

PSYCHOLOGY

Placement : First Year

**Theory 60 hours
(Class 50 + Lab 10 hrs)**

Course Description: This course is designed to assist the students to acquire knowledge of fundamentals of psychology and develop an insight into behaviour 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 behaviour.
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 behaviour.
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 Objectives	Content	Teaching Learning Activity	Assessment Methods
I	4	<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.• Various application of psychology in nursing practice including importance in human and interpersonal behavioral Methods of Psychology	<ul style="list-style-type: none">• Lecture Discussion	<ul style="list-style-type: none">• Essay type• Short answers

Unit	Time (Hrs.)	Learning Objectives	Content	Teaching Learning Activity	Assessment Methods
II	4	<ul style="list-style-type: none"> Explain the biology of Human behaviour 	<p>Biology of behaviour Dynamics of human behaviour</p> <ul style="list-style-type: none"> Body mind relationship- modulation process in health and illness Genetics and behaviour: Heredity and environment Brain and behaviour: Nervous System., Neurons and synapse, Association Cortex, Rt and Lt Hemispheres Psychology of Sensations Muscular and glandular controls of behaviour Nature of behaviour of an organism/Integrated responses Nature of behaviour of an organism/Integrated responses 	<ul style="list-style-type: none"> Lecture Discussion 	<ul style="list-style-type: none"> Essay type Short answers
III	14	<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. Intelligence: Meaning, classification, uses, theories 	<ul style="list-style-type: none"> Lecture Discussion Psychometric assessment Practice sessions 	<ul style="list-style-type: none"> Essay type Short answers

Unit	Time (Hrs.)	Learning Objectives	Content	Teaching Learning Activity	Assessment Methods
			<ul style="list-style-type: none"> • Aptitude: Concept, types, Individual differences and variability • Psychometric assessments of cognitive processes • Alterations in cognitive process • Applications <p>Learning</p> <ul style="list-style-type: none"> • Theories of learning: • Theories of transfer. <p>Memory</p> <ul style="list-style-type: none"> • Methods of memorizing: • Methods of measuring memory • Memory Training <p>Thinking</p> <ul style="list-style-type: none"> • Stages of thinking development: • Stages of creative thinking and problem solving. • Nature of thinking • Elements of thought • Language comprehension • Listening skill • Reasoning and problem solving • Deduction • Induction <p>Intelligence</p> <ul style="list-style-type: none"> • Nature of intelligence • Effect of heredity and environment • Intelligence Test • Mental deficiency • Factors of individual difference in intelligence. • Development of intelligent behaviour <p>Aptitude</p> <ul style="list-style-type: none"> • Measurement of Aptitude or Aptitude Tests 		

Unit	Time (Hrs.)	Learning Objectives	Content	Teaching Learning Activity	Assessment Methods
IV	6	Describe motivation, emotions, stress, attitudes and their influence on behaviour	<p>Motivation and Emotional Processes:</p> <ul style="list-style-type: none"> • Motivation: Meaning, Concepts, Types, Theories, • Motives and behaviour, • Maslow's theory • Formation of self concept, • Conflicts and frustration, conflict resolution • Emotions & stress □ Emotion: Definition, components, Changes in emotions, theories, emotional adjustments, emotions in health and illness □ Stress: stressors, cycle, effect, adaptation & coping • Attitude: Meaning, nature, development, factors affecting, □ Behaviour and attitudes □ Attitudinal change □ Will and character □ Attitude and Nurse. • Psychometric assessment of emotions and attitudes • Alterations in emotions • Applications <p>Emotions</p> <ul style="list-style-type: none"> • Development of emotions • Characteristic of emotions • Handling emotions in self and others 	<ul style="list-style-type: none"> • Lecture • Discussion • Role plays • Case Discussion • Demonstration • Project work 	<ul style="list-style-type: none"> • Essay type • Short answer

Unit	Time (Hrs.)	Learning Objectives	Content	Teaching Learning Activity	Assessment Methods
V	5	<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 <input type="checkbox"/> Adjustment and maladjustment <input type="checkbox"/> Personality disorders <input type="checkbox"/> Factors affecting development of personality <input type="checkbox"/> Self actualization 	<ul style="list-style-type: none"> • Lecture • Discussion • Demonstration 	<ul style="list-style-type: none"> • Essay type • Short answers

Unit	Time (Hrs.)	Learning Objectives	Content	Teaching Learning Activity	Assessment Methods
VI	5	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"> ○ <i>Daughter of alcoholic parents or wife or alcoholic husband.</i> ○ <i>Physically/ sexually abused</i> ○ <i>Rape,</i> ○ <i>Prostitute</i> ○ <i>Alcoholic</i> ○ <i>Physically or mentally challenged</i> ○ <i>Constant exposure to stress etc.</i> • Psychology of Groups: for example <ul style="list-style-type: none"> ○ <i>Family, social and professional groups</i> ○ <i>Interpersonal relationship among group members.</i> ○ <i>Inter group relationship.</i> ○ <i>Group morale.</i> 	<ul style="list-style-type: none"> • Lecture • Discussion • Case Discussion 	<ul style="list-style-type: none"> • Essay type • Short answers

Unit	Time (Hrs.)	Learning Objectives	Content	Teaching Learning Activity	Assessment Methods
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 Personal and social adjustments Guidance and counseling Role of nurse Personal and social adjustments: <ul style="list-style-type: none"> <i>Personal Maladjustments</i> <ul style="list-style-type: none"> <i>Regression</i> <i>Withdrawal</i> 	<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 WISC 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

Bibilography:

1. Bhcetic 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