Psychology & Sociology for GNM and BPT Students



3rd Edition

Jacob Anthikad

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2 Behaviour and Its Dynamics: Behavioural Process of Adjustment

Human behaviour is the subject matter of psychology and is related to community health. Human behaviour is the interaction between physical and mental factors (body and mind). All forms of behaviour are responses to stimuli. Psychology attempts to study the relationship between stimuli and responses.

Stimuli

Stimuli are causes of our behaviour and are very varied and include:

a. *Environmental stimuli*: Like vision, touch and smell reach the cerebral cortex through nerve impulses. The information received is analysed and evaluated. By a set of another impulses the cerebral cortex "orders" the behaviour of the individual. The behaviour will be in conformation with the values, standards and expectations of the society. For example, nurse's behaviour towards her patients. A person's behaviour will be different under different situations.
b. *Emotions and feelings*: Behaviour is also dependent on our feelings and emotions. These stimuli arise within our body. When a person is blind with rage or paralysed by fear, he is a victim of his own emotions. Emotions thus affect our behaviour.
c. *Needs*: An individual's behaviour is also influenced by his needs, wants, desires or urges.
d. *Motivation*: Motivations are inner forces which drive an individual to a specific goal. Motives determine human behaviour.
e. *Intellectual perception*: A person's intellectual perceptions, thinking and reasoning can influence his behaviour in a given situation. Each individual behaves in ways which make sense to him.

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Responses

The vaious responses to stimuli are classified as:
a. *Physical responses*: Such as habits and skills
b. *Organic responses*: Such as emotion, feelings, tension
c. *Intellectual responses*: Thinking, perception, reasoning.

ADJUSTMENT

Behaviour is also described as an adjustment to meet the needs of a given situation.

Adjustment is defined as the continuous process of satisfying one's desires, and it involves many aspects of behaviour. No one achieves a complete adjustment for a long period. Eventually, one need or the other arises and the individual must find ways of satisfying it.

Adjustment is a Process

Adjustment is a continuous process, not a fixed or static state. It exists on a continuum. At one end is the well adjusted person who is able to adapt as new needs arise. At the other end, is the poorly-adjusted person who may show signs of anxiety, aggression or disordered thinking. Usually, this person is less adaptive.

Adequate Adjustment

Sigmund Freud described mental health as expressing oneself in love and work. The well-adjusted person forms affectionate relationships and lives productively.

Erik Erikson considered adjustment as a lifelong process. Adjustment is the result of resolution of crisis at successive life stages.

Abraham Maslow described the well-adjusted person in terms of self-actualization. Human beings constantly seek expression of their full potential.

Carl Rogers identified two dimensions of the adjustment process, openness to experience and trust in ourself. Under these

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conditions human beings know to do what is appropriate at a given situation.

Characteristics of a Well-adjusted Person

1. He feels comfortable about himself
2. He feels right towards others
3. He is able to meet the demands of life
4. To meet the above standards he must possess:
   a. Awareness of himself
   b. Satisfying relationships with others
   c. Capacity for hard work
   d. Ability to give and take
   e. Knowledge of his strength and weaknesses
   f. Behaviour which is generally acceptable to others
   g. Respect for others
   h. Benefits of rest and sleep.

Personal and Professional Adjustment by Nurses

Any person who makes a living by doing something is a professional in that area of work. Professional nursing means that the person who requires training and higher education to practice the profession of nursing. The act of something fit to look right is called adjustment. As a person becomes a nurse, she becomes a member of a profession and will have to learn to adjust to the profession as well. This is what we call as professional adjustment.

Making Adjustments

Behaviour is an adjustment to meet the needs of a given situation. For examples, when a person does not succeed in something there are different ways he/she can react.

a. Losing temper and complaining to everyone
b. Avoiding others by isolating oneself
c. Making excuses for the failure

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d. Accepting failure with grace and making amends by changing behaviour. Adjustment is both active and passive.

A successful nurse is one who is well adjusted and has the following qualities:

1. Likes people
2. Emotionally mature
3. Keen observation
4. Active mind and habits
5. Enjoys work.

Not everyone can make a good nurse. Only those who are sympathetic by nature, love humanity and are not afraid of hard work can become successful nurses making good adjustment to their profession. They are totally dedicated to the service of humanity and learn from their environment. Life of the nurse is very demanding. Constant advances in medicine, sociology, psychology and public health must keep her alert. She must do self-evaluation of her work and show the interest and will for improvement. She must extend these qualities for growth of her personal and professional life.

She may get very little time for herself. She must carefully plan to meet her recreational needs also.

Adjustments for Student Nurses

Following are some of the areas where student nurses will need early adjustment:

a. Living together in nurses' hostel-community life
b. Effectively deal with home sickness
c. Healthy personal habits
d. Social adjustment
e. Accepting responsibility
f. Punctuality
g. Principles of learning from textbooks, journals, obsevation, demonstrations and clinical exposures
h. Healthy study habits
i. How to take examination
j. Evaluation and counselling.

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Forms of Maladjustments

Many disorders especially that of moderate severity can be considered from various perspectives. The various anxiety disorders include:

a. Generalized anxiety disorders in which there are no other specific symptoms except anxiety
b. Phobic disorders involving some incapacitating fear of an harmless object, and
c. Obsessive compulsive disorder (OCD) in which there are unwarranted but recurrent thoughts and/or action.

In many psychosomatic disorders, psychological stress has caused physical symptoms.

Unconscious Behaviour

Unconscious motivation refers to the influence of repressed thoughts, desires or impulses on our conscious thoughts and behaviours. Freud assumed that free association, dream interpretation and slip of the tongue reveal our unconscious. For example, if ten people witness an accident, we get 10 conflicting reports of the accident. This is because perceptions, prejudices and ideas which are unconscious and outside the control of those witnesses.

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Psychology & Sociology
for GNM and BPT Students

Salient Features

- Lucid and simple text
- A combined volume of psychology and sociology
- Covers all important aspects required for nursing students
- Model question papers incorporated at the end give clear-cut idea of examination patterns
- Useful for students and teachers of GNM and BPT.



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