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Textbook on Psychology

for BSc Nursing Students

As Per INC Syllabus



I Clement

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CHAPTER

2 Nature and Scope of Psychology

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■ INTRODUCTION

A sound mind is a sound body; man's mind should be healthy. Brain and its functions are so complex, still there are many unrevealed facts about brain. Each person is unique; we cannot read the mind from outside, but can understand only through their activities and behaviors. As a nurse, we come across different kinds of people with divergent culture, taboos, ideas, customs, belief, religion, race, creed, caste, etc. It will differ for the nurse to give care, communicate, unless until she understand the mind of people, thoughts, ideas, psychological concepts, once he/she learns, empathizes, understand and behave accordingly to gain the cooperation from the patient.

■ DEFINITION

1. Psychology is defined as a science of human and animal behavior.
2. Psychology is a science, which aims to give us better understanding and control of the behavior of the organism as a whole.
3. Psychology as the scientific study of behavior does not exclude mind and other internal process from the field of psychology; what a person does his/her behavior is the outcome of the internal mental process.
4. Psychology is the science of human and animal behavior; it includes the applications of this science to human problems.
5. Psychology is the study of processes or activities of man in relation to his environment. —*Woodworth*
6. Psychology related to reaction to any and every situation of life. —*Skinner*
7. Psychology is the science or study of the mind and how it functions.
   —*Oxford dictionary*
8. Psychology is the scientific study of behavior and mental processes. Behavior includes all of our outward or overt actions and reactions, such as talking, facial expressions and movements. Mental processes refer to all the internal covert activity of our minds, such as thinking, feeling and remembering.
   —*Ciccarelli and Meyer, 2006*

■ NATURE OF PSYCHOLOGY

1. Psychology deals with the mind and its working, and that the knowledge of psychology helps in reading other people's mind.
2. Psychology is concerned with behavior and while dealing with behavior it extends to animal behavior.

3. Psychology possesses a well-organized theory, which is supported by the relevant psychological laws and principles.
4. Psychology has its applied aspects in the form of various branches of applied psychology such as industrial, legal, clinical and educational psychology.
5. Psychology has established facts, principles and laws of the behavior in the subject. Psychology enjoys universal applicability in practical life, other bodies of the knowledge and future researches in its own field.
6. Psychology as a science deals systematically with human behavior, with the motives, feelings, emotions, thoughts and actions of men and women.

Psychology as a Science

1. A science is a body of systematized knowledge that is gathered through careful observations and measurements of events in experiments set up by the scientist to produce the events being studied. Of course, all events studied by a scientist are not necessarily produced experimentally. At times, scientist has to observe the spontaneous events.
2. The psychologist do experiments and make observations, which others can repeat. They obtain data often in the form of quantitative measurements, which others can verify.
3. As a science, psychology is a systematic data from experiments and observations are essential, but from them to make some sense in helping us understand events, they must be organized in some way. Scientific theories are important tools for the organization of observed facts.
4. The most three essential requirements for a field of knowledge to be called 'science' are:
   a. It deals with observable facts.
   b. Science is not a mere collection or description of facts; it aims at the explanation of facts.
   c. Every science has its own methods, accordingly to these a scientist has to choose a problem for investigation.
5. Measurement in psychology is often more difficult than it is in science such as physics and chemistry because many of the psychological studies cannot be measured directly by physical scales, e.g. emotion, intelligence and attitudes.
6. Psychology is related to many other sciences such as biological sciences, sociology, philosophy and psychiatry. Its scope is very wide, it has many branches such as general psychology, animal psychology, child psychology, abnormal psychology, clinical psychology and applied psychology.

Psychology as a Behavioral Science

1. Psychology deals with certain aspects of behavior as does anthropology, sociology, economics or political science. All these sciences concern themselves with a specific aspect of behavior.
2. Psychology deals with the general nature of behavior. It does not select a single aspect of behavior like the rest of the behavioral sciences. It pervades the entire range of behavior and the basic principles underlying it.
3. Psychology includes not only the conscious behavior and activities of human mind but also the subconscious and unconscious. Consequently it covers not only the overt behavior but also the covert behavior involving all the inner experiences and mental processes.
4. An organism, e.g. a human being constantly behaves, so also the animals.

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Psychology as a science of behavior deals with these acts of the organism. The environment means the surroundings objects and circumstances. It may be physical or social in nature.

5. Overt behavior is the most obvious and outwardly expressed form of behavior. It is easily observable. Covert behavior is not so easily observable. The initial activities of feeling, thinking and the 'like' are the examples of covert behavior, while the activities such as walking, smiling, hitting, etc. are those overt behaviors.
6. Behavioral sciences are concerned with the observation and explanation of human behavior either in single individuals or in groups. Psychology also interrelated with many other biological sciences.

■ RELATION OF PSYCHOLOGY WITH OTHER FIELDS OF STUDY

Relation of psychology with other sciences is shown in Figure 2.1:

1. **Psychology and biological sciences:** These studies gives light on their behavior and are closely related to the study of mental functions.
2. **Psychology and sociology:** It deals with the activities of a group of people taken as a whole. It studies tradition, customs, intuitions and other group of behaviors.
3. **Psychology and philosophy:** There is a close relationship between the two as both philosophy and psychology attempt to interpret human behavior.

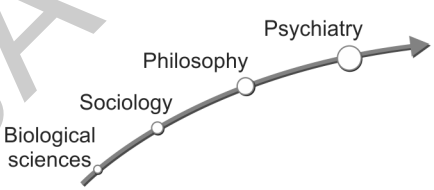

Figure 2.1: Relation of psychology with other sciences

4. **Psychology and psychiatry:** Psychiatry deals with study, diagnosis and treatment of the mentally ill.

■ SCOPE OF PSYCHOLOGY

Psychology deals with all types of experience in society or private such as those all phases that emerge in the realism of human life. Psychology discusses the inner dynamics of behavior such as motives and emotions. It concerns itself with individual differences in behavior and tries to find out the factors that explain these differences. It also deals with the study of abilities and aptitudes. Psychologists have also devised appropriate tests for measuring these abilities and aptitudes in people. Psychology also considers the working of the sensory and response mechanism.

It discusses the impact of the physical stimuli on sense organs. It also discusses and investigates the working of the senses organs, nervous system, muscles and glands. Social and community psychology deals with individual, family and group for the prevention of illness and promotion of health. It includes various types of group phenomena such as public opinion, propaganda, attitudes, beliefs and crowd behavior.

■ BRANCHES OF PSYCHOLOGY

The science of psychology, since its foundation, has grown into different levels. Its application is widely used. Among the other branches of pure psychology may be included experimental psychology, comparative psychology and physiological psychology. The branch of applied psychology includes clinical psychology, individual psychology, human psychology and educational psychology, etc.

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Subfields of Psychology

Physiological Psychology

Physiological psychology is a branch, which experimentally investigates the physiological bases of behavior including the anatomical structure and physiological processes, which are related to psychological events, psychological processes and mental functions. It often uses operative technique, investigating the functions of brain for instance, by removing portions of the brain tissue and noting the effect upon behavior.

Experimental Psychology

1. Experimental psychology that studies the process of sensing, perceiving, learning and thinking about the mind.
2. It is the observation of concomitant variations and interpretation of the concomitance as cause and effects. In this method, a systematic controlled scientific methodology in the investigation of psychological phenomena is used.
3. The systematic presentation of the methodology and the results are usually within the context of a laboratory. The work of experimental psychology overlaps with that of the focus of biopsychology as well as that done by other types of psychologist.

Developmental Psychology

1. Developmental psychology deals with the changes in behavior that accompanies change in age from conception to death.
2. Since behavior and abilities change most rapidly during the early years, child psychology has traditionally received the most attention from developmental psychologist.
3. Development psychology has both pure and applied aspects.

Social and Personality Psychology

1. Social psychology is the study of the individuals in the growth and relationship of group to one another. Thus social psychology considers the psychological interrelations of people forming families, crowds, societies and mobs, and of the leader with his followers.
2. It includes the study of the formation of group attitudes and opinions. It is thus forced into a consideration of social and national conflict, or race prejudice and similar manifestation of the interrelations of the conflicting needs of many individuals.
3. Personality psychology is concerned with individual people and administration of psychological tests extensively. The personality psychologist is interested in understanding the non-deviant or normal cases.

Clinical Psychology

1. Clinical psychology is the practical application of dynamic and normal psychology to the problem of human adjustments.
2. Clinical psychology is devoted to study, diagnosis and treat behavior disorders. It is the largest subfield of psychology.
3. A clinical psychology is well-trained in the etiology of causes of the various forms of abnormal behavior such as psychoneurosis, psychoses, etc. and also trained in various methods of diagnosis of abnormal behavior through psychological testing.

Counseling Psychology

1. Counseling psychology is related to clinical psychology, but different in that the problem it deals with is generally of less serious in nature.

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2. Personal, vocational and educational guidance are provided. Psychologist, who is well versed in the different diagnosis and treatment of such minor behavior problems are known as psychological counselors.
3. The counseling psychologist deals with individuals if milder emotional and personal problems exist. Also practices psychotherapy as well as depending upon the severity of the problems.

School Psychology

1. The counseling psychologist, who administers tests and guides individual students, is generally called school psychologists.
2. The school psychologist is on specializing in problems associated with elementary and secondary educational system. Also utilizes psychological concepts and methods in programs or reactions, which attempt to improve learning conditions for students.

Industrial-organizational Psychology

1. Industrial-organizational psychology is concerned with the psychology of the workplace. Specifically, it considers issues such as productivity, job satisfaction and decision-making.
2. The first application of psychology to the problems of industries and organizations was the use of intelligence and aptitude tests in selecting employees.
3. Now private and public organizations also apply psychology to problems of management and employee training, to supervise the personnel, to improve communication within the organizations, to do the counseling of employees and to alleviate the industrial conflict.

Consumer Psychology

1. Consumer psychology considers people's buying habits and the effects of advertising on behavior.
2. Consumer psychologist to research on consumer attitude toward the company's product.
3. As a subfield of psychology, in this the psychology principles are applied to practical problems of consumer products.

Health Psychology

1. Health psychology explores the relationships between psychological factors and physical ailments or disease.
2. For instance, health psychologist are interested in long-term stress can affect physical health.
3. They are also concerned with identifying ways of promoting behavior related to good health or discouraging unhealthy behavior such as smoking.

Cross-cultural Psychology

1. Cross-cultural psychology investigates the similarities and differences in psychological functioning in various cultural and ethnic groups.
2. Psychologist specializing in cross-cultural issues investigates the ways in which people in different culture attribute their academic successes or failures leading to differences in scholastic performance.

Forensic Psychology

1. Forensic psychology is another emerging specialty for the works handled with the legal, court and connectional system.
2. Forensic psychologist assists police in the variety of ways, from developing

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personality profiles of criminal offenders to helping law enforcement personnel understand problems such as family conflict and substance abuse.
3. They may also assist judges and parole officers in making decisions about the disposition of convicted offenders.

■ CONCLUSION

Psychology is a scientific discipline in an extremely exciting field of knowledge as it continuous to grow at an accelerating field pace each year and continues to provide answer to basic question about the human behavior. Psychology has enormous potential; it offers us, the hope of both understanding and improving the quality of life. Psychological knowledge has been used in measuring intelligence, designing school curricula, helping troubled marriages, controlling aggression, selling products and treating both the young and old with greater sensitivity and humanness.

■ REVIEW QUESTIONS

Long Essays

1. Define psychology. Explain the nature of psychology in detail.
2. Discuss in detail about the branches of psychology.

Short Essays

3. Describe psychology as a science.
4. Relationship of psychology with other subjects.
5. Enumerate the scope of psychology.
6. Forensic psychology.
7. Subfields of psychology.

Short Answers

8. Experimental psychology.
9. Clinical psychology.
10. Developmental psychology.
11. School psychology.
12. Health psychology.

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Textbook on Psychology

for BSc Nursing Students

As Per INC Syllabus

Salient Features

- Written as per the Indian Nursing Council syllabus
- Comprehensively covers all basic principles of psychology
- Nursing implications and different roles of nurse is discussed in entire text
- Simple and lucid language
- Illustrated with simple diagrams and tables
- Contents are easy and prepared as per examination point of view
- Organized in logical sequence to understand easily
- 6 sections and 27 chapters
- Student-friendly presentation
- Equally useful for both the teacher and student
- Previous years questions are given for examination preparation
- Self-evaluation questions are provided at the end of each chapter
- Latest trends and research information is updated.



I Clement MA MSc (N) PhD (N) is Professor and Principal, VSS College of Nursing, Bengaluru, Karnataka, India. He has obtained Doctorate in Nursing from Sri Ramachandra University, Chennai, Tamil Nadu, India; MSc (N) from The Tamil Nadu Dr MGR Medical University, Chennai; MA (Sociology) from Annamalai University, Tamil Nadu; MA (Child Care and Education) from Alagappa University, Karaikudi, Tamil Nadu, and PG Diploma in Hospital Administration from New Delhi, India. Presently, he is a Member of National Editorial Advisory Board for International Journal of Practical Nursing, New Delhi. He is a Life Member of Trained Nurses' Association of India, New Delhi; Christian Medical Association of India, New Delhi; Indian Hospital Association, New Delhi; Indian Society of Psychiatric Nurses, Bengaluru; Asian Association of Cardiac Nurses, Kolkata, West Bengal, India; Indian Red Cross Society, Bengaluru; St John's Ambulance Association, Bengaluru; Medical Surgical Nursing Society of India, Chennai; Indian Society of Neuroscience Nursing, New Delhi, and General Secretary of Indian Society of Medical Surgical Nurses, Bengaluru. He has contributed articles to Nightingale Nursing Times, New Delhi, Nurses of India, The Nursing Journal of India, and Asian Journal of Cardiac Nurses. He received Florence Nightingale Award from Governor of Karnataka, His Excellency Shri Bhardwaj at Raj Bhavan, Bengaluru on 12th May 2014 (International Nurses Day). He is an eminent author and a dynamic personality with a thirst for continuing education in nursing and the allied sciences. He has organized many workshops and conferences, presented research and scientific papers in various conferences and workshops at state, national and international levels.

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