

ZNLTP Outline

Course No: PSN 015

Course Name: Psychology and Nursing

Course Aim

To enable the students acquire knowledge of basic concepts of psychology in relation to human behaviour in health and illness.

Course Objectives

By the end of this course you will be able to:

- 1 Describe the main approaches to psychology and their relevance in explaining human behaviour.
- 2 Describe growth and development.
- 3 Explain the concept of motivation in relation to human behaviour.
- 4 Discuss the concept of personality in relation to human behaviour.
- 5 Discuss the concept of perception in relation to human behaviour.
- 6 Describe the process of learning and its relation to human behaviour.
- 7 Describe the concept of intelligence in relationship to human behaviour.
- 8 Discuss the role of counselling dealing with psychosocial problems.

Unit Name & Number	Unit Specific Objectives	Unit Topic and Subtopics Outlines (H1s and H2s)
Unit One: Introduction to Psychology	By the end of this unit you will be able to:	Introduction to the Course Course Objectives Introduction to the unit Unit Objectives 1.1 Definition of Terms used in Psychology 1.2 Main Approaches or Models in Psychology 1.2.1 Behavioural Model or Approach 1.2.2 Psychoanalytic Model or Approach 1.2.3 Biological (Neuro-biology) Model or Approach 1.2.4 Cognitive Model or Approach 1.2.5 Humanistic Model or Approach 1.2.6 Sociocultural Approach or Model

Unit Name & Number	Unit Specific Objectives	Unit Topic and Subtopics Outlines (H1s and H2s)
		<p>1.3 Importance of Psychology in Nursing</p> <p>Unit Summary Unit Self Tests Unit References</p>
Unit Two: Personal Growth and Development	<p>By the end of this unit you will be able to:</p> <p>2.1. Define the terms 'growth' and 'development'</p> <p>2.2. Outline the factors that affect growth and development</p> <p>2.3. Explain current theories of growth and development</p> <p>2.4. Describe the stages of development throughout the human life cycle</p>	<p>Introduction Unit Objectives</p> <p>2.1. Definition of Terms Principles of Development</p> <p>2.2. Factors affecting Growth and Development</p> <p>2.2.1. Genetics</p> <p>2.2.2. Constitution</p> <p>2.2.3. Environment</p> <p>2.2.4. External Factors</p> <p>2.2.5. Internal Factors</p> <p>2.3. Current Theories of Growth and Development</p> <p>2.3.1. Stages of personality Development by Sigmund Freud</p> <p>2.3.2. Cognitive Development by Jean Piaget</p> <p>2.4. Stages of Development throughout the Life Cycle</p> <p>2.4.1. Intrauterine Life (from Conception to Birth)</p> <p>2.4.2. Infancy (From Birth to Two or Three Years)</p> <p>2.4.3. Childhood (From Infancy to Puberty)</p> <p>2.4.4. Pre-School Age (Three to Five Years)</p> <p>2.4.5. School Age</p> <p>2.4.6. Adolescence (From Onset of Puberty to Beginning of Adulthood)</p> <p>2.4.7. Adulthood (18 to 65 Years)</p> <p>2.4.8. Old Age (Above 65 Years)</p> <p>Unit summary</p>

Unit Name & Number	Unit Specific Objectives	Unit Topic and Subtopics Outlines (H1s and H2s)
Unit Three: Motivation and Emotion	<p>By the end of this unit you will be able to:</p> <p>3.1 Define 'motivation';</p> <p>3.2 Explain the theories of motivation;</p> <p>3.3 Outline the reasons for motivation;</p> <p>3.4 Discuss the biosocial basis of behaviour.</p>	<p>Introduction</p> <p>Unit Objectives</p> <p>1.1. Definition of Motivation</p> <p>3.2 Theories of Motivation</p> <p>3.2.1 Adam Maslow's Hierarchy of Needs</p> <p>3.2.2 Herzberg's Theory (Two Factor Theory)</p> <p>3.3 Reasons for Motivation</p> <p>3.3.1 Past Events</p> <p>3.3.2 Purpose</p> <p>3.3.3 Emotional State</p> <p>3.4 Biosocial Basis of Behaviour</p> <p>3.4.1 Psychological Factors</p> <p>3.4.2 Physiological factors</p> <p>3.4.3 Individual Factors</p> <p>3.4.4 Social and Cultural Factors</p> <p>Unit summary</p> <p>Self Test</p> <p>References</p>
Unit Four: Personality	<p>By the end of this unit you will be able to:</p> <p>4.1 Define personality</p> <p>4.2 Describe the concept of personality development</p> <p>4.3 Discuss the characteristics of personality</p> <p>4.4 Explain assessment of personality</p> <p>4.5 Describe adjustment and defence mechanisms</p> <p>4.6 Explain the concept of frustration and conflict</p> <p>4.7 Describe the concept of stress</p>	<p>Introduction</p> <p>Unit Objectives</p> <p>4.1 Definition of Personality</p> <p>4.2 Development of Personality</p> <p>4.2.1 Psychological Development</p> <p>4.2.2 Physiological Development</p> <p>4.2.3 Sociocultural Development</p> <p>4.3 Characteristics of Personality</p> <p>4.3.1 Personality Trait</p> <p>4.3.2 Temperament</p> <p>4.3.3 Emotions</p> <p>4.3.4 Attitudes</p> <p>4.4 Assessment of personality</p> <p>4.5 Adjustments and defence mechanisms</p> <p>4.6 Frustration and conflict</p>

Unit Name & Number	Unit Specific Objectives	Unit Topic and Subtopics Outlines (H1s and H2s)
	1. Outline psychological effects of being a client	4.7 Stress 4.8 Psychological Effects of Being a Client Unit Summary Self Tests References
Unit Five: Perceptions	By the end of this unit you will be able to: 5.1 Define perception 5.2 Explain the sensory organs involved in perception 5.3 Explain the mental process involved in perception 5.4 the stimulus response theory 5.5 Describe factors influenc perception	Introduction Unit Objectives 5.1 Definition of Perception 5.2 Sensory Organs involved in Perception 5.3 Mental Processes involved in Perception 5.4 Stimulus Response Theory 5.5 Factors influencing Differences in Perception Unit Summary Self Tests References
Unit Six: Learning	By the end of this unit you will be able to: 6.1 Define learning 6.2 Explain the forms of learning 6.3 Describe the problems of learning 6.4 the theories of learning D the memory6.6	Introduction Unit Objectives 6.1. Definition of Learning 6.2. Forms of Learning 6.2.1. Conditioning 6.2.2. Trial and Error 6.2.3. Cognitive Learning 6.2.4. Modelling 6.2.5. Observation 6.3. Problems of Learning 6.4. Theories of Learning 6.4.1. Classical Conditioning 6.4.2. Operant Conditioning (Instrumental Conditioning) 6.4.3. Reinforcement (Strengthens Behaviour) 6.4.4. Cognitive Learning 6.4.5. Social Learning Theory (Observation) 6.4.6. Biological Theory

Unit Name & Number	Unit Specific Objectives	Unit Topic and Subtopics Outlines (H1s and H2s)
		6.5. Factors that Promote Learning 6.5 Memory 6.5.1 Types of Memory 6.6 Remembering and Forgetting 6.6.1 Theories of Forgetting Unit Summary Self Test References
Unit Seven: Intelligence	By the end of this unit you will be able to: 7.1 Define intelligence 7.2 Describe methods of measuring intelligence 7.3 Explain the extremes of intelligence 7.4 Explain the determinants of intelligence	Introduction Unit Objectives 7.1 Definition of Intelligence 7.2 Measuring Intelligence 7.3 Extremes of Intelligence 7.3.1 Mental retardation 7.3.2 Intellectual giftedness 7.4 Determinants of Intelligence Unit Summary Self Tests References
Unit Eight: Psycho-Social Counselling	By the end of this unit you will be able to: 8.1 Define counselling 8.2 Describe the principles of counselling 8.3 Explain the types of counselling 8.4 Describe the counselling process 8.5 Outline the counselling skills 8.6 Describe qualities of a good counsellor 8.7 Explain the concept of support groups	Introduction Unit Objectives 8.1 Definition of Counselling 8.2 Principles of Counselling 8.3 Types of Counselling 8.4 The Counselling Process 8.5 Counselling Skills 8.6 Qualities of a Counsellor 8.7 Support Groups Unit Summary Self Test References