

SNS COLLEGE OF NURSING

SARAVANAMPATTI

COIMBATORE-35

COURSE NAME:- PSYCHOLOGY

UNIT -1 INTRODUCTION OF PSYCHOLOGY

**TOPIC- INTRODUCTION & DEVELOPMENTAL
PSYCHOLOGY**

INTRODUCTION

HEALTH:-

A complete state of physical, mental & social wellbeing and not merely the absence of disease or infirmity (WHO,1946).

MENTAL HEALTH:-

Is a state of emotional, psychological & social wellness.



MENTAL ILLNESS:-

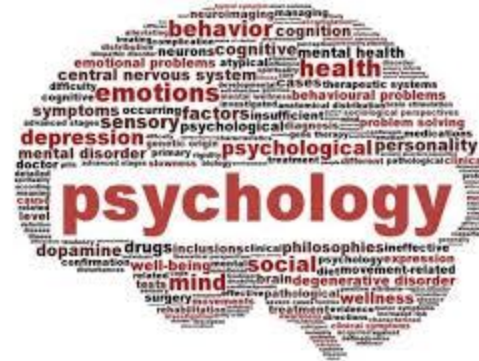
It is a clinically significant behavioral or psychological syndrome that occurs in a individual & is associated with present distress.

DEFINITION

❖ PSYCHOLOGY:-

The study of mind, behavior, emotion and thought processes.

The word of psychology made up of two Greek words-
“psychi” & “logos”. “Psychi” means ‘soul’ and “logos” means
‘the study of knowledge’.



CONT.....

❑ Psychology is the science of human behavior.

(Walter bowers Pillsbury 1911).

❑ Psychology is a science, which aims to give us better understanding and control of the behaviour of the organism as a whole.

(Jackson-1976).

SCOPE OF PSYCHOLOGY

- It studies not only human behaviour but also human experience, language and other forms of communication.
- It employs to all the living creatures irrespective of their species, caste, colour, age, sex, mental or physical state.



- It also studies the behaviour of the animals, insects, birds and plant life.
- They study how individuals and society interact and how they behave as members of small and large groups.



BRANCH OF PSYCHOLOGY

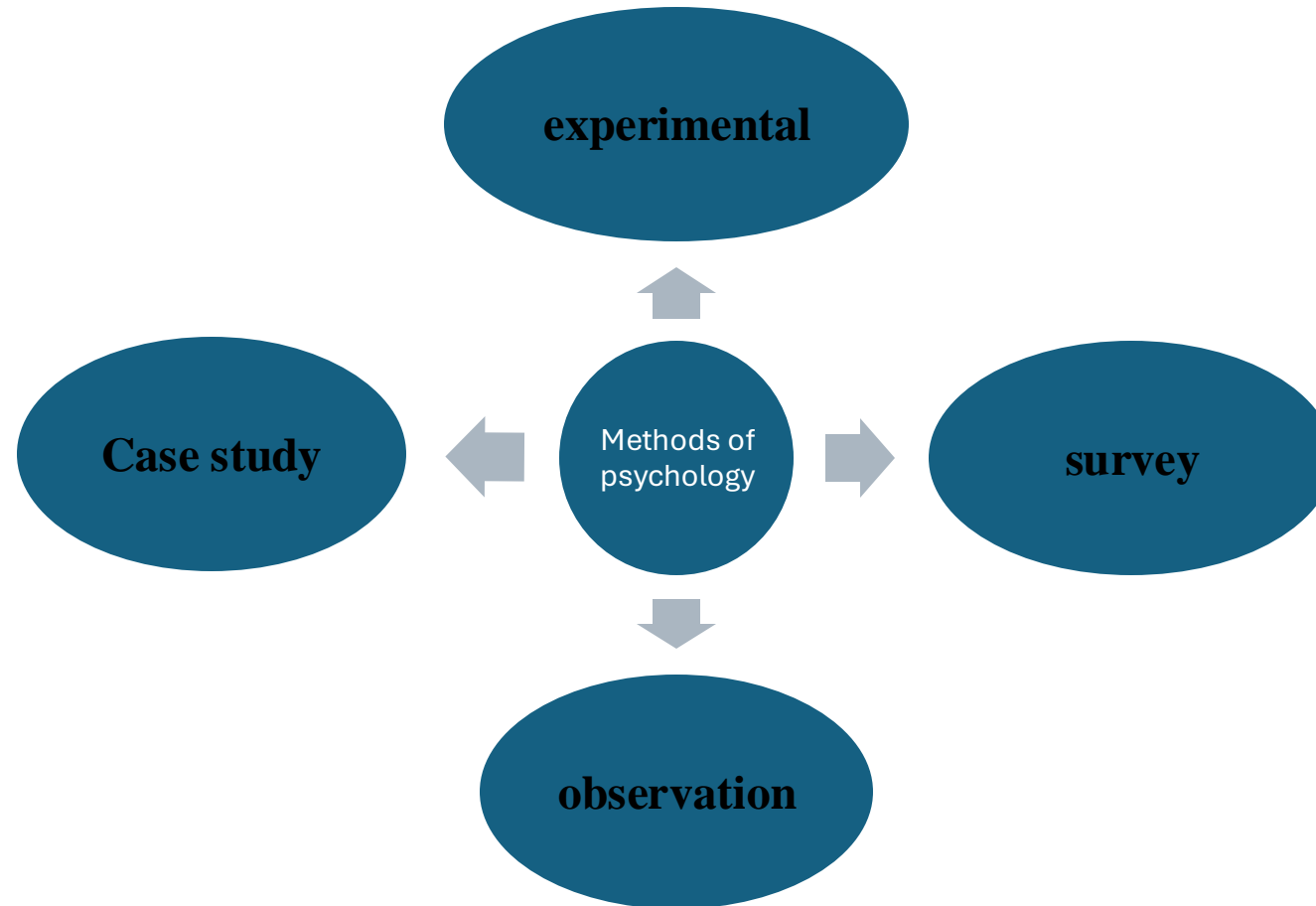
Pure psychology

- General psychology
- Social psychology
- Abnormal psychology
- Physiological psychology
- Parapsychology
- Developmental psychology
- Experimental psychology

Applied psychology

- Educational psychology
- Clinical psychology
- Industrial psychology
- Legal psychology
- Military psychology
- Political psychology

METHODS OF PSYCHOLOGY



METHODS OF PSYCHOLOGY

- The methods of psychology are observation, case study, and experimentation.

>>The **observation method in psychology** is when a psychologist observes the behavior of someone without interacting with them. This can be done in a natural setting or in a laboratory setting.

>>The **case study method in psychology** is used when a psychologist takes detailed notes on one person's behavior. This is often used to understand rare behaviors.

>>The survey research method is when a psychologist asks people questions about their thoughts, feelings, or behavior.

>>The experiment method is when a psychologist changes one variable and observes the effects on another variable. This can be done in a laboratory or in a natural setting.

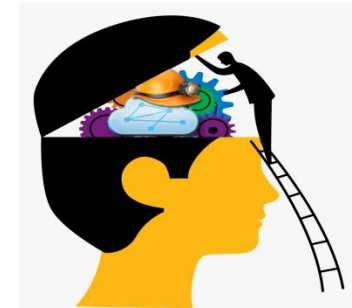
Advantages and limitations of observation method

- The observation method is one of the most commonly used **methods in psychology**.
- This method involves watching and recording the behaviour of people under natural conditions.
- The observer takes note of everything that is happening in the environment, as well as the participant's behaviour. This can be a very effective way to collect data, as it allows for an accurate picture of what is happening in the natural environment



Advantages and limitations of case study method

- The **case study method in psychology** is another common method in psychology.
- This approach involves studying a single individual or group in depth. The aim is to gain a detailed understanding of the individual or group's thoughts, feelings, and behaviour.
- This can be a very effective way to gain a deep understanding of a particular situation or individual.



Advantages and limitations of survey method

- – it is relatively inexpensive and easy to conduct;
- – it allows for the collection of large amounts of data; and
- – it provides a way to collect information from a large number of people.
- – surveys may be biased if not properly designed;
- – responses may be inaccurate due to memory errors or social desirability bias; and
- – the results of surveys may not be generalizable to all populations.



Advantages and limitations of experimental method

- The experimentation method is when a psychologist tests different methods to see which one produces the best results.
- This can be done in a laboratory setting or in the real world. All of these methods are used to understand human behaviour.



ASSESSMENT

- Define psychology.
- List out branches of psychology.
- Describe the various methods of psychology.

REFERENCE

- Essentials of psychology for nursing students 1st edition 2017 by krishne gowda.



Thank you