

**BARBADOS COMMUNITY COLLEGE
DIVISION OF HEALTH SCIENCES
NURSING DEPARTMENT**

BACHELOR OF SCIENCE DEGREE IN GENERAL NURSING

NPSY 150 – PSYCHOLOGY

COURSE TITLE:	PSYCHOLOGY
COURSE CODE:	NPSY 150
COURSE DURATION:	45 HOURS
CREDITS:	3
PREREQUISITES:	NONE
TUTOR:	JOMO PHILLIPS, MSSW-MFT
EMAIL:	jomo.phillips@bcc.edu.bb
OFFICE HOURS:	BY APPOINTMENT (EMAIL FOR AN APPOINTMENT)

COURSE DESCRIPTION

This course is designed to introduce the student to established principles governing human behaviour. The historical development of psychology will be traced, the different perspectives from which psychology examines behaviour will be described and the basic methods of investigation of psychology will be examined. Attention will be focused on human development, social and health psychology. Further emphasis will be placed on the exploration of the individual within a group, in relation to the provision of health care. Students will be encouraged to concentrate on emotion, motivation, learning, memory, sensation and perception in relation to the promotion of health.

INSTRUCTIONAL METHODS

Discussion, lecture, role-play and multimedia

STUDENT ASSESSMENT

Participation/attendance:	5%
In class tests	25%
Pop Quizzes:	10%
Final Examination:	60%
Pass mark:	50%

RESOURCES

REQUIRED TEXT

Weiten, W. (Latest edition) *Psychology: Themes and variations*. Belmont, CA: Cengage/Wadsworth.

REFERENCE TEXT

Payne, S., Walker, J., Jarrett, N., & Ley, T. (Latest edition). *Psychology for nurses and the caring profession*. Berkshire: McGraw Hill Education

COURSE OBJECTIVES**This course is designed to**

1. Provide an understanding of the nature and value of psychology
2. Investigate the major theories of psychology
3. Examine the research methodology within psychology
4. Enable the student to recognize normal patterns of growth and development across the lifespan
5. Examine the concepts of health psychology and aspects of human behaviour and processes that affect health
6. Provide an understanding of social psychology and how social influences are relevant to the practice of health promotion
7. Examine individual and group interactions and effects of social influences on the group behaviour
8. Provide an understanding of the theories of personality development
9. Explore the principles and theories of learning
10. Explore the theories of motivation and emotion
11. Explore the theories of perception

COURSE CONTENT**UNIT 1 NATURE OF PSYCHOLOGY**

1. Definition of psychology
2. Historical perspective of psychology
 - i. The founders of psychology
 - ii. Schools of psychology
 - a. Structuralism
 - b. Functionalism
 - c. Gestalt
 - d. Psychoanalysis
 - e. Behaviourism
 - f. Humanism
 - g. Cognitive
 - h. Evolutionary
 - i. Positive
3. Fields of psychology
 - i. Experimental
 - ii. Psychological/neuropsychological
 - iii. Developmental
 - iv. Social

- v. Industrial and organizational
- vi. Educational
- vii. School
- 4. Goals of psychology
 - i. Description
 - ii. Explanation
 - iii. Prediction
 - iv. Control
- 5. Themes of psychology
 - i. Empiricism
 - ii. Theoretical diversity
 - iii. Evolution in a socio-historical context
 - iv. Behaviour determined by multiple causes
 - v. Behaviour shaped by cultural heritage
 - vi. Genetics and environment as joint influences on behaviour
 - vii. Experience of the world as highly subjective
- 6. Methods of scientific investigations of psychology
 - i. Experimental
 - ii. Naturalistic observation
 - iii. Case study
 - iv. Survey

UNIT 2 HUMAN GROWTH AND DEVELOPMENT

1. Definition of development
2. Periods of development across the lifespan
 - i. Physical development
 - a. Pre-natal
 - b. Neonatal
 - c. Infant
 - d. Toddler
 - e. Pre-school child
 - f. School child
 - g. Adolescent
 - h. Young adult
 - i. Middle adult
 - j. Old adult
 - ii. Cognitive development
 - a. Jean Piaget's cognitive development
 - b. Lev Vygotsky's language development and thought
 - c. Lawrence Kohlberg's moral development
 - iii. Psycho-Social development
 - a. Bowlby's attachment theory
 - b. Erik Erikson's psychosocial development
 - c. Sigmund Freud's psychosexual development
 - d. Harry Sullivan interpersonal development
 - e. Carl Jung personality theory
 - f. Gender identity – development role
 - g. Measurement of personality
 - Projection test

- Personality inventory
- Performance measurement

UNIT 3 SOCIAL PSYCHOLOGY

1. Definition of social psychology
2. The nature of social psychology
 - i. Social thinking
 - a. Perception – self, social, health and illness
 - b. Attitude change and formation
 - ii. Social influence
 - a. Conformity, compliance and obedience
 - iii. Social relations
 - a. Stereotypes, role expectation and role conflict
 - b. Prejudices – nature/origin
3. Theoretical perspectives of social psychology
 - i. Attribution theory
 - ii. Social learning theory
4. Groups and Group dynamics
5. Relevance to practice

UNIT 4 HEALTH PSYCHOLOGY

1. Definitions of health and health psychology
2. Illness and the five stages of illness
 - i. Symptom experience
 - ii. Assumption of the sick role
 - iii. Care contact stage
 - iv. Dependent patient role stage
 - v. Recovery/rehabilitation stage
3. The range of behaviours adopted by the individual
 - i. Concepts of self, self image and self-esteem
 - ii. Illness behaviour – sick role
 - iii. Psychological effect of being a patient:
 - a. Adjustment to and recovery from illness
 - b. Coping with life
 - c. Leventhal's self-regulatory model of illness behaviour
 - iv. Stress, health and coping
 - v. Personality and illness
 - vi. Intellectual ability and differences
4. Theories of emotion in relation to grief and loss
 - i. The phases of grieving
 - a. Kubler-Ross,
 - b. Bowlby and Worden
 - ii. Five basic categories of loss
 - iii. Dimensions of hope
 - iv. Characteristics of a patient experiencing grief
 - v. Variables that influence a person's response to grief

UNIT 5 MOTIVATION AND EMOTION

1. Definition of motivation
2. Theories of motivation
 - i. Drive theory
 - ii. Incentive theory
 - iii. Evolutionary theory
 - iv. Maslow's hierarchy of needs
 - v. Influence
 - vi. Achievement motivation
 - a. Need for achievement
 - b. Person/cognitive factors
 - c. Cultural, ethnic and socioeconomic variation in achievement
3. Define emotions
4. Classification of emotions
5. Theories of emotions
 - i. James – Lange
 - ii. Cannon – Bard
 - iii. Schacter's Two Factor Theory
 - iv. Evolutionary
 - v.
6. The biological and environmental factors that influence emotion and motivation
 - i. Cognitive appraisals
 - ii. Physiological component
 - iii. Behavioural component
 - iv. Geographical location

UNIT 6 LEARNING AND MEMORY

1. Definition of learning
2. Types of learning theories
 - i. Behavioural
 - a. Classical
 - b. Operant
 - ii. Cognitive
 - iii. Social cognitive
3. Definition of memory
4. Processes of memory
 - i. Encoding
 - ii. Storage
 - iii. Retrieval
 - iv. Forgetting
5. Physiology of memory
 - i. Biochemistry of memory
 - ii. Neural circuitry of memory
 - iii. Anatomy of memory

6. Memory and study strategies
 - i. Paying attention
 - ii. Understanding the material
 - iii. Organizing what is put into memory
 - iv. Asking questions

UNIT 7 PERCEPTION

1. Definition of perception
2. Characteristics of perception
 - i. Thresholds
 - ii. Signal and detection theory
 - iii. Psychophysical
 - iv. Sensory adaptation
3. Theories of Perception
 - i. Information – processing theory
 - ii. Ecological theory
4. Principles of perception
 - i. Shape perception
 - ii. Depth perception
 - iii. Motion perception
 - iv. Perceptual constancy