



SARDAR PATEL UNIVERSITY
Vallabh Vidyanagar, Gujarat
Syllabus with effect from the Academic Year 2021-2022

Bachelor of Science in Nursing (B.Sc. Nursing) (Semester-I)

Course Code	UM01CASP03	Title of the Course	APPLIED PSYCHOLOGY
Total Credits of the Course	03	Contact Credit Hours	60

Course Objectives	<ol style="list-style-type: none">1. Identify the importance of psychology in individual and professional life.2. Develop understanding of the biological and psychological basis of human behaviour.3. Identify the role of nurse in promoting mental health and dealing with altered personality.4. Perform the role of nurses applicable to the psychology of different age groups.5. Identify the cognitive and affective needs of clients.6. Integrate the principles of motivation and emotion in performing the role of nurse in caring for emotionally sick client.7. Demonstrate basic understanding of psychological assessment and nurse's role.8. Apply the knowledge of soft skills in workplace and society.9. Apply the knowledge of self-empowerment in workplace, society and personal life.
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Unit	Time (Hrs)	Content	Weightage
I	2 (T)	Introduction <ul style="list-style-type: none">• Meaning of Psychology• Development of psychology – Scope, branches and methods of psychology• Relationship with other subjects• Significance of psychology in nursing• Applied psychology to solve everyday issues	3%
II	4 (T)	Biological basis of behavior –Introduction <ul style="list-style-type: none">• Body mind relationship• Genetics and behavior• Inheritance of behavior• □Brain and behavior• Psychology and sensation – sensory process – normal and abnormal	7%
III	5 (T)	Mental health and mental hygiene <ul style="list-style-type: none">• Concept of mental health and mental hygiene• Characteristic of mentally healthy person• Warning signs of poor mental health• Promotive and preventive mental health strategies and services• Defense mechanism and its implication• Frustration and conflict – types of conflicts and measurements to overcome• Role of nurse in reducing frustration and conflict and enhancing coping• Dealing with ego	8%
IV	7 (T)	Developmental psychology <ul style="list-style-type: none">• Physical, psychosocial and cognitive development across life span – Prenatal through early childhood, middle to late childhood through adolescence, early and mid-adulthood, late adulthood, death and dying	12%



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		<ul style="list-style-type: none"> • Role of nurse in supporting normal growth and development across the life span • Psychological needs of various groups in health and sickness – Infancy, childhood, adolescence, adulthood and older adult • Introduction to child psychology and role of nurse in meeting the psychological needs of children • Psychology of vulnerable individuals – challenged, women, sick etc. • Role of nurse with vulnerable groups 	
V	4 (T)	Personality <ul style="list-style-type: none"> • Meaning, definition of personality • Classification of personality • Measurement and evaluation of personality– Introduction • Alteration in personality • Role of nurse in identification of individual personality and improvement in altered personality 	7%
VI	16 (T)	Cognitive process <ul style="list-style-type: none"> • Attention – definition, types, determinants, duration, degree and alteration in attention • Perception – Meaning of Perception, principles, factor affecting perception, • Intelligence – Meaning of intelligence –Effect of heredity and environment in intelligence, classification, Introduction to measurement of intelligence tests – Mental deficiencies • Learning – Definition of learning, types of learning, Factors influencing learning –Learning process, Habit formation • Memory-meaning and nature of memory, factors influencing memory, methods to improve memory, forgetting • Thinking – types, level, reasoning and problem solving. • Aptitude – concept, types, individual differences and variability Psychometric assessment of cognitive processes – Introduction Alteration in cognitive processes	26%
VII	5 (T)	Motivation and emotional processes <ul style="list-style-type: none"> • Motivation – meaning, concept, types, theories of motivation, motivation cycle, biological and special motives • Emotions – Meaning of emotions, development of emotions, alteration of emotion, emotions in sickness – handling emotions in self and other • Stress and adaptation – stress, stressor, cycle, effect, adaptation and coping • Attitudes – Meaning of attitudes, nature, factor affecting attitude, attitudinal change, Role of attitude in health and sickness Psychometric assessment of emotions and attitude – Introduction • Role of nurse in caring for emotionally sick Client 	8%
VIII	4 (T)	Psychological assessment and tests – Introduction <ul style="list-style-type: none"> • Types, development, characteristics, principles, uses, interpretation • Role of nurse in psychological assessment 	7%
IX	10 (T)	Application of soft skill <ul style="list-style-type: none"> • Concept of soft skill • Types of soft skill – visual, aural and communication skill • The way of communication • Building relationship with client and society 	17%



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		Interpersonal Relationships (IPR): <ul style="list-style-type: none">• Definition, Types, and Purposes, Interpersonal skills, Barriers, Strategies to overcome barriers Survival strategies – managing time, coping stress, resilience, work – life balance• Applying soft skill to workplace and society– Presentation skills, social etiquette, telephone etiquette, motivational skills, teamwork etc.• Use of soft skill in nursing	
X	2 (T)	Self-empowerment <ul style="list-style-type: none">• Dimensions of self-empowerment• Self-empowerment development• Importance of women's empowerment in society• Professional etiquette and personal grooming• Role of nurse in empowering others	3%

Teaching/ Learning Activities	<ul style="list-style-type: none">• Lecture cum Discussion• Video/Slides• Group discussion• Role play• Panel discussion
Assessment Methods	<ul style="list-style-type: none">• Short answer• Objective type• MCQs• Essay
Course Outcomes	<ol style="list-style-type: none">1. This course is designed to enable the students to develop understanding about basic concepts of psychology and its application in personal and community life, health, illness and nursing.2. It further provides students opportunity to recognize the significance and application of soft skills and self-empowerment in the practice of nursing.

Evaluation Pattern		
Sr. No.	Details of the Evaluation	Weightage
1	University Examination Conducted by Sardar Patel University*	37 Marks

Suggested References:	
1.	Muse, M. B. (1925). <i>A text-book of psychology for nurses</i> . Saunders.
2.	R. Sreevani Psychology For Nurses
3.	Rajesh Kumar, Basic Psychology For Nurses
4.	D. Elakkuvana Bhaskara RaJ, Textbook of Psychology Nursing





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Bachelor of Science in Nursing (B.Sc. Nursing) (Semester-I)

Course Code	UM01CASP03	Title of the Course	APPLIED SOCIOLOGY
Total Credits of the Course	03	Contact Credit Hours	60

Course Objectives	<ol style="list-style-type: none"> 1. Identify the scope and significance of sociology in nursing. 2. Apply the knowledge of social structure and different culture in a society in identifying social needs of sick clients. 3. Identify the impact of culture on health and illness. 4. Develop understanding about types of family, marriage and its legislation. 5. Identify different types of caste, class, social change and its influence on health and health practices. 6. Develop understanding about social organization and disorganization and social problems in India. 7. Integrate the knowledge of clinical sociology and its uses in crisis intervention
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Unit	Time (Hrs)	Content	Weightage
I	1 (T)	Introduction <ul style="list-style-type: none"> • Definition, nature and scope of sociology • Significance of sociology in nursing 	2%
II	15 (T)	Social structure <ul style="list-style-type: none"> • Basic concept of society, community, association and institution • Individual and society • Personal disorganization • Social group – meaning, characteristics, and classification. • Social processes – definition and forms, Cooperation, competition, conflict, accommodation, assimilation, isolation • Socialization – characteristics, process, agencies of socialization • Social change – nature, process, and role of nurse • Structure and characteristics of urban, rural and tribal community. • Major health problems in urban, rural and tribal communities • Importance of social structure in nursing profession 	25%
III	8 (T)	Culture <ul style="list-style-type: none"> • Nature, characteristic and evolution of culture • Diversity and uniformity of culture • Difference between culture and civilization • Culture and socialization • Transcultural society • Culture, Modernization and its impact on health and disease 	13%
IV	8 (T)	Family and Marriage <ul style="list-style-type: none"> • Family – characteristics, basic need, types and functions of family • Marriage – forms of marriage, social custom relating to marriage and importance of marriage Legislation on Indian marriage and family. • Influence of marriage and family on health and health practices 	13%
Unit	Time (Hrs)	Content	
V	8 (T)	Social stratification <ul style="list-style-type: none"> • Introduction – Characteristics & forms of stratification • Function of stratification • Indian caste system – origin and characteristics 	13%



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		<ul style="list-style-type: none"> • Positive and negative impact of caste in society. • Class system and status • Social mobility-meaning and types • Race – concept, criteria of racial classification • Influence of class, caste and race system on health. 	
VI	15 (T)	Social organization and disorganization <ul style="list-style-type: none"> • Social organization – meaning, elements and types • Voluntary associations • Social system – definition, types, role and status as structural element of social system. • Interrelationship of institutions • Social control – meaning, aims and process of social control Social norms, moral and values • Social disorganization – definition, causes, Control and planning • Major social problems – poverty, housing, food supplies, illiteracy, prostitution, dowry, Child labour, child abuse, delinquency, crime, substance abuse, HIV/AIDS, COVID-19 • Vulnerable group – elderly, handicapped, minority and other marginal group. • Fundamental rights of individual, women and children • Role of nurse in reducing social problem and enhance coping • Social welfare programs in India 	25%
VII	5 (T)	Clinical sociology <ul style="list-style-type: none"> • Introduction to clinical sociology • Sociological strategies for developing services for the abused • Use of clinical sociology in crisis intervention 	8%

Teaching/ Learning Activities	<ul style="list-style-type: none"> • Lecture cum Discussion • Video/Slides • Group discussion • Role play • Panel discussion
Assessment Methods	<ul style="list-style-type: none"> • Short answer • Objective type • MCQs • Essay
Course Outcomes	1. This course is designed to enable the students to develop understanding about basic concepts of sociology and its application in personal and community life, health, illness and nursing.

Evaluation Pattern		
Sr. No.	Details of the Evaluation	Weightage
1	University Examination Conducted by the Sardar Patel University*	37 Marks

Suggested References:	
1.	Lester Frank Ward , Applied Sociology
2.	T.K. Indrani , Textbook Of Sociology For Nurses As Per Inc Syllabus
3.	GOWDA K. Essentials Of Sociology For Bsc Nursing Students
4.	Varinder Kaur, Textbook Of Applied Sociology For BSc Nursing Students