



SNS COLLEGE OF NURSING
Saravanampatti (po), coimbatore.

DEPARTMENT OF NURSING
COURSE NAME : BSC (NURSING) II YEAR
SUBJECT : CET
UNIT III: HUMAN RELATIONS
TOPIC : UNDERSTANDING SELF, SOCIAL
BEHAVIOUR

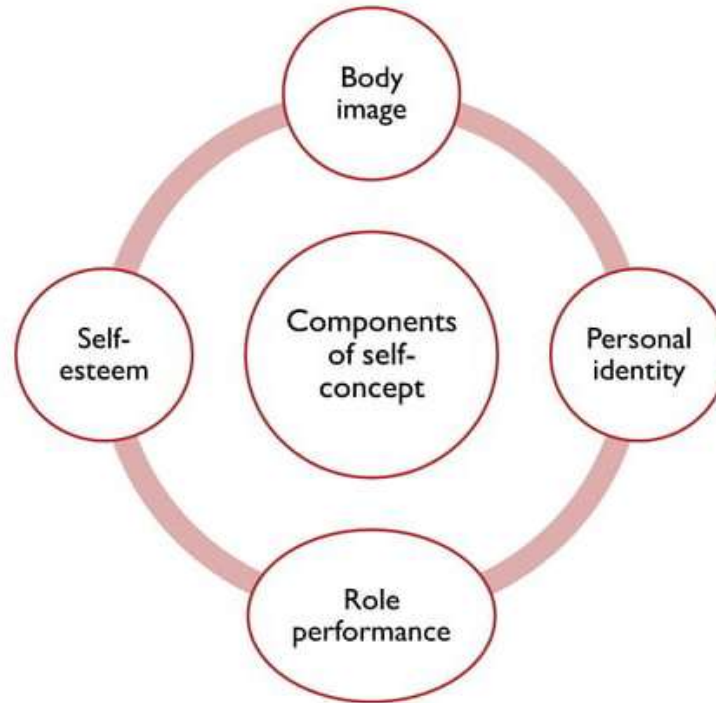


UNDERSTANDING SELF



- Self concept is a person's understanding of how & what someone thinks about him or her.
- Understanding the self is the ability to understand one's own thoughts & actions.
- It is a subjective sense of the self & a complex mixture of unconscious & conscious thoughts, attitudes & perceptions.

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DEFINITION



- Understanding self represents the sum total of people's conscious perception of their identity as distinct from others. It is not a static phenomenon, but continues to develop & change throughout our lives.

- George Herbert Head



IMPORTANCE



- Self understanding has been recognized as a key competency for individuals to function efficiently organizations.
- It influences an individual's ability to make key decisions about self, others around & organizations.
- Johari window is a tool to understanding self.



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- Understanding self equips individuals with making more effective career & life choice, the ability to lead, guide & inspire with authenticity resulting in significantly improved organizational productivity.



STRATEGIES TO IMPROVE SELF-UNDERSTANDING



- To increase the size of open window vertically (Johari window model) downwards into hidden space, one can disclose his or her personal information, feelings, etc., to the team members.
- The unknown area can be reduced by other's observation, self discovery or mutual enlightenment via group experiences & discussion.



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- The blind self is not an effective space for individuals or groups so it needs to be diminished. This can be done by seeking or soliciting feedback from others thereby increasing the open area.
- The hidden window must always be at the individual's own discretion.



SOCIAL BEHAVIOUR



- The interaction that takes between members of the same species or the behaviour directed towards the society is known as social behaviour.
- In a sociological hierarchy, social behaviour is followed by social actions is directed at other people & designed to provoke a response.
- Antisocial behaviour refers to behaviour that may cause harm to the society.



TYPES OF SOCIAL BEHAVIOR





AGGRESSION



- Behaviour between members of the same species with an intention to hurt, ridicule or humiliate the other person.
- Aggression can be displayed in many ways in humans & can be physical, psychological or verbal.



ALTRUISM



- It refers to feeling of concern, sympathy & benevolence for others.
- It is a traditional virtue in some cultures or can be an inbuilt part of religious expectation that the followers feel motivated for.
- Pure altruism is an inconsideration for any rewards or direct or indirect benefit with no expectation of any compensation.



SCAPEGOATING

- It is the practice of isolation of any party for derogatory or negative treatment or blame.
- It is the process where the mechanism of projection or displacement are utilized in directing feelings of aggression, hostility, frustration, etc. upon another individual or group, with the amount of blame being unwarranted.



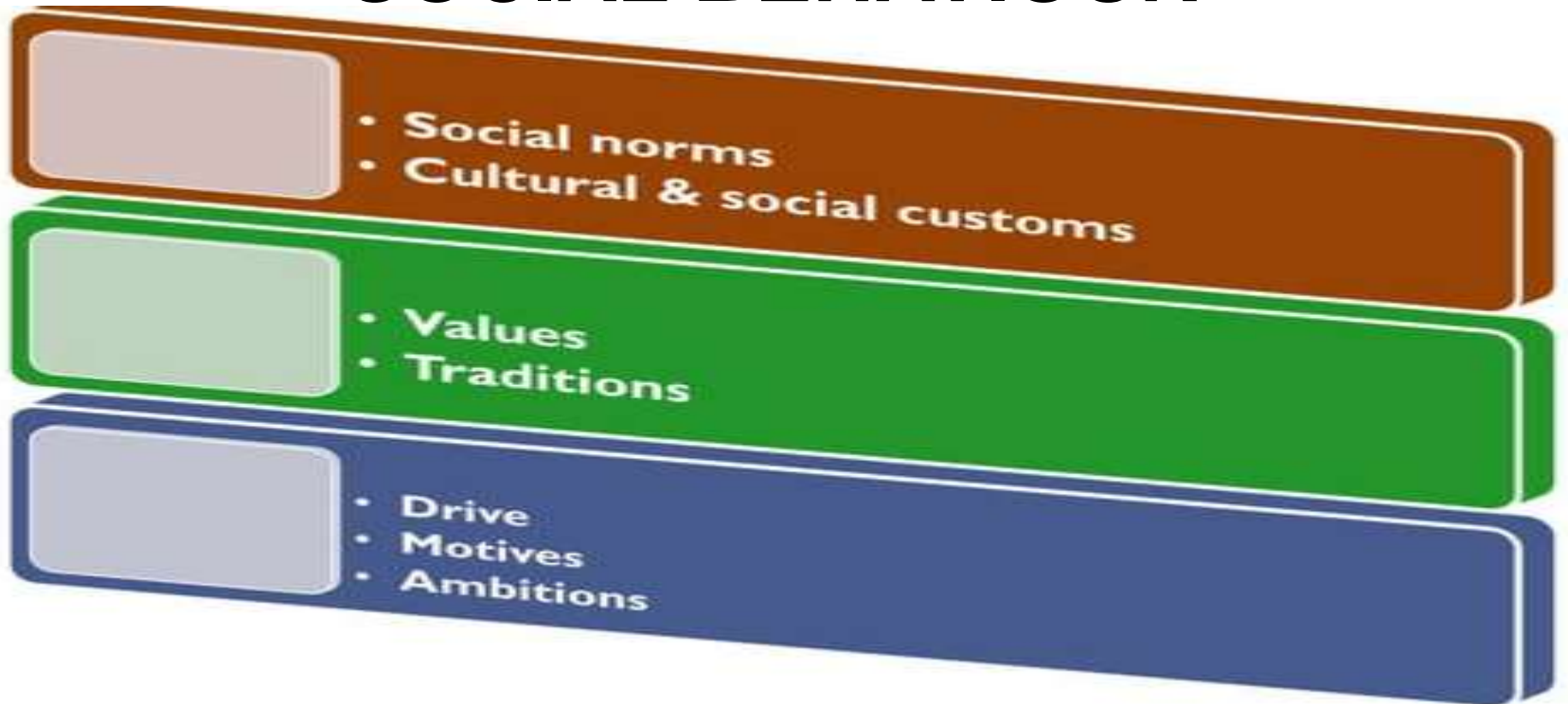
SHYNESS



- It is a feeling of discomfort, nervousness, lack of confidence or awkwardness when a person is in the proximity (especially in a situation where one has to deal with) of an unfamiliar person.
- It can originate from genetic traits or the upbringing & personality type.



FACTORS INFLUENCING SOCIAL BEHAVIOUR





CONCLUSION



Human relations are the relations between human being that are affected by many other factors & helps in the accomplishment of goals of an organization. It is helping relationship are the foundations of the clinical nursing practice.





ASSESSMENT



1. Define self understanding?
2. Explain the importance of understanding self?
3. Describe the types of social behaviour?
4. List down the factors influencing social behaviour?





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