

Subject Code: 1NR1010104	Subject Title: Psychology
Pre-requisite	-----NA-----

Course Description

This Course is designed to assist the students to acquire knowledge of fundamentals of psychology and develop an insight into behavior of self and others. Further it is aimed at them to practice the principles of mental hygiene for promoting mental health in nursing practice.

Teaching Scheme (Total Hours)				Evaluation Scheme (Marks)				
Lecture	Tutorial	Practical	Total Hours	Theory		Practical		Total
				University Assessment	Continuous Assessment	University Assessment	Continuous Assessment	
60	-	-	60	75	25	-	-	100

Course Content

Unit	Time (Hrs)	Learning Objectives	Content	Teaching Learning Activity	Assessment Method
1	2	Desire the history, scope and methods of psychology	Introduction: - History and origin of science of psychology - Definitions & scope of Psychology - Relevance to nursing - Method of psychology	Lecture Discussion	- Essay type - Short answers
2	4	Explain the biology of human Behavior	Biology of Behavior - Body mind relationship- modulation process in health and illness - Genetics and Behavior: Heredity and environment - Brain and Behavior: Nervous System,, Neurons and synapse - Association Cortex, Rt and Lt Hemispheres - Psychology of Sensations - Muscular and glandular controls of Behavior - Nature of Behavior of an organism/Integrated responses	Lecture Discussion	- Essay type - Short answers

3	20	Describe various cognitive processes and their applications	<i>Cognitive processes</i> - Attention: Type determinants, Duration & degree, alterations - Perception: Meaning, Principles, Factors affecting, Errors, - Learning: Nature, Type, Learner and learning, Factors influencing, laws and theories, process, transfer, study habits - Memory: Meaning, Type, Nature Factors influencing, Development Theories and methods of memorizing and Forgetting	- Lecture Discussion - Psychometric assessment - Practice session	- Essay type - Short answers
			- Thinking Type and levels, stages of development, Relationship with language and communication - Intelligence: Meaning, classification, uses, theories - Aptitude: Concept, types, Individual differences and variability - Psychometric assessment of cognitive processes - Alteration in cognitive processes - Applications		
4	8	Describe motivation, emotions, stress, attitudes and their influence on Behavior	Motivation and Emotional Processes: - Motivation: Meaning, Concepts, Type, Theories, Motives and Behavior, Conflict resolution - Emotions & stress - Emotion: Definition, components, Changes in emotions, theories, emotional adjustments, emotions in health and illness - Stress: stressors, cycle, effect, adaptation & coping - Attitude: Meaning, nature, development, factors affecting, - Behavior and attitudes - Attitudinal change - Psychometric assessments of emotions and attitudes - Alterations in emotions - Applications	- Lecture Discussion - Role Plays - Case Discussion - Demonstration	- Essay type - Short answers

5	7	• Explain the concept of personality and its influence on Behavior	<i>Personality</i> • Definition, topography, types, theories • Psychometric assessments of personality • Alteration in personality • Application	• Lecture • Discussion • Demonstration	• Essay type • Short answers
6	7	• Describe psychology of people during the life cycle	<i>Developmental Psychology</i> • Psychology of people at different ages from infancy to old age • Psychology of vulnerable individuals – challenged, women, sick, etc • Psychology of groups	• Lecture • Discussion • Case Discussion	• Essay type • Short answers
7	8	• Describe the characteristics of • Mentally healthy person • Explain ego defense mechanisms	Mental hygiene and mental Health • Concepts of mental hygiene and mental health • Characteristics of mentally healthy person • Warning sign of poor mental health • Promotive and Preventive mental health – strategies and services • Ego Defense mechanisms and implications • Personal and social adjustments • Guidance and counseling • Role of nurse	• Lecture • Discussion • Case discussion • Role Play • Demonstration	• Essay type • Short answers
8	4	• Explain the Psychological assessments and role of nurse	<i>Psychological assessment & tests</i> • Types, development, characteristics, Principles, Uses, Interpretation and role of nurse in psychological assessment	• Lecture • Discussion • Demonstration • Practice session	• Assessment of practice

