

PSYCHOLOGY

Placement: First Year

Time allotted: Theory - 60 hrs
Practical - 15 hrs

COURSE DESCRIPTION

This course is designed to reorient and widen the student's knowledge of fundamentals of psychology. The student is offered an opportunity to apply the theoretical concepts in, the clinical setting and thereby understand the psychodynamics of patient behaviour. This course would also help the student to develop an insight into her own behaviour.

OBJECTIVES

At the end of the course, the student will

1. Apply psychological principles while performing nursing duties.
2. Distinguish the psychological processes during health and sickness.
3. Analyze own behaviour patterns.
4. Tabulate the psychological needs of the patients for planning nursing care.
5. Participate in psychometric assessment of the client.

COURSE CONTENTS

UNIT I

Introduction: Definition of psychology, scope and methods of psychology.
Relationship with other subjects.

UNIT II

Sensation, Attention and Perception: Definitions .
Sensory processes: Nonnal and abnonnal
Attention and distraction: contributory factors.
Characteristics of perception, Perception: nonnal and abnonnal

UNIT III

Motivation: Definition and nature of motivation .
Biological and social motives
Frustration and conflicts
Self-actualization

UNIT IV

Emotions: Definition of emotions, Expression and perception
Emotions in sickness

UNIT V

Personality: Definition, Constituents of personality
Personality in sickness and nursing

UNIT VI

Psychological aspects of nursing
Behaviour and sickness. Psychological needs of
Child and adolescents
Adult
Aged
Attendants
Chronically ill individual

UNIT VII

Individual differences
Significance of individual differences.
Heredity and environment.
Role of individual differences both in health and sickness.
Implications of individual differences in nursing.

UNIT VIII

Intelligence and Abilities: Definition
Intelligence and abilities during sickness.
Measurement of intelligence and abilities.

UNIT IX

Learning: Definition, Conditions of learning.
Laws of learning
Learning during health and sickness.

UNIT X

Memory and forgetting: Definition and nature of memory .
Memory during health and sickness.
Forgetting during health and sickness.

UNIT XI

Attitudes: Definition, Development and modification.
Role of attitudes in health and sickness.

UNIT XII

Concept of mental hygiene & mental health.
Characteristics of a mentally healthy person.
Defense mechanisms

PRACTICUM

- 1) Simple experiments on
 - (i) perception
 - (ii) measuring thresholds
 - (iii) reaction time.
- 2). Administration of psychological tests
- 3) Observation and recording data: (i) field observation (ii) interview (iii) case study (iv) self-rating.