

**LESSON PLAN**  
**BASIC B.Sc. NUSING I YEAR**  
**SECOND SEMISTER**

**Subject code: 4**

**Subject: Psychology**

**Faculty: Mrs. D.Priya**

Units	Topics	No.Of lectures	Lectures serial no.
<b>I Introduction</b>	<ul style="list-style-type: none"> <li>• History, development and origin of science of psychology</li> <li>• Definitions, scope, branches of psychology and relations with other subjects.</li> <li>• Various application of psychology in nursing practice including importance in human and interpersonal behavioural</li> <li>• Methods of Psychology</li> </ul>	<p style="text-align: center;">1</p> <p style="text-align: center;">1</p> <p style="text-align: center;">1</p> <p style="text-align: center;">1</p>	<p style="text-align: center;">2</p> <p style="text-align: center;">2</p>
<b>II Biology of behavior Dynamics of human behaviour</b>	<ul style="list-style-type: none"> <li>• Body mind relationship- modulation process in health and illness</li> <li>• Genetics and behaviour: Heredity and environment</li> <li>• Brain and behaviour: Nervous System., Neurons and synapse</li> <li>• Association Cortex, Rt and Lt Hemispheres</li> <li>Psychology of Sensations</li> <li>    Muscular and glandular controls of behaviour</li> <li>• Psychology of Sensations</li> <li>    Muscular and glandular controls of behaviour</li> <li>•</li> </ul>	<p style="text-align: center;">1</p> <p style="text-align: center;">1</p> <p style="text-align: center;">1</p> <p style="text-align: center;">1</p>	<p style="text-align: center;">3</p> <p style="text-align: center;">4</p> <p style="text-align: center;">5</p> <p style="text-align: center;">6</p>
<b>III Cognitive process</b>	<ul style="list-style-type: none"> <li>• Meaning of cognition</li> <li>Attention: Types, determinants, Duration &amp; degree, alterations</li> <li>• Perception: Meaning, Principles, factors affecting, Perception of objects, depth, distance and motion. Errors in perception.</li> <li>• Learning: Nature, types, learner and learning, factors influencing, laws and theories, process, transfer, study habits</li> <li>• Memory: Meaning, Types, Nature factors influencing, Development Theories and methods of memorizing and Forgetting</li> <li>• Thinking: Types and levels, stages of development,</li> </ul>	<p style="text-align: center;">1</p> <p style="text-align: center;">1</p> <p style="text-align: center;">1</p> <p style="text-align: center;">1</p> <p style="text-align: center;">1</p>	<p style="text-align: center;">7</p> <p style="text-align: center;">8</p> <p style="text-align: center;">9</p> <p style="text-align: center;">10</p> <p style="text-align: center;">11</p>

<b>IV Motivation and Emotional Processes</b>	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:		
	• Methods of measuring memory	2	17-18
	• Memory Training		
	Thinking		
	• Stages of thinking development:	3	19-21
	• 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			
• Measurement of Aptitude or Aptitude Tests	2	25-26	
• Motivation: Meaning, Concepts, Types, Theories, Motives and behaviour,	1	27	
• Maslow's theory			
Formation of self concept,	1	28	
• Conflicts and frustration, conflict resolution			
• Emotions & stress	1	29	
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"> <li>• <b>Attitude:</b> Meaning, nature, development, factors affecting, Behaviour and attitudes Attitudinal change Will and character Attitude and Nurse.</li> <li>• Psychometric assessment of emotions and attitudes</li> <li>• Alterations in emotions</li> <li>• Applications</li> </ul>	2	31-32
	<p><b>Emotions</b></p> <ul style="list-style-type: none"> <li>• Development of emotions</li> <li>• Characteristic of emotions</li> </ul> <p>Handling emotions in self and others</p>	2	33-34
<b>V</b>			
Personality	<ul style="list-style-type: none"> <li>• Definitions, topography, types, Theories</li> <li>• Self actualization</li> <li>• Psychometric assessments of personality</li> <li>• Development &amp; Alterations in personality</li> </ul> <p>6 Adjustment and maladjustment</p> <p>6 Personality disorders</p> <p>6 Factors affecting development of personality</p> <p>Self actualization</p>	1 1 1 1 1 1 1	35 36 37 38 39 40 41
<b>VI</b>			
Developmental Psychology	<ul style="list-style-type: none"> <li>• Psychology of people at different ages from infancy to old age.</li> <li>• Psychology of vulnerable individuals-challenged, women, sick, etc.</li> <li>• Psychology of groups</li> <li>• Psychology of people at different ages from infancy to old age: In health and illness.</li> <li>• Psychology of vulnerable individuals: Can be specified as: for example <ul style="list-style-type: none"> <li>○ Daughter of alcoholic parents or wife or alcoholic husband.</li> <li>○ Physically/ sexually abused <ul style="list-style-type: none"> <li>○ Rape,</li> <li>○ Prostitute</li> <li>○ Alcoholic</li> <li>○ Physically or mentally challenged</li> <li>○ Constant exposure to stress etc.</li> </ul> </li> </ul> </li> <li>• Psychology of Groups: for example <ul style="list-style-type: none"> <li>○ Family, social and professional groups</li> </ul> </li> </ul>	1 1 1 1 2 1	42 43 44 45 46-47 48

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

**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,9<sup>th</sup> ed. 2005
6. Second course in Psycholog, Higher secondary std. XI K.T. Basantani, Sheth publishers Pvt. Ltd,8<sup>th</sup> ed. 2005
7. Hurlock E : Development psychology : Tata MC grow Hill Book Co.