

**Psychology  
for  
Nurses**



# Psychology for Nurses

**R Sreevani** MSc (N)  
Associate Professor  
Sri Devaraj Urs College of Nursing  
Tamaka, Kolar, Karnataka  
India



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**Registered Office**

B-3 EMCA House, 23/23B Ansari Road, Daryaganj, **New Delhi** - 110 002, India

Phones: +91-11-23272143, +91-11-23272703, +91-11-23282021

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### **USA Office**

1745, Pheasant Run Drive, Maryland Heights (Missouri), MO 63043, USA,

Ph: 001-636-6279734

e-mail: jaypee@jaypeebrothers.com, anjulav@jaypeebrothers.com

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# FOREWORD

It is a matter of immense pleasure that Ms.R Sreevani, MSc(N) has again put her efforts together for the student community by compiling a comprehensive textbook titled "Psychology for Nurses" and requested me to give foreword for the same. Her previous publication "A Guide to Mental Health and Psychiatric Nursing" has been a phenomenal success and gained much recognition with the student community in particular.

The present publication broadly covers fundamental psychological concepts for the undergraduate and graduate nurses with special focus on nursing implications making it unique. The text is presented in line with the recently introduced INC syllabus for GNM, BSc (N) and PC BSc (N).

The language used is simple and understandable. Right mix of tables, flow diagrams and figures has been used to make the concept comprehensible and aid learning. Units on Sensation and Perception, Learning, Memory, Thinking, Intelligence, Motivation, Emotions, Attitudes, Personality, Developmental Psychology, Social Psychology, Guidance and Counseling and Psychological Assessment have been dealt in depth and incorporated Nursing Implications making it a must buy for the Nursing personnel.

I wish her success in all her future endeavors.



**Dr K Reddemma**

HOD and Professor of Nursing  
National Institute of Mental Health and Neuro Sciences  
Bengaluru 560 029



# PREFACE

As per the INC syllabus for GNM, BSc(N), PC BSc(N) students, psychology is prescribed as a subject in their academic curriculum. During my teaching experience I have always found that, though many books have been published on the subject, they do not really cater to the specific needs of the student community, nurses in particular. The students have often sought recommendations for a publication which caters to their complete syllabus. For lack of such a textbook there was always a high demand for prepared notes which they could use during their examinations. This edition is a genuine effort to mitigate their hardship and also to stimulate academic interest and build an appreciation of the relevance of psychology, motivating and engaging the students.

This edition of “Psychology for Nurses” though will add to the Psychology section in the books shelves, it will definitely be a special one for the nurse community. In this edition a concerted effort has been made to cover the basic principles of psychology and also focus on applied topics in units such as Sensation and Perception, Learning, Memory, Thinking, Intelligence, Motivation, Emotions, Attitudes, Personality, Developmental Psychology, Social Psychology, Guidance and Counseling and Psychological Assessment. The matter has been produced in a simple language with tables, figures and schematic diagrams so as to directly support learning, easy understanding and retention of the concept. Learning new concepts and theories is of no much value unless the same can be put to use in real life situations. In a unique effort to bridge the gap between theory and practice, special care has been exercised to incorporate Nursing Implications at all appropriate places, providing ample opportunity for the intelligent nurse to conceptualize her role.

An exhaustive glossary has been provided at the end of the text to aid the student nurse understand the meaning of the key words and their usage. To facilitate the students from the examination point of view, a set of review questions - long essay, short essay and short answer type have been included at the end of each unit. To assess the level of understanding gained on various topics, a unit wise question bank (objective) has been provided at the end of the text.

I will be deriving immense satisfaction, if the nursing personnel apply the psychological principles described in this textbook in their day-to-day learning and practice. I am confident that this book will provide good teaching material for the instructor and moreover motivate the students towards understanding and applying psychology in their job and personal lives as well. Suggestions for improvement will be gratefully acknowledged.

**R Sreevani**





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- Dr K Reddemma (HOD and Professor, Department of Nursing, NIMHANS, Bengaluru) for her valuable suggestions and guidance, and for accepting to give the Foreword.
- Ms.Prasanthi. N, my colleague and dear friend, for the abundant support and guidance provided throughout the venture. Her love and encouragement have enthused me and injected the much needed confidence required in accomplishing the task.
- Principal and all my colleagues for their valuable suggestions.
- All the authors whose books I have referred in the compilation of this text.
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