



SILVER OAK UNIVERSITY
Silver Oak College of Nursing
Bachelor of Science (Nursing)
Course Name: Applied Sociology and Psychology
Course Code: 1060323102
Semester: 1st

Prerequisite:

The prerequisites include educational background with high school diploma or equivalent for undergraduate studies. Some programs may have specific course requirements, such as introductory courses in sociology or psychology, statistics, research methods etc

Course Objective:

1. To enable the students to develop understanding about basic concepts of Sociology and Psychology and its application in personal and community life, health, illness and nursing.
2. To understand and analyze social phenomena and human behavior in order to address and solve practical problems in various social settings.
3. It further provides students opportunity to recognize the significance and application of soft skills and self-empowerment in the practice of nursing.
4. To develop critical thinking, problem-solving, and research skills that are valuable in a wide range of professional settings.

Teaching Scheme:

Teaching Scheme				
L	T	P	Contact Hours	Credit
6	0	0	6	6

SECTION-A APPLIED SOCIOLOGY

Content:

Sr. No	Contents	Teaching Hours	Weightage %
1	Introduction Definition, nature and scope of sociology Significance of sociology in nursing	1	2
2	Social structure Basic concept of society, community, association and institution	15	25

	<p>Individual and society Personal disorganization Social group- meaning, characteristics, and classification. Social processes- definition and forms, Co-operation, competition, conflict, accommodation, assimilation, isolation Socialization- characteristics, process, agencies of socialization Social change- nature, process, and role of nurse Structure and characteristics of urban, rural and tribal community. Major health problems in urban, rural and tribal communities Importance of social structure in nursing profession</p>		
3	<p>Culture Nature, characteristic and evolution of culture Diversity and uniformity of culture Difference between culture and civilization Culture and socialization Trans cultural society Culture, Modernization and its impact on health and disease</p>	8	13
4	<p>Family and Marriage Family- characteristics, basic need, types and functions of family Marriage- forms of marriage, social custom relating to marriage and importance of marriage Legislation on Indian marriage and family. Influence of marriage and family on health and health practices</p>	8	13
5	<p>Social stratification- Introduction-Characteristics & forms of stratification Function of stratification Indian caste system- origin and characteristics Positive and negative impact of caste in society. Class system and status Social mobility-meaning and types Race- concept, criteria of racial classification Influence of class, caste and race system on health.</p>	8	13
6	<p>Social organization and disorganization- Social organization-meaning, elements and types Voluntary associations Social system- definition, types, role and status as structural element of social system. Interrelationship of institutions Social control- meaning, aims and process of social control Social norms, moral and values Social disorganization- definition, causes control and planning Major social problems-poverty, housing, food supplies,</p>	15	25

	illiteracy, prostitution, dowry, Child labor, child abuse, delinquency, crime, substance abuse, HIV/AIDS, COVID-19 Vulnerable group- elderly, handicapped, minority and other marginal group. Fundamental rights of individual, women and children Role of nurse in reducing social problem and enhance coping Social welfare program in India		
7	Clinical sociology Introduction to clinical sociology Sociological strategies for developing services for the abused Use of clinical sociology in crisis intervention	5	9

Course Outcome:

Sr. No.	CO statement	Unit No
CO - 1	Describe the scope and significance of Sociology in Nursing	1
CO - 2	Apply the knowledge in social structure	2
CO - 3	Explain culture, family, marriage and legislation related to marriage	3,4
CO - 4	Explain different type of caste and classes in society and its influence on health.	5
CO - 5	Discuss social organization and disorganization, social problem and role of nurse in reducing social problem	6
CO- 6	Evaluate the application of clinical sociology in hospital & community	7

SECTION-B APPLIED PSYCHOLOGY

Content:

Unit No.	Contents	Teaching Hours	Weightage %
1	Introduction Meaning of Psychology Development of psychology - Scope, branches and methods of psychology Relationship with other subjects Significance of psychology in nursing Applied psychology to solve everyday issues	2	3
2	Biological basis of behavior -Introduction Body mind relationship Genetics and behavior Inheritance of behavior Brain and behavior. Psychology and sensation- sensory process -normal and abnormal	4	7
3	Mental health and mental hygiene Concept of mental health and mental hygiene Characteristic of mentally healthy person Warning signs of poor mental health Promotive and preventive mental health strategies and services Defense mechanism and its implication Frustration and conflict- types of conflicts and measurements to overcome Role of nurse in reducing frustration and conflict and enhancing coping. Dealing with ego.	5	8
4	Developmental psychology Psychological needs of various groups in health and sickness- Infancy, childhood, adolescence, adulthood and old age Introduction to child psychology and role of nurse in meeting the psychological needs of children Psychology of vulnerable individuals- challenged, women, sick etc. Role of nurse with vulnerable group	7	11
5	Personality Meaning, definition of personality Classification of personality Measurement and evaluation of personality-Introduction Alteration in personality Role of nurse in Identification of individual personality and improvement in altered personality.	4	7

6	<p>Cognitive process Attention- definition, types, determinants, duration, degree and alteration in attention Perception - Meaning of Perception, principles, factor affecting perception, Intelligence - Meaning of intelligence - Effect of heredity and environment in intelligence, classification, Introduction to measurement of intelligence tests - Mental deficiencies Learning -Definition of learning, types of learning, Factors influencing learning - Learning process, Habit formation Memory-meaning and nature of memory, factors influencing memory, methods to improve memory, forgetting Thinking- types, level, reasoning and problem solving. Aptitude- concept, types, individual differences and variability Psychometric assessment of cognitive processes- Introduction Alteration in cognitive processes</p>	16	27
7	<p>Motivation and emotional processes Motivation- meaning, concept, types, theories of motivation, motivation cycle, biological and special motives Emotions - Meaning of emotions, development of emotions, alteration of emotion, emotions in sickness - handling emotions in self and other Stress and adaptation- stress, stressor, cycle, effect, adaptation and coping Attitudes - Meaning of attitudes, nature, factor affecting attitude, attitudinal change, Role of attitude in health and sickness Psychometric assessment of emotions and attitude- Introduction Role of nurse in caring for emotionally sick child.</p>	6	10
8	<p>Psychological assessment and tests -introduction Types, development, characteristics, principles, uses, interpretation Role of nurse in Psychological assessment</p>	4	7
9	<p>Application of soft skill Concept of soft skill Types of soft skill – visual, aural and communication skill The way of communication Building relationship with client and society Interpersonal Relationships (IPR):Definition, Types, and Purposes, Interpersonal skills, Barriers, Strategies to overcome barriers Survival strategies- managing time, coping stress,</p>	10	17

	resilience, work- life balance Applying soft skill to workplace and society Use of soft skill in nursing		
10	Self-empowerment Dimensions of self-empowerment Self-empowerment development Importance of women's empowerment in society Professional etiquette and personal grooming Role of nurse empowering others	2	3

Course Outcome:

Sr. No.	CO statement	Unit No
CO-1	Describe the significance of psychology and biology of human behavior	1,2
CO-2	Discuss the mental health and hygiene, developmental psychology in different age group and role of nurse	3,4
CO-3	Analyze and enhance altered personality by applying cognitive processes, motivation, emotion, attitude and support emotionally distressed clients as a nurse	5,6,7
CO-4	Demonstrate basic understanding of psychological assessment and nurse's role.	8
CO-5	Apply soft skills and self-empowerment knowledge in workplace and society	9,10