

Psychology

Hrs.40

Course Description

This course is designed to help students understand the dynamics of human behaviour and concept of mental health. This will enable them to develop positive and good inter- personal relationships in the practice of nursing in all health care settings.

General Objectives

Upon completion of this course, the students will be able to:

- Describe the concept of mental health and psychology.
- Explain the dynamics of human behavior, personality and learning.
- Discuss the role of adjustment mechanisms and emotions in health and illness.
- Demonstrate skills in the application of principle of psychology on nursing practice on all kinds of health care settings.

Course Content

Unit-I Introduction

- Definitions, scope of psychology and its importance in nursing profession.

Unit-II Psychology of Human Behavior

- Dynamics of behaviour, motivation and behavioral process of adjustment, adjustments and mal – adjustments unconscious behaviour
- Frustration: sources and nature of frustration, measures to overcome frustration
- conflicts types, unconscious conflict, resolution, conflict and nursing.
- Adjustment mechanism: meaning, types and importance

- Emotions: in health and disease, emotional situations, control of emotions, effect of emotional reactions on health.
- Attitudes: meaning, development, changes in attitude, attitude and nursing.
- Habits: formation, types, effective habit formation, advantages and disadvantage of habit formation.

Unit-III Learning

- Nature of learning, laws and types of learning, factors promoting effective learning, memory and forgetfulness.
- Thinking and reasoning.
- Nature and types of thinking
- Problem solving and reasoning.

Unit- IV Observation

- Attention and perception, factors affecting attention and observation and errors on perception.

Unit- V Intelligence

- Definition, individual differences in intelligence.
- Mental ability and nature of intelligence.
- Measurement of intelligence.
- Development of intelligent behaviour.

Unit- VI Personality

- Meaning, Types factors affecting development of personality.
- Characteristics of various age group: child, adolescent, adult and aged.
- Will and character.