

<b>COURSE TITLE</b>	<b>BEHAVIORAL SCIENCES</b>
<b>COURSE CODE</b>	<b>20GN0102</b>
<b>COURSE CREDITS</b>	<b>2</b>

**Objective:**

- 1 To describe the concept of mental health and psychology, explain the dynamics of human behavior, personality and learning
- 2 To discuss the role of adjustment mechanisms and emotions in health and illness and to demonstrate skills in the application of principle of psychology in nursing practice in all kind of health care settings.
- 3 To describe the concept of the family as a social unit and the status of the individual in the family and explain the dynamics of society and identify common social problems.
- 4 To demonstrate ability to understand the socio – cultural and economic aspects of the community in the light of their effects on health and illness and to utilize the knowledge and understanding of sociology in nursing practice.

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

- 1 Describe the concept of mental health and psychology, explain the dynamics of human behavior, personality and learning.
- 2 Discuss the role of adjustment mechanisms and emotions in health and illness and to demonstrate skills in the application of principle of psychology in nursing practice in all kind of health care settings.
- 3 Describe the concept of the family as a social unit and the status of the individual in the family and explain the dynamics of society and identify common social problems.
- 4 Demonstrate ability to understand the socio – cultural and economic aspects of the community in the light of their effects on health and illness and to utilize the knowledge and understanding of sociology in nursing practice.

**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**

<b>Theory Hours</b>	<b>Tutorial Hours</b>	<b>Practical Hours</b>	<b>ESE</b>	<b>IA</b>	<b>CSE</b>	<b>Viva</b>	<b>Term Work</b>
2	0	0	75	15	10	0	0

<b>Contents : Unit</b>	<b>Topics</b>	<b>Contact Hours</b>
1	<b>Introduction - Psychology</b> a) Definition, nature and scope of psychology b) Importance of psychology for Nurses	2

<b>Contents : Unit</b>	<b>Topics</b>	<b>Contact Hours</b>
2	<b>Structure of the mind</b> a) Conscious, pre-conscious b) Id, ego and super ego	2
3	<b>Psychology of Human Behavior</b> a) Basic human needs, dynamics of behavior, motivation drives b) Body mind relationship, mental health, characteristics of mentally healthy person, emotional control, psychological problems of patients and relatives., c) Stress and conflicts, natural sources and types of stress and conflicts, dealing with stress and conflict, frustration – sources and overcoming frustration d) Mental mechanism their uses and importance e) Attitudes - meaning, development changes in attitude, effects of attitudes on behavior, importance of positive attitude for the nurse. , f) Habits-meaning and formation. g) Breaking of bad habits, importance of good habit formation for the nurse.	12
4	<b>Learning, Thinking and Reasoning, Observation and Perception</b> Learning a) Nature, types and laws of learning, b) Factors affecting learning, memory and forgetting. , Thinking and Reasoning - Nature and types of thinking, reasoning, problem solving, importance of creative thinking for nurse. , Observation and Perception - Attention, perception, laws of perception, factors affecting attention and perception, and errors in perception	13
5	<b>Personality</b> a) Meaning, nature and development, types of personality b) Assessment of personality importance of knowledge of personality for the nurse. c) Characteristics of various age groups – child adolescent, adult and aged d) Will and character	6
6	<b>Intelligence</b> a) Definition, Meaning, individual differences in intelligence b) Mental ability, nature of intelligence and development c) Assessment of intelligence	5
7	<b>Introduction - Sociology</b> a) Definition and scope of sociology b) Its relationship with other social sciences c) Uses of sociology for nurses.	2
8	<b>Individual</b> a) Review of human growth and development b) The socialization process c) Effect of environment on human growth and development d) Rights and responsibilities of the individual in a democratic society.	2
9	<b>The Family</b> a) Definition, characteristics and types of family. b) Family cycle and basic needs of family c) Importance of interdependence of family members. d) Important functions of family and their problems. e) Types of Marriage, medical and sociology aspects of marriage	4

<b>Contents : Unit</b>	<b>Topics</b>	<b>Contact Hours</b>
10	<b>Society</b> a) Definition and meaning. b) Social groups - Types, Structure, intergroup relationship group cycle, group behavior and group morale. , c) Social change -Meaning, factors affecting and effect on society and institution leading to social problems. d) Social control e) Social stratification , f) Social problems-Prostitution, crime divorce, dowry system, juvenile delinquency, drug addiction alcoholism, handicapped, over population and slum g) Social agencies and remedial measures	8
11	<b>The Community</b> a) Community – Definition and types – Rural and urban b) Culture and characteristics	4
<b>Total Hours</b>		<b>60</b>

**Textbook :**

- 1 Behavioural Sciences( Psychology & Sociology) for GNM 1st Year (English), Dr. S. Victor Devasirvadam, Selvan MR, Rajkumar Chaudhary, Girish Pratap Singh, thakur publication pvt ltd, 2023
- 2 A Text Book Of Psychology & Sociology Behavioral Science For GNM 1st Year , Dr K. Madhav, Vijayam Publications, 2022

**References:**

- 1 Behavioural Sciences (Psychology And Sociology) 2nd Edition, Behavioural Sciences (Psychology And Sociology) 2nd Edition, Parvesh Saini, Lotus 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>
40.00	40.00	10.00	10.00	0.00	0.00

**Instructional Method:**

- 1 Classroom teaching

**Supplementary Resources:**

- 1 NA