

Name of Faculty	:	Faculty of Nursing
Name of Program	:	Basic B.Sc. Nursing
Course Code	:	1BSN05
Course Title	:	Applied Psychology
Type of Course	:	PC
Year of Introduction	:	2023-24

Pre requisite	:	Basic Knowledge of Psychology
Course Objective	:	: This course is designed to enable the students to develop understanding about basic concepts of Psychology and its application in personal and community life, health, illness and nursing. It further provides students opportunity to recognize the significance and application of soft skills and self- empowerment in the practice of nursing.
Course Outcomes	:	On completion of the course, the students will be able to
	CO1	Identify the importance of psychology in individual and professional life
	CO2	Develop understanding of the biological and psychological basis of human behaviour
	CO3	Identify the role of nurse in promoting mental health and dealing with altered personality
	CO4	Perform the role of nurses applicable to the psychology of different age groups
	CO5	Identify the cognitive and affective needs of clients
	CO6	Integrate the principles of motivation and emotion in performing the role of nurse in caring for emotionally sick client.
	CO7	Demonstrate basic understanding of psychological assessment and nurse's role
	CO8	Apply the knowledge of soft skills in workplace and society
	CO9	Apply the knowledge of self-empowerment in workplace, society and personal life

Course content

Unit No.	Topics	Teaching Hours	Weightage	Mapping With COs
I	Introduction <ul style="list-style-type: none"> • Meaning of Psychology • Development of psychology - Scope, branches and methods of psychology • Relationship with other subjects • Significance of psychology in nursing • Applied psychology to solve everyday issues 	02	3.33%	CO1
II	Biological basis of behaviour Introduction <ul style="list-style-type: none"> • Body mind relationship • Genetics and behaviour • Inheritance of behaviour • Brain and behaviour. • Psychology and sensation- sensory process - normal and abnormal 	04	6.66%	CO2
III	Mental health and mental hygiene <ul style="list-style-type: none"> • Concept of mental health and mental hygiene • Characteristic of mentally healthy person • Warning signs of poor mental health • Promotive and preventive mental health strategies and services • Defense mechanism and its implication • Frustration and conflict- types of conflicts and measurements to overcome 	05	8.33%	CO3



	<ul style="list-style-type: none"> • Role of nurse in reducing frustration and conflict and enhancing coping • Dealing with ego 			
IV	<p>Developmental psychology</p> <ul style="list-style-type: none"> • Physical, Psychosocial and Cognitive development across lifespan -Prenatal through early childhood, middle to late childhood through adolescence, early and mid-adulthood, late adulthood, death and dying • Role of nurse in supporting normal growth and development across the life span • Psychological needs of various groups in health and sickness – Infancy, childhood, adolescence, adulthood and older adult • Introduction to child psychology and role of nurse in meeting the psychological needs of children • Psychology of vulnerable individuals- challenged, women, sick etc. • Role of nurse with vulnerable group 	07	11.67%	CO4
V	<p>Personality</p> <ul style="list-style-type: none"> • Meaning, definition of personality • Classification of personality • Measurement and evaluation of personality- Introduction • Alteration in personality • Role of nurse in Identification of individual personality and improvement in altered personality. 	04	6.66%	CO3



VI	<p>Cognitive process</p> <ul style="list-style-type: none"> • Attention- definition, types, determinants, duration, degree and alteration in attention • Perception - Meaning of Perception, principles, factor affecting perception, • Intelligence - Meaning of intelligence - Effect of heredity and environment in intelligence, classification, Introduction to measurement of intelligence tests - Mental deficiencies • Learning -Definition of learning, types of learning, Factors influencing learning - Learning process, Habit formation • Memory-meaning and nature of memory, factors influencing memory, methods to improve memory, forgetting • Thinking- types, level, reasoning and problem solving. • Aptitude- concept, types, individual differences and variability • Psychometric assessment of cognitive processes-Introduction • Alteration in cognitive processes 	16	26.66%	CO5
VII	<p>Motivation and emotional processes</p> <ul style="list-style-type: none"> • Motivation- meaning, concept, types, theories of motivation, motivation cycle, biological and special motives • Emotions - Meaning of emotions, development of emotions, alteration of emotion, emotions in sickness - handling 	06	10%	CO6



	<p>emotions in self and other</p> <ul style="list-style-type: none"> • Stress and adaptation- stress, stressor, cycle, effect, adaptation and coping • Attitudes - Meaning of attitudes, nature, factor affecting attitude, attitudinal change, Role of attitude in health and sickness • Psychometric assessment of emotions and attitude-Introduction • Role of nurse in caring for emotionally sick client 			
VIII	<p>Psychological assessment and tests - introduction</p> <ul style="list-style-type: none"> • Types, development, characteristics, principles, uses, interpretation • Role of nurse in Psychological assessment 	04	6.66%	CO7
IX	<p>Application of soft skill</p> <ul style="list-style-type: none"> • Concept of soft skill • Types of soft skill - visual, aural and communication skill • The way of communication • Building relationship with client and society • Interpersonal Relationships (IPR): Definition, Types, and Purposes, Interpersonal skills, Barriers, Strategies to overcome barriers • Survival strategies- managing time, coping stress, resilience, work- life balance • Applying soft skill to workplace and society - Presentation skills, social etiquette, telephone etiquette, motivational skills, 	10	16.66%	CO8

	teamwork etc. <ul style="list-style-type: none"> Use of soft skill in nursing 			
X	Self-empowerment <ul style="list-style-type: none"> Dimensions of self-empowerment Self-empowerment development Importance of women’s empowerment in society Professional etiquette and personal grooming Role of nurse in empowering others 	02	3.33%	CO9

Suggested Distribution of Theory Marks Using Bloom's Taxonomy						
Level	Remembrance	Understanding	Application	Analyse	Evaluate	Create
Weightage	25	30	30	5	5	5

NOTE: This specification table shall be treated as a general guideline for the students and the teachers. The actual distribution of marks in the question paper may vary slightly from above table.

Reference Books

Sr.No.	Name of Reference Books
1	A textbook of Applied Psychology for nurses, D.Elakkavana Bhaskara Raj, First Edition Published by Emmess.
2	A textbook of Psychology, S.K.Maheshwari Amanpreet kaur, Published by Vision health science.
3	A textbook of Essentials of Psychology for Nurses A.N.Venkatesh Reddy Published by Published by Jaypee Brothers Medical.
4	A textbook of Applied Psychology, Jacob Anthikad, Published by Jaypee brothers medical publishers
5	A textbook of Behavioral Science(Psychology and sociology), S.K. Maheshwari Varinder

	kaur, Published by vision health science publishers.
6	A textbook of Basic Psychology, Ann. J. Zwemer, B.I. Publication, Pvt. LTD.
7	A textbook of Behavioural science, (Psychology) Amanprret Kaur Jahnd, Published by Peevee.
8	A textbook of Applied sociology, Prof. Dr. P Ganesh, 1 st edition 2022, Published by EMMESS
9	A textbook of Applied sociology, Varinder Kaur Published by vision health science
10	A textbook of Applied sociology for nurses, Miss R.K. Manelkar, Published by Vora medical
11	A textbook of Applied sociology for nurses, T.K. Indrani , Published by Jaypee brothers
12	A textbook of Psychology and sociology Jacob Anthikad, Published by Jaypee brothers medical publishers