Contents

Section I

Introduction to Psychology

1. History and Origin of Science of Psychology 3
   - *Early Origin of Psychology* 3
   - *History of Psychology* 4
   - *Schools of Psychology* 11
2. Nature and Scope of Psychology 18
   - *Nature of Psychology* 18
   - *Relation of Psychology with Other Fields of Study* 20
   - *Scope of Psychology* 20
   - *Branches of Psychology* 20
3. Psychology and Nursing 24
   - *Need of Psychology in Nursing* 24
   - *Psychological Aspects of Nursing* 25
   - *Nursing Application Toward Psychological Concepts/ Importance of Psychology in Nursing* 25
   - *Psychological Application in Nursing Practice* 26
   - *Integration of Psychology in Nursing* 26
   - *Relation between Psychology and Nursing Process* 27
4. Methods of Psychology 29
   - *Introspection* 29
   - *Observational Method* 31
   - *Experimental Method* 31
   - *Clinical/Case Study Method* 33
   - *Survey Method* 33
   - *Rating Scale and Checklist* 34
   - *Genetic or Developmental Method* 34

Section II

Biology of Behavior

5. Mind-body Relationship 39
   - *Body: The Instrument of the Mind* 39
   - *Levels of Consciousness* 44
6. Behavior and Neuroscience 50
   - *Major Activities of Brain* 50
   - *Historical Review of Biology and Behavior* 50
   - *Relationship between Mind and Body* 51
   - *Neuron* 51
   - *Neurotransmitters and Behavior* 53
   - *Endocrine System and Behavior* 57
   - *Genetics and Behavior* 60
7. Individual Differences 63
   - *Causes* 64
   - *Types* 65
   - *Heredity* 66
   - *Environment* 70
   - *Relative Importance of Heredity and Environment* 72
   - *Interaction between Heredity and Environment* 72
   - *Individual Differences in Health and Illness* 72
8. Sensation 75
   - *Meaning and Concepts of Sensation* 75
   - *Steps Involved in Sensation* 76
   - *Classifications of Sensations* 76
   - *General Characteristics of Sensation* 77
   - *Sense Organs and Their Functions* 77
   - *Loss of Sensation* 83

Section III

Cognitive Process

9. Attention 89
   - *Importance* 89
   - *Types* 90
   - *Factors Influence Attention* 91
   - *Span* 92
   - *Shifting or Fluctuation* 93
   - *Division* 93

10. Perception 95
   - *Nature of Perception* 96
   - *Factors Influencing Perception* 96
   - *Difference between Sensation and Perception* 97
   - *Principles of Organization of Perception* 98
   - *Perception and Constancies* 100
   - *Inaccurate Perceptions* 100
   - *Errors in Perception* 101
   - *Extrasensory Perception* 105
   - *Nursing Implications of Perception* 105
   - *Nurses' Role in Perception* 106

11. Learning 108
   - *Determinants of Learning* 109
   - *Steps in Learning Process* 110
   - *Laws of Effective Learning (Thorndike)* 110
   - *Types of Learning* 111
   - *Goals of Learning* 112
   - *Theories of Learning* 113
   - *Laws of Learning by Thorndike* 116
   - *Trial and Error Learning* 117
   - *Learning by Insight* 118
   - *Nurses' Role in Learning* 121

12. Memory 123
   - *Memory* 123
   - *Measurements of Short- and Long-term Retention* 129
   - *Motivated Forgetting* 131
   - *Forgetting* 131
   - *Amnesia* 138

13. Thinking and Reasoning 141
   - *Nature of Thinking* 141
   - *Types of Thinking* 142
   - *Characteristics of Thinking* 143
   - *Tools of Thinking* 144
   - *Stages of Thinking* 145
   - *Elements in Thinking* 145
   - *Reasoning* 147
   - *Creative Thinking* 149
   - *Problem Solving* 150
   - *Attribution* 151
   - *Ways to Improve Thinking* 152

14. Intelligence 154
   - *Nature of Intelligence* 155
   - *Types of Intelligence* 156
   - *Factors Influencing Intelligence* 157
   - *Intelligence Quotient* 158
   - *Intelligence Tests* 159
   - *Theories of Intelligence* 160
   - *Mentally Handicapped Person* 162
   - *Applications of Intelligence in Nursing* 168
   - *Nurses' Role in Intelligence* 169

15. Aptitude 171
   - *Meaning and Concepts of Aptitude* 171
   - *Differences between Intelligence and Aptitude* 172
   - *Measurement of Aptitude* 172
   - *Contemporary Trends in Aptitude Testing* 175
   - *Values of Aptitude Testing* 176
   - *Uses of Aptitude Tests* 176
   - *Aptitude and Nursing* 177

Section IV

Motivational/Emotional Process and Personality

16. Motivation 183
   - *Meaning* 183
   - *Nature of Motivation* 184
   - *Motivation Process* 184

Components of Motivation 185
Motive 185
Theories of Motivation 189
Frustration 191
Conflict 192
Motivational Qualities of Nurse Leader 193
Seven Rules of Motivation 194
A to Z Steps in Motivation 194
Application of Motivational Theory in Nursing Education 195

17. Emotion 197
Physiology of Emotion 197
Changes in Emotion 198
Characteristics of Emotion 200
Kinds of Emotion 200
Classification of Emotion (Robert Plutchik) 201
Theories of Emotion 203
Stress and Adaptation 204

18. Attitude 213
Components of Attitude 213
Nature of Attitude 214
Motivational Functions of Attitude 215
Development of Attitude 215
Changing Attitudes 216
Characteristics of Attitudes 217
Effects of Attitudes on Behavior 217
Theories of Attitude Change 217
Measurement of Attitudes 218
Attitude and Nurse 219

19. Personality 222
Concepts of Personality 223
Components of Personality 223
Variables of Personality 225
Factors Influencing Personality 225
Types of Personality 227
Theories of Personality 229
Psychometric Assessment of Personality 236
Importance of Personality in Nursing 245
Personality Disorders 247

Section V

Developmental/Educational/ Social Psychology

20. Developmental Psychology 251
Need of Developmental Psychology 251
Issues in Developmental Psychology 252
Infancy 253
Toddler 259
Child (Preschooler) 264
School Child 267
Adolescent 272
Adulthood 276
Older Adult 278
Behavior and Sickness 284

21. Educational Psychology 292
Nature of Educational Psychology 292
Scope of Educational Psychology 293
Importance 294
Aims and Objectives 294
General Categories 294
Concept of Education 294
Psychological Basis of Education 295
Values of Educational Psychology 295
Major Subdivisions of Educational Psychology 295
Elements of Educational Psychology 295
Limitations 296

22. Social Psychology 298
Meaning and Nature of Social Psychology 298
Principles 299
Relationship between Social Psychology and Education 300
Scope of Social Psychology 301

Section VI

Mental Health Process

23. Mental Health and Hygiene 307
Mental Health 307
Mental Hygiene 314
Role of Nurse in Mental Health/Hygiene 316
24. Defense Mechanisms and Adjustments 319
Defense Mechanisms 320
Psychological Techniques 323
Adjustment 324
25. Mental Illness 327
Causes of Mental Illness 327
Factors Causing Mental Illness 328
Warning Signs of Mental Illness 329
Features of Mental Illness 331
Common Signs and Symptoms of Mental Illness 332
Concept of Normal and Abnormal Behavior 333
Problems of Mental Disorders 334
Burdens of Mental Disorders 334
Misconception about Mental Illness 335
General Attitude toward the Mentally Ill 336
Mental Health Team 336
Role of Nurse in Mental Illness 338
26. Guidance and Counseling 340
Concept/Features of Guidance 340
Types of Guidance 343
Counseling Service 350
27. Psychological Assessment and Tests 358
History of Psychological Testing 358
Common Areas of Psychological Testing 359
Purposes of Psychological Test 359
Meaning of Psychological Testing 360
Principles of Psychological Tests 360
Characteristics of Psychological Test 361
Functions of Psychological Tests 361
Methods of Legal Classification 362
Importance of Psychological Tests 363
Psychological Test and Assessment 363
Precautions of Psychological Test 364
Classification of Psychological Testing 364
Types of Psychological Tests 365
Psychological Test Preparation 368
Advantages of Psychological Test 368
Disadvantages of Psychological Test 369
Limitations of Psychological Test 369
Role of Nurses in Psychological Assessment 370

Appendices

Appendix 1: Previous Years Psychology Questions 377
Appendix 2: Glossary 393

Index 407