**Placement- FISRT YEAR Time- 60 Hours**

Psychology- 40 hours

Sociology- 20 hours

## PSYCHOLOGY

**Course Description**

This course is designed to help students understand the dynamics of human behavior and concept of mental health. This shall enable them to develop positive attitude and good inter – personal relationships in the practice of nursing in all health care settings.

## General Objectives

Upon completion of the course, the students shall be able to:

1. Describe the concept of mental health and psychology.
2. Explain the dynamics of human behavior, personality and learning.
3. Discuss the role of adjustment mechanisms and emotions in health and illness.
4. Demonstrate skills in the application of principle of psychology in nursing practice in all kind of health care settings.

## Total Hours – 40

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| **Unit. No.** | **Learning**  **Objectives** | **Content** | **Hr.** | **Teaching learning activities** | **Assessment methods** |
| I | State the concept, scope and importance of psychology. | **Introduction**   1. Definition, nature and scope of   psychology   1. Importance of psychology for Nurses | 2 | Lecture cum discussion. | Short answer Objective type |
| II. | Describe the structure of the mind. | **Structure of the mind**   1. Conscious, pre-conscious 2. Id, ego and super ego | 2 | Lecture cum discussions. | Short answer Objective type |
| III. | Illustrate the dynamics of human behavior. Describe the concept of mental health | **Psychology of Human Behavior**   1. Basic human needs, dynamics of behavior, motivation drives 2. Body mind relationship, mental health, characteristics of mentally healthy person, emotional control, psychological problems of patients and relatives. | 12 | Lecture cum discussions.  Role play | Short answer Objective type Essay type |

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| **Unit. No.** | **Learning**  **Objectives** | **Content** | **Hr.** | **Teaching learning activities** | **Assessment methods** |
|  |  | 1. Stress and conflicts, natural sources and types of stress and conflicts, dealing with stress and conflict, frustration – sources and overcoming frustration 2. Mental mechanism their uses and importance 3. Attitudes - meaning, development changes in attitude, effects of attitudes on behavior, importance of positive attitude for the nurse. 4. Habits-meaning and formation. 5. Breaking of bad habits, importance of good habit formation for the nurse. |  |  |  |
| IV | Describe and apply the process of learning, thinking, reasoning, observation and perception | **Learning**   1. Nature, types and laws of learning, 2. Factors affecting learning, memory and forgetting.   **Thinking and Reasoning**   * Nature and types of thinking, reasoning, problem solving, importance of creative thinking for nurse.   **Observation and Perception**   * Attention, perception, laws of perception, factors affecting attention and perception, and errors in perception | 13 | Lecture cum discussions.  Roleplay | Short answer Objective type Essay type |
| V. | Discuss the concept and development of personality. | **Personality**   1. Meaning, nature and development, types of personality 2. Assessment of personality importance of knowledge of personality for the nurse. 3. Characteristics of various age groups – child adolescent, adult and aged 4. Will and character. | 6 | Lecture cum discussions.  Role play | Short answer  Objective type |
|  |  |  |  | Essay type |
|  |  |  | Psychometric assessment |  |
| VI. | Discuss the nature and measurement of intelligence. | **Intelligence**   1. Definition, Meaning, individual   differences in intelligence   1. Mental ability, nature of intelligence and development 2. Assessment of intelligence | 5 | Lecture cum discussions.  Demonstration | Short answer  Objective type |
|  |  |  |  | Essay type |
|  |  |  | Role play |  |
|  |  |  | IQ testing |  |