INDRODUCTION OF PSYCHOLOGY

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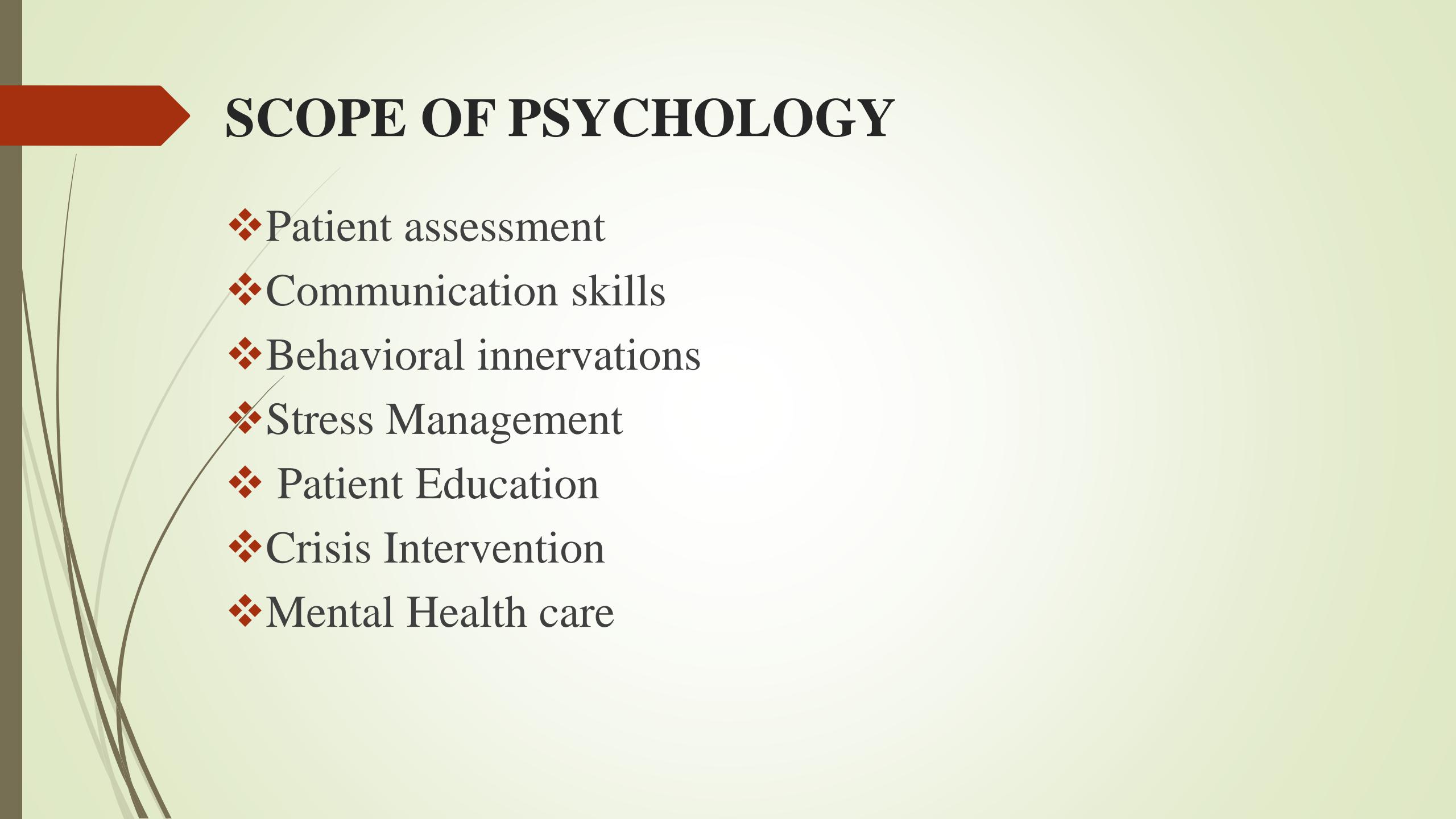Clinical instructor

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Introduction

Psychology ; the study of mind , behavior, emotion and thought processes. psychology assist health professionals with understanding their patients and themselves.

The word of psychology made up of two words – psychic and logos. Psychic means soul and logos means the study of or knowledge – study of soul

Definition

➡ Definition psychology as the scientific study of behavior does not exclude mind and other internal processes from the field of psychology; what a person does his or her behavior is the outcome of the internal mental processes.

- Clifford T. Morgan

➡ Psychology is the scientific study of behavior and mental process

-**Ciccarelli & Meyer** (2006)

SCOPE OF PSYCHOLOGY

❖Patient assessment

❖Communication skills

❖Behavioral innervations

❖Stress Management

❖ Patient Education

❖Crisis Intervention

❖Mental Health care

IMPORTANCES OF PSYCHOLOGY FOR NURSE

❑ Understanding patient behavior

❑ Effective communication

❑ Promoting health behavior change

❑ Managing stress and coping mechanism

❑ Enhancing patient education

❑ Supporting mental health care

❑ Ethical decision making

❑ Contributing to interdisciplinary team

❑ Professional growth and development

Branches of Psychology

❑General Psychology
❑Educational Psychology
❑Clinical Psychology
❑Social Psychology
❑Abnormal Psychology
❑Industrial / Organizational Psychology

👤⚕) Relation of Psychology with Nursing

- Helps nurses **understand patient behavior** and emotions.
- Assists in providing **holistic nursing care** (physical, mental, emotional).
- Improves **nurse–patient relationship** and communication.
- Helps in **stress management** for patients and nurses.
- Useful in caring for **mentally ill, anxious, and terminally ill patients**.
- Aids in **health education and counseling**.
- Helps nurses understand **individual differences** among patients.
- Important in **pediatric, psychiatric, and community health nursing**.