

AKANSHA INSTITUTE OF NURSING

Psychology GINM 1st
- year

UNIT-1

Introduction of Psychology

Psychology is given by Rudolf Goeckle in 1590.
Its derived from greek word 'psyche' → it mean
spirit, soul, Human mind.

'logos' means → study.

Definition → Psychology is the scientific study of
mental process and behaviour. It is the study of mind
and how its work.

Acc. to Oxford American
Dictionary.

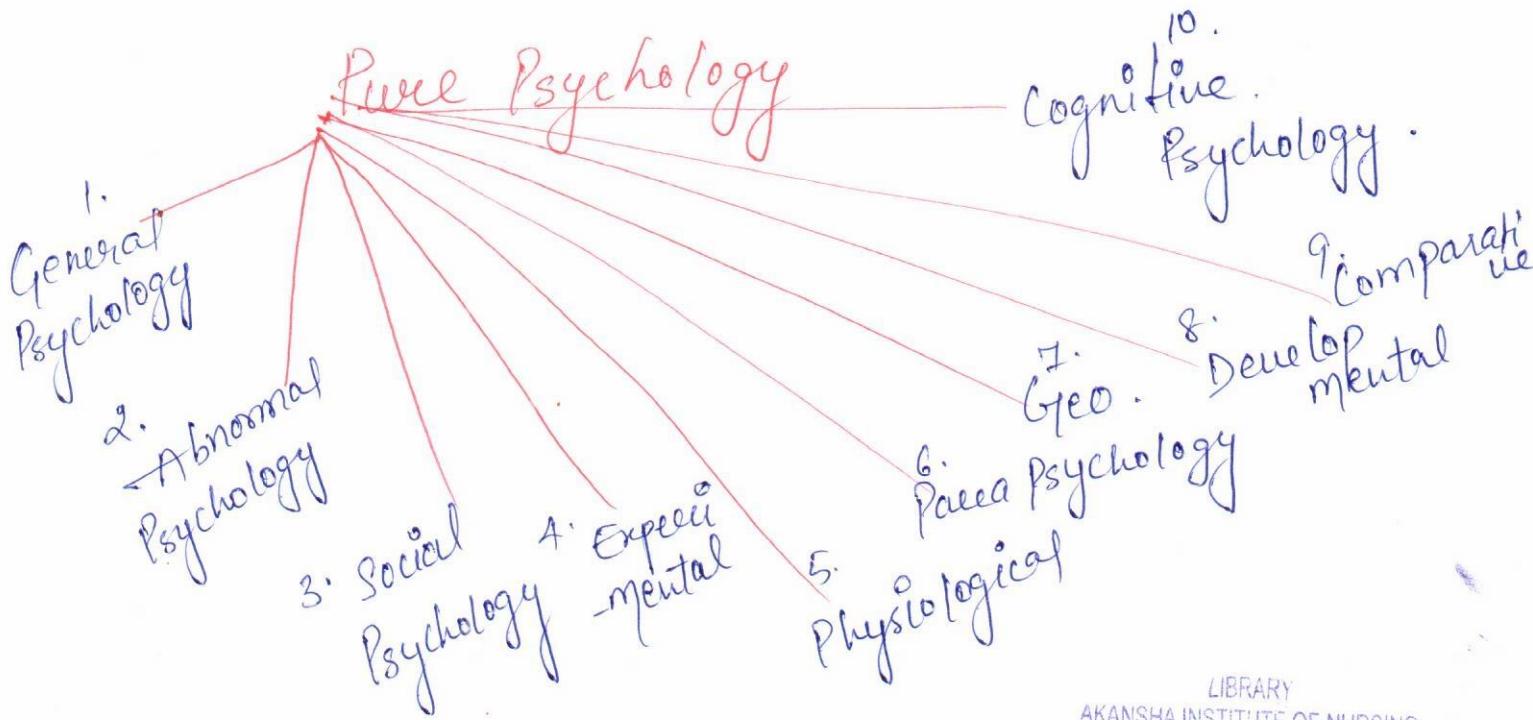
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Branches of Psychology

Pure Psychology -

Applied Psychology



Applied Psychology

Educational Psychology

Clinical Psychology

Industrial Psychology

Legal Psychology

Military Psychology

Political Psychology

School Psychology

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Importance of Psychology in Nursing

- It will help her to understand herself.
- It will help her to understand other people.
- It will help her to improve situations by helping others solve problems.
- She will appreciate the necessity of changing the environment and guide her how to do it.
- She will understand the close body mind spirit relationship.

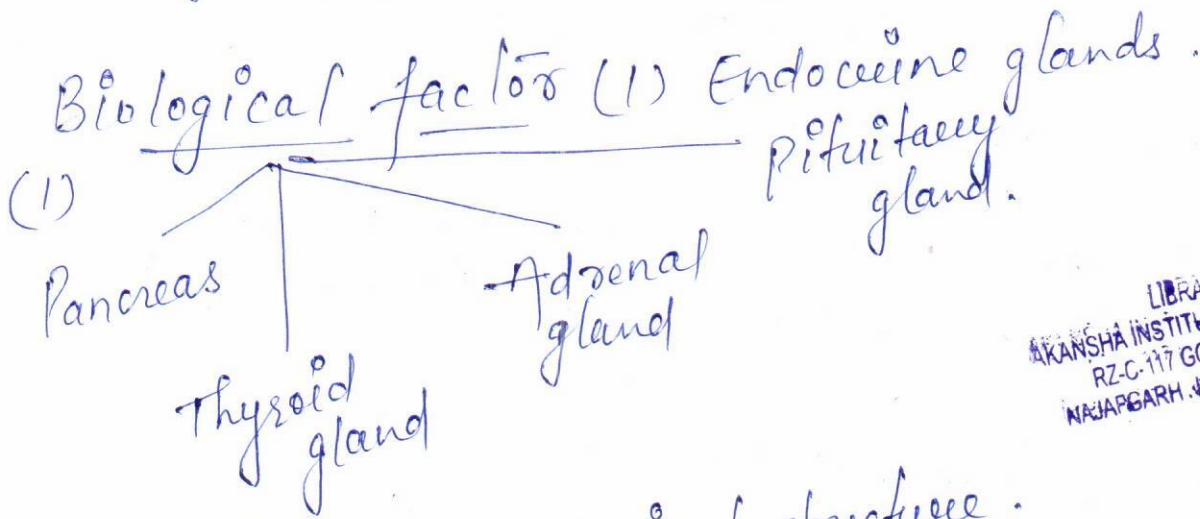
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Behaviour :-> Cognitive }
 Conative } Activities
 Affective }

These three activities makes a behaviour of a person.

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Factors affecting nature of Behaviour / Personality.

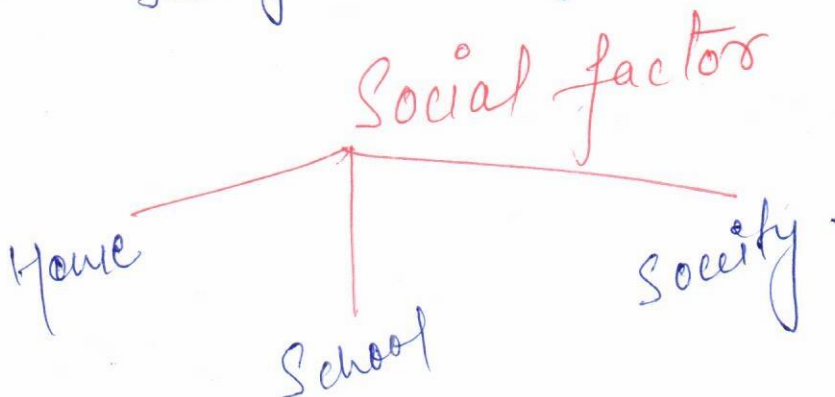


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(2) Physique :-> physical structure.

(3) Body chemistry -> like man and women have different chemical factors.

(4) Other factors

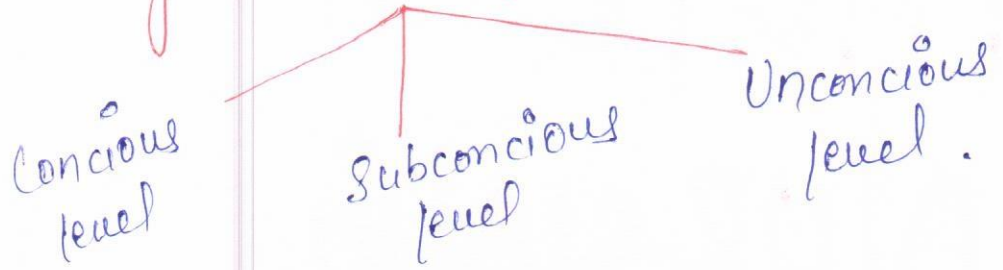


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BODY MIND RELATIONSHIP

UNIT-2

Levels of Consciousness.



- Effect of Body on mind.
- Effect of Mind on body.

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Motivation

Definition

Motivation refers to the driving and pulling forces which result in persistent behaviour towards a particular goal.

OR

Motivation refers to the states which in a person or animal that drives behaviour towards some goal.

- Morgan & King (1975).

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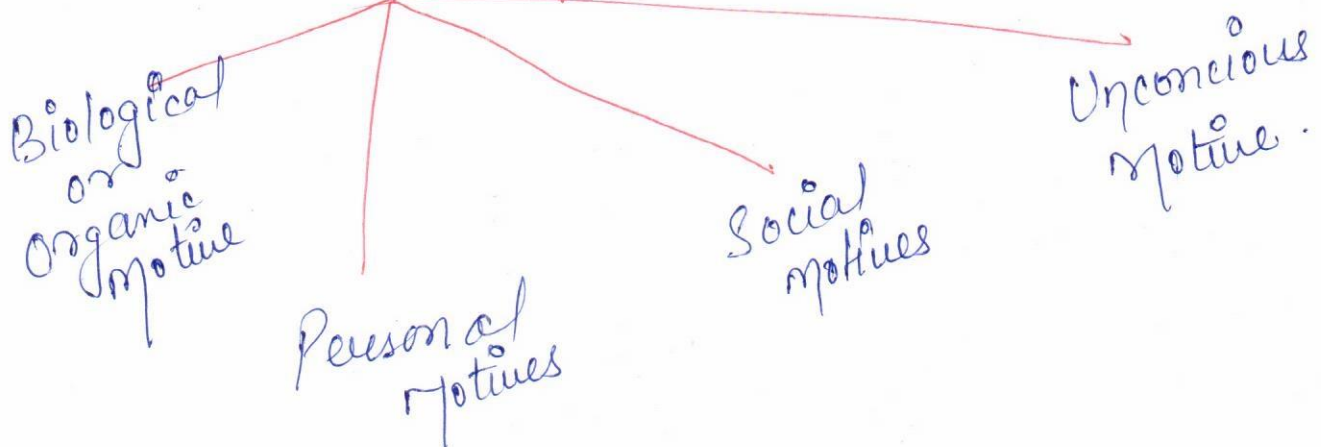
Nature of Motivation

- Its based on motives
- Its goal directed behaviour
- Its a complex process.

UNIT-3

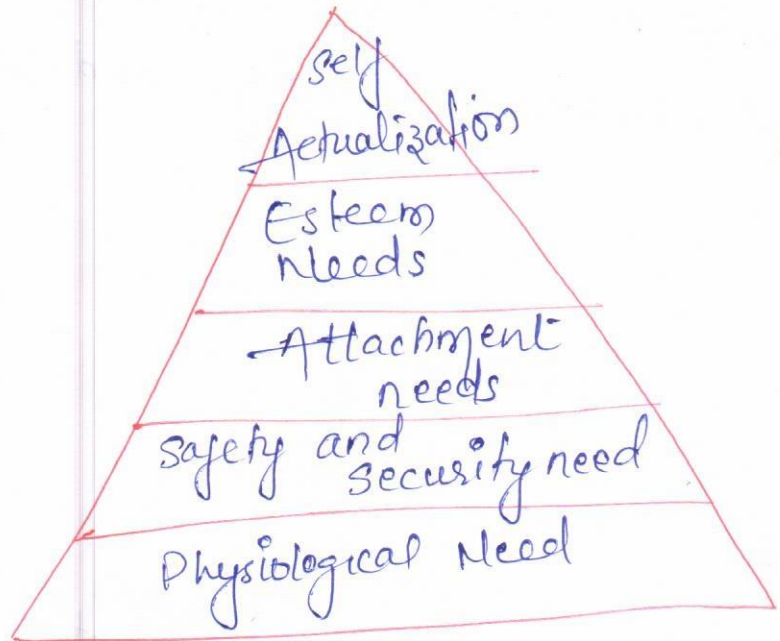
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Classification of Motives



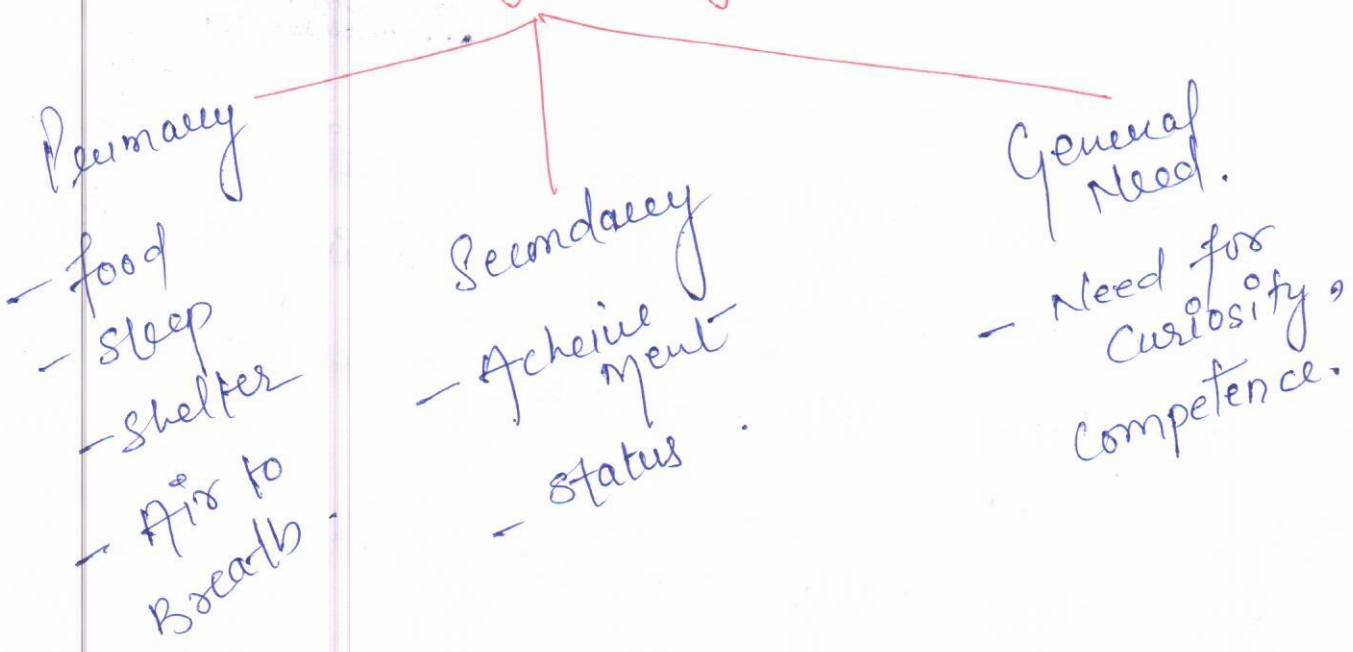
Maslow Theory

Its given by Abraham Maslow in 1954



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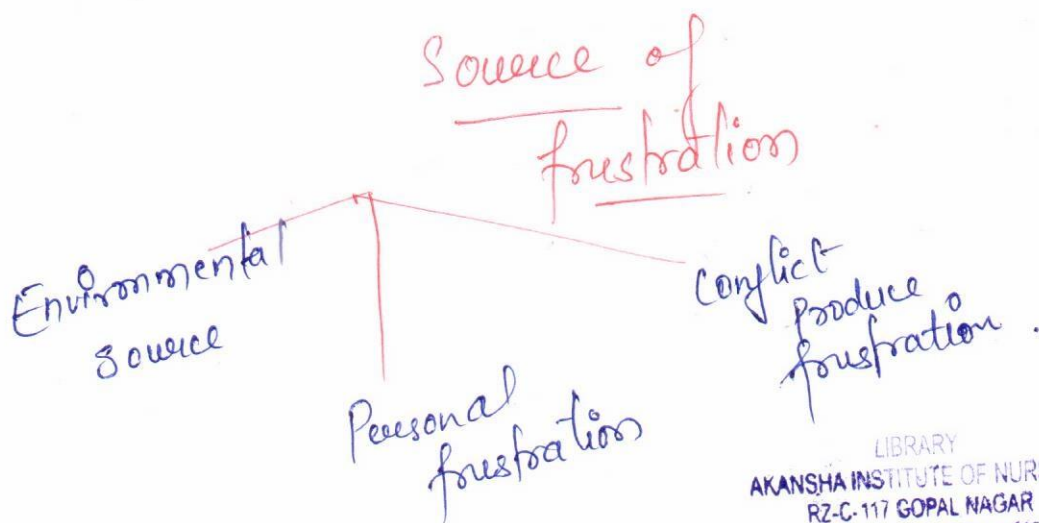
Types of Need



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Frustration

Definition :-> The term frustration means blocking of behaviour directed towards a goal. If motive are frustrated, blocked, emotional feelings and behaviour often result.



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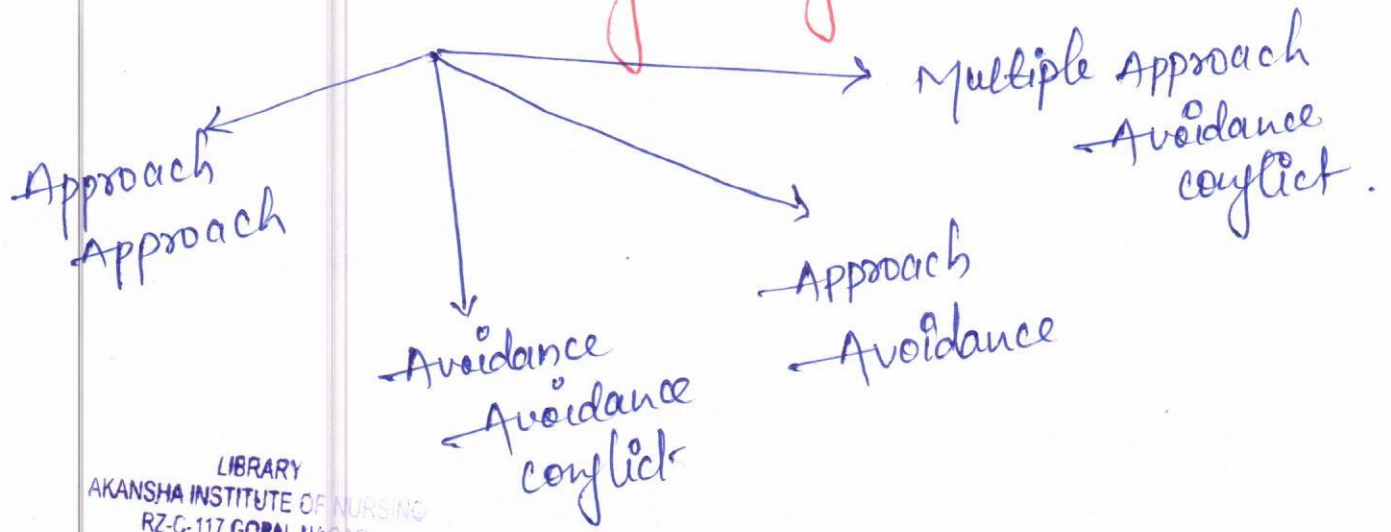
Conflict

It is defined as conflict means confusion, which arises when two equally strong and fairly identical drives completely clash with each other resulting in anxiety.

for ex: -> Two equally attractive job..

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Classification of conflict



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Adjustment

Definition → It is the establishment of satisfactory relationships as representing, harmony, conformance, adaptation etc.

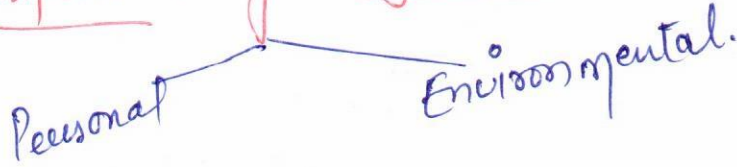
Nature of Adjustment

- Relationship between individual, their need, adaptation to the demand of day to day life.
- Harmonious environment.
- Satisfactory day life.
- Adjustment is a continuous process
- Adjustment is a two-way process
- It is universal

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- It is natural result of tensions, problems, conflicts, need etc.

Areas / Component of Adjustment :->



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Characteristics of well adjusted person.

- knows his capabilities, strength, weakness, limitation.
- Has self respect and respects others as individual.
- level of aspiration acc. to his own strength.
- fight with the difficulties.
- Control over his environment.
- feel satisfied with his surroundings.
- Balance positive philosophy of life.

Methods of Adjustment

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- Improving efforts

- Compromising method

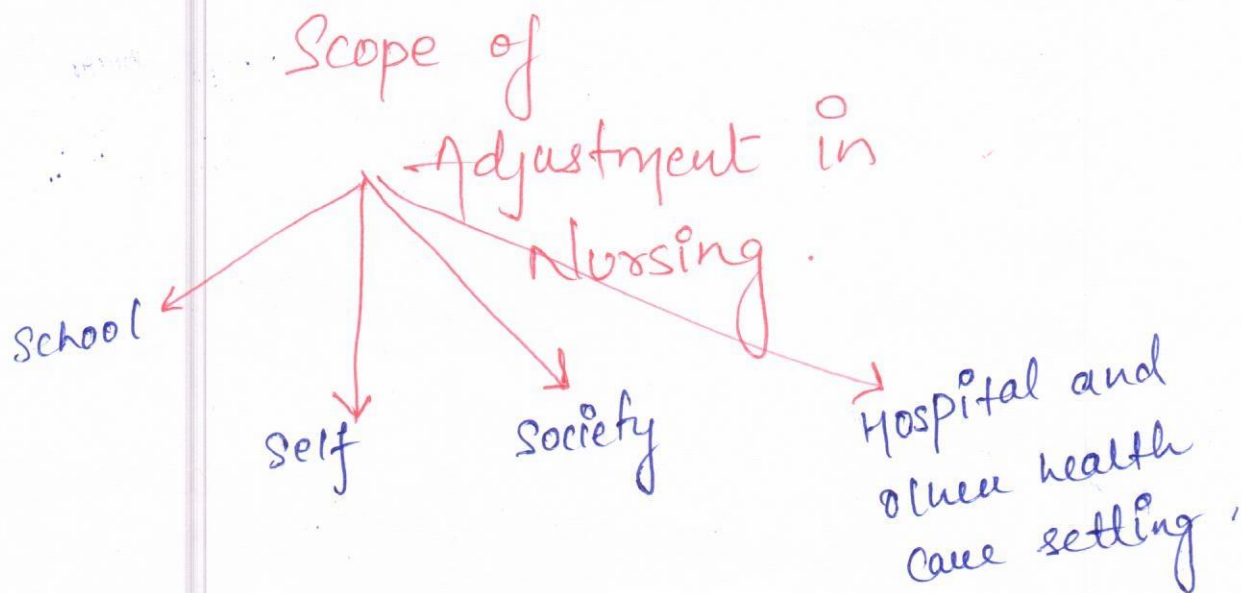
- withdrawal.

- Making proper choice of decision.

- By using defense mechanism.

Indirect Method

- By using defense mechanism.



Emotions

Definitions

The word emotion is derived from latin word 'emovere' means to move away from. Emotion is an acute disturbance of the organism, as a whole psychological in origin involving behaviour, conscious experience and visceral functioning - PT Young.

Classification of Emotion

Primary

Those emotion that an individual feels first, as a first response to a situation

Secondary

These appear after Primary emotion.

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States of Emotion

Positive emotion

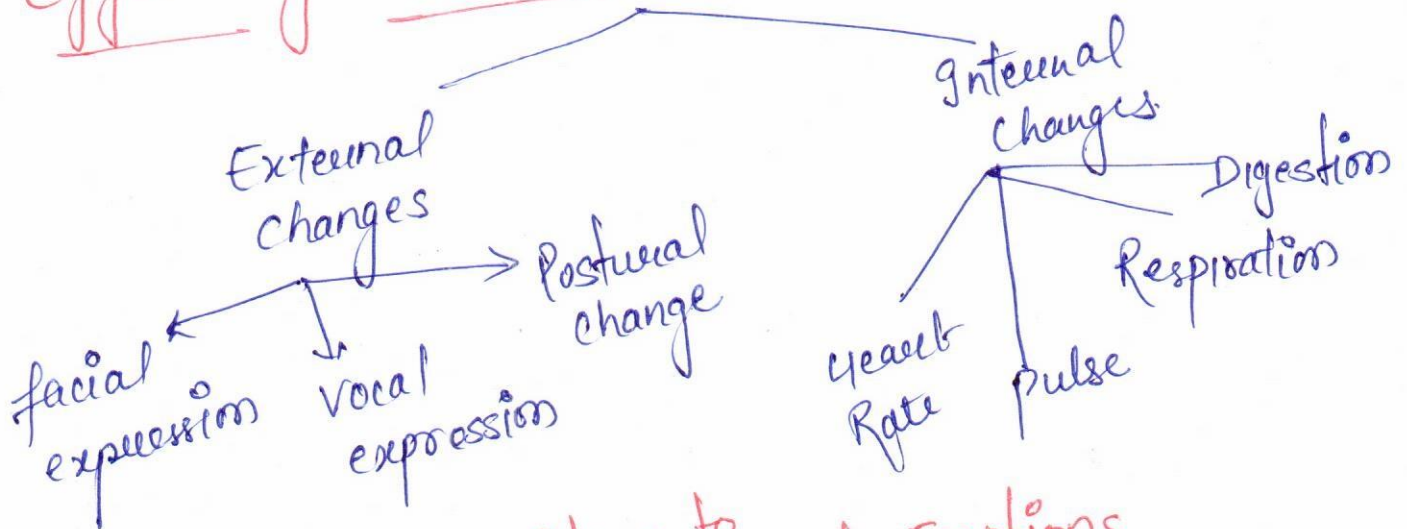
- Joy
- Love
- Laughter
- Hope

Negative emotion

- Fear
- Sadness
- Anger
- Surprise.

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Effect of Emotion on Our Health :->



Steps to Control Emotions

1. Get enough rest.
2. Eat well and exercise
3. Talk to trust others
4. Learn to solve problem
5. Learn to soothe yourself.
6. Get good information about the stress.
7. Take time everyday to do something.
8. Help others in similar circumstances.

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