

GNM 1st year  
Psychology

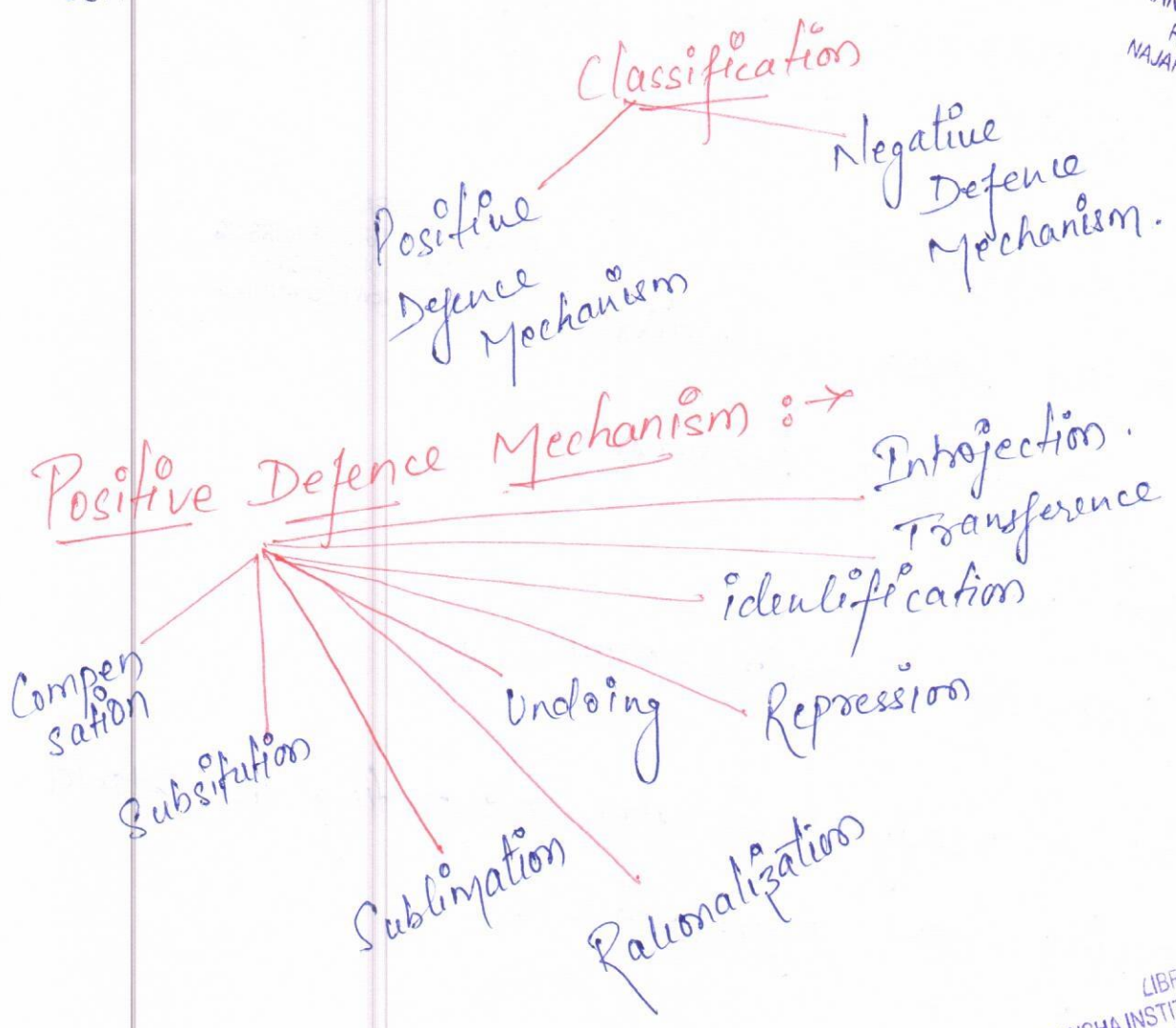
Unit-3

Defence Mechanism

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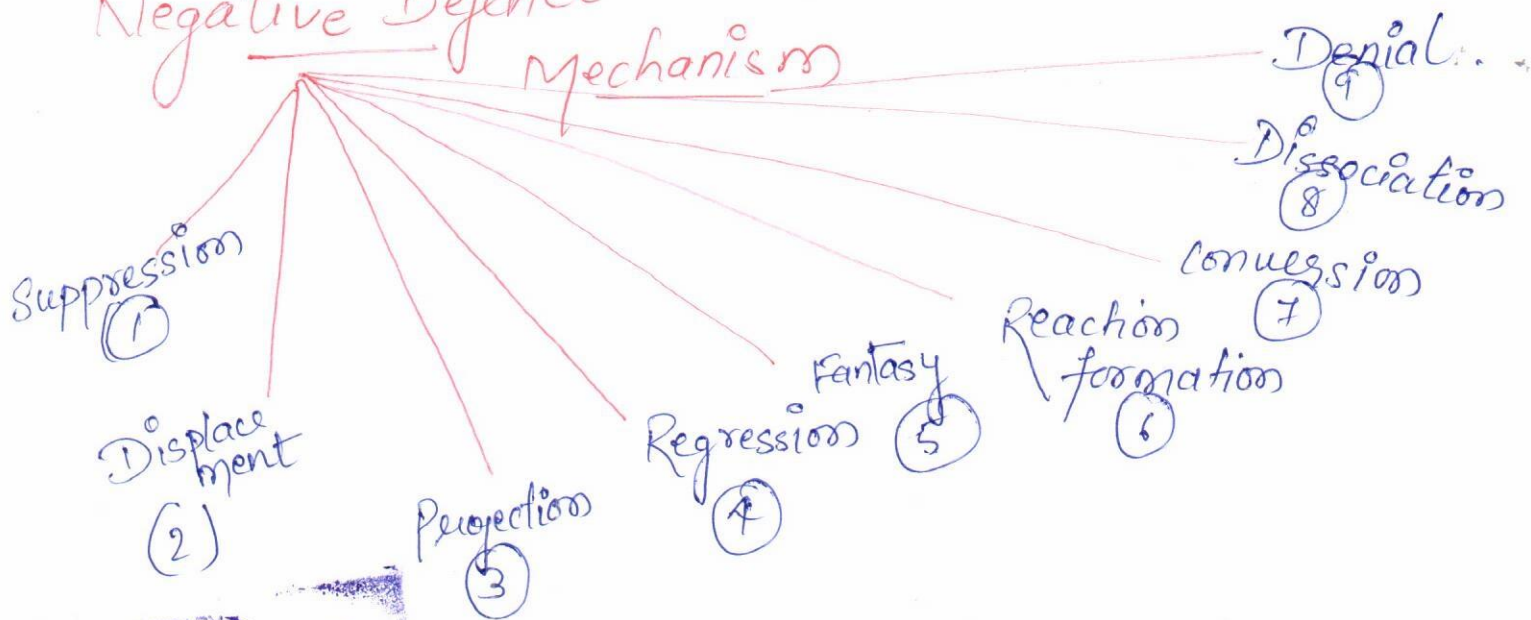
Definition - Defence mechanism is a pattern of adjustment which an individual utilizes anxiety caused by an uncomfortable situation that threat self-esteem.

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# Negative Defence Mechanisms



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## Attitude

Definition :- Attitude is the evaluation of an object, person, behaviour or event based on beliefs guiding behaviour of an individual.

## Nature of Attitude

- Attitude is the person evaluation
- Attitude guides our behaviour
- The attitude varies.
- Attitude helps to understand motive.
- It provide a ready basis for interpreting the world and processing new information.

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## Characteristics of Habbits

- Behavioural actions are repeatedly performed
- A habit always needs a stimulus.
- A habit can be copied easily.
- The more behaviour is repeated.

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## Steps to change a habit :->

Start with having clarity.

Proceed with a reason to change habit

Setup rules to win.

Motivate yourself.

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# Development of Attitude

- Association and reinforcement
- Imitation and identification
- Classical conditioning
- Social (observational)
- Cognitive dissonance
- Unconscious motivation
- Rational analysis.
- Other factor.

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# Habit

Habit is defined as the tendency towards an act that has become a repeated performance, relatively fixed, consistent and easy to perform repeatedly.

## Types

Good of

- Doing Exercise
- Eat healthy
- Studying.

Bad of habits

- Smoking
- Alcoholism
- Drug addiction

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# UNIT-4

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## Learning

Definition :→ It is defined as any relatively permanent change in behaviour which occurs as a result of practice and experience.

- Morgan and King (1978)

### Types of Learning

Acc. to specific area of domain

Methods or Techniques used for behavioural changes.

### Acc. to specific area of domain

Verbal Learning

Motor Learning

Affective Learning

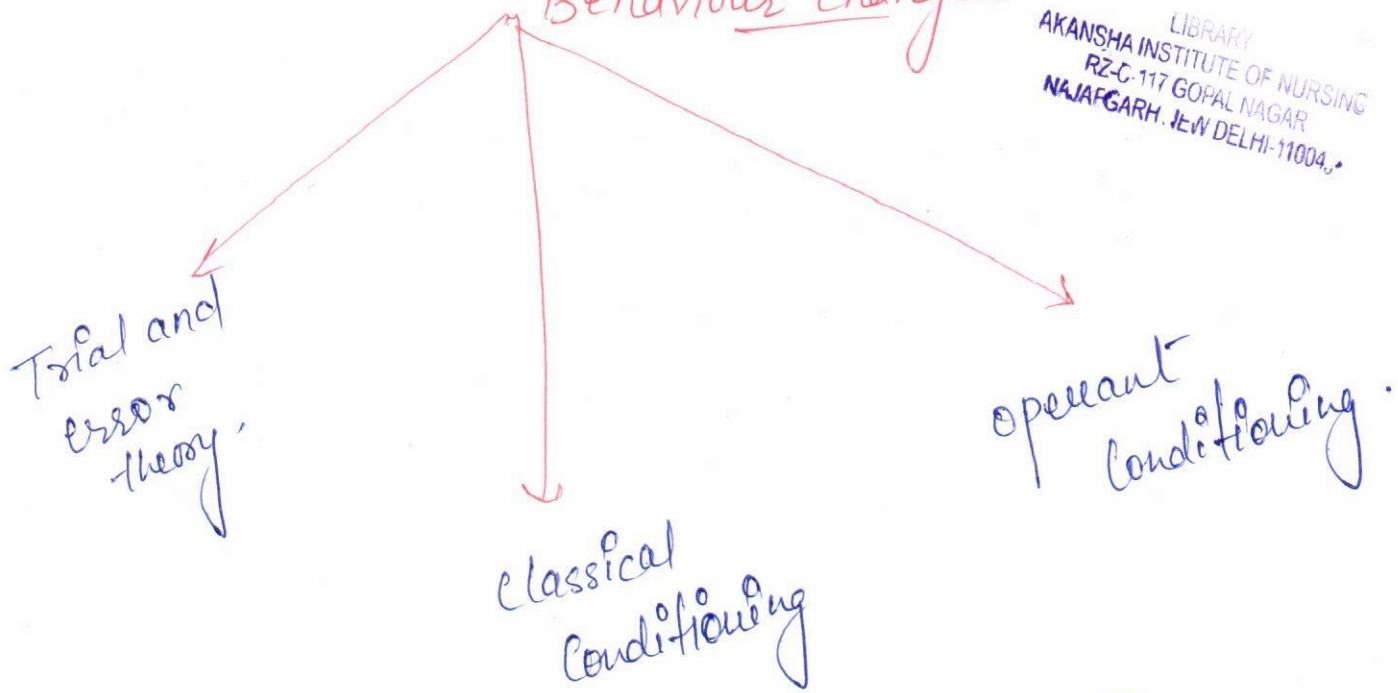
Cognitive Learning

Skill Learning

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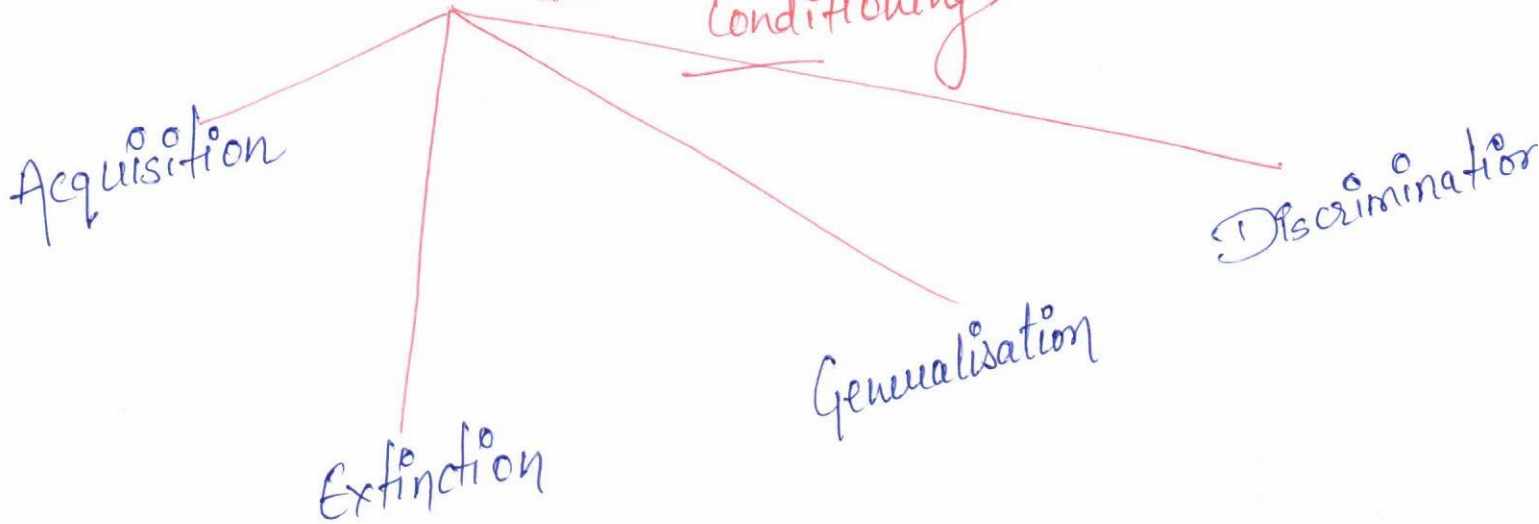
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# Methods and Technique for Behaviour changes



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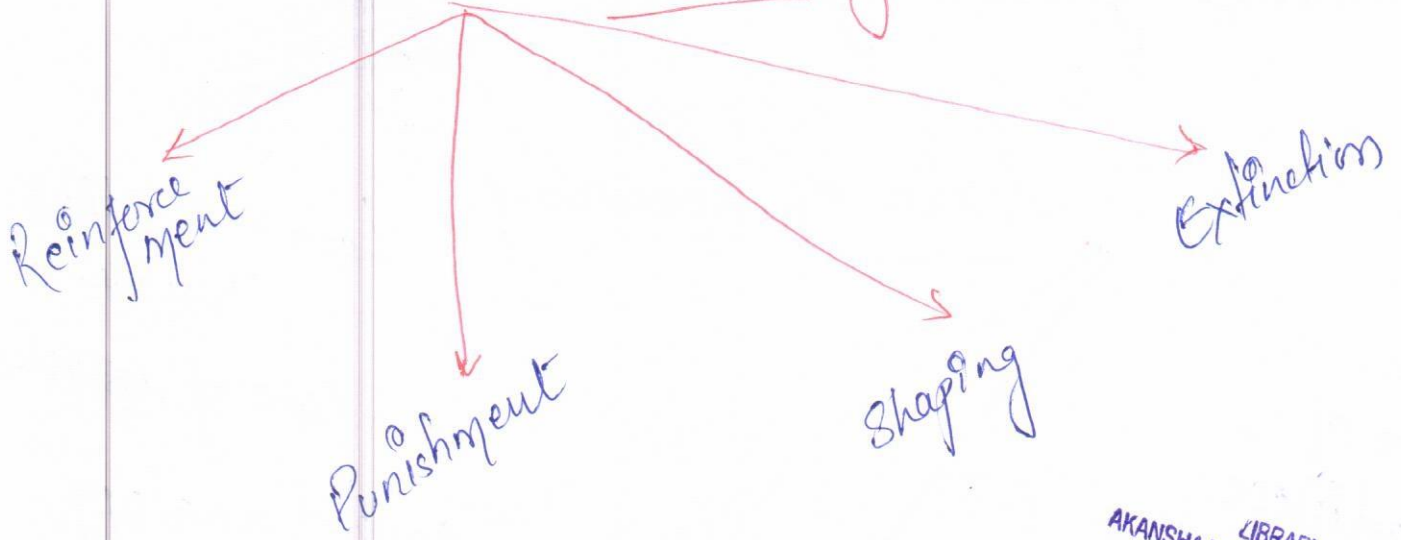
## Principle of classical conditioning



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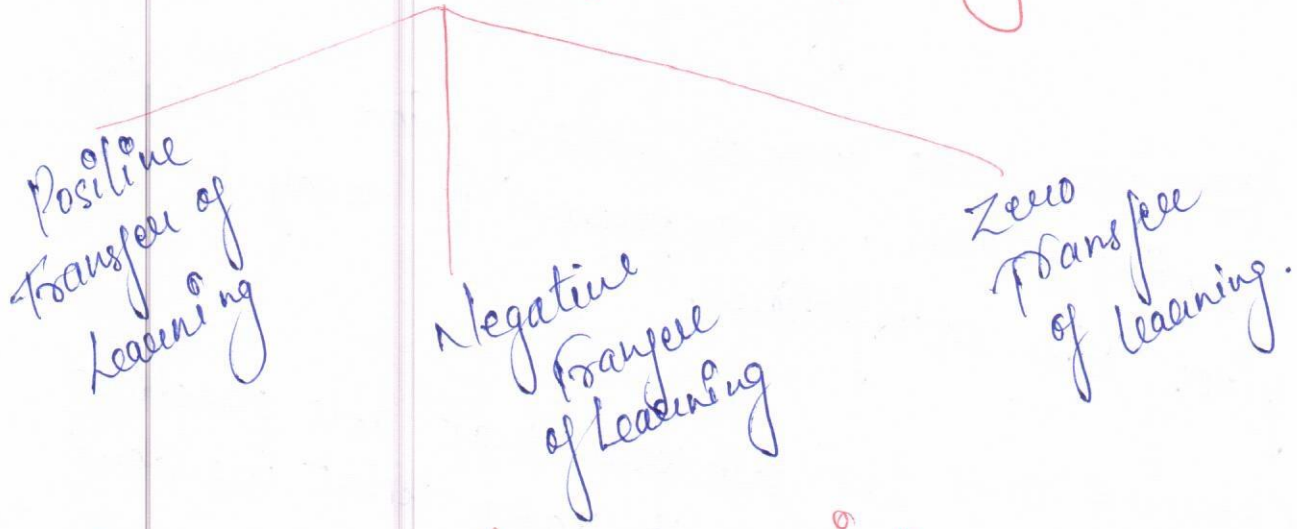
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# Principle of operant Conditioning

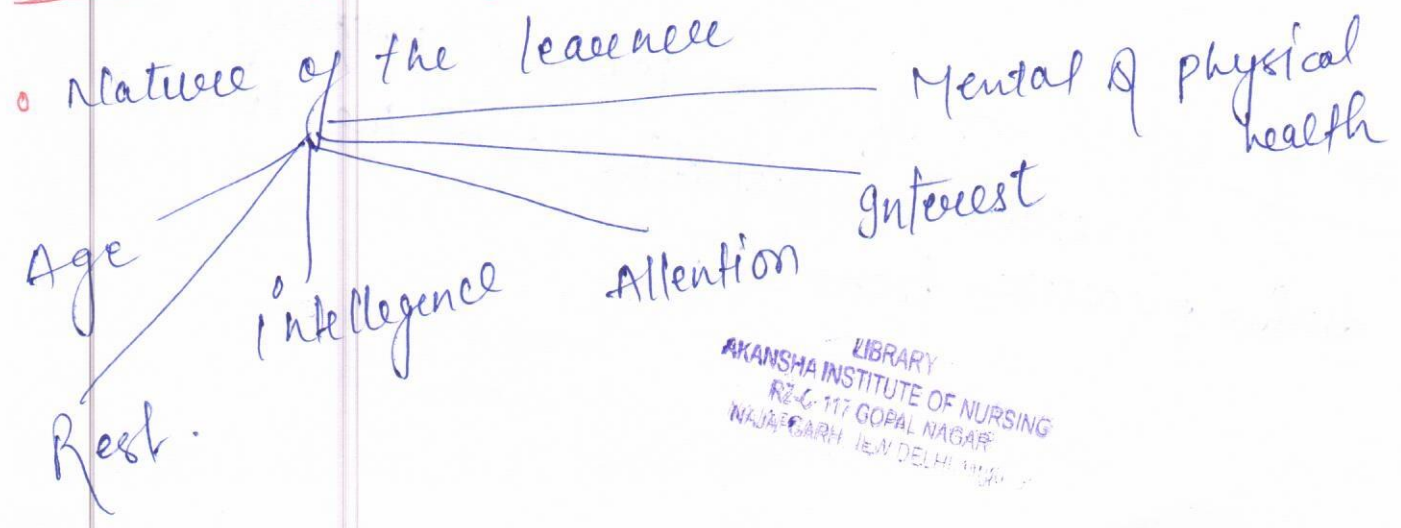


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# Types of Transfere Learning



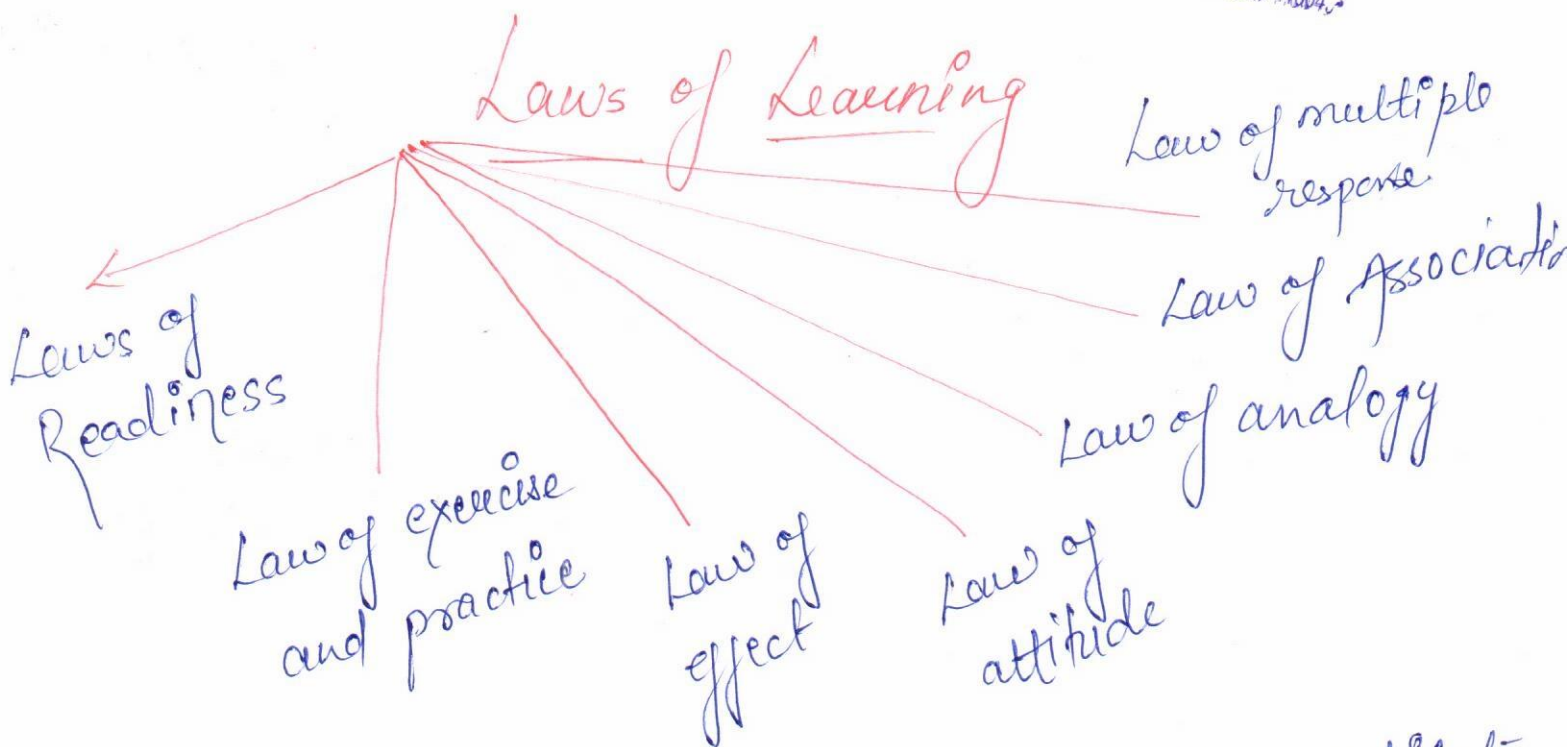
# Factors affecting Learning



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- Nature of Learning Method.
- Nature of Learning Material.

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Law of Readiness → The learner state of mind to participate in the learning process. If a person is ready to act, acting gives him satisfaction.

Law of Exercise and Practice → We learn what we practiced, we don't learn what we don't practice.

Law of effect :- If we learned properly when it result is satisfaction and the learner derive pleasure from it.

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Law of Attitude :- → The student perform the nursing procedure properly if she has develop healthy attitude toward the task. 5.

Law of Analogy :- → An individual respond to a new situation on the basis of response made by him in similar situation in the past.

Law of Association :- → The learner learns/Respond of which he is capable, associate with any situation to which he is sensitive.

Law of Multiple Response :- → When an individual is confronted with a new situation he respond in a variety of ways before arriving a correct response.