

Contents

UNIT 1 INTRODUCTION

Chapter 1 Psychology	3
• Introduction	3
• Definitions	3
• Behavioural Science	5
• Brief History of Psychology	7
• Scope of Psychology	17
• Methods of Psychology.....	21
• Relevance of Psychology to Nursing	30

UNIT 2 BIOLOGY OF BEHAVIOUR

Chapter 2 Biology of Behaviour	35
• Introduction	35
• Nervous System.....	36
• Central Nervous System	43
• Brain	48
• Spinal Cord	57
• Peripheral Nervous System	63
• Effects of Autonomic Stimulation.....	74
• Response of Nervous Tissue to Injury	78
• Psychology of Sensation	80
• Muscular and Glandular Control of Behavior	80
• Heredity and Environment	83

UNIT 3 COGNITIVE PROCESSES

Chapter 3 Attention and Perception	97
• Attention	97
• Perception	101
• Observation and Nurse	109

Chapter 4 Psychology of Learning	111
<hr/>	
• Introduction	111
• Factors Influencing for Learning	112
• Classical Conditioning	113
• Laws of Conditioning	116
• Punishment	120
• Cognitive Learning, Insight and Latent Learning.....	121
• Study Habits	125
 Chapter 5 Remembering and Forgetting	 129
<hr/>	
• Memory	129
• Forgetting (When Memory Fails)	138
 Chapter 6 Thinking and Reasoning	 141
<hr/>	
• Introduction	141
• Thinking	141
• Reasoning	148
• Thinking and Nursing	150
• Language and Communication	150
 Chapter 7 Intelligence	 153
<hr/>	
• Introduction	153
• Causes of Individual Differences	154
• Meaning of Intelligence	156
• Definition	157
• Theories of Intelligence.....	158
• Thurstone's Primary Mental Abilities	159
• Process-oriented Theories of Intelligence	161
• Information-processing Theories	163
• Individual Differences in Intelligence	164
• Intelligence and Changes in Age	165
• Intelligence and Gender Difference	165
• Intelligence and Racial or Cultural Differences	165
• Types of Intelligence Tests	166
• Mental Age and IQ (Intelligence Quotient)	167

• Characteristics of a Good Test	169
• Creativity	173
Chapter 8 Aptitude	177
<hr/>	
• Introduction	177
• Types of Aptitudes.....	177
• Individual Differences	178
<hr/>	
UNIT 4 MOTIVATION AND EMOTIONAL PROCESSES	
Chapter 9 Motivation	183
<hr/>	
• Introduction	183
• Definition	184
• Classification of Motives	184
• Theories of Motivation	187
• Types of Motives	190
• Need for Achievement: Secondary Motive	193
• Measuring Achievement Motivation	193
• Measurement of Motives	195
• Frustration and Conflict	195
<hr/>	
Chapter 10 Emotions	199
<hr/>	
• Introduction	199
• Definitions	199
• Characteristics of Emotions	201
• Kinds of Emotions	202
• Importance of Emotions	202
• Theories of Emotions	203
• Emotions and Health.....	206
• Emotional Adjustment	207
• Emotions in Illness.....	208
• Stressors	209
<hr/>	
Chapter 11 Attitudes	214
<hr/>	
• Introduction	214
• Nature and Development of Attitudes.....	215

- Components of Attitudes 216
- Attitude of Heuristics 218
- Measurement of Attitudes 219
- Factors Affecting Attitude 223
- Attitude-Behaviour Relationship 225
- Attitudinal Change 226

UNIT 5 PERSONALITY

Chapter 12 Personality 229

- Introduction 229
- Definitions 230
- Theories of Personality 230
- Development of Personality 242
- Assessment of Personality 246
- Applications of Personality Tests 251

UNIT 6 DEVELOPMENTAL PSYCHOLOGY

Chapter 13 Psychology of Growth and Development 257

- Introduction 257
- Factors Influencing Growth and Development 258
- Development of Psychology of People at Different Ages from Infancy to Old Age 261
- Psychology of Vulnerable Individuals 264
- Psychology of Groups 267
- Classification of Groups 268
- Formal and Informal Groups 270

UNIT 7 MENTAL HYGIENE AND MENTAL HEALTH

Chapter 14 Mental Health 273

- Introduction 273
- Definitions 273
- Components of Mental Health 273
- Criteria for Mental Health 274

• Indicators of Mental Health	274
• Factors Responsible for Poor Mental Health	277
• Promoting Mental Health and Preventive Mental Health Strategies And Services	279
• Role of Nurse	281
Chapter 15 Defence Mechanism	283
• Introduction	283
• Characteristics of Defence Mechanism	283
• Important defence mechanisms	284
Chapter 16 Educational Psychology	290
• Introduction	290
• Definitions	290
• The Nature of Educational Psychology.....	291
• Objectives of Educational Psychology	292
• Teaching Objectives of Educational Psychology	292
• Scope of Educational Psychology.....	292
• Methods of Educational Psychology	294
Chapter 17 Effective Teacher	296
• Introduction	296
• Characteristics of Effective Teacher	298
• Qualities of a good Teacher	298
• Teaching and Internal Factors Influencing Behaviour	299
• External Factors Influencing Behaviour	299
Chapter 18 Evaluation	301
• Introduction	301
• Definitions	301
• Forms of Evaluation	302
• Methods of Evaluation	303
• Tools of Evaluation	303
• Purposes of Evaluation	304
• Process of evaluation	304

- Functions of Evaluation..... 304
- Evaluation Method 305

Chapter 19 Guidance and Counseling 308

- Introduction 308
- Meaning of Guidance 308
- Characteristics of Guidance 309
- Principles of Guidance 309
- Functions of Guidance and Counseling 311
- Need of guidance and counseling in Nursing 311
- Role of Nurse in Guidance and Counseling 312

UNIT 8 PSYCHOLOGICAL ASSESSMENT AND TESTS

Chapter 20 Psychological Assessment and Test 317

- Introduction 317
- Psychosocial Assessment 317
- Psychiatric/Psychological History..... 318
- Personal History/Habits 318
- Mental Status Examination-General Considerations 321
- Role of Nurses in Psychological Assessment 324
- Model Question Papers* 327
- Glossary* 337
- Bibliography* 345