



Psychosocial Aspect of Health Module

Bachelor of Science (Honours) in Nursing Degree
Department of Nursing and Midwifery
Faculty of Allied Health Sciences
University of Sri Jayewardenepura

Psychosocial Aspects of Health Module

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Module Development Committee

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Psychosocial Aspects of Health Module

Introduction

The course provides students with knowledge and understanding about behaviour of people. It introduces theoretical perspective of sociology, reviewing the ways that groups of people behave and how groups influence individuals. Students also study the influence that culture, folk beliefs, cultural and religious practices have on individuals and specially on the role of sick people.

Students will be provided with knowledge to understand the fundamentals of behavioural and organizational psychology. Basic concepts of psychology, growth and development, higher mental processes, individual differences, motivation, social and cultural aspects of human behaviour will be covered enabling students to apply this knowledge into nursing practice.

Psychosocial Aspects of Health Module

No. of credits: 04

Placement: Term 1-3 (1st year)

Prerequisites: None

Teaching Unit: Department of Nursing & Midwifery

Teaching Personnel: Psychologists, Sociologists, Nursing Lecturers

Subject	Lecture/ Tutorial	Lec. credits	Lab Hrs	Lab. credits	Practice Hrs	Prac. credits	Total Hrs	Total credits
Psychosocial aspects of health	60	4	-	-	-	-	60	4

Unit 1- Sociology

Credits: 02

Contact Hours: 30

Introduction

The subject provides students with knowledge and understanding about people's behavior. It introduces theoretical perspectives of sociology, reviewing the ways that groups of people behave and how groups influence individuals. Students also study the influence that culture, folk beliefs, cultural and religious practices have on individuals and specially on the role of sick people.

Course learning objectives:

At the end of the course the students will be able to;

1. demonstrate understanding of the influence of culture on health and disease
2. describe type, function and roles of the family and the family events
3. demonstrate understanding of social groups as the units of the society and their interactions
4. describe the socio-cultural aspects of specific population groups.
5. explain the process of social change and its impacts on health
6. apply knowledge of sociology in working with families and communities to promote their health.

Main content areas

Main Content Area	Lectures/ Discussion/ Tutorial (Hours)	Tutorials/SGD/ PBL No. of (2hrs) sessions
1. Introduction to Sociology	04	01
2. Society and culture	03	
3. Social systems	03	
4. Social groups	05	01
5. Social institutions	05	
6. Social problems	10	

Sociology Module

1. Introduction to Sociology

Intermediate Objectives	Broad Content Areas	Activity	Duration	Department
1.1. To describe importance of the study of sociology for nurses	<ul style="list-style-type: none"> - Sociological aspects of nursing and health care - The importance of the study of sociology for nurses 	Lecture	01 hour	Nursing & Midwifery
1.2. To identify origins of sociology	<ul style="list-style-type: none"> - Origin of Sociology - Definitions of Sociology - Nature of sociology 		01 hour	
1.3. To explain relationships of sociology to other disciplines	<ul style="list-style-type: none"> - Scope of sociology - Sociology and psychology - Sociology and anthropology - Medical sociology 		01 hour	
1.4. To describe sociology as a science	<ul style="list-style-type: none"> - The Essential Elements of Science - The Difference between Social Sciences and Physical Sciences 		01 hour	

2. Society and culture

Intermediate Objectives	Broad Content Areas	Activity	Duration	Department
2.1. To define what is culture	- Definitions of culture	Lecture	01 hour	Nursing & Midwifery
2.2. To list the Characteristics of culture	- Characteristics of culture - Relationship between culture and civilization		01 hour	
2.3. To describe cultural factors for social change	- Cultural diversity -Cultural diversity in Sri Lanka - Influence of culture on health and illnesses		01 hour	

3. Social systems

Intermediate Objectives	Broad Content Areas	Activity	Duration	Department
3.1. To identify the Role and Status of a person and the society	- Definitions of Status - Definitions of Role - Characteristics of status Ascribed and Achieved status - Importance of social status - Influence of social status on health	Lecture	01 hour	Nursing & Midwifery
3.2. To explain what stratification is	- Definitions of Social Stratification - Characteristics of Stratification		01 hour	
3.3. To identify social class and caste	- Definitions of social class and caste - Common Features of social class and caste - Differences between Caste and Class		01 hour	

4. Social groups

Intermediate Objectives	Broad Content Areas	Activity	Duration	Department
4.1. To describe the classification of social groups	- Characteristics of social groups - Classifications or types of social groups	Lecture	01 hour	Nursing & Midwifery
4.2. To explain group behavior in a society	- Group Morale - Groups in a health care system		01 hour	
4.3. To identify group dynamics	- Group dynamics: Social groups are not static but dynamic.		01 hour	
4.4. To explain ethnicity and race	- Definitions of ethnicity and race - Racism - Race and diseases Many studies have proved in large scale that certain races and ethnic groups show high level of disease expression in their families - Ethnocentrism		02 hours	

5. Social institutions

Intermediate Objectives	Broad Content Areas	Activity	Duration	Department
5.1. To describe the family as the smallest unit of the society	<ul style="list-style-type: none"> - Definitions of Family - Essential Characteristics of Family - Family as a Social Institution and Basic Unit for Health Services - Types of Family 	Lecture	01 hours	Nursing & Midwifery
5.2. To describe the term “marriage”	<ul style="list-style-type: none"> - Definitions of Marriage - Forms of marriage - Marriage–health connection 		01 hour	
5.3. To explain education as an institution	<ul style="list-style-type: none"> - Definitions of Education - Education as a Means of Social control - Education system in Sri Lanka - Nursing education 		0.5 hour	
5.4. To describe religion as an institution	<ul style="list-style-type: none"> - Definitions of religion - Religions in Sri Lanka - Impact and influence of religion on diet, beliefs, illness, and treatment. 		0.5 hour	
5.5. To explain the political system in a society	<ul style="list-style-type: none"> - The importance of having political knowledge in nursing as a profession - History of political systems in sri Lanka - Portuguese, Dutch and British colonial intervention in sri Lanka - The sri Lanka’s independence process. - The types of political systems 		01 hour	
5.6. To describe the community and its functions	<ul style="list-style-type: none"> - Definition of Community - Functions of Community - Community health and Community health nursing in Sri Lanka 		01 hour	

6. Social problems

Intermediate Objectives	Broad Content Areas	Activity	Duration	Department
6.1. To identify poverty among populations	<ul style="list-style-type: none"> - Definitions of Poverty - Factors Responsible for Poverty - Influences of Poverty on Health 	Lecture discussion and student presentations	02 hours 03 hours	Nursing & Midwifery
6.2. To explain population and migration	<ul style="list-style-type: none"> - Population growth - Causes of population growth - Population control methods - Population explosion and effects of population explosion 		02 hour	
6.3. To describe food habits among people	<ul style="list-style-type: none"> - Religious / cultural impact on Food Habits - Relationship between food habits and health - Food habits of Sri Lankans 		03 hours	
6.4. To identify other social problems in a society	<ul style="list-style-type: none"> - Aging - Suicide - Child abuse - Prostitution - Gender based violence - Substance abuse 			

Unit II- Psychology

Credits: 02

Contact Hours: 30

Subject description

This course is designed to assist the students to acquire knowledge of Fundamentals of psychology and to develop an insight into behaviour of self and others. It facilitates students to understand psychosocial development of human being with reference to biological basis of nervous system. Further, it is aimed at helping students to understand the impacts of ill-health on behaviour of individual, family and society. The subject targets to prepare the student to contribute actively in maintaining and improving psychological wellbeing of themselves, patients and their family members.

Course objectives

At the end of this course, students should be able to;

1. Describe the perspectives from psychology in relation to stages of life of an individual and stages of growth and development
2. Identify the developmental needs of a person who needs nursing care
3. Demonstrate understanding of human behaviour and its influence on health and wellbeing
4. Explain the biology of Human behaviour
5. Explain the concepts of personality and its influence on behaviour
6. Demonstrate understanding of basic learning process
7. Compare the theoretical perspectives of psychological health
8. Explain psychological needs of a patient as an important aspect in nursing care

Main content areas

Main Content Area	Lectures/ Discussion/ Tutorial (Hours)	Tutorials/SGD/ PBL No. of (2hrs) sessions
1. Introduction to Psychology	01	01
2. Psychological development and psychological health	07	
3. Behaviour and social aspects of behaviour	03	
4. Higher mental processes	07	01
5. Coping with stressful situations	06	
6. Psychosocial aspects of the well and sick persons	06	

Psychology Module

1. Introduction to Psychology

Intermediate Objectives	Broad Content Areas	Activity	Duration	Department
1.1. To restate definition and concepts of psychology	<ul style="list-style-type: none"> - Definition of psychology and health psychology - Sub specialities / specializations in psychology - Psychology's Key Issues- Things psychologists argue about 	Lecture	1 hour	Visiting Lecturer
1.2. To describe relevance of psychology to nursing and health care	<ul style="list-style-type: none"> -The relevance of psychology to nursing and health care <ul style="list-style-type: none"> Biopsychology Cognitive psychology Developmental psychology Personality psychology Health psychology Clinical psychology 			
1.3. To describe major schools of thought	<ul style="list-style-type: none"> - Structuralism and Functionalism - Behaviourism <ul style="list-style-type: none"> Habituation Classical conditioning Operant conditioning Social learning theory - Psychoanalysis 			

1.4. To explain overview of nervous system	Freud's Topography of Mind Freud's Structural Model of the Mind Freud's Stages of Psychosexual Development - Humanism Maslow's Hierarchy of Needs and Motivations Rogers' Person-centred Approach - Cognitive Theory - Components of the Neuron - Nervous System Human brain Autonomic nervous system and somatic nervous system Endocrine system			
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2. Psychological development and psychological health

Intermediate Objectives	Broad Content Areas	Activity	Duration	Department
2.1. To describe concept of health and well being	- World Health organization's definition of Health - Who are psychologists and what do they contribute to the promotion of health and well-being? - Health continuum	Lecture	1 hour	Visiting Lecturer
2.2. To explain heredity, development, and maturity	- Nature vs Nurture - How does heredity affect development? - The effects of heredity to look for links between biological factors and behavior.		1 hour	

<p>2.3. To explain normal growth and development over the life span</p>	<ul style="list-style-type: none"> - Why should nurses know about development? - The level of psychological functioning - Maturation and disabilities - Early Experiences and Critical Periods - Characteristics of normal growth and development over the life span - Developmental Tasks - Developmental Milestones - Psychosocial Dilemma - Variations in Development 		<p>1 hour</p>	
<p>2.4. To identify development of person – Personality theories, social interaction theories, self- concept, concept of body image</p>	<ul style="list-style-type: none"> - Developmental Theories Freud’s Psychosexual Theory Freudian Stages - Psychosexual Theory on the Development of Personality <ul style="list-style-type: none"> Oral Stage 0-18 months Anal Stage (18-36 months) Phallic Stage (3-6 years)-Oedipus Complex Latency Stage (6 years to puberty) Genital Stage (puberty on) - Erikson’s Psychosocial Theory: - Erikson’s Eight Life-Span Stages - Cognitive theories: - Piaget’s cognitive developmental theory - Piaget’s Four Stages of Cognitive Development <ul style="list-style-type: none"> Sensorimotor Stage Preoperational Stage Concrete Operational Stage Formal Operational Stage 		<p>2 hours</p>	

<p>2.5. To describe developmental needs during developmental transitions – adolescence, partnering, parenting, midlife transitions, adaptation to aging, death & dying</p> <p>2.6. To application of knowledge of specific requirements according to each developmental stage when giving care</p>	<ul style="list-style-type: none"> - Vygotsky’s sociocultural cognitive theory - Information-processing theory - Bandura’s Social Cognitive Model - Urie Bronfenbrenner’s ecological theory - Big Five Personality Traits - Developmental needs during adolescence - Developmental needs during partnering - Parenting styles - The midlife transitions - The adaptation to aging, death & dying <ul style="list-style-type: none"> - Parenting and development - Understanding patients’ needs during each developmental stage 		<p>1 hour</p> <p>1 hour</p>	
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3. Behaviour and social aspects of behaviour

Intermediate Objectives	Broad Content Areas	Activity	Duration	Department
<p>3.1. To identify individual differences</p>	<ul style="list-style-type: none"> - What is behaviour? - What influences behaviour? - Principles of human behaviour - Two types of differences that are observed in people <ul style="list-style-type: none"> ▪ Individual differences ▪ Differences in social behaviours 	<p>Lecture</p>	<p>1hour</p>	<p>Visiting Lecturer</p>

3.2.To recognize responses to ill health	<ul style="list-style-type: none"> - Why behavioural principles are necessary? Patient behaviour - Behaviour modification - Why should you modify patients' behaviour appropriately? 		1 hour	
3.3. To identify pain, measurements of pain	<ul style="list-style-type: none"> - Definition of pain - Pain pathway - Types of pain - Characteristics of pain - Different types of pain scales 		30 min	
3.4. To explain coping with illness among various age groups	<ul style="list-style-type: none"> - Coping strategies and styles with illness among various age groups 		30 min	

4. Higher mental processes

Intermediate Objectives	Broad Content Areas	Activity	Duration	Department
4.1. To recognize senses and perception	<ul style="list-style-type: none"> - Sensations - Perceptions - Bottom -up processing - Top-down processing - Selective attention 	Lecture	1 hour	Visiting Lecturer
4.2. To describe learning	<ul style="list-style-type: none"> - Definition of Learning - Attention and Learning 			

<p>4.3. To identify memory and cognition</p>	<ul style="list-style-type: none"> - Learning methods - What is memory? - Tip of the tongue phenomenon - Key processes of memory <ul style="list-style-type: none"> Encoding Storage Retrieval - Three stages of memory <ul style="list-style-type: none"> Sensory memory Short -Term Memory Long -Term Memory Neurobiology and Long-Term Memory - Cognition and cognitive psychology 		<p>1 hour</p> <p>2 hours</p>	
<p>4.4. To explain consciousness</p>	<ul style="list-style-type: none"> - The preconscious mind - The conscious mind - The unconscious mind 		<p>1 hour</p>	
<p>4.5. To describe emotions</p>	<ul style="list-style-type: none"> - Definition of emotions - Understanding human emotions and its relevance to nursing practice 		<p>1 hour</p>	
<p>4.6. To explain motivation, theories of motivation</p>	<ul style="list-style-type: none"> - What is motivation? - Different types of motivations - The range and diversity of human motives - Theories of motivation <ul style="list-style-type: none"> Drive theories Incentive theories Evolutionary theories 		<p>1 hour</p>	

5. Coping with stressful situations

Intermediate Objectives	Broad Content Areas	Activity	Duration	Department
5.1. To describe stress and coping	<ul style="list-style-type: none"> - Mental states and physical well being - Health problems with excessive stress - How stress promotes illness? - The stress Target Zone - Stress continuum - Type of stressors - Characteristics of stressful events - Appraisal of stressors - Responses to stress - Coping with stress 	lecture	2 hours	Visiting Lecturer
5.2. To explain social support	<ul style="list-style-type: none"> - Why social support is needed during a stressful event? - Where can we get social support? 		1 hour	
5.3. To describe pain and psychological methods of pain relief	<ul style="list-style-type: none"> - What is pain? - Distraction therapy 		1 hour	
5.4. To explain response of children to separation and hospitalization	<ul style="list-style-type: none"> - Separation anxiety and hospitalization - Nurses' responsibility in a pediatric ward-How to prepare a pleasant environment for a child 		1 hour	
5.5. To describe promotion of attachment and bonding between infant and care giver	<ul style="list-style-type: none"> - Identifying the needs of infants - Promotion of attachment and bonding between infant and care giver 		1 hour	

6. Psychosocial aspects of the well and sick persons

Intermediate Objectives	Broad Content Areas	Activity	Duration	Department
6.1. To explain formation of attitudes	- Definition of attitudes. formation of attitudes	Lecture	30 min	Visiting Lecturer
6.2. To describe prejudice and discrimination	- Definition of prejudice - Different types of prejudice Definition of discrimination - Different types of discrimination (Age, Disability, - Religion or belief, Sex, Disability, being married or in a civil partnership, Race including colour, Ethnic or national origin)		1 hour	
6.3. To explain person perception, stereotyping	- What is perception? - Types of perception - Vision Touch Sound Taste Smell - Impact of perception - Stereotypes and stereotyping - Ethnic/racial stereotypes - Stereotypes and nurses' behaviour		1 hour	
6.4. To distinguish compliance and non-compliance	- The concept of compliance - The problem of non-compliance - What makes patients comply?			

<p>6.5. To explain obedience, persuasion, aggression</p>	<ul style="list-style-type: none"> - Distinguishing between conformity and obedience - Experimental studies of obedience Milgram's research - What is persuasion? - Factors involved in persuasive communication - Conformity - What is aggression? - Understanding body language 		<p>30 min</p>	
<p>6.6. To identify body language and perception of others</p>	<ul style="list-style-type: none"> - Understanding body language of patients - Understanding perception of others 		<p>1 hour</p>	
<p>6.7. To describe relationships, first impression</p>	<ul style="list-style-type: none"> - Relationships in different stages in life span - Personal space - Nurse-patient interaction - First impression and influencing factors of first impression 		<p>1 hour</p>	

Teaching/Learning activities:

Lecture /Tutorials Small group discussions, Group presentation

Assessment:**Continuous Assessment I:**

Unit 1 – Sociology Written Assignment - 15%

Unit 2 – Psychology Written Assignment - 15%

Continuous Assessment II

Unit 1 – Sociology Written Assignment - 5%

Unit 2 – Psychology Written Assignment - 5%

BScHons (Nursing) Part 1 Examination

Unit 1 – Sociology (MCQ 15, SEQ 03) - 30%

Unit 2 – Psychology (MCQ 15, SEQ 03) - 30%

Recommended reading materials:

Clement, I. (2014). *Sociology for nurses 2/e*. Pearson Education India.

Gross, R., & Kinnison, N. (2013). *Psychology for nurses and health professionals*. CRC Press. Indrani, T.K. (1998) *Textbook of Sociology for Nurses*, New Delhi, Jaypee Brothers

Tuman, M.M. (1999) *Social Stratification; the force and functions of inequality*, New Delhi, Prentice – Hall

Upton, D. (2013). *Introducing psychology for nurses and healthcare professionals*. Routledge.

References

BSc Nursing (Hons) (2018) Curriculum, Department of Nursing and Midwifery, Faculty of Allied Health Sciences, University of Sri Jayewardenepura