

## BEHAVIOURAL SCIENCES

**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**

Unit. No.	Learning Objectives	Content	Hr.	Teaching learning activities	Assessment methods
I	State the concept, scope and importance of psychology.	<b>Introduction</b> a) Definition, nature and scope of psychology b) Importance of psychology for Nurses	2	Lecture cum discussion.	Short answer Objective type
II.	Describe the structure of the mind.	<b>Structure of the mind</b> a) Conscious, pre-conscious b) 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	<b>Psychology of Human Behavior</b> a) Basic human needs, dynamics of behavior, motivation drives b) 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

Unit. No.	Learning Objectives	Content	Hr.	Teaching learning activities	Assessment methods
		c) Stress and conflicts, natural sources and types of stress and conflicts, dealing with stress and conflict, frustration – sources and overcoming frustration d) Mental mechanism their uses and importance e) Attitudes - meaning, development changes in attitude, effects of attitudes on behavior, importance of positive attitude for the nurse. f) Habits-meaning and formation. g) 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	<b>Learning</b> a) Nature, types and laws of learning, b) Factors affecting learning, memory and forgetting. <b>Thinking and Reasoning</b> - Nature and types of thinking, reasoning, problem solving, importance of creative thinking for nurse. <b>Observation and Perception</b> - 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.	<b>Personality</b> a) Meaning, nature and development, types of personality b) Assessment of personality importance of knowledge of personality for the nurse. c) Characteristics of various age groups – child adolescent, adult and aged d) Will and character.	6	Lecture cum discussions.  Role play  Psychometric assessment	Short answer  Objective type  Essay type
VI.	Discuss the nature and measurement of intelligence.	<b>Intelligence</b> a) Definition, Meaning, individual differences in intelligence b) Mental ability, nature of intelligence and development c) Assessment of intelligence	5	Lecture cum discussions.  Demonstration  Role play  IQ testing	Short answer  Objective type  Essay type