



# **AIIMS-NORCET**

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## **Nursing Officer Recruitment Common Eligibility Test**

**ALL INDIA INSTITUTE OF MEDICAL SCIENCE**

Volume – V

**Psychology, Nursing Education &  
Community Pharmacy**



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## PSYCHOLOGY

Psychology is defined as the systematic and scientific study of human behaviour and mental processes. The word 'Psychology' is derived from two Greek words - psyche and logos. "Psyche" means "Soul" and "logos" means "the study of".

In the year 1590 Rudolf Croockle used the word psychology.

Psychology as a science deals systematically with human behaviour, with the motives, feelings, emotions, thoughts and actions of human being. Like a science, it discovers and explains the underlying laws and principles of behaviour. It tells us why and how we behave at different stages of growth.

Psychology is a positive science of human behaviour. It describes to us the facts of human behaviour and its laws as they are rather than as they ought to be.

### 3 Domians of Human Behaviour

Type	Meaning	Example of Activity
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Cognitive

Mental

Receiving, thinking  
reasoning, remembering

Conative

Motor

Walking, speaking  
Swimming

Affective

Emotional

Feeling happy,  
sad, angry,  
afraid

■ In 1879 Wilhelm Wundt established the first psychology laboratory in the university of Leipzig, Germany.

Wundt was the first psychologist to measure human behaviour. Wundt is known as "Father of Psychology".

Psychology studies the growth pattern of human behaviour from infancy to old age. Psychology also studies the differences in human behaviour between two persons in the same stage of development, between a normal person and another who is suffering from some mental abnormality.

## Scope of Psychology / Branches of Psychology

Branches of Pure Psychology

Branches of Applied Psychology

General psychology

Clinical psychology

Individual psychology

Educational psychology

Group psychology

Industrial and organizational psychology

Social and cultural psychology

Political psychology

Developmental or genetic psychology

Military psychology

Comparative and animal psychology

Legal psychology

Physiological psychology

Vocational psychology

Child psychology

Experimental psychology

Abnormal psychology



## Importance of Psychology:

The study of psychology is especially relevant to the nurses for the following purposes:

1. Psychology helps in understanding human relationships.
2. It helps in rapport formation.
3. Understanding the perceptions of patients.
4. Psychology enable nurses to understand self.
5. Shaping the attitude and the behaviour of a patient.
6. Understanding the close relationship of body, mind and spirit.
7. Psychology help the nurse in providing nursing care.

## Methods of Psychology

- In order to understand a problem:

Psychologists conduct systematically and objectively. They use many different methods including

1. Introspection (Self observation) Method

2. Observation method

3. Survey method.

4. Experimental method.

5. Case Study method

6. The Test method (For measurement of abilities, interest, attitude and intelligence)

7. Rating scales, checklists and questionnaires are common devices of observing and evaluating personality or behaviour traits.

8. In rating scales we rate an individual on the presence or absence of certain traits on a certain scale.

9. In a checklist examiners may be provided with a list of traits and may be asked to check ones that apply to particular person.

• Questionnaires are a series of printed or written questions which the respondent is supposed to answer.

8. By Aptitude tests we can measure and evaluate the nature and degree of aptitude of a person for a certain subject or profession.

• Intelligence tests are used to measure the intellectual capacity of a person.

9. Achievement tests throw light on the achievement of students in the various subjects they are studying.

• Personality tests explain general personality patterns, moods, temperament, emotions, interpersonal relationships.

## Motivation

“Motivation is defined as a hypothetical internal process that provides the energy for behavior and directs it towards specific goals.”

- Psychology studies behaviour in a systematic and scientific manner. Psychology deals with not only what people do but also why they do so. Motivation refers to the driving and pulling forces which result in persistent behaviour directed towards a particular goal.

### Motive

- A Motive is a force that determines the activity of an individual. A motive is the inner force which initiates, sustains, and directs the activity of an individual. Motives, in the broad sense include needs, basic drives, interests, likes and dislikes, desires and attitude because all these move us to some action.
- Types of Motives: There are 3 types of motives - primary or physiological motives, secondary or social motives and personal motives.

## Motives / Drives

Primary (Physiological) Motives	Secondary (Social) Motives	Personal Motives
• Thirst	Need for achievement	Level of aspiration
• Hunger	Need for affiliation	Life goal
• Sleep	Need for Power and Status	Curiosity
• Sex	Need for approval	Unconscious Motives
• Respiration	Need for aggressiveness	
• Elimination		

## Defence Mechanisms

⇒ In 1904, Sigmund Freud used the term "defence mechanism" to refer to the unconscious process that protects a person against the stress and anxiety. These mechanisms are also known as ego defence mechanism, adjustment mechanism or mental mechanism.

- Excessive and persistent use of defence mechanisms is harmful because they do not resolve conflicts and frustration. basically but only help the person to make adjustments to distressing experiences.

### Short Description of Some Important Defence Mechanism

**Regression:**— When a person is unable to adjust in the stressing and conflicting situation of life in a mature way, he revert to a childish level of behavior or behave in a less mature way to protect himself from painful, distressing and stressful situation of life. This kind of behavior is called as regression.

**2. Repression:**— According to Freud repression is a primary defence mechanism. In repression unpleasant idea, thoughts, memories, unwanted desires and distressful experiences are forced out from the consciousness into the unconsciousness. Repression is a process of unconsciously forgetting

the unpleasant memories, ideas, thoughts and experiences.

3. Suppression:- When uncomfortable thoughts and ideas, unpleasant memories and experiences, unwanted desires and motives are deliberately and intentionally split off or pushed away from conscious awareness. as mind is known as suppression.

4. Projection:- By using projection, a person deviate his attention from blame other people for our own failure for which we should take self responsibility, By using this mechanism we can release some of our emotional tension and stress. But extreme and continuous use of this defence mechanism use of this defence mechanism may cause behavioral disorders

5. Sublimation :- Sublimation is a positive defence mechanism of adjustment. In Sublimation we redirect our unacceptable desires and motives into more socially acceptable channels. By Sublimation we can acquire personal

satisfaction as well as some creative work or profit for society also.

6. Compensation :- Compensation means making an attempt by a person to make up his weaknesses, deficiencies or shortcomings by working hard and directing energy to another field of his personality. When a person become frustrated in his desire in one field, he tries to overcome this frustration by acquiring success in another field.

7. Displacement :- Displacement is a special form of projection. In this defense mechanism a person shifts his repressed motives, desires, emotions, feelings from an original object to a substitute object. A person displace his anger against his boss in office to his children and wife, is good example of displacement.

8. Reaction Formation :- In this mechanism a person tries to conceal his drives and motives from himself by giving explanation to its opposite.



Expressi Expression of thoughts, ideas emotions that are opposite of one's repressed feelings is known as reaction formation. A politician who is involved in corruption gives lecture against corruption in an election rally is a good example of reaction formation.

9. Conversion:- Conversion is the process by which a person expresses his emotional tension and conflicts as a physical illness without any organic cause. A school boy child develops abdominal pain and gets his mother to allow him for rest instead of going to school. When mother allows him for rest, his symptoms resolve without any treatment.

10. Identification:- Identification means taking the characteristics of some one else to protect himself from inadequate and incompetent feelings. Hero worship is the classic example of identification. Adolescent boys usually identified themselves.

with the famous actor, sportsman, politician, business man etc.

11. Intellectualization :- Intellectualization is the detaching from a stressful situation by thinking abstractly or intellectually.

12. Rationalization :- It is the most commonly used defence mechanism.

In rationalization a person gives false reason for his failure. A person justifies his failure or socially unaccepted activities by giving reason or logics which are not real and true. Thus he resolves his discomfort feelings, anxiety, conflicts and stress. A student who does not get success in examination resolve his tension by giving rationale that the examiner was not fair to him.

13. Withdrawal :- In this defence mechanisms a person withdraws himself from a difficult situation. Instead of trying to solve problem is known as withdrawal.

→ Attitude is a belief and opinion or a way of thinking, perceiving and feeling more or less towards some person, object, ideas, situation and event.

■ It is a predisposition to respond in a characteristic manner to some situation and of object.

■ Aptitude means ability or a particular skills or a potential. While intelligence is a measure of general ability, aptitude is a special ability or tendency to achieve something more in a particular job or field. Different people have different aptitude for different area.

■ Thinking is a mental process which involves verbal symbols, images, ideas and concepts. Thinking is a cognitive activity. It is goal directed and problem solving behaviour. Thinking is an active and purposive mental process. Thinking involves mental manipulation of images, symbols, concepts and ideas.

## ■ Types of Thinking :

1. Autistic thinking
2. Realistic thinking
3. Convergent thinking
4. Conceptual thinking
5. Creative thinking
6. Evaluative thinking

■ Problem solving is an important kind of thinking.

■ Learning is a process of learning of behaviour. Learning can be defined as any relatively permanent change in behaviour that occurs as a result of practice or experience. Learning is a purposeful and goal directed process. Learning is adjustment to a situation. Learning is a self-active process which takes place in a social set up. Learning is universal. Learning is adaptation.