

<b>INSTITUTE</b>	<b>FACULTY OF PHYSIOTHERAPY</b>
<b>PROGRAM</b>	<b>BACHELOR OF PHYSIOTHERAPY</b>
<b>SEMESTER</b>	<b>1</b>
<b>COURSE TITLE</b>	<b>PSYCHOLOGY &amp; SOCIOLOGY</b>
<b>COURSE CODE</b>	<b>BPT-106</b>
<b>COURSE CREDITS</b>	<b>6</b>

**Objective:**

- 1 Describe the fundamental principles of psychology and their relationship to human behavior, including frustration and emotional processes relevant to health.
- 2 Discuss psychological theories, including theories of motivation, personality development, concepts of intelligence, and their assessment in relation to health and healthcare.
- 3 Apply psychological theories and principles including emotional, motivational, cognitive, and behavioral concepts in clinical decision-making and health practice.
- 4 Discuss major sociological concepts and theories related to health, healthcare, illness behavior, and biopsychosocial and biomedical health models.
- 5 Explain the structure and influence of social groups, including primary and secondary groups, family, and social environments on health, personality, disability, and rehabilitation.
- 6 Analyze social causes influencing disability, activity limitations, and participation restrictions and relate them to physiotherapy and rehabilitation practice.

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

- 1 Describe the fundamental principles of psychology and their relationship to human behavior, including frustration and emotional processes relevant to health.
- 2 Discuss psychological theories, including theories of motivation, personality development, concepts of intelligence, and their assessment in relation to health and healthcare.
- 3 Apply psychological theories and principles including emotional, motivational, cognitive, and behavioral concepts in clinical decision-making and health practice.
- 4 Discuss major sociological concepts and theories related to health, healthcare, illness behavior, and biopsychosocial and biomedical health models.
- 5 Explain the structure and influence of social groups, including primary and secondary groups, family, and social environments on health, personality, disability, and rehabilitation.
- 6 Analyze social causes influencing disability, activity limitations, and participation restrictions and relate them to physiotherapy and rehabilitation practice.

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

### Teaching and Examination Scheme

Theory Hours	Tutorial Hours	Practical Hours	ESE	IA	CSE	Viva	Term Work
120	0	0	50	30	20	0	0

Contents : Unit	Topics	Contact Hours
1	<p><b>Psychology Unit 1</b></p> <p>Introduction to Psychology 1. Describe Schools: Structuralism, functionalism, behaviorism, Psychoanalysis.2. Describe Methods: Introspection, observation, inventory and experimental method.3. Describe in brief Branches: pure psychology and applied psychology 4. Describe importance of study of Psychology to physiotherapy , Developmental Psychology 1. Describe Growth and Development Nature of growth and development, Characteristics of growth and development. Developmental periods of infancy.2. Describe Childhood, adolescence, adulthood and old age, Factors affecting growth and development. 3. Describe Role of heredity and environment and their relative importance in physical, psychological and social development, Emotions and perception 1. Describe Emotions Concept and definition, Theories of emotions, Physiological changes due to emotional state. Nature and control of anger, fear and anxiety. 2. Describe Sensation, attention and perception Meaning and definition.3. Describe Types of sensation and Perception. 4. Describe Principles of Perception. Illusion and hallucination concept of 1attention and Factors determining attention. , Motivation and Learning 1. Definition, needs, drives and motives, primary motives and secondary motives, Achievement motivation. 2. Discuss the theories of motivation.3. Describe theories of Learning 4. Describe Concepts, Characteristics, Types, Laws of Learning, Theories of learning, Trial and Error theory, 5. Describe Conditioning-classical and operant, Insight theory of learning, Factors influencing learning. 6. Describe the effective ways to learn: Massed/Spaced, Whole/Part, Recitation/Reading, Serial/Free recall, Incidental/Intentional learning, Knowledge of results, association, organization, and mnemonic methods. 7. Describe Intelligence; Discuss Characteristics, Types. IQ. Mental age. 8. Describe Assessment of intelligence, intelligence tests-verbal and performance test</p>	30

Contents : Unit	Topics	Contact Hours
2	<p><b>Psychology Unit 2</b></p> <p>Psychology of frustration and Stress 1. Describe Frustration and stress under the following headings: Definition. Causes, Sources of frustrations, Conflict, Different types of conflicts, Adjustment and maladjustment. Defense Mechanism. 2. Describe Different types of Anxiety, Tension, Physiological symptoms, causes reactions to stresses, psycho-somatic problems, coping strategies. 3. Discuss the management of stress, Personality 1. Define Personality and describe factors in personality development 2. Describe tools of Measurement of Personality-: observation, situational test, questionnaire, rating scale, interview, and projective techniques. 3. Describe Defense Mechanisms: denial of reality, rationalization, projection, reaction formation, identification, repression, regression, intellectualization, undoing, introjection, acting out. 4. Describe psychological reactions of a patient during admission and treatment in terms of possible Anxiety, shock denial, suspicion. Loneliness, shame, guilt, rejection, fear, withdrawal, depression, egocentric, justify and loss of hope., Social psychology 1. Describe Different types of leaders and Different theoretical approaches to leadership. 2. Describe development of attitude and Change of attitude., Clinical psychology 1. Describe Models of training, abnormal behavior assessment, clinical judgement, psychotherapy, self-management methods, physiotherapist patient interaction, aggression, 2. Discuss the following i. ii. Self-imaging stress management iii. assertive training iv. Group therapy v. Body awareness vi. Pediatric, child and geriatric clinical psychology.</p>	30
3	<p><b>Sociology Unit 1</b></p> <p>Introduction to sociology, Meaning- Definition and scope of sociology, Its relation to Anthropology, Psychology, Social Psychology., Methods of Sociological investigations- Case study, social survey, questionnaire, Interview and opinion poll methods., Importance of its study with special reference to Health Care Professionals., Social Factors in Health and disease situations: 1. Meaning of social factors 2. Role of social factors in health and illness, Socialization: 1. Meaning and nature of socialization. 2. Primary, Secondary and Anticipatory socialization. 3. Agencies of socialization., Social Groups: Concepts of social groups, influence of formal and informal groups on health and sickness. The role of primary groups and secondary groups in the hospital and rehabilitation setup., Family: 1. The family, meaning and definitions. 2. Functions of types of family 3. Changing family patterns 4. Influence of family on the individuals health, family and nutrition, the effects of sickness in the family and psychosomatic disease and their importance to physiotherapy.</p>	30

<b>Contents : Unit</b>	<b>Topics</b>	<b>Contact Hours</b>
4	<b>Sociology Unit 2</b> Community: 1. Rural community: Meaning and features –Health hazards of ruralities, health hazards to tribal community. 2. Urban community: Meaning and features- Health hazards of urbanities., Culture and Health: 1. Concept of Health 2. Concept of Culture 3. Culture and Health 4. Culture and Health Disorders, Social change: 1. Meaning of social changes. 2. Factors of social changes. 3. Human adaptation and social change 4. Social change and stress. 5. Social change and deviance. 6. Social change and health programme 7. The role of social planning in the improvement of health and rehabilitation., Social Problems of disabled: Consequences of the following social problems in relation to sickness and disability, remedies to pre- vent these problems. 1. Population explosion 2. Poverty and unemployment 3. Beggary 4. Juvenile delinquency 5. Prostitution 6. Alcoholism 7. Problems of women in employment 8. Geriatric problems 9. Problems of underprivileged., Social Security: Social security and social legislation in relation to the disabled.	30
<b>Total Hours</b>		<b>120</b>

#### **Textbook :**

- 1 Introduction to Psychology, Morgan, C.T. & King, R.A., Tata McGraw-Hill Publishing, 2017
- 2 Introduction to Psychology, Munn, N.L., Premium Oxford / I.B.P Publishing, 2016
- 3 Clinical Psychology, Akolkar, Local Indian Publishing House; Often Used in Physiotherapy Curriculum, 2020
- 4 Developmental Psychology, Hurlock, Elizabeth B., McGraw-Hill Education, 2013
- 5 Sociology, McGee, Dryden Press, Illinois, -
- 6 Social Changes in India, Kupuswamy, Vikas Publishing, Delhi, -
- 7 Social Problems, Ahuja, Bookhive, Delhi, -
- 8 Principles of Sociology , Ginnsberg, Sterling Publications, -
- 9 Psychology & Sociology Applied to Medicine , Parter & Alder , W.B. Saunders, -
- 10 Social Problems , Julian , Prentice Hall, -
- 11 Introduction to Sociology, Bhushan, V., & Sachdeva, D.R., Kitab Mahal, 2005

#### **References:**

- 1 Psychology (Indian Continent Edition) , Psychology (Indian Continent Edition) , Raron, , R.A., Mishra (Indian Edition Publisher), 2018
- 2 Abnormal Psychology, Abnormal Psychology, Sarason, I.G., Sarason, B.R. , Prentice Hall India, -
- 3 Introduction to Psychology, Introduction to Psychology, Atkinson, R.L., Hilgard, E.R., Pearson Education, 2019
- 4 Development: A Lifespan Approach, Development: A Lifespan Approach, Johnson, M.L. , Pearson Education, 2020

### References:

- 5 Abnormal Psychology: An Integrative Approach, Abnormal Psychology: An Integrative Approach, -, Thomson Brooks / Cole Publishing, -
- 6 Theories of Counselling and Psychotherapy: A Case Approach, Theories of Counselling and Psychotherapy: A Case Approach, Murdock, N.L., Pearson Education, New Zealand, -
- 7 Theories of Personality, Theories of Personality, Hall, C.S., Lindzey, G., Wiley & Sons, Inc., -
- 8 Sociology, Sociology, Anthony Giddens, -, -
- 9 Sociology: Themes and Perspectives, Sociology: Themes and Perspectives, Haralambos, M., Holborn, M., -, -
- 10 Society: An Introductory Analysis, Society: An Introductory Analysis, Maclaver, P., Page, R., -, -
- 11 Rules of Sociological Methods, Rules of Sociological Methods, Emile Durkheim, -, -
- 12 Essay on Sociology, Essay on Sociology, Max Weber, -, -
- 13 Sociological Imagination, Sociological Imagination, C. Wright Mills, -, -

### 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					
Remember / Knowledge	Understand	Apply	Analyze	Evaluate	Higher order Thinking / Creative
0.00	0.00	35.00	35.00	30.00	0.00

### Instructional Method:

- 1 Lecture
- 2 Case studies
- 3 Field visit
- 4 Role play
- 5 Debate
- 6 Panel discussions