

## SECTION 8. Psychology

### 8.1 Course Syllabi

- 8.1.1 Course Title: Psychology  
8.1.2 Course no: NPS 7103  
8.1.3 No. of Credits: Theory 3 + Practical 0 = 3  
8.1.4 Course Prerequisites: Nil  
8.1.5 Name of the faculty: Dr. Arnel Banaga Salgado  
8.1.6 Place of office: Room # 534  
8.1.7 Office hours: 08:30 am to 04:30 pm  
8.1.8 Course Duration and Sequence

Year	Semester	
First	I	
Second		
Third		
Fourth		

### 8.2 Course Catalog

#### NPS 103: Psychology (Semester I)

(3-0=3)

General Psychology is a survey of various methods, principles, and theories of scientific psychology as applied to the study and understanding of human thoughts, emotions and behaviors. It also includes physiological foundations of behavior, growth and development, learning and memory. Motivation and emotions, personality, stress and adjustment, social interactions, and psychological disorders and treatment approaches.

### 8.3 Course Learning outcomes:

#### 8.3.1 General

The broad goal is to enable the student nurse to apply knowledge of psychology in rendering comprehensive nursing care to the patients.

### **8.3.2 Specific:**

#### **8.3.2.1 Knowledge: (A)**

On successful completion of the course student will be able to:

1. Explain the nature of psychology as a science and a profession
2. Apply the major theories and research of psychology including learning and cognition, individual differences, psychometrics, personality, social processes, biological bases of behavior, in the nursing care.
3. Explain the major perspectives of psychology including biological, behavioral, cognitive, evolutionary, humanistic, psychodynamic, and socio-cultural.
4. Recognize the influence of culture and gender on human behavior including ethnicity, gender, sexual orientation, religion, disabilities, and aging.
5. Describe the development and explain the mechanism of learning and memory.
6. Describe major applied areas of psychology including clinical, industrial/organizational, school, and health.

#### **7.7.2.1 Skills: (B)**

On successful completion of the course student will be able to:

1. Incorporate the psychological principles to social, educational, and organizational issues.
2. Practice the code of ethics in psychology in diverse situations.

#### **7.7.2.2 Competence: (C)**

On successful completion of the course student will be able to:

##### **Autonomy and responsibility: (C1)**

1. Apply the concepts of psychology in delivering nursing care to the clients.

##### **Self-development: (C2)**

1. Internalize psychological principles to enhance self-awareness and interpersonal interactions.

**Role in context: (C3)**

1. Utilize principles and techniques of counselling in dealing with the client's anxiety on hospitalization.
2. Apply principles of emotional intelligence in dealing with clients, family and colleagues in the workplace.

**8.4 Course Plan**

Week	Topic	Content	Teaching Method	Hrs	Assessment Methods & Dates
<b>SEMESTER I</b>					
Week 1	Introduction to Psychology	<ul style="list-style-type: none"> <li>• Psychology, Human Behaviour and the Nursing Practice</li> <li>• Branches of Psychology</li> <li>• What is Human Behaviour?</li> <li>• Schools of Thoughts in Psychology</li> </ul>	Lecture & Group Discussion  SDL	1	Quiz – 1 November 5
Week 2	Psychology for nurses	<ul style="list-style-type: none"> <li>• The psychology of Nursing Care</li> <li>• Psychological care</li> <li>• The relationship of psychology to nursing care</li> </ul>	Lecture & Group Discussion SDL Quiz No.1	1	
Week 3	Human Development	<ul style="list-style-type: none"> <li>• Periods Of Development</li> <li>• Physiological development</li> <li>• Stages of development</li> <li>• Psychosexual Development of Human Development</li> <li>• Psychosocial Stages of Development</li> <li>• Emotional Development</li> <li>• Moral Development</li> </ul>	Lecture & Group Discussion  SDL	1	

		<ul style="list-style-type: none"> <li>• Other Theories of Psychological Development</li> </ul>			
Week 4	Sensation and Perception	<ul style="list-style-type: none"> <li>• The difference between sensation and perception</li> <li>• Sensation of pain</li> <li>• The five senses</li> <li>• Depth perception</li> <li>• The perceptual process</li> <li>• Perceptual organization</li> </ul>	Lecture & Group Discussion SDL Quiz No.2	3	
Week 5	Consciousness , Sleep and Awareness	<ul style="list-style-type: none"> <li>• The levels of consciousness</li> <li>• The seven states of consciousness</li> <li>• The altered state of consciousness</li> <li>• Circadian rhythm</li> <li>• Stages of sleep</li> <li>• Importance of sleep</li> <li>• Theories of sleep and dreams</li> <li>• Sleep disorders</li> </ul>	Lecture & Group Discussion  SDL	3	
Week 6	Theories of Personality	<ul style="list-style-type: none"> <li>• Psychoanalytic perspective</li> <li>• The personality structure</li> <li>• Anxiety and defence mechanism</li> <li>• Neo-Freudian perspectives</li> <li>• Trait perspective</li> <li>• Carl roger's theory of the self</li> <li>• The Maslow's hierarchy of needs</li> <li>• The social-cognitive perspective behaviouristic Perspective</li> <li>• Albert Bandura's cognitive-social approach</li> </ul>	Group Discussions  SDL  Lecture & Discussion  Quiz No.3	3	

Week 7	Intelligence, Learning, and Cognitive Psychology	<ul style="list-style-type: none"> <li>• What is intelligence?</li> <li>• Theories of intelligence</li> <li>• Multiple intelligences</li> <li>• Influences on intelligence</li> <li>• Triarchic theory of intelligence</li> <li>• Mental retardation</li> <li>• Emotional intelligence</li> <li>• What is learning?</li> <li>• Classical conditioning</li> <li>• Operant conditioning</li> <li>• Attributes of learning</li> <li>• Types of learning</li> </ul>	Group Discussions SDL Lecture & Discussion	1	Continuous Assessment Test 1 – October 22
Week 8	Motivation	<ul style="list-style-type: none"> <li>• Classification of Motivation and Theories</li> <li>• The Drive-Reduction, Incentive and Arousal Theories</li> <li>• Primary Motivational Systems</li> <li>• Secondary Motivation System</li> <li>• The Humanistic motivations</li> </ul>	Group Discussions SDL Lecture & Discussion	1	
Week 9	Emotions	<ul style="list-style-type: none"> <li>• The nature of emotion</li> <li>• The physiology of emotion</li> <li>• Theories of emotion</li> <li>• Classifying emotions</li> <li>• The Plutchnik model of the emotions</li> <li>• Emotional intelligence</li> </ul>	Group Discussions SDL Lecture & Discussion	1	
Week 10	Stress, Conflict and Coping Mechanisms	<ul style="list-style-type: none"> <li>• Stress among nurses</li> <li>• Workplace stress and nursing</li> <li>• Types of stressors</li> <li>• Effects of Stress</li> <li>• Coping with stress in the workplace</li> </ul>	Lecture & Group Discussion	1	

Week 11	Social Behaviour	<ul style="list-style-type: none"> <li>• Social thinking</li> <li>• Social influence</li> <li>• Social Relations</li> </ul>	Lecture & Group Discussion	1	Quiz 2 – December 5
Week 12	Abnormal Behaviour	<ul style="list-style-type: none"> <li>• Approaches in defining abnormal behaviour or psychological disorders</li> <li>• Models of psychopathology</li> <li>• Diagnosis and classification of abnormal behaviour</li> <li>• Examples of mental disorders</li> <li>• NANDA nursing diagnoses appropriate for mental disorders</li> </ul>	Lecture & Group Discussion	1	
Week 13	Death and Dying	<ul style="list-style-type: none"> <li>• Fears of the patient</li> <li>• Stages of Death and Dying</li> <li>• Setting treatment priorities</li> <li>• Hospice services</li> </ul>	Lecture & Group Discussion	1	
Week 14	Concepts of Pain and	<ul style="list-style-type: none"> <li>• Pain</li> <li>• Pain scale</li> <li>• Pain management</li> <li>• Barriers of Pain management</li> <li>• Therapeutic management</li> </ul>	Lecture & Group Discussion	1	
Weeks 15 -16	Basic Counselling Techniques And Psychotherapy	<ul style="list-style-type: none"> <li>• Development of Counseling</li> <li>• Essential services of counselors</li> <li>• Goals and the process of counseling</li> <li>• Counseling and therapeutic approaches and models</li> </ul>	Lecture & Group Discussion	1	

					Continuous Assessment Test 2 – December 14
Week 17	Revision				
Week 18	End Semester Examination				

#### 8.4 Assessment: Grading System

Sr. No.	Evaluation	Weightage
1	Continuous assessment (I,II,III,IV- Best three)	50%
2	Written assignment / presentation	20%
3	Team Based Learning	15%
4	Quiz	15%
	<b>Total ( continuous assessment)</b>	<b>100%</b>
	<b>Final grading:</b>	
	Continuous assessment	60%
	Comprehensive exam	40%
	<b>Total</b>	<b>100%</b>

#### 8.5 Recommended Textbook

Author	Title	Published Year & Ed.	Publisher
Kalat, James	Introduction to Psychology	2017 11 <sup>th</sup> Ed.	Cengage Higher Education

#### 8.6 Recommended References and Readings

Author	Title	Published Year & Ed.	Publisher
Ayers, Susan; Visser, Richard de	Psychology for Medicine and Healthcare	2018	Sage Publications

## **8.7 Instructional Materials and Learning Resources**

1. American Psychologist. American Psychological Association, February 2018
2. CINAHL Complete
3. Educational Psychologist, October-December 2017 Volume 52, Number 4
4. Monitor on Psychology, American Psychological Association, February 2018
5. Proquest