

PSYCHOLOGY

Theory 60 hours
(Class 50 + Lab 10 hrs)

Unit	Learning Objectives	Content	Outcome
I	Describe the history, scope and methods of psychology	Introduction: History, development and origin of science of psychology Definitions, scope, branches of psychology and relations with other subjects. Various application of psychology in nursing practice including importance in human and interpersonal behavioral Methods of Psychology	At the end of unit students will be able to know about history, scopes and methods of psychology

Unit	Learning Objectives	Content	Outcome
II	Explain the biology of Human behaviour	<p>Biology of behaviour Dynamics of human behaviour Body mind relationship- modulation process in health and illness Genetics and behaviour: Heredity and environment Brain and behaviour: Nervous System., Neurons and synapse, Association Cortex, Rt and Lt Hemispheres Psychology of Sensations Muscular and glandular controls of behaviour Nature of behaviour of an organism/Integrated responses Nature of behaviour of an organism/Integrated responses</p>	At the end of unit students will be able to understand about biology of human behaviour
III	Describe various cognitive processes and their applications	<p>Cognitive process Maiming of cognition Attention: Types, determinants, Duration & degree, alterations Perception: Meaning, Principles, factors affecting, Perception of objects, depth, distance and motion. Errors in perception. Learning: Nature, types, learner and learning, factors influencing, laws and theories, process, transfer, study habits Memory: Meaning, Types, Nature factors influencing, Development Theories and methods of memorizing and Forgetting Thinking: Types and levels, stages of development, Relationship with language and communication. Intelligence: Meaning, classification, uses, theories</p>	At the end of unit students will be able to know about cognitive process.

Unit	Learning Objectives	Content	Outcome
	Describe various cognitive processes and their applications	<p>Aptitude: Concept, types, Individual differences and variability Psychometric assessments of cognitive processes Alterations in cognitive process Applications</p> <p>Learning Theories of learning: Theories of transfer.</p> <p>Memory Methods of memorizing: Methods of measuring memory Memory Training</p> <p>Thinking Stages of thinking development: Stages of creative thinking and problem solving. Nature of thinking Elements of thought Language comprehension Listening skill Reasoning and problem solving Deduction Induction</p> <p>Intelligence Nature of intelligence Effect of heredity and environment Intelligence Test Mental deficiency Factors of individual difference in intelligence. Development of intelligent behaviour</p> <p>Aptitude Measurement of Aptitude or Aptitude Tests</p>	At the end of unit students will be able to know about cognitive process.

Unit	Learning Objectives	Content	Outcome
IV	Describe motivation, emotions, stress, attitudes and their influence on behaviour	<p>Motivation and Emotional Processes: Motivation: Meaning, Concepts, Types, Theories, Motives and behaviour, Maslow's theory Formation of self concept, Conflicts and frustration, 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, Behaviour and attitudes Attitudinal change Will and character Attitude and Nurse. Psychometric assessment of emotions and attitudes Alterations in emotions Applications</p> <p>Emotions Development of emotions Characteristic of emotions Handling emotions in self and others</p>	At the end of unit students will be able to understand about motivation, emotions ,stress, attitudes and their influence on behavior.

Unit	Learning Objectives	Content	Outcome
V	Explain the concept of personality and its influence on behaviour	Personality Definitions, topography, types, Theories Self actualization Psychometric assessments of personality Development & Alterations in personality Adjustment and maladjustment Personality disorders Factors affecting development of personality Self actualization	At the end of unit students will be able to know about concept of personality and its influence on behaviour

Unit	Learning Objectives	Content	Outcome
VI	Describe psychology of people during the life cycle	<p>Developmental Psychology Psychology of people at different ages from infancy to old age. Psychology of vulnerable individuals-challenged, women, sick, etc. Psychology of groups Psychology of people at different ages from infancy to old age: In health and illness. Psychology of vulnerable individuals: Can be specified as: for example Daughter of alcoholic parents or wife or alcoholic husband. Physically/ sexually abused Rape, Prostitute Alcoholic Physically or mentally challenged Constant exposure to stress etc. Psychology of Groups: for example Family, social and professional groups Interpersonal relationship among group members. Inter group relationship. Group morale.</p>	At the end of unit students will be able to know about psychology of people during life cycle

Unit	Learning Objectives	Content	Outcome
VII	Describe the characteristics of Mentally health person Explain ego defense mechanisms	<p>Mental hygiene and mental Health</p> <p>Concepts of mental hygiene and mental health</p> <p>Characteristics of mentally healthy person</p> <p>Warning signs of poor mental health.</p> <p>Promotive and preventive mental health strategies and services.</p> <p>Ego defense mechanisms and implications</p> <p>Personal and social adjustments</p> <p>Guidance and counseling</p> <p>Role of nurse</p> <p>Personal and social adjustments:</p> <p><i>Personal Maladjustments</i></p> <p><i>Regression</i></p> <p><i>Withdrawal</i></p>	At the end of unit students will be able to know about characteristics Of mentally healthy person
VIII	Explain the psychological assessments and role of nurse	<p>Psychological assessment & tests</p> <p>Types, development, Characteristics, Principles, Uses, Interpretations and Role of nurse in psychological assessment</p> <p>Practicals</p> <p>Identifying intelligence and coping skills:</p> <p> Wechsler's Adult Intelligence scale</p> <p> W I S C</p> <p> Basic skill of Guidance and counseling</p> <p> Role play.</p>	At the end of unit students will be able to understand about psychological assessment and role of nurse

