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Introduction to Psychology

Psychology

Meaning, development, scope, branches, methods, relationship with other subjects and importance in nursing.

For educational purposes only.

CHAPTER 01: INTRODUCTION TO PSYCHOLOGY

Subject: Applied Psychology Course: B.Sc. Nursing Chapter: 01 Focus: University Examinations and Nursing Practice

1. Introduction

Psychology is the scientific study of human behaviour and mental processes. It helps us understand how individuals think, feel, learn, remember, communicate and respond to different situations.

Psychology is important in nursing because patients experience not only physical illness but also emotional, psychological and social difficulties. Understanding human behaviour helps nurses provide holistic, patient-centred care.

2. Meaning of Psychology

The word Psychology is derived from two Greek words:

- Psyche: Originally referring to the soul or mind.
- Logos: Study or knowledge.

Thus, psychology was historically understood as the study of the soul or mind.

Modern meaning: Psychology is the scientific study of behaviour and mental processes.

Definitions of Psychology

Modern scientific definition:

Psychology is the scientific study of behaviour and mental processes.

William James: Described psychology as the science of mental life, including its phenomena and conditions.

John B. Watson: Emphasized the scientific study of observable behaviour.

Main Components of Psychology

1. Behaviour

Behaviour includes observable actions and responses of individuals.

Examples:

- Walking
- Talking
- Crying
- Laughing
- Eating

- Responding to pain

2. Mental Processes

Mental processes are internal psychological activities that cannot always be observed directly.

Examples:

- Thinking
- Learning
- Memory
- Perception
- Motivation
- Emotions
- Decision-making

3. Scientific Approach

Psychology uses systematic observation, evidence, experimentation and analysis to study behaviour and mental processes.

3. Nature and Characteristics of Psychology

1. 1. Scientific discipline: Uses scientific methods to understand behaviour.
2. 2. Studies behaviour and mental processes: Includes observable actions and internal experiences.
3. 3. Studies individual differences: Recognizes variations in personality, intelligence, emotions and abilities.
4. 4. Dynamic discipline: Psychological knowledge develops through research.
5. 5. Studies human development: Examines behaviour from infancy to old age.
6. 6. Interdisciplinary subject: Related to biology, medicine, sociology, education and other disciplines.
7. 7. Theoretical and applied: Develops explanations of behaviour and applies findings to real-life problems.
8. 8. Promotes adjustment and well-being: Helps individuals manage challenges and adapt to their environment.

4. Goals of Psychology

Psychology has four major goals.

1. Description

To observe and describe behaviour accurately.

Example: A nurse observes that a patient becomes anxious before surgery.

2. Explanation

To understand why a particular behaviour occurs.

Example: The patient may feel anxious because of fear of anaesthesia or surgical complications.

3. Prediction

To anticipate behaviour under particular circumstances.

Example: A patient with previous severe procedural anxiety may experience anxiety before another procedure.

4. Influence or Modification

To apply psychological knowledge to help modify behaviour and improve well-being ethically.

Example: A nurse uses reassurance, education and relaxation techniques to reduce preoperative anxiety.

Remember: Describe -> Explain -> Predict -> Influence.

5. Historical Development of Psychology

Psychology gradually developed from philosophical ideas into an independent scientific discipline.

A. Philosophical Period

Before psychology became an independent science, philosophers studied the human mind, knowledge, behaviour

and emotions.

Important Philosophers

Socrates (469-399 BCE)

- Emphasized self-knowledge and critical questioning.
- Encouraged examination of human thoughts and actions.

Plato (c. 428-348 BCE)

- Explored the relationship between mind, knowledge and behaviour.
- Emphasized reasoning and innate aspects of knowledge.

Aristotle (384-322 BCE)

- Studied memory, perception, learning and emotions.
- Wrote De Anima (On the Soul).
- Considered biological and psychological processes interconnected.

B. Scientific Development of Psychology

Wilhelm Wundt (1832-1920)

- Commonly regarded as the father of experimental psychology.
- Established a psychology laboratory at Leipzig, Germany, in 1879.
- Studied conscious experience using controlled experimental methods.

Exam point: Wilhelm Wundt is commonly called the father of experimental psychology.

Major Schools of Psychology

School	Major contributors	Main idea
Structuralism	Edward Titchener; influenced by Wundt	Analysis of conscious experience into basic elements
Functionalism	William James, John Dewey	Functions of consciousness and behaviour in adaptation
Psychoanalysis	Sigmund Freud	Unconscious processes, inner conflicts and early experiences
Behaviourism	John B. Watson, B. F. Skinner	Observable behaviour and learning through environmental influences
Gestalt psychology	Max Wertheimer, Wolfgang Kohler, Kurt Koffka	Psychological experiences are organized as meaningful wholes
Humanistic psychology	Carl Rogers, Abraham Maslow	Human potential, freedom, personal growth and self-actualization
Cognitive psychology	Ulric Neisser and others	Memory, attention, thinking, language and information processing

C. Modern Psychology

Modern psychology uses multiple scientific perspectives to explain behaviour.

Important approaches include:

Biological approach: Explains behaviour through brain function, genetics, hormones and the nervous system.

Behavioural approach: Studies learning through conditioning, reinforcement and environmental influences.

Cognitive approach: Examines thinking, memory, attention, reasoning and decision-making.

Psychodynamic approach: Emphasizes unconscious influences, relationships and emotional conflicts.

Humanistic approach: Focuses on human potential, dignity, growth and personal meaning.

Sociocultural approach: Examines how society, culture, family and social environments influence behaviour.

Biopsychosocial approach: Explains health and behaviour through the interaction of biological, psychological and social factors.

Evolution of Psychology: Quick Summary

Philosophical study of mind -> Experimental psychology -> Major psychological schools -> Scientific study of behaviour and cognition -> Modern interdisciplinary psychology.

6. Scope of Psychology

The scope of psychology refers to the various areas of human behaviour and mental processes studied by psychologists.

1. Individual Behaviour

Psychology studies how people behave in different situations.

It includes:

- Habits
- Attitudes
- Interests
- Personality
- Reactions to stress

2. Cognitive Processes

The study of mental activities, including:

- Attention
- Perception
- Thinking
- Learning
- Memory
- Intelligence
- Reasoning
- Problem-solving

3. Emotional Processes

Psychology examines emotional experiences and regulation.

Examples:

- Happiness
- Fear
- Anxiety
- Anger
- Sadness
- Grief

4. Human Growth and Development

Studies physical, cognitive, emotional and psychosocial changes throughout life.

Major stages:

- Infancy
- Childhood
- Adolescence
- Adulthood
- Older adulthood

5. Personality and Individual Differences

Studies characteristics that make individuals different from one another.

Includes:

- Temperament
- Personality traits
- Intelligence
- Aptitude
- Motivation
- Coping styles

6. Social Behaviour

Studies how people interact within groups and society.

Includes:

- Social influence
- Communication
- Cooperation
- Conflict
- Group behaviour
- Social attitudes

7. Psychological Health and Disorders

Studies psychological well-being, distress and mental disorders.

Examples:

- Anxiety disorders
- Depressive disorders
- Schizophrenia
- Trauma-related disorders
- Substance use disorders

8. Application in Healthcare

Psychology contributes to:

- Patient counselling
- Mental health promotion
- Health education
- Treatment adherence

- Stress management
- Rehabilitation
- Behaviour change

7. Branches of Psychology

Psychology is divided into several branches based on its subject matter and practical applications.

Branch	Area of study
General psychology	Basic principles of behaviour and mental processes
Experimental psychology	Behaviour and cognition studied through experiments
Developmental psychology	Human development across the lifespan
Social psychology	Influence of society and groups on behaviour
Clinical psychology	Assessment and psychological treatment of mental and behavioural difficulties
Counselling psychology	Emotional, personal, relationship and adjustment difficulties
Educational psychology	Learning, motivation and teaching processes
Health psychology	Psychological and behavioural factors affecting health and illness
Cognitive psychology	Attention, perception, learning, memory and reasoning
Biological psychology	Biological bases of behaviour
Neuropsychology	Relationship between brain function and cognition or behaviour
Industrial and organizational psychology	Human behaviour in workplaces and organizations
Personality psychology	Personality traits, patterns and individual differences
Community psychology	Community well-being, prevention and social systems
Forensic psychology	Application of psychology to legal and justice settings

Branches Most Relevant to Nursing

Clinical psychology: Helps nurses understand mental health problems and psychological interventions.

Health psychology: Explains how beliefs, stress, behaviour and lifestyle influence health.

Developmental psychology: Helps nurses provide age-appropriate care.

Social psychology: Supports understanding of family influences, communication and group behaviour.

Counselling psychology: Provides a foundation for supportive communication and referral.

Biological psychology: Helps connect brain function, neurological conditions and behaviour.

8. Methods of Psychology

Psychologists use different scientific methods to collect information and understand behaviour.

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1. Introspection Method

Meaning: Introspection is the process of examining and reporting one's own conscious thoughts, feelings and experiences.

Example: A person describes their thoughts and feelings during a stressful situation.

Advantages:

- Provides information about personal experiences.
- Simple for understanding conscious feelings.
- Useful as one form of self-report.

Limitations:

- Subjective.
- Difficult to verify independently.
- Some mental processes occur outside conscious awareness.

2. Observation Method

Meaning: Systematic observation and recording of behaviour.

Types

- Naturalistic observation: Behaviour observed in a natural setting.
- Controlled observation: Behaviour observed in a structured environment.
- Participant observation: Researcher participates in the setting.
- Non-participant observation: Researcher observes without participating.

Example: A nurse observes the behaviour of a child during hospitalization.

Advantages:

- Provides direct behavioural information.
- Useful when individuals cannot describe their experiences.
- Can be performed in natural environments.

Limitations:

- Observer bias may affect interpretation.
- People may change behaviour when observed.
- Observation alone cannot establish cause and effect.

3. Experimental Method

Meaning: A scientific method in which researchers manipulate one variable under controlled conditions to study its effect on another variable.

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Important Terms

Independent variable: Variable manipulated by the researcher.

Dependent variable: Outcome measured by the researcher.

Example: A researcher investigates whether a relaxation programme reduces anxiety in patients.

- Independent variable: Relaxation programme.
- Dependent variable: Anxiety score.

Advantages:

- Can provide strong evidence about cause and effect when well designed.
- Allows controlled testing of hypotheses.

Limitations:

- Some experiments may be impractical or unethical.
- Artificial settings may affect natural behaviour.
- Results may not always generalize to real-life situations.

4. Interview Method

Meaning: Collection of psychological information through direct questioning and communication.

Types

- Structured interview
- Semi-structured interview
- Unstructured interview

Example: A nurse interviews a patient to assess emotional distress and coping mechanisms.

Advantages:

- Provides detailed information.
- Allows clarification of responses.
- Helps understand personal experiences.

Limitations:

- Time-consuming.
- Interviewer bias may occur.
- Responses may be influenced by social desirability.

5. Questionnaire and Survey Method

Meaning: Collection of information using a set of written or digital questions.

Example: A questionnaire assessing stress among nursing students.

Advantages:

- Can collect information from large groups.

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- Relatively economical.
- Easy to organize and analyse when standardized.

Limitations:

- Responses may be inaccurate or incomplete.
- Misunderstanding of questions may occur.
- Surveys generally cannot establish causation.

6. Case Study Method

Meaning: An intensive and detailed investigation of an individual, group or specific situation.

Example: A detailed study of a patient experiencing psychological changes following a brain injury.

Advantages:

- Provides detailed information.
- Useful for uncommon or complex cases.
- Helps generate research questions.

Limitations:

- Findings may not apply to everyone.
- Researcher interpretation may influence conclusions.
- Usually cannot establish cause and effect.

7. Psychological Testing Method

Meaning: The use of standardized instruments to assess psychological characteristics.

Examples:

- Intelligence tests
- Personality inventories
- Aptitude tests
- Memory assessments
- Anxiety and depression screening scales

Advantages:

- Can provide standardized results.
- Useful for assessment and research.
- Helps identify specific strengths and difficulties.

Limitations:

- Results can be affected by language, culture and testing conditions.
- Poor-quality tests may produce misleading results.
- Professional training may be required for administration and interpretation.

Nursing consideration: Nurses should use only assessments appropriate to their training, professional scope and institutional policies. Screening results alone do not establish a psychiatric diagnosis.

8. Correlational Method

Meaning: Examines the relationship between two or more variables without manipulating them.

Example: Studying the relationship between sleep duration and academic performance among nursing students.

Important: Correlation does not prove causation.

9. Developmental Research Methods

Cross-sectional method: Compares individuals from different age groups at one point in time.

Longitudinal method: Studies the same individuals repeatedly over a period of time.

These methods help researchers understand psychological changes with age and development.

Comparison of Psychological Methods

Method	Main purpose
Introspection	Explore conscious personal experiences
Observation	Record behaviour
Experiment	Test causal relationships
Interview	Obtain detailed verbal information
Survey	Collect information from groups
Case study	Examine an individual or situation in depth
Psychological testing	Assess selected psychological characteristics
Correlational study	Examine associations between variables
Longitudinal study	Examine change over time

9. Relationship of Psychology with Other Subjects

Psychology is an interdisciplinary science closely related to many healthcare and social science disciplines.

1. Psychology and Anatomy

Anatomy explains the structure of the human body, particularly the brain, spinal cord and nervous system.

Psychology examines the mental and behavioural functions associated with these structures.

Nursing example: Understanding behavioural changes after a brain injury.

2. Psychology and Physiology

Physiology studies the normal functions of the human body.

Psychology explores the relationship between physiological processes and behaviour.

Nursing example: Understanding how stress influences heart rate, breathing and sleep.

3. Psychology and Sociology

Sociology studies society, social relationships and social institutions.

Psychology studies individual behaviour and how it is influenced by social environments.

Nursing example: Understanding how family beliefs affect treatment decisions.

4. Psychology and Anthropology

Anthropology studies human societies, cultures and human development.

Psychology helps explain the ways culture and social experiences influence thoughts, emotions and behaviour.

Nursing example: Providing culturally responsive patient care.

5. Psychology and Medicine

Medicine focuses on the prevention, diagnosis and treatment of illness.

Psychology contributes knowledge about behaviour, coping, treatment adherence and psychological health.

Nursing example: Supporting patients adjusting to chronic illness.

6. Psychology and Psychiatry

Psychiatry is a medical specialty concerned with the assessment, diagnosis, treatment and prevention of mental disorders.

Psychology studies behaviour and mental processes and contributes psychological assessment, research and evidence-based therapies.

Nursing example: Understanding psychiatric symptoms and assisting in a multidisciplinary care plan.

7. Psychology and Education

Educational psychology studies learning, motivation, memory and teaching strategies.

Nursing example: Applying learning principles during patient education and clinical teaching.

8. Psychology and Pharmacology

Pharmacology studies medicines and their effects on the body.

Psychology helps explain medication-related behaviour, expectations, adherence and the interaction between psychological states and treatment.

Nursing example: Understanding a patient's fear of medication side effects.

9. Psychology and Community Health

Psychology contributes to health promotion, preventive behaviour, community education and understanding factors influencing health decisions.

Nursing example: Developing behavioural strategies to improve vaccination uptake.

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10. Psychology and Ethics

Ethics examines moral principles and responsible conduct.

Psychology provides insight into decision-making, values, emotions and interpersonal behaviour.

Nursing example: Respecting a patient's autonomy while supporting informed decisions.

10. Importance of Psychology in Nursing

Psychology is essential for understanding patients, families and healthcare professionals.

1. Understanding Patient Behaviour

Patients may react differently to illness, hospitalization and treatment.

Psychological knowledge helps nurses understand fear, anger, sadness, denial and emotional distress.

Example: Understanding why a patient becomes withdrawn after receiving a serious diagnosis.

2. Establishing a Therapeutic Nurse-Patient Relationship

Psychology supports:

- Empathy
- Active listening
- Respect
- Trust
- Non-judgmental communication
- Professional boundaries

Example: Listening attentively to a patient who is worried about surgery.

3. Effective Communication

Psychology helps nurses understand verbal and non-verbal communication.

It improves interactions with patients of different ages, backgrounds and emotional states.

Example: Using simple explanations and visual aids when educating patients.

4. Managing Stress and Anxiety

Psychology provides strategies for recognising and managing stress.

Nurses may use appropriate interventions such as:

- Relaxation techniques
- Emotional support
- Patient education
- Coping-skills education
- Referral to qualified mental health professionals

Example: Supporting a patient who experiences anxiety before a procedure.

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5. Understanding Pain Behaviour

Pain is influenced by biological, psychological and social factors.

Psychology helps nurses understand how attention, fear, previous experiences and coping influence pain.

Example: Combining prescribed analgesia with suitable non-pharmacological comfort measures.

6. Providing Holistic Nursing Care

Holistic care considers the patient's physical, psychological, social and spiritual needs.

Psychology helps nurses plan individualized and patient-centred interventions.

7. Improving Patient Education

Knowledge of learning and motivation helps nurses adapt health education to patients' needs.

Example: Teaching diabetes self-management using demonstrations, repetition and teach-back.

8. Supporting Mental Health

Psychology helps nurses recognise possible signs of psychological distress.

Examples include:

- Persistent sadness
- Excessive anxiety
- Changes in sleep
- Social withdrawal
- Behavioural changes

Nurses can document findings, provide supportive care and refer for further assessment when indicated.

9. Understanding Child Behaviour

Developmental psychology helps nurses understand the emotional and cognitive needs of children.

Example: Using age-appropriate language and play during paediatric care.

10. Maternal and Reproductive Healthcare

Psychological knowledge helps nurses support women and families during pregnancy, childbirth and postpartum adjustment.

Example: Recognising emotional distress and providing appropriate support and referral.

11. Geriatric Nursing

Older adults may experience changes in cognition, mood, independence and social relationships.

Psychology helps nurses provide respectful, individualized care.

Example: Supporting an older adult experiencing loneliness or adjustment difficulties.

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12. Improving Treatment Adherence

Psychology helps identify behavioural and emotional barriers to following a treatment plan.

Example: Exploring reasons why a patient has difficulty taking medicines regularly.

13. Crisis Intervention

Psychological principles support calm, safe and compassionate nursing care during distressing events.

Example: Providing psychological first aid after an emergency, within professional competence.

14. Supporting Patients with Chronic and Terminal Illness

Psychology helps nurses understand adjustment, grief, coping and emotional responses to long-term illness.

Example: Supporting the emotional needs of a patient receiving palliative care.

15. Professional Development of Nurses

Psychology also helps nurses improve their own:

- Emotional regulation
- Stress management
- Communication skills
- Teamwork
- Leadership
- Conflict resolution
- Professional adjustment

11. Psychological Principles Used in Nursing Practice

Psychological principle	Nursing application
Empathy	Understanding and acknowledging patient feelings
Motivation	Supporting health behaviour change
Reinforcement	Encouraging beneficial behaviours
Learning	Providing effective patient education
Perception	Understanding how patients interpret illness
Emotional regulation	Supporting appropriate responses to distress
Individual differences	Individualizing nursing care
Development	Delivering age-appropriate care
Coping	Supporting adjustment to illness
Social influence	Understanding family and community effects on health

12. Difference Between Psychology and Psychiatry

Psychology	Psychiatry
Scientific discipline studying behaviour and mental processes	Medical specialty focused on mental disorders
Includes research, education, health and other applications	Primarily concerned with clinical mental healthcare
Clinical psychologists may provide psychological assessment and therapy	Psychiatrists provide medical assessment and treatment
Training and legal scope vary by profession and country	Psychiatrists are medically qualified physicians
Psychological treatment may include evidence-based psychotherapy	Treatment may include medication, psychotherapy and other medical interventions

Note: Both professions may contribute to mental health assessment and treatment through multidisciplinary collaboration.

13. Ethical Considerations in Psychology and Nursing

Psychological knowledge must be used responsibly.

Important ethical principles include:

1. 1. Respect for dignity: Treat every individual with respect.
2. 2. Confidentiality: Protect patient information according to professional and legal requirements.
3. 3. Informed consent: Respect informed decision-making.
4. 4. Non-maleficence: Avoid preventable harm.
5. 5. Beneficence: Promote patient well-being.
6. 6. Professional competence: Work within one's qualifications and scope of practice.
7. 7. Non-discrimination: Provide equitable and respectful care.
8. 8. Professional boundaries: Maintain appropriate therapeutic relationships.

14. Important University Examination Questions

Long Answer Questions (10-15 Marks)

1. 1. Define psychology. Explain its nature, scope and importance in nursing.
2. 2. Describe the historical development and major schools of psychology.
3. 3. Explain the different methods of psychology with their advantages and limitations.
4. 4. Discuss the relationship of psychology with other subjects.
5. 5. Explain the importance and applications of psychology in nursing practice.

Short Answer Questions (5 Marks)

1. 1. Define psychology and list its goals.
2. 2. Write the characteristics of psychology.
3. 3. Explain the contributions of Wilhelm Wundt.

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4. 4. Describe the observation method.
5. 5. Explain the experimental method.
6. 6. List the major branches of psychology.
7. 7. Discuss psychology's relationship with physiology.
8. 8. Explain the importance of psychology in patient care.
9. 9. Differentiate between psychology and psychiatry.
10. 10. Explain the role of psychology in therapeutic communication.

Very Short Answer Questions (2 Marks)

1. 1. Define psychology.
2. 2. Who is known as the father of experimental psychology?
3. 3. In which year was Wundt's psychology laboratory established?
4. 4. Name the four major goals of psychology.
5. 5. Define introspection.
6. 6. Define observation.
7. 7. What is experimental psychology?
8. 8. Name two branches of psychology.
9. 9. What is clinical psychology?
10. 10. Define behaviour.

15. Multiple-Choice Questions (MCQs)

1. Who is commonly known as the father of experimental psychology?

A. Sigmund Freud B. Wilhelm Wundt C. John B. Watson D. B. F. Skinner

Answer: B. Wilhelm Wundt

2. The first widely recognized experimental psychology laboratory was established in:

A. 1859 B. 1879 C. 1899 D. 1913

Answer: B. 1879

3. Which branch of psychology studies changes throughout the human lifespan?

A. Industrial psychology B. Forensic psychology C. Developmental psychology D. Experimental psychology

Answer: C. Developmental psychology

4. Which method systematically manipulates an independent variable?

A. Observation B. Interview C. Experimental method D. Case study

Answer: C. Experimental method

5. Which of the following is a major goal of psychology?

A. Description B. Explanation C. Prediction D. All of the above

Answer: D. All of the above

6. Psychoanalysis is most closely associated with:

A. Sigmund Freud B. Carl Rogers C. William James D. Wilhelm Wundt

Answer: A. Sigmund Freud

7. Which school focuses on observable behaviour?

A. Structuralism B. Behaviourism C. Humanism D. Psychoanalysis

Answer: B. Behaviourism

8. The main purpose of health psychology is to study:

A. Hospital architecture B. Psychological and behavioural factors influencing health C. Drug manufacturing D. Surgical procedures

Answer: B. Psychological and behavioural factors influencing health

9. A nurse uses active listening to understand a patient's concerns. This demonstrates:

A. Therapeutic communication B. Punishment C. Experimental control D. Psychological testing

Answer: A. Therapeutic communication

10. Correlation between two variables:

A. Always proves causation B. Never describes a relationship C. Does not by itself establish causation D. Means both variables are identical

Answer: C. Does not by itself establish causation

16. Quick Revision Notes

- Psychology is the scientific study of behaviour and mental processes.
- The word psychology originated from the Greek words psyche and logos.
- Wilhelm Wundt established an experimental psychology laboratory in Leipzig in 1879.
- Four major goals: description, explanation, prediction and influence.
- Structuralism studied the basic elements of conscious experience.
- Functionalism focused on the purposes of mental processes and behaviour.
- Behaviourism emphasized observable behaviour.
- Psychoanalysis emphasized unconscious processes.
- Humanistic psychology emphasized human potential and growth.
- Cognitive psychology studies thinking, learning, attention and memory.
- Major methods include observation, experiment, interview, survey, case study and psychological testing.
- The experimental method can test causal relationships under controlled conditions.
- Clinical psychology contributes to mental health assessment and psychological treatment.
- Health psychology studies psychological and behavioural influences on health.
- Psychology helps nurses understand patient behaviour, emotions and coping.

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- Psychological knowledge improves therapeutic communication and patient-centred care.

17. Conclusion

Psychology is an essential subject in nursing education because it provides a scientific understanding of human behaviour, mental processes, emotions, learning and adjustment.

Knowledge of psychology helps nurses establish effective therapeutic relationships, understand emotional responses to illness, improve patient education, support mental health and deliver holistic nursing care.

Understanding the fundamentals of psychology provides the foundation for studying mental health, developmental psychology, personality, learning, motivation and other important areas of nursing practice.

Practice questions

Choose one best answer. The answer key and explanations follow the questions.

1. Who established the psychology laboratory at Leipzig in 1879?

A. Wilhelm Wundt
B. Sigmund Freud
C. Carl Rogers
D. Albert Bandura

2. Which goal involves observing and describing behaviour accurately?

A. Prediction
B. Description
C. Influence
D. Explanation

3. What does a correlation between two variables establish by itself?

A. A guaranteed causal link
B. That the variables are identical
C. An association, without proving causation
D. That there is no relationship

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Answer key and explanations

1. A - Wilhelm Wundt

Your notes identify Wilhelm Wundt and the Leipzig laboratory established in 1879.

2. B - Description

Description records what behaviour is occurring; explanation considers why it occurs.

3. C - An association, without proving causation

Correlation describes an association. It does not, by itself, prove causation.

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