

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.	Introduction 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.	Structure of the mind 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	Psychology of Human Behavior 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	Learning a) Nature, types and laws of learning, b) 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 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.	Intelligence 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

SOCIOLOGY

Course Description

This course is designed to help student gain an understanding of sociology in the context of its relevance to nursing practice.

General Objectives

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

1. Describe the concept of the family as a social unit and the status of the individual in the family.
2. Explain the dynamics of society and identify common social problems.
3. Demonstrate ability to understand the socio – cultural and economic aspects of the community in the light of their effects on health and illness.
4. Utilize the knowledge and understanding of sociology in nursing practice.

Total Hours - 20

Unit No.	Learning Objectives	Content	Hr.	Teaching learning activities	Method of assessment
I	Describe the nature, scope & content of sociology and its importance in nursing	Introduction a) Definition and scope of sociology b) Its relationship with other social sciences c) Uses of sociology for nurses.	2	Lecture cum discussions	Short answer Objective type
II	Describe the influence of the environment on individual development and the rights and responsibilities of the individual in the society	Individual a) Review of human growth and development b) The socialization process c) Effect of environment on human growth and development d) Rights and responsibilities of the individual in a democratic society.	2	Lecture cum discussions	Short answer Objective type Essay type
III	Describe the concept of family as a social unit	The Family a) Definition, characteristics and types of family. b) Family cycle and basic needs of family c) Importance of interdependence of family members. d) Important functions of family and their problems. e) Types of Marriage, medical and sociology aspects of marriage.	4	Lecture cum discussions	Short answer Objective type Essay type

Unit No.	Learning Objectives	Content	Hr.	Teaching learning activities	Method of assessment
IV	Describe about social groups, social change, control, stratification and social problems	Society a) Definition and meaning. b) Social groups - Types, Structure, intergroup relationship group cycle, group behavior and group morale. c) Social change -Meaning, factors affecting and effect on society and institution leading to social problems. d) Social control e) Social stratification f) Social problems-Prostitution, crime divorce, dowry system, juvenile delinquency, drug addiction alcoholism, handicapped, over population and slum g) Social agencies and remedial measures	8	Lecture cum discussions Visits to social institutions	Short answer Objective type Essay type
V	Describe the culture and characteristics of community	The Community a) Community – Definition and types – Rural and urban b) Culture and characteristics	4	Lecture cum discussions	Short answer Objective type Essay type