

LESSON PLAN
BASIC B.Sc. NUSING I YEAR

Subject code: 4
Subject: Psychology
Faculty: External

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
	<ul style="list-style-type: none"> • 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 behaviour	<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 Nature of behaviour of an organism/Integrated responses	1	6
III Cognitive process	<ul style="list-style-type: none"> • Meaning of cognition Attention: Types, determinants, Duration & degree, alterations	1	7
	<ul style="list-style-type: none"> • 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, 	1	11

	Relationship with language and communication.		
	• Intelligence: Meaning, classification, uses, theories	1	12
	• Aptitude: Concept, types, Individual differences and variability	1	13
	• Psychometric assessments of cognitive processes	1	14
	• Alterations in cognitive process, Applications	1	15
	Learning		
	• Theories of learning: Theories of transfer.	1	16
	Memory		
	• Methods of memorizing:	2	17-18
	• Methods of measuring memory		
	• Memory Training		
	Thinking	3	19-21
	• 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		
	Intelligence	3	22-24
	• Nature of intelligence		
	• Effect of heredity and environment		
	• Intelligence Test		
	• Mental deficiency		
	• Factors of individual difference in intelligence.		
	• Development of intelligent behaviour		
	Aptitude	2	25-26
	• Measurement of Aptitude or Aptitude Tests		
IV			
Motivation and	• Motivation: Meaning, Concepts, Types, Theories, Motives and behaviour,	1	27
Emotional	• Maslow's theory	1	28
Processes	Formation of self concept,		
	• Conflicts and frustration, conflict resolution	1	29
	• Emotions & stress		
	Emotion: Definition, components, Changes in emotions, theories, emotional adjustments, emotions in health and illness	1	30
	□ Stress: stressors, cycle, effect, adaptation & coping		

	<ul style="list-style-type: none"> ○ Interpersonal relationship among group members. ○ Inter group relationship. ○ Group morale. 		
VII Mental hygiene and mental Health	• Concepts of mental hygiene and mental health	1	49
	• Characteristics of mentally healthy person	1	50
	• Warning signs of poor mental health.	1	51
	• Promotive and preventive mental health strategies and services.	1	52
	• Ego defence mechanisms and implications	1	53
	• Personal and social adjustments	1	54
	• Guidance and counseling	1	55
	• Role of nurse, Personal and social adjustments:	1	56
	○ Personal Maladjustments	1	56
	– Regression Withdrawal		
VIII Psychological assessment & tests	• Types, development, Characteristics, Principles, Uses, Interpretations and Role of nurse in psychological assessment	2	57-58
	Practical		
	♣ Identifying intelligence and coping skills: – Wechsler’s Adult Intelligence scale – W I S C – Basic skill of Guidance and counselling	2	59-60
Role play.			

EVALUATION:

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

Internal Assessment-25 , ExternalAssessment-75, Total Marks= 100

Internal Assessment: 25 Marks

(Out of 25 Marks to be send to the University)

Unit test I: 25 Marks

Unit test II:50Marks

Prelim: 75 Marks

Assignment:25 marks

Total: 150 Marks

External Assessment (Theory): 75 Marks

(University Examination)

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.