="list-style-type: none"> • Essay type • Short answers
III	20	<ul style="list-style-type: none"> • Describe various cognitive processes and their applications 	<p>Cognitive process</p> <ul style="list-style-type: none"> • Maiming of cognition • Attention: Types, determinants, Duration & degree, alterations • Perception: Meaning, Principles, factors affecting, • Perception of objects, depth, distance and motion. • Errors in perception. • Learning: Nature, types, learner and learning, factors influencing, laws and theories, process, transfer, study habits • Memory: Meaning, Types, Nature factors influencing, Development Theories and methods of memorizing and Forgetting • Thinking: Types and levels, stages of development, Relationship with language and communication. 	<ul style="list-style-type: none"> • Lecture Discussion • Psychometric assessment • Practice sessions 	<ul style="list-style-type: none"> • Essay type • Short answers

			<ul style="list-style-type: none"> • Intelligence: Meaning, classification, uses, theories • Aptitude: Concept, types, Individual differences and variability • Psychometric assessments of cognitive processes • Alterations in cognitive process <p>Applications</p>		
IV	8	<ul style="list-style-type: none"> • Describe motivation, emotions, stress, attitudes and their influence on behavior 	<p>Motivation and Emotional Processes:</p> <ul style="list-style-type: none"> • Motivation: Meaning, Concepts, Types, Theories, • Motives and behavior, • Maslow's theory • Formation of self concept, • Conflicts and frustration, conflict resolution • Emotions & stress • <input type="checkbox"/> Emotion: Definition, components, Changes in emotions, theories, emotional adjustments, emotions in health and illness, Development of emotions <p>Characteristic of emotions</p> <p>Handling emotions in self and others</p> <ul style="list-style-type: none"> <input type="checkbox"/> Stress: stressors, cycle, effect, adaptation & coping <ul style="list-style-type: none"> • Attitude: Meaning, nature, development, factors affecting, <input type="checkbox"/> Behaviour and attitudes <input type="checkbox"/> Attitudinal change <input type="checkbox"/> Will and character <input type="checkbox"/> Attitude and Nurse. <ul style="list-style-type: none"> • Psychometric assessment of emotions and attitudes • Alterations in emotions • Applications 	<ul style="list-style-type: none"> • Lecture Discussion • Role plays • Case Discussion • Demonstration • Project work 	<ul style="list-style-type: none"> • Essay type • Short answers

V	7	<ul style="list-style-type: none"> • Explain the concept of personality and its influence on behaviour 	<p>Personality</p> <ul style="list-style-type: none"> • Definitions, topography, types, Theories • Self actualization • Psychometric assessments of personality • Development & Alterations in personality <ul style="list-style-type: none"> o Adjustment and Maladjustment o Personality disorders o Factors affecting development of personality 	<ul style="list-style-type: none"> • Lecture Discussion • Demonstration 	<ul style="list-style-type: none"> • Essay type • Short answers
VI	7	<ul style="list-style-type: none"> • Describe psychology of people during the life cycle 	<p>Developmental Psychology</p> <ul style="list-style-type: none"> • Psychology of people at different ages from infancy to old age. • Psychology of vulnerable individuals- challenged, women, sick, etc. • Psychology of groups • Psychology of people at different ages from infancy to old age: <i>In health and illness.</i> • Psychology of vulnerable individuals: Can be specified as: for example <ul style="list-style-type: none"> o Daughter of alcoholic parents or wife or alcoholic husband. o Physically/sexually abused o Rape, o Prostitute o Alcoholic o Physically or mentally challenged o Constant exposure to stress etc. • Psychology of Groups: for example <ul style="list-style-type: none"> o Family, social and Professional groups o Interpersonal relationship among group members. o Inter group relationship. o Group morale. 	<ul style="list-style-type: none"> • Lecture Discussion • Case Discussion 	<ul style="list-style-type: none"> • Essay type • Short answers

VII	8	<ul style="list-style-type: none"> Describe the characteristics of Mentally health person Explain ego defense mechanisms 	<p>Mental hygiene and mental Health</p> <ul style="list-style-type: none"> Concepts of mental hygiene and mental health Characteristics of mentally healthy person Warning signs of poor mental health. Promotive and preventive mental health strategies and services. Ego defense mechanisms and implications Guidance and counseling Role of nurse Personal and social adjustments: <ul style="list-style-type: none"> - Personal Maladjustments - Regression - Withdrawal 	<ul style="list-style-type: none"> Lecture Discussion Case Discussion Role play Demonstration 	<ul style="list-style-type: none"> Essay type Short answers
VIII	14 Hrs T=4 P=10	<ul style="list-style-type: none"> Explain the psychological assessments and role of nurse 	<p>Psychological assessment & tests</p> <ul style="list-style-type: none"> Types, development, Characteristics, Principles, Uses, Interpretations and Role of nurse in psychological assessment <p>Practicals</p> <ul style="list-style-type: none"> Identifying intelligence and coping skills: <ul style="list-style-type: none"> - Wechsler's Adult Intelligence scale - W I S C - Basic skill of Guidance and counseling - Role play. 	<ul style="list-style-type: none"> Lecture Discussion Demonstration Practice sessions 	<ul style="list-style-type: none"> Assessment of practice

BIBLIOGRAPHY

1. Bhctic B. D. & Craig M : Element of psychology and mental hygien for Nurses, Chennai. Orient Longmal..
2. Dodge Fernald and Peter S. Fernald, Introduction to Psychology, 5 edition, AITBS, 2004.
3. Jacob Anthikad, Psychology for Graduate Nurses, 3 edition, Jaypee, 2004.
4. Morgan C.T. & King, Introduction to Psychology, 7 edition, Megrow bill international.
5. Second course in psycholog, Higher secondary std. XII K.T. Basantani, Sheth publishers Pvt. Ltd,9th ed. 2005
6. Second course in Psycholog, Higher secondary std. XI K.T. Basantani, Sheth publishers Pvt. Ltd,8th ed. 2005
7. Hurlock E : Development psychology : Tata MC grow Hill Book Co.

Evaluation Scheme

Subject Psychology	Assessment			
	Hours	Internal	External	Total
Theory	3	25	75	100

Details as follows:

Internal Assessment: 25 Marks
(Out of 25 Marks to be send to the University)

Details as follows:

Theory: 15 Marks
Mid-Term: 50 Marks
Prelim: 75 Marks
Total: 125 Marks
(125 Marks from mid-term & prelim (Theory) to be converted into 15 Marks)
Assignment: 10 Marks

External Assessment: (University examination) 75 Marks