

**TRIBHUVAN UNIVERSITY INSTITUTE OF MEDICINE
BIRATNAGAR NURSING CAMPUS
BIRATNAGAR, MORANG
TEACHING LEARNING PRACTICUM**



**LESSON PLAN ON:
MORAL AND SPIRITUAL DEVELOPMENT**

SUBMITTED TO:

Respected Ma'am
Ms. Suvekshya Silwal
Assistant Professor
RMC Co-ordinator

SUBMITTED BY:

Ms. Hiramani Rajbanshi
Roll no :13
BNS 2nd YEAR

Submitted on :2081/05/23

TRIBHUVAN UNIVERSITY INSTITUTE OF MEDICINE
BIRATNAGAR NURSING CAMPUS
BIRATNAGAR, MORANG

LESSON PLAN

SUBJECT: Adult Health Nursing -I (Theory)

COURSE NO:BN 05

TOPIC: Moral and spiritual development

DATE: 2081/05/23

TIME: 11 AM

PLACE/VENUE: BNS 1st year class

DURATION: 1 hour

LANGUAGE: Nepali + English

NO. OF STUDENTS: 34

LEVEL OF STUDENTS: BNS 1st year

NAME OF SUPERVISOR: Respected ma'am, Suvekshya Silwal

NAME OF STUDENT TEACHER: Ms. Hiramani Rajbanshi

LEVEL OF STUDENT TEACHER: BNS 2nd year

General objective:

At the end of this classroom teaching learning session, the BNS 1st year students will be able to explain about body image changes during illness and moral and spiritual development of young adult.

S.N.	Specific Objectives	Contents	Time	Teaching Learning (T/L) Activities		Evaluation
				Methods	Medias	
	At the end of the classroom teaching session, the students will be able to:	Introduction: <ul style="list-style-type: none"> ○ Greet/Self ○ Review ○ Topic ○ Objectives ○ Pretest 	5	Brain Storming		
1	explain the body image changes during illness	Explanation of body image changes during illness.	4	Interactive lecture	PowerPoint Presentation	What are the body image changes during illness?
2	describe the nursing intervention to help the person with a threat to change body image	Description of nursing intervention to help the person with a threat to change body image.	10	Lecture + Group discussion	PowerPoint presentation	What are the nursing intervention to help the person with a threat to change body image?
3	define morality	Definition of morality	3	Interactive lecture, Brainstorming	PowerPoint + Metacard	What is morality?
4	define spirituality	Definition of spirituality	3	Minilecture + Brainstorming	Power point + Metacard	What is spirituality?
5	introduce moral development	Introduction of moral development	5	Interactive lecture + Brainstorming	Power point Presentation	What is moral development?
6	explain the stages of moral development	Explanation of stages of moral development	15	Interactive lecture + Discussion	Power point + Flipchart	What are the stages of moral development?
7	describe about the moral-spiritual development of young adult	Description of moral-spiritual development of young adult	10	Interactive Lecture	Power point Presentation	What are the moral and spiritual development of young adult?
8	summarize the contents	Summary of session	5	Questioning + Answering		Learner's response to questions

CONTENT

Body Image Changes during Illness

During illness, there is alteration in body image due to loss of body part or impairment in function. There are changes in the structure or quality of body parts e.g. teeth, hair, vision, hearing, breast, internal organs. Because the body image provides a base for identity, almost any changes in the body structure or function is experienced as a threat. A 2020 research review suggests that dissatisfaction with your body can lead to a number of physically or emotionally unhealthy habits which include drastic eating restriction, lower self-esteem, relationship problems.

A threat to body image is related to the person's pattern of adaptation. Any adaptation to alterations in body size, function, or structure depends on the nature and meaning of the threat to the person. Some behavior patterns may depend heavily on certain organs becoming diseased or having to be removed. The threat is greater if an important part of the body is affected or removed.

Nursing Management

Assessment of the adult who is undergoing Body changes

1. Feelings about the self before & since condition occurred
2. Values about personal hygiene
3. Values on beauty, self-control, wholeness, activity
4. Value of others' reactions
5. Meaning of body part affected
6. Meaning of hospitalization, treatment & care
7. Awareness of extent of condition
8. Effect of condition on person, roles, daily activities, family & use of leisure time
9. Problems in adjusting to condition
10. Mechanisms used in adapting to condition & its implication

Nursing Diagnosis

1. Disturbed body image related to biophysical illness or changes as evidenced by verbalization of feelings.
2. Activity intolerance related to alteration in body image as evidenced by lack of client's ability to carry out daily roles and responsibilities.
3. Low self-esteem related to alteration in body image as evidenced by client's impaired social withdrawal.
4. Anxiety related to fear of rejection as evidenced by avoidance of social interaction.
5. Social isolation related to perceived rejection by others as evidenced by expression of loneliness.

Nursing Intervention

1. Encourage him/her to talk about feelings in relation to changed body function or structure. Talking about feelings is the first step to reintegration of body image.
2. Acknowledge and accept the expression of feelings of frustration, dependency, anger, grief.
3. Provide opportunity for gaining information about changed body parts including its strength and limitations.
4. Assist the client in incorporating actual changes in activities of daily life, social life, interpersonal relationships, and occupational activities.
5. Provide hope within the parameters of an individual situation, do not give false reassurance.
6. Provide information about how to promote positive body image.
7. In breast cancer, using a breast prosthesis or having reconstruction can often improve self-image and help to feel more like before old self.
8. Teach them patient adaptive equipment, wigs cosmetics, clothing that conceals the altered the body part or enhances remaining part or function, use of deodorants.
9. Behavioral modification (exercise, diet, lifestyles) can also be used to teach coping skills and relaxation techniques.
10. Refer the patient and caregivers to support groups composed of individuals with similar alterations

Moral and spiritual development

Morality is the human attempt to define what is right and wrong about our actions and thoughts, resulting in a system or set of ideas about good vs. bad action, and the basis of any individual or community belief in what constitutes good behavior or proper conduct.

Spirituality is defined as the dynamic and intrinsic aspect of humanity thorough which persons seek ultimate meaning, purpose, and transcendence, and experience relationship to self, family, others, community, society, nature, and the significant or sacred. Spirituality is expressed through beliefs, values, traditions, and practices.

(Puchalski, Vitillo, Hull, and Reller, 2014)

Moral Development

Moral development is a complex process and not fully understood. It involves learning what ought to be and what ought not to be done. The term moral means "relating to right and wrong". Moral behavior is ways a person perceives those requirements and responds to them.

Moral development is the pattern of change in moral behavior with age. Moral Development is the process through which a child develops proper attitude and behaviors towards other people in society, based on social and cultural norms, rules and laws. The young adult may be either in the conventional level or post conventional level of moral development.

Kohlberg's theory of moral development

Lawrence Kohlberg (October 25, 1927 – January 19, 1987) was an American psychologist best known for his theory of stages of moral development. This theory is related to cognitive and emotional development and to societal values and norms and divided in to the stages. Kohlberg's three level of moral development

- Level-I Pre-conventional moral development: it includes the birth to adolescence and it has two stages, stage 1 and stage 2
- Level-II Conventional moral development: it includes adolescence and young adult and it has also two stages, stage-3 and Stage- 4.
- Level-III Post conventional moral development: it includes only adulthood and consists of stage 5 and stage 6.

1. Pre-conventional Level

Preconvention level is the earliest period of moral development. It lasts until around age of 9. At this level children's decision are primarily set by adults and consequences of breaking rules.

There are two stages:

- **Stage 1: Punishment/obedience orientation**

The earliest stages of moral development, obedience and punishment are especially common in young children, but adults are also capable of expressing this type of reasoning. According to Kohlberg, people at this stage see rules as fixed and absolute. Obeying the rules is important because it is a way to avoid punishment.

- **Stage 2: Aiming at reward/individualism and Exchange**

Behavior is determined again by consequences. The individual focuses on receiving rewards or satisfying personal needs. Morality is based on self interest and rewards. Right actions are those that satisfy one's own needs or occasionally the needs of others if there's something in return.

2. Conventional Level

Conventional level of morality is marked by the social acceptance of social rules regarding what is good and moral. During the time adolescents and adults internalize the moral standards they have learned from their role models and from society. This period also focuses on the acceptance of authority and conforming the norms of the group. There are two stages:

- **Stage 3: Good boy and good girl attitude**

Behavior is determined by social approval. The individual wants to maintain or win the affection and approval of others by being a "good person".

- **Stage 4: Law and order orientation**

Social rules and laws determine behavior. The individual becomes more aware of the wider rules of society, so judgements concern obeying the rules to uphold the law and avoid guilt.

3. Post – conventional:

Post conventional morality is the third stage of moral development and is characterized by an individual's understanding of universal ethical principles. People at this level of morality decide based on what they think is right rather than just following the rules of society. At this level people think about what is fair, what is just and what values are important. There are two stages in this level:

- **Stage 5: Justice and the spirit of the law:** The ideas of a social contract and individual rights cause people in the next stage begin to account for the differing values, opinions, and beliefs of other people. Rules of law are important for maintaining a society, but members of society should agree upon these standards.
- **Stage 6: Universal principles of ethics:** Kohlberg's final level of moral reasoning is based on universal ethical principles and abstract reasoning. At this stage, people follow these internalized principles of justice, even if they conflict with laws and rules.

Young adults who have mastered the previous stages of moral development now enter the post conventional level. When individuals perceived a conflict society's rules or laws, they judge according to their own principles.

Moral and spiritual development in young aged adult

Adult may be in either the conventional or post conventional level of moral development. In the post conventional level of moral development, he /she follows the principles defined as appropriate for life. Men often use an 'ethic of justice' and moral problems in terms of rules and right. Women in contrast, often define moral problems in terms of obligation to care and to avoid hurt.

The spiritual component of growth and development refers to individuals' understanding of their relationship with the universe and their perceptions about the direction and meaning of life. The religious awaking (awareness) often experienced during adolescence which may take on a more mature aspect during young adult.

Post Test

A. Write 'T' for true and 'F' for false. (2×1=2)

- 1) Good boy and good girl attitude fall under conventional level of moral of development.
- 2) Lawrence Kohlberg theory of moral development consists of 3 level of moral development.

B. Short answer question. (2×2=4)

- 1) List the nursing intervention related to the body image changes during illness.
- 2) Define moral development.

Home Assignment

- Define moral development. Explain moral and spiritual development in young adult.

Plan for next session

- In next class, we will discuss about adaptive mechanism in young adult.

References

- Bradley University: *Illness & Body Image*. (n.d.-b). <https://www.bradley.edu/sites/bodyproject/disability/illness/>
- MacGinley, K. J. (1993). Nursing care of the patient with altered body image. *British Journal of Nursing*, 2(22), 1098–1102. <https://doi.org/10.12968/bjon.1993.2.22.1098>
- Murray, B.R., & Zentner, P.J. (1985). *Nursing assessment & health promotion through the life span*, (3rd ed) .pp :525-532, United state of America
- Simply Psychology. (2024a, January 17). *Kohlberg's Stages of Moral Development*. <https://www.simplypsychology.org/kohlberg.html>
- Thapa, U. (2015). *A Textbook of Common health problems of adulthood* (3rd ed): pp :40-43. Kathmandu, Nepal: Makalu Publication House