



Contents

<i>Contributors</i>	<i>iii</i>
<i>Reviewers</i>	<i>v</i>
<i>Preface</i>	<i>ix</i>
<i>Acknowledgments</i>	<i>x</i>
<i>Special Features of the Book</i>	<i>xv</i>
<i>Syllabus</i>	<i>xix</i>

Chapter 1	Introduction to Psychology	1–31
------------------	-----------------------------------	-------------

Introduction	3
Meaning of Psychology	4
Definitions of Psychology	4
Major Perspectives of Psychology	5
A Brief History of Psychology	5
Development of Psychology	6
Scope of Psychology	8
Branches of Psychology	8
Methods of Psychology	12
Relationship with Other Subjects	22
Significance of Psychology in Nursing	24
Applied Psychology to Solve Everyday Issues	26
Conclusion	28

Chapter 2	Biological Basis of Behavior	33–70
------------------	-------------------------------------	--------------

Introduction	34
Body-mind Relationship	34
Genetics and Behavior	38
Inheritance of Behavior	42
Brain and Behavior	45
Psychology and Sensation	56

Chapter 3	Mental Health and Hygiene	71–91
------------------	----------------------------------	--------------

Introduction	72
Health and Mental Health	72
A Mentally Healthy Person	74
Warning Signs of Poor Mental Health	75
Mental Health Strategies	76
Defense Mechanism	78

Frustration	83
Conflict	84
Adjustment	86
Guidance and Counseling	87
Role of Nurse in Guidance and Counseling	89
Role of Nurse in Reducing Frustration/Conflict and Enhancing Coping	89

Chapter 4**Developmental Psychology: Psychological Needs of Various Groups in Health and Sickness—Infancy, Childhood, Adolescence, Adulthood and Old Age****93–114**

Introduction	94
What are Psychological Needs?	95
Psychological Needs in Infant/Toddlerhood (0–2 Years) for Maintenance of Health and During Sickness	96
The Psychological Needs in Childhood (2–12 Years) for Maintenance of Health and During Sickness	97
The Psychological Needs in Adolescence (12–19 Years) for Maintenance of Health and During Sickness	101
The Psychological Needs in Adulthood (19–65 Years) for Maintenance of Health and During Sickness	104
The Psychological Needs in Adulthood (65 Years and Above) for Maintenance of Health and During Sickness	106
Introduction to Child Psychology	108
Psychology of Vulnerable Individuals and Role of Nurse	109
Conclusion	112

Chapter 5**Personality****115–140**

Introduction	116
Definitions of Personality	116
Determinants of Personality	116
Topography of Personality	117
Types of Personality	118
Theories of Personality Development	120
Humanistic Approach	127
Psychometric Assessments of Personality	130
Alterations in Personality	135

Chapter 6**Cognitive Process****141–207**

Introduction	142
Attention	143
Perception	149
Learning	154
Study Habits	167
Memory	168
Forgetting	177
Thinking	180
Intelligence	189

Aptitude	192
Individual Differences and Variability	194
Psychometric Assessment of Cognitive Processes	195
Alteration in Cognitive Processes	197
Application in Nursing Profession	201

Chapter 7 Motivation and Emotional Processes 209–236

Introduction	210
Motivation.....	210
Motives	212
Theories of Motivation	213
Stress	217
Adaptation	222
Coping	222
Stress Management	222
Emotions	224
Attitude	230

Chapter 8 Psychological Assessment and Tests 237–245

Introduction	237
Psychological Tests	238
Role of Nurse in Psychological Assessment	242

Chapter 9 Application of Soft Skills 247–276

Soft Skills	248
Definitions of Soft Skills	248
Category of Soft Skills.....	249
Self-motivation	253
Hard Skills versus Soft Skills: What's the Difference?	256
Importance of Soft Skills for Nurses	258
Relationship between Soft Skills and Emotional Intelligence	261
Types of Soft Skills	262
Different Forms of Visual Communication	263
Importance of Communication	264
The Way of Communication	265
Building Relationship with Client and Society	268
Interpersonal Relationship	269
Interpersonal Skills	270
Survival Strategies	271
Applying Soft Skills to Workplace and Society	273
Use of Soft Skills in Nursing	273

Chapter 10 Self-empowerment 277–289

Introduction	277
Dimensions of Self-empowerment	278

Self-empowerment Development	279
Importance of Women's Empowerment in Society	280
Professional Etiquette and Personal Grooming	282
Role of Nurse in Empowering Others	283
Take Steps for Consumer Empowerment in Mental Health	285
<i>Glossary</i>	291
<i>Index</i>	303