



First Year P. B. BSc. Nursing

Subject: Psychology

Faculty: Mrs. Yogita

Units	Topics	No. Of lectures	Lectures serial no
I 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.	1	1
	Various application of psychology in nursing practice including importance in human and interpersonal behavioural Methods of Psychology	1	2
II Biology of behavior Dynamics of human behavior	<ul style="list-style-type: none">Body mind relationship- modulation process in health and illness Genetics and behaviour: Heredity and environment	1	3
	<ul style="list-style-type: none">Brain and behaviour: Nervous System., Neurons and synapse, Association Cortex, Rt and Lt Hemispheres	1	4
	<ul style="list-style-type: none">Psychology of Sensations Muscular and glandular controls of behaviour	1	5
	<ul style="list-style-type: none">Nature of behaviour of an organism/Integrated responses	1	6
	<ul style="list-style-type: none">Meaning of cognition Attention: Types, determinants, Duration & degree, alterations	1	7
III Cognitive process	Perception: Meaning, Principles, factors affecting, Perception of objects, depth, distance and motion. Errors in perception.	1	8
	<ul style="list-style-type: none">Learning: Nature, types, learner and learning, factors influencing, laws and theories, process, transfer, study habits	1	9
	<ul style="list-style-type: none">Memory: Meaning, Types, Nature factors influencing, Development Theories and methods of memorizing and Forgetting	1	10
	<ul style="list-style-type: none">Thinking: Types and levels, stages of development, Relationship with language and communication	1	11
	<ul style="list-style-type: none">Intelligence: Meaning, classification, uses, theories	1	12
	<ul style="list-style-type: none">Aptitude: Concept, types, Individual differences and variability	1	13

	<ul style="list-style-type: none"> • Psychometric assessments of cognitive processes 	1	14
	<ul style="list-style-type: none"> • Psychometric assessments of cognitive processes 	1	15
	Theories of learning: Theories of transfer. Memory	1	16
	<ul style="list-style-type: none"> • Methods of memorizing: • Methods of measuring memory • Memory Training 	2	17-18
	<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 	3	19-21
	<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 	3	22-24
	<p>Aptitude</p> <ul style="list-style-type: none"> • Measurement of Aptitude or Aptitude Tests 	2	25-26
IV Motivation and Emotional Processes	<ul style="list-style-type: none"> • Motivation: Meaning, Concepts, Types, Theories, Motives and behaviour, 	1	27
	<ul style="list-style-type: none"> • Maslow's theory Formation of self concept, 	1	28
	<ul style="list-style-type: none"> • Conflicts and frustration, conflict resolution 	1	29
	<ul style="list-style-type: none"> • Emotions & stress Emotion: Definition, components, Changes in emotions, theories, emotional adjustments, emotions in health and illness 	1	30
	<ul style="list-style-type: none"> □ 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 	2	31-32
	<p>Emotions</p> <ul style="list-style-type: none"> • Development of emotions 	2	33-34

	<ul style="list-style-type: none"> • Characteristic of emotions Handling emotions in self and others		
V Personality	<ul style="list-style-type: none"> • Definitions, topography, types, Theories 	1	35
	<ul style="list-style-type: none"> • Self actualization 	1	36
	<ul style="list-style-type: none"> • Psychometric assessments of personality 	1	37
	<ul style="list-style-type: none"> • Development & Alterations in personality 	1	38
	<ul style="list-style-type: none"> • Adjustment and maladjustment 	1	39
	<ul style="list-style-type: none"> • Personality disorders 	1	40
	<ul style="list-style-type: none"> • Factors affecting development of personality Self actualization 	1	41
VI Developmental Psychology	<ul style="list-style-type: none"> • Psychology of people at different ages from infancy to old age. 	1	42
	<ul style="list-style-type: none"> • Psychology of vulnerable individuals-challenged, women, sick, etc. 	1	43
	<ul style="list-style-type: none"> • Psychology of groups 	1	44
	<ul style="list-style-type: none"> • Psychology of people at different ages from infancy to old age: In health and illness. 	1	45
	<ul style="list-style-type: none"> • Psychology of vulnerable individuals: Can be specified as: for example <ul style="list-style-type: none"> ○ Daughter of alcoholic parents or wife or alcoholic husband. ○ Physically/ sexually abused ○ Rape, ○ Prostitute ○ Alcoholic ○ Physically or mentally challenged ○ Constant exposure to stress etc. 	2	46-47
	<ul style="list-style-type: none"> • Psychology of Groups: for example <ul style="list-style-type: none"> ○ Family, social and professional groups ○ Interpersonal relationship among group members. ○ Inter group relationship. ○ Group morale. 	1	48
VII Mental hygiene and mental Health	<ul style="list-style-type: none"> • Concepts of mental hygiene and mental health 	1	49
	<ul style="list-style-type: none"> • Characteristics of mentally healthy person 	1	50
	<ul style="list-style-type: none"> • Warning signs of poor mental health. 	1	51
	<ul style="list-style-type: none"> • Promotive and preventive mental health strategies and services. 	1	52
	<ul style="list-style-type: none"> • Ego defence mechanisms and implications 	1	53
	<ul style="list-style-type: none"> • Personal and social adjustments 	1	54
	<ul style="list-style-type: none"> • Guidance and counseling 	1	55
	<ul style="list-style-type: none"> ○ Role of nurse, Personal and social adjustments: Personal Maladjustments • Regression Withdrawal 	1	56

VIII Psychological assessment & tests	<ul style="list-style-type: none"> • Types, development, Characteristics, Principles, Uses, Interpretations and Role of nurse in psychological assessment 	2	57-58
	Practical 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 <ul style="list-style-type: none"> • Role play. 	2	59-60

EVALUATION:

Paper -4, Subject -Psychology, Duration -3HRS

SR NO	EXAMINATION	MARKS	TOTAL
1.	Unit test I	25	150
2.	Unit test II	25	
3.	Prelim	75	
4.	Assingments	25	
5.	External Assessment (Theory) (University Examination)	75	100
6.	Internal Assessment	25	

References:

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.