

<b>COURSE TITLE</b>	<b>APPLIED SOCIOLOGY &amp; APPLIED PSYCHOLOGY</b>
<b>COURSE CODE</b>	<b>20BN0103</b>
<b>COURSE CREDITS</b>	<b>6</b>

**Objective:**

- 1 To identify the scope and significance of sociology in nursing, To apply the knowledge of social structure and different culture in a society in identifying social needs of sick clients.
- 2 To identify the impact of culture on health and illness, To develop understanding about types of family, marriage and its legislation.
- 3 To identify different types of caste, class, social change and its influence on health and health practices, Integrate the knowledge of clinical sociology and its uses in crisis intervention, To develop understanding about social organization and disorganization and social problems in India.
- 4 Identify the importance of psychology in individual and professional life, Develop understanding of the biological and psychological basis of human behaviour, Identify the role of nurse in promoting mental health and dealing with altered personality
- 5 Perform the role of nurses applicable to the psychology of different age groups, Identify the cognitive and affective needs of clients, Integrate the principles of motivation and emotion in performing the role of nurse in caring for emotionally sick client
- 6 Demonstrate basic understanding of psychological assessment and nurse's role. , Apply the knowledge of soft skills in workplace and society. Apply the knowledge of self-empowerment in workplace, society and personal life.

**Course Outcomes:** After completion of this course, student will be able to:

- 1 Describe the scope and significance of sociology in nursing, Describe the individualization, Groups, processes of Socialization, social change and its importance.
- 2 Describe culture and its impact on health and disease, Explain family, marriage and legislation related to marriage, Explain different types of caste and classes in society and its influence on health, Explain social organization, disorganization, social problems and role of nurse in reducing social problems
- 3 Explain clinical sociology and its application in the hospital and community
- 4 Describe scope, branches and significance of psychology in nursing, Describe biology of human behaviour, Describe mentally healthy person and defense mechanisms. Describe psychology of people in different age groups and role of nurse, Explain personality and role of nurse in identification and improvement in altered personality, Explain cognitive process and their applications.
- 5 Describe motivation, emotion, attitude and role of nurse in emotionally sick client, Explain psychological assessment and tests and role of nurse,
- 6 Explain concept of soft skill and its application in work place and society, Explain selfempowerment

**Pre-requisite of course:** Applied Sociology - A basic knowledge about different cultures, beliefs, and social determinants of health is often a fundamental prerequisite. Applied Psychology - A basic understanding of human behavior, thoughts, emotions, and mental processes are often a fundamental prerequisite.

### Teaching and Examination Scheme

Theory Hours	Tutorial Hours	Practical Hours	ESE	IA	CSE	Viva	Term Work
6	0	0	75	15	10	0	0

Contents : Unit	Topics	Contact Hours
1	<b>Introduction - sociology</b> Definition, nature and scope of sociology, Significance of sociology in nursing	1
2	<b>Social structure</b> Basic concept of society, community, association and institution, Individual and society, Personal disorganization, Social group – meaning, characteristics, and classification., Social processes – definition and forms, Co-operation, competition, conflict, accommodation, assimilation, isolation, Socialization – characteristics, process, agencies of socialization, Social change – nature, process, and role of nurse, Structure and characteristics of urban, rural and tribal community, Major health problems in urban, rural and tribal communities, Importance of social structure in nursing profession	15
3	<b>Culture</b> Nature, characteristic and evolution of culture, Diversity and uniformity of culture, Difference between culture and civilization, Culture and socialization, Transcultural society, Culture, Modernization and its impact on health and disease	8
4	<b>Family and Marriage</b> Family – characteristics, basic need, types and functions of family, Marriage – forms of marriage, social custom relating to marriage and importance of marriage, Legislation on Indian marriage and family., Influence of marriage and family on health and health practices	8
5	<b>Social stratification</b> Introduction – Characteristics & forms of stratification, Function of stratification, Indian caste system – origin and characteristics, Positive and negative impact of caste in society., Class system and status, Social mobility-meaning and types, Race – concept, criteria of racial classification, Influence of class, caste and race system on health.	8

<b>Contents : Unit</b>	<b>Topics</b>	<b>Contact Hours</b>
6	<b>Social organization and disorganization</b> Social organization – meaning, elements and types, Voluntary associations, Social system – definition, types, role and status as structural element of social system., Interrelationship of institutions, Social control – meaning, aims and process of social control, Social norms, moral and values, Social disorganization – definition, causes, Control and planning, Major social problems – poverty, housing, food supplies, illiteracy, prostitution, dowry, Child labour, child abuse, delinquency, crime, substance abuse, HIV/AIDS, COVID-19, Vulnerable group – elderly, handicapped, minority and other marginal group., Fundamental rights of individual, women and children, Role of nurse in reducing social problem and enhance coping, Social welfare programs in India	15
7	<b>Clinical sociology</b> Introduction to clinical sociology, Sociological strategies for developing services for the abused, Use of clinical sociology in crisis intervention	5
8	<b>Introduction-psychology</b> Meaning of Psychology, Development of psychology – Scope, branches and methods of psychology, Relationship with other subjects, Significance of psychology in nursing, Applied psychology to solve everyday issues	2
9	<b>Biological basis of behavior - Introduction</b> Body mind relationship, Genetics and behaviour, Inheritance of behaviour, Brain and behaviour., Psychology and sensation – sensory process – normal and abnormal	4
10	<b>Mental health and mental hygiene</b> Concept of mental health and mental hygiene, Characteristic of mentally healthy person, Warning signs of poor mental health, Promotive and preventive mental health strategies and services, Defense mechanism and its implication, Frustration and conflict – types of conflicts and measurements to overcome, Role of nurse in reducing frustration and conflict and enhancing coping, Dealing with ego	5
11	<b>Developmental psychology</b> Physical, psychosocial and cognitive development across life span – Prenatal through early childhood, middle to late childhood through adolescence, early and mid-adulthood, late adulthood, death and dying, Role of nurse in supporting normal growth and development across the life span, Psychological needs of various groups in health and sickness – Infancy, childhood, adolescence, adulthood and older adult, Introduction to child psychology and role of nurse in meeting the psychological needs of children, Psychology of vulnerable individuals – challenged, women, sick etc., Role of nurse with vulnerable groups	7

<b>Contents : Unit</b>	<b>Topics</b>	<b>Contact Hours</b>
12	<b>Personality</b> Meaning, definition of personality, Classification of personality, Measurement and evaluation of personality – Introduction, Alteration in personality, Role of nurse in identification of individual personality and improvement in altered personality	4
13	<b>Cognitive process</b> Attention – definition, types, determinants, duration, degree and alteration in attention, Perception – Meaning of Perception, principles, factor affecting perception,, Intelligence – Meaning of intelligence – Effect of heredity and environment in intelligence, classification, Introduction to measurement of intelligence tests – Mental deficiencies, Learning – Definition of learning, types of learning, Factors influencing learning – Learning process, Habit formation, Memory-meaning and nature of memory, factors influencing memory, methods to improve memory, forgetting, Thinking – types, level, reasoning and problem solving., Aptitude – concept, types, individual differences and variability, Psychometric assessment of cognitive processes – Introduction, Alteration in cognitive processes	16
14	<b>Motivation and emotional processes</b> Motivation – meaning, concept, types, theories of motivation, motivation cycle, biological and special motives, Emotions – Meaning of emotions, development of emotions, alteration of emotion, emotions in sickness – handling emotions in self and other, Stress and adaptation – stress, stressor, cycle, effect, adaptation and coping , Attitudes – Meaning of attitudes, nature, factor affecting attitude, attitudinal change, Role of attitude in health and sickness, Psychometric assessment of emotions and attitude – Introduction, Role of nurse in caring for emotionally sick client	6
15	<b>Psychological assessment and tests – introduction</b> Types, development, characteristics, principles, uses, interpretation, Role of nurse in psychological assessment	4
16	<b>Application of soft skill</b> Concept of soft skill, Types of soft skill – visual, aural and communication skill, The way of communication, Building relationship with client and society, Interpersonal Relationships (IPR): - Definition, Types, and Purposes, Interpersonal skills, Barriers, Strategies to overcome barriers, Survival strategies – managing time, coping stress, resilience, work – life balance, , Applying soft skill to workplace and society – Presentation skills, social etiquette, telephone etiquette, motivational skills, teamwork etc., Use of soft skill in nursing	10
17	<b>Self-empowerment</b> Dimensions of self-empowerment, Self-empowerment development, Importance of women’s empowerment in society, Professional etiquette and personal grooming, Role of nurse in empowering others	2
<b>Total Hours</b>		<b>120</b>

**Textbook :**

- 1 Textbook Of Applied Sociology For BSC Nursing Students Semester 1, Varinder Kaur , Vision Health Science Publishers, 2020

**References:**

- 1 Textbook of Applied Sociology for B.Sc. Nursing Students Semester-I (As Per Newly Revised Syllabus by INC), Textbook of Applied Sociology for B.Sc. Nursing Students Semester-I (As Per Newly Revised Syllabus by INC), Rebecca Shailesh Jhadav, Jain Publications, Jaipur (Rajasthan), 2022
- 2 Textbook of Applied Sociology For B.Sc. Nursing ( According to INC New Syllabus 2021-2022 ), Textbook of Applied Sociology For B.Sc. Nursing ( According to INC New Syllabus 2021-2022 ), Prof. Dr. P. Ganesh, EMMESS MEDICAL PUBLISHERS, 2022

**Suggested Theory Distribution:**

The suggested theory distribution as per Bloom's taxonomy is as follows. This distribution serves as guidelines for teachers and students to achieve effective teaching-learning process

Distribution of Theory for course delivery					
<b>Remember / Knowledge</b>	<b>Understand</b>	<b>Apply</b>	<b>Analyze</b>	<b>Evaluate</b>	<b>Higher order Thinking / Creative</b>
20.00	30.00	25.00	15.00	10.00	0.00

**Instructional Method:**

- 1 Classroom Teaching

**Supplementary Resources:**

- 1 NA