

BLUE PRINT

Course: B.Sc. (Nursing) - I semester

APPLIED PSYCHOLOGY

	UNIT	MUST KNOW(70%)	DESIRABLE TO KNOW(20%)	NICE TO KNOW(10 %)
1	Introduction	<ul style="list-style-type: none">● Methods of psychology● Significance of psychology in nursing● Applied psychology to solve everyday issues	<ul style="list-style-type: none">● Scope of psychology	<ul style="list-style-type: none">● Branches of psychology● Development of psychology● Relationship with other subjects
2	Biological basis of behavior -introduction	<ul style="list-style-type: none">● Body mind relationship	<ul style="list-style-type: none">● Genetics and behavior● Inheritance of behavior● Brain and behavior	<ul style="list-style-type: none">● Psychology and sensation -abnormal
3	Mental health and mental hygiene	<ul style="list-style-type: none">● Characteristic of mentally healthy person● Promotive and preventive mental health strategies and services● Warning signs of poor mental health		
4	Personality	<ul style="list-style-type: none">● Defense mechanism and its implication● Classification of personality● Frustration and conflict – types of conflicts and measurements to overcome● Role of nurse in reducing frustration and conflict and enhancing coping	<ul style="list-style-type: none">● Personality development● Dealing with ego	<ul style="list-style-type: none">● Measurement and evaluation of personality
5	Developmental psychology	<ul style="list-style-type: none">● Psychological needs of various groups	<ul style="list-style-type: none">● Development across the life span● Introduction to child psychology	

		<ul style="list-style-type: none"> ● Role of nurse in supporting normal growth and development across the life span ● Psychology of vulnerable individuals 		
6	Cognitive process	<ul style="list-style-type: none"> ● Principles of perception ● Classification of intelligence ● Types of learning ● Factors influencing learning ● Factors influencing memory ● Methods to improve memory and forgetting ● Reasoning and problem solving 	<ul style="list-style-type: none"> ● Determinants of attention ● Alteration in attention ● Measurement of intelligence ● Habit formation ● Types and levels of thinking ● Jean Piaget cognitive development theory of intelligence 	<ul style="list-style-type: none"> ● Effect of heredity and environment in intelligence
7	Motivation and emotional processes	<ul style="list-style-type: none"> ● Theories of motivation (Maslow's Hierarchy theory) ● Alteration of emotion ● Emotion in sickness ● Handling emotions in sickness ● Handling emotions in self and other ● Stress and stressor ● Effects of stress ● Adaptation and coping of stress ● Role of attitude in health and sickness ● Role of nurse in caring for emotionally sick client 	<ul style="list-style-type: none"> ● Development of emotion ● Motivation cycle ● Biological and special motives ● Factors affecting attitude 	<ul style="list-style-type: none"> ● Psychometric assessment of emotion and attitude
8	Psychological assessment and tests- introduction	<ul style="list-style-type: none"> ● Role of nurse in psychological assessment 	-	<ul style="list-style-type: none"> ● Types, development, characteristics, principles, uses, interpretation

9	Application of soft skills	<ul style="list-style-type: none"> ● The way of communication ● Interpersonal relationship ● Use of soft skill in nursing ● Application of soft skill to workplace and society 	<ul style="list-style-type: none"> ● Types of soft skills ● Survival strategies 	
10	Self-empowerment	<ul style="list-style-type: none"> ● Dimensions of self-empowerment ● Professional etiquette and personal grooming ● Role of nurse in empowering others 	-	<ul style="list-style-type: none"> ● Importance of women's empowerment in society ● Self-empowerment development