

# PSYCHOLOGY *for* NURSES

**Psychology for Nurses** is a comprehensive book written for those taking diploma and degree programmes in nursing. It is also for the registered nurses (RN) who would like to enrich their nursing practice. Psychology as a subject must provide adequate insight for those who are embarking into the nursing profession, a healthcare profession which requires adjustment to the behaviour of the patients and those around them; understanding the patients' anxiety, fear or pain; and self-acceptance by the nursing care givers in order to function independently within the areas of their responsibility.

This book is unique in that the author who is a psychologist and a mental health nurse practitioner has introduced new concepts that are relevant to the nursing practice. Among these concepts are psychology of nursing care; psychological interventions, like the therapeutic smile; and the therapeutic use of self or presence. The basic concepts of psychology are also presented in this book since, as the author views it, it is very important that all nurses know and understand the origin and the development of psychology as a science.

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PSYCHOLOGY for NURSES

• Arnel Banaga Salgado •



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# Chapter 2



# Chapter 2

## Psychology, Human Behavior and the Nursing Practice

# EXPECTED LEARNING OBJECTIVES

After studying this chapter, you are expected to:

1. identify the relationship of psychology and the nursing practice.
2. acquire a thorough understanding about human behavior.
3. distinguish the strengths and limitations of some methodologies when applied in various settings – school, clinic, industry and hospital
4. trace the development of psychology as a behavioral science;
5. determine the great contributions of the schools of thought towards the development of psychology as a science; and
6. appreciate the benefits derived from the study of psychology as a behavioral science for the nursing service and nursing education.

# Introduction

## WHY NURSES NEED TO STUDY PSYCHOLOGY?

...nurses as professional are continuously dealing with human beings.

- You will discover the wonder of human beings with whom you are going to deal with as a registered nurse.
- You will be fascinated by the study of the different structures of your body, their functions and deficiencies as well as their relationships with your motives, your fears, and your joys.

- Psychology as a science may give a good foundation for the better comprehension of human beings in their totality, which in turn, may pave the way in the understanding of one's self, i.e. if you are really serious to process your behavior and you are open to change.

- Your study of psychology will enable you to appreciate your totality, your individuality and your peculiarity as a nurse.



- You will understand your abilities, i.e. cognitive - how you think; affective - your feelings, values and attitudes; psychomotor - your skills, and lastly, humanistic – a view that as a human being, you cannot be reduced to components, your uniqueness, awareness, the choices and desires that you make and you value, creativity and search for meaning which are advocated by contemporary psychologists like

- Abraham Maslow, Carl Roger and in nursing, by Florence Nightingale and Martha Rogers, one of the nursing theorists who advocated humanistic nursing practice

# Martha Rogers



# Florence Nightingale



THE YORK PICTURES

FLORENCE NIGHTINGALE

- From the principles of human behavior, their application specifically in the nursing science, would help you gain a thorough understanding of yourselves and that of others so that you can serve better your clients and colleagues who are working for the delivery of quality nursing care.

- Socrates opined, "*The unexamined life is not worth living*".
- From this, you will start the discovery of yourselves so that after three to four years in the nursing school, you can have a good self-concept.

# What Is Psychology in the nursing context?

- Some people believe that psychology studies only people, the way they think as well as the outside manifestation of what they think, i.e. *their behavior*.

- The term psychology originated from the Greek words *psyche* (soul) and *logos* (study). To the early Greeks, there were two types of soul, one which dies when the body ceases to function that is controlled by the *thymus* and the other one does not disappear even when the body dies, i.e. *psyche*.



- The meaning which really fits the subject matter of psychology, human behavior, is the soul that dies with the body and that is the *thymus*.
- Now if the soul is the subject matter of psychology, is it possible to conduct a *logos of soul?*
- This is not what the psychologists study, not the soul.

...In nursing, psychology is the study of human behavior in relation to the clients condition and the implementation of the psychosocial aspects of care that include:

1. Behavioral
2. Cognitive
3. Cultural

# Why Psychology is a Science?

- Some people think that psychologists are mind-readers, clairvoyants, shrinks, mind-controllers and magicians.
- If this is true, then all the hospitals, schools and industries where we employ psychologists are filled with these kind of people - thus, instead of becoming helpful, psychologists will do more harm than good.

# But why is it that psychology survives the passing of time?

- Perhaps, this can be attributed to the processes that require scientific method in every research and experiment. We can therefore say that psychology is a science.

# The Scientific Method as Used in Psychology

- ***Scientific method*** is defined as a step by step process of explaining particular problem.
- It is considered as an indispensable tool by all psychologists at work.
- In nursing, this is the nursing process in which, a nurse tries to find problems and solves these problems.

- Crawford defines scientific method...

“...systematic and refined technique of thinking, employing specialized tools, instruments and procedures in order to obtain an adequate solution of a particular problem.”

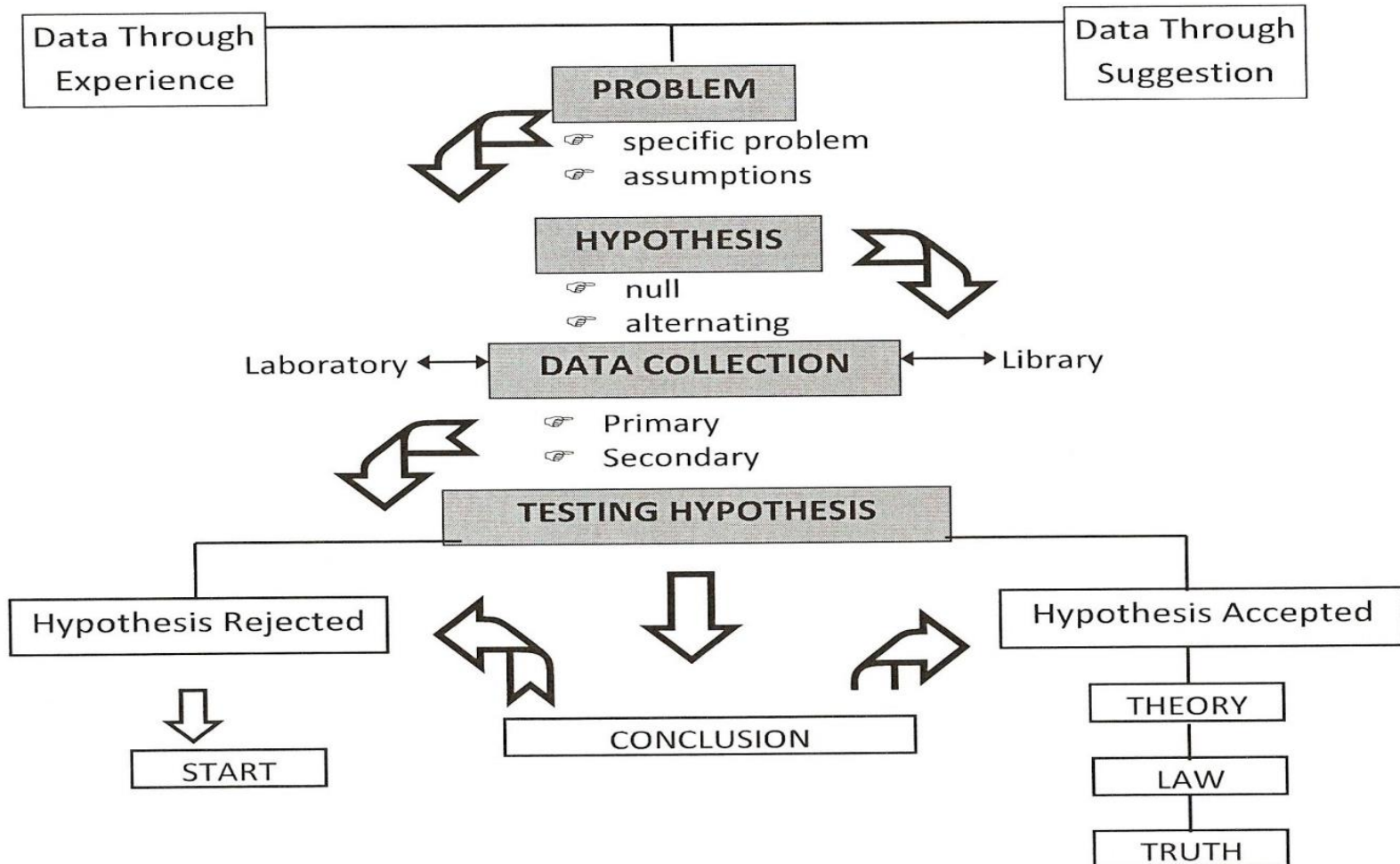
- Research involves original work instead of a mere exercise of personal opinion.
- It evolves from a genuine desire to know.

- 1. Identification of the problem.**
- 2. Formulation of hypothesis.**
- 3. Collection of data.**



- 4. The analysis or classification and tabulation of data.**
- 5. The synthesis of data (hypothesis testing)**
- 6. Conclusion or Generalization.**

# The psychological Research Process



# Qualification of a researcher

- 1. Creativity.**
- 2. Curiosity.**
- 3. Objectivity.**
- 4. Open-mindedness.**
- 5. Critical Thinking.**

**6. Logical Outlook.**

**7. Patience.**

**8. Perseverance..**

**9. Accepting Authority.**

**10. Humility.**

# What Does Psychology Include?

- 1. *Research Psychologists*** are those truly engaged in experimental research conducting experimentation on the behaviors of animals and man.
- 2. *School Psychologists*** design and implement programs on students with problems in school. They specifically do behavior modification, and other discipline related functions of the school's guidance programs.
- 3. *Educational psychologists*** work with children in academic settings particularly focused on how the students can possibly maximize their learning potentials by designing test and other educational instruction.

4. ***Clinical psychologists*** study and treat mental and behavioral disorders, typically the more serious ones. Clinical psychologists often specialize in working with people of different age ranges or who have specific disorders, and psychotherapy and psychological testing are a large part of the work they do.
5. ***Counseling psychologists*** typically work with people who have less severe disorders, people who are having problems with their marriage or other aspects of their lives, or those who want guidance with regard to choosing a vocation.
6. ***Cognitive psychologists*** come in many varieties, but they have in common an interest in understanding basic mental processes such as how we think, learn, and remember.

**7. *Social psychologists*** are primarily interested in how individuals influence and are influenced by others, including how a person's behavior may vary from one social situation to the next.

**8. *Developmental psychologists*** study how people grow and change throughout the life span, from conception to death. They often specialize in a certain age range, or an aspect of development such as personality, cognition, or intelligence.

**9. Industrial or organizational psychologists** focus their efforts on work settings and are concerned with issues ranging from job performance to organizational processes and structures as a whole.

**10. Forensic psychologists** work on a variety of issues involving judicial and correctional systems. One specialty in this area is evaluating "insanity" pleas of the accused.

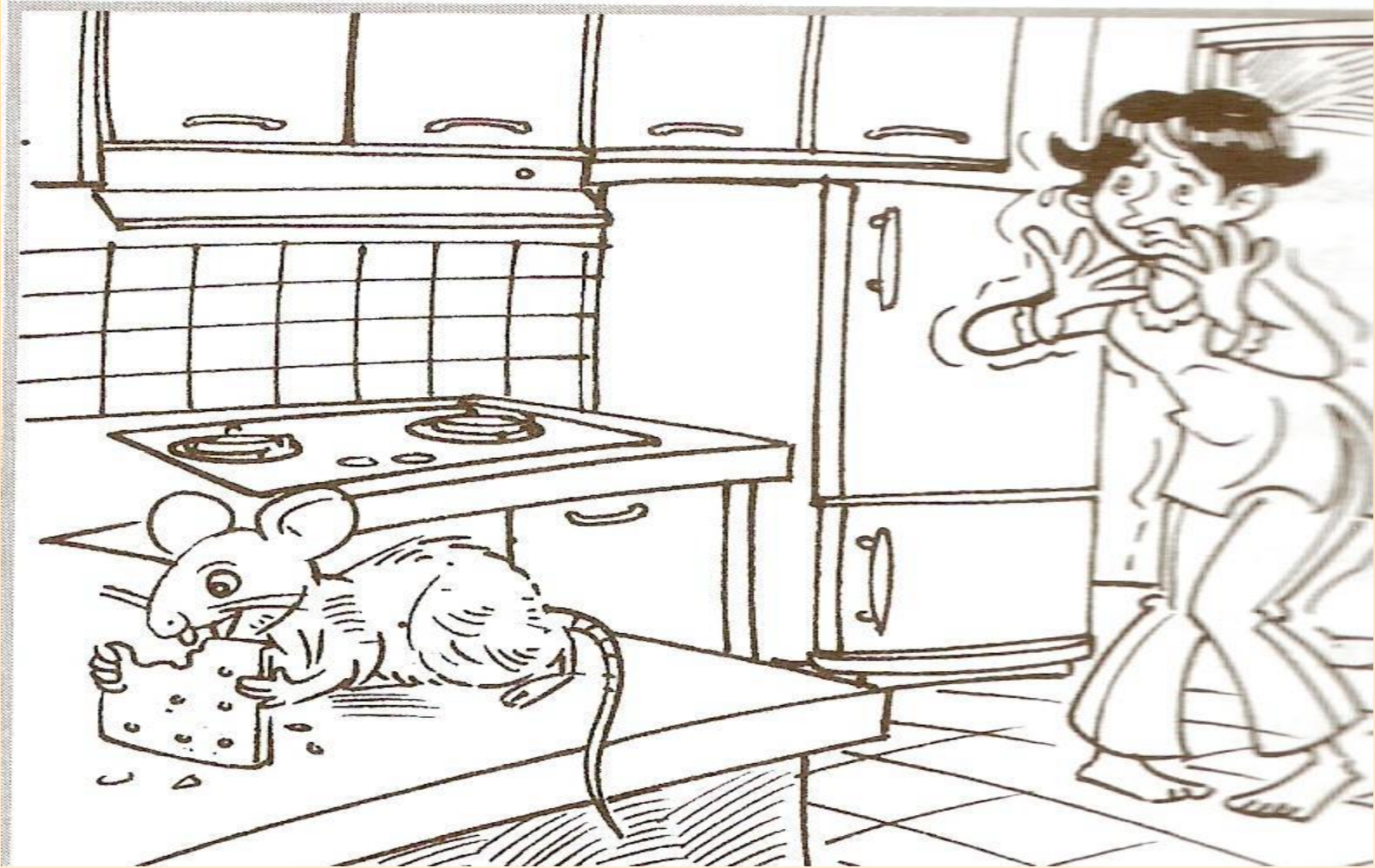
**11. Cognitive and behavioral neuroscientists.** They study relationships between brain and behavior.



# What is Human Behavior?

- **Irrational behavior** is unreasoned behavior. Emotions overflow than reason. Insane people are usually irrational in their behavior.
- **Unconscious behavior** is one wherein an individual is not aware of especially its effects or consequences.

## A person showing irrational behavior



- **Simple behavior** is one wherein the individual applies only one sense or one system in a particular situation at a given moment.
- One thing psychologists attempt to do is to see to it that they study a behavior that is observable and measurable.

# Schools of Thoughts in Psychology

- By tracing some events in the past from 1879 to 1900s, one can briefly look at the origins of the present state of this field through the five schools. They are called schools because they were groups of psychologists who shared common view of what was important and how it was to be studied in psychology...



# Structuralism - Psychology's First School of Thought

Edward B. Titchener – The founder of structuralism

***Structuralists*** – human consciousness could be broken down into much smaller parts.



# The Functionalism of William James

Mid-to late 1800s psychology flourished in America

William James- emerged as one of the major American psychologists during this period

*The Principles of Psychology*

\*\*\*Father of American psychology

- Functionalism – focus on how behavior actually works to help people live in their environment
- Used method of direct observation
- Believed that consciousness existed as a more continuous and changing process



## Behaviorism - Study of observable behavior

- emphasizes objective, observable environmental influences on overt behavior
- John B. Watson (1913) founder of behaviorism





# Burrhus F. Skinner

- “The techniques of reinforcement, or controlling the consequences that follow behavior, have become increasingly popular in education and training parlance. His teaching machine was the forerunner of modern programmed education (Bootzin et al., 1983, p.7).



# The Gestalt School

- Out of the Berlin and Gottingen laboratories arose a new school in psychology.
- The totality was simply a summation of the components, but something over and above.



# Psychoanalytic School

- Sigmund Freud's division of the mind topographically into the *id* (the reservoir of pleasure impulses); the *ego* (the system of realistic tendencies making for stability and social status); and the *superego* (the matrix of conscience and scrupulousness) all tie up with the doctrine of genital development.



# Carl Gustav Jung

- He designated his system as “Analytic Psychology.” He might have called it “psycho synthesis.”
- His most suggestive book is *Wandlungen and Symbole der Libido* (Transformation and Symbols of the Libido, 1912) but his most important is that on *Psychological Types*.
- His divisions of humans into **introverts** and **extroverts** is popularly known.

# KEY POINTS

- Psychologists study the principles and facts governing human behavior.
- Psychology is the scientific study of human behavior.
- The schools of thought in psychology are structuralism founded by Wundt, functionalism by James, behaviorism by Watson, the Gestalt school by Wertheimer, and the psychoanalytic school by Freud.

- Pavlov's experiments played a major role in the development of psychology.
- Watson defines psychology as the "science of behavior" and proposes that the limits of psychological study are those observable responses to specific stimuli, responses that can be measured.

- Wertheimer was the first to raise the problem of perception and movement.
- Gestaltists were concerned with the behavior of the organism as a whole.
- Freud broadened man's intellectual horizons by breaking with the past and setting up a tridimensional structure for the understanding of man which he called psychoanalysis.