

Module 11: PSYCHOLOGY

Code: PSY 1103

Hours: 10

Credits: 1

Module objectives

- i. Apply concepts of psychology in the management of patients
- ii. Demonstrate understanding of human growth and development
- iii. Use behavior modification in management of persons with behavior related problems.
- iv. Apply theories of personality development in the provision of health care to individuals.

Course outline

- **Concepts in psychology;** terminologies,
- **Human growth and development;** (the stages) prenatal, infancy, pre- school, school child, adolescent, young adult, middle age, old age, death and dying.
- **Conflict and conflict resolution;** types, sources, fright, flow (3Fs)

Introduction to Psychology

Psychology originated from two Greek words i.e.,

- Psyche _____ soul
- Logos _____ study
- Psychology is the science of human and animal behavior
- Behavior is an action, activity or process that we can observe and measure indirectly.

INTRODUCTION TO PSYCHOLOGY

What is psychology? The word literally means “study of the soul” The word is derived from ancient Greek (psyche-meaning breath, spirit or soul)and (logia-study of).

Definition of psychology: Is the scientific study of mental processes and behavior of humans and other animals

INTRODUCTION TO PSYCHOLOGY

Psychology is used in understanding and control of human behavior

It includes peoples attitude physical and emotional changes.

In this field a professional/practitioner or researcher is called a psychologist.

Psychologist are classified in social or behavioral, Meaning that they are interested in behavior of organisms both in isolation and in group.

HISTORICAL B/GROUND

- History of psychology dates back to the ancient Greeks
- It was a branch of philosophy until 1879 when it developed as an independent scientific discipline in Germany and the US.
- Wilhelm Wundt(1879) founded the first lab of psychological research in Leipzig Germany.
- He was a professor and regarded as father of experimental psychology.

HISTORICAL B/GROUND

- Other contributors to the field of psychology are HERMANN EBBING HAUS(Pioneer study of memory)
- WILLIAM JAMES(American father of pragmatism)
- IVAN PAVLON (Father of classical con ditioning)
- STANLY HALL brought scientific pedagogy to the US from Germany in early 1880s.

HISTORICAL B/GROUND

- JOHN DEWEY of educational theory (1890).
- HUGO MUNSTER BERG began writing about application of psychology to industry law and other fields.
- LIGHTNER WITMER established the 1st psychological clinic in the (1890).
- JAMES MCKEEN CATTEL generated the 1st program of mental testing in (1890)

HISTORICAL B/GROUND

- In 1990s psychology became a new independent science that systematically organized into different school of thought

GOALS OF PSYCHOLOGY

1. **TO DESCRIBE:** through describing the behavior of human and other animals one is able to understand and gain a better perspective on what is considered normal and abnormal.
2. **TO EXPLAIN:** psychologist are interested in explaining behavior in addition to merely describing it e.g. why people do thing they do, factors contributing to social behavior and mental health problems.
3. **TO PREDICT:** To make prediction about how we think and act

Branches of psychology

- **Developmental psychology**

- ◆ Deals with aspects of human development over the entire span of life.

- ◆ Aspects of human development are the following:

- Physical
- Mental
- Social

Branches of psychology

■ Social psychology

- ◆ It is the study of how people's thoughts, feelings and actions are affected by others.
- ◆ Social psychologists study aggressive behaviors (example: violence, rape, alcoholism in the community)



■ Behavioral psychology

- ◆ It is about the role of environment in developing behavior
- ◆ It is about ways of learning new knowledge and skills

■ **Clinical psychology**

- ◆ It is about Psychological disorders and their treatment.
- ◆ It is about how to change the environment to prevent the prevalence of psychological disorders.

■ Health psychology

- ◆ Emphasizes the preventive aspect of health than the curative aspect

- ◆ Health is not merely the absence of illness.

Health is a state of physical, mental and social well-being .



HUMAN GROWTH AND DEVELOPMENT

- i. What is growth?
- ii. What is development?
- iii. What is the difference between growth and development?

Introduction

It begins with conception i.e. fertilization of the egg by a sperm

Over the next 9 months astounding advances in physical growth occurs.

The fertilized egg becomes a complex new born capable of surviving with assistance outside the womb.

Life Stages



- Growth and development begins at birth and ends at death
- During an entire lifetime, individuals have needs that must be met
- Health care workers need to be aware of the various stages and needs of the individual to provide quality health care

Principles of development

- **Development:** It is the sequence of changes over a full span of life.
- development is about how the biological infant turns into the social adult

1. Development is sequential

Example: motor development

- 2 months an infant raises his head.
- 4-7months shows improvement in hand

Principles of development

2, Development is irreversible

- it is uni-directional
- it does not switch back and forth

3. Development is progressive change

- A lower level leads to a higher one

Example: In cognitive (mental) development the progress is from sensory knowledge to abstract thinking

Theories of development

- **Cognitive theory of development by Jean piaget**
- **Psychoanalytic theory of development by Sigmund Freud**

Factors influencing human growth and development;

1. Enviromental hazards;

radiation, chemicals and other hazards in the environment can endanger the foetus.

2. Mothers age;

3. Nutrition

4. Maternal diseases and infection;

5. Certain medicinal drugs such as asprin

6. Poverty

7. Emotional status of the mother;

Life Stages

- i. Infancy: birth to 1 year
- ii. Early childhood: 1-6 years
- iii. Late childhood: 6-12 years
- iv. Adolescence: 12-20 years
- v. Early adulthood: 20-40 years
- vi. Middle adulthood: 40-65 years
- vii. Late adulthood: 65 years and up

Four main types of Growth and Development

- Physical: body growth
- Mental: mind development
- Emotional: feelings
- Social: interactions and relationships with others
- All four types above occur in each stage



STAGES OF HUMAN DEVELOPMENT

1. Prenatal
2. Neonatal
3. Infancy
4. Childhood
5. Puberty
6. Adolescence
7. Adulthood
8. Old age

QS

- What are the four types of growth and development we will discuss for each life stage?
- Why is important for a health care provider to understand the needs of persons in each life stage?
- What are two problems that can develop during adolescence that are due to feelings of inadequacy and insecurity?
 - Eating disorders
 - Chemical abuse
 - Suicidal ideation

1. Prenatal period/development ;

The 9 month of the stage is usually divided into 3 stages namely;

Germinal-(conception-14 days)

Embryonic (14 days-8 weeks)


Foetal period(9 week – birth)

1. Prenatal period/development ;

Germinal period;

Last from conception until 2 weeks.

The fertilized egg is called zygote which undergoes rapid cell division and growth and its cells begin differentiation and cluster to assume specialized role. some cell provides food and oxygen to the foetus while others begin to form structures of the developing human.



Implantation of the cell mass now called the blasto cyst into the inner wall of the mothers uterus where it will remain for the duration of prenatal period. Implantation also triggers hormonal changes in the mothers body that enable it to nurture the developing human

Embryonic period;last from 14th day through the 8th week.

Major structure and organs system begins to form at 4th week for example the brain begin to develop, primitive heart starts to beat, eyes, ears and mouth begin to form. By 8th week after conception embryo has most of its basic organs system, facial features have formed and even fingers and toes formed.

1. Prenatal period/development ;

Foetal period;

Is from 9th week until birth, major organs grow in size and complexity, muscular and nervous system develop and sex organ form.

By the 4th or 5th month, mother can begin to feel the fetus moving within them.

Nearly all nerves that the brain will use through out life are formed and become specialized in function. As birth approaches fetus grow significantly in size adds protective fat stores in preparation for outside the womb.

2. Neonatal period;

Is 0-28 days

Infants are born with a number of autonomic response(reflexes) that aids survival including the rooting reflexes that help them locate food.

Newborns rapidly developing senses of sight and hearing seen tuned to social events, such as a caretaker face or voice.

2. Neonatal period;

Researchers can discover some of what pre verbal infant sense, think and remember by observing what they react to.

3. Infancy period

3. Infancy period; (1-12 months) 1 year

Infant is a Latin word meaning unable to speak or speechless

They cry as a form of basic instinctive communication.

A crying infant may be trying to express a variety of feelings including hunger, discomfort, overstimulation, boredom, wanting something or loneliness

Infancy

- **Emotional development** – show anger, distrust, happiness, excitement, etc.
- **Social development** – self-centeredness concept of the newborn to recognition of others in their environment
 - Infants are dependent on others for all needs

Infancy

- Age: birth to 1 year old
- Conflict – Trust vs. Mistrust
- Dramatic and rapid changes
- **Physical development**– roll over, crawl, walk, grasp objects
- The infant has a unproportional appearance
(head is large in proportion to body)
- **Mental development**—respond to cold, hunger, and pain by crying. Begin to recognize surroundings and become aware of surroundings and people





Breastfeeding is the recommended method of feeding by all major infants health organization.

Infant is undergoing many adaptation to extra uterine life and its physiological system such as immune system.

Infant mortality is the death of an infant in the 1st year of life often expressed as the number of deaths per 1000 live births.

Major causes of infant mortality dehydration, infection, congenital malformation.

4. Childhood period;

Divided into 3 ;

Toddler(1-3years)

Pre school(4-6 years)

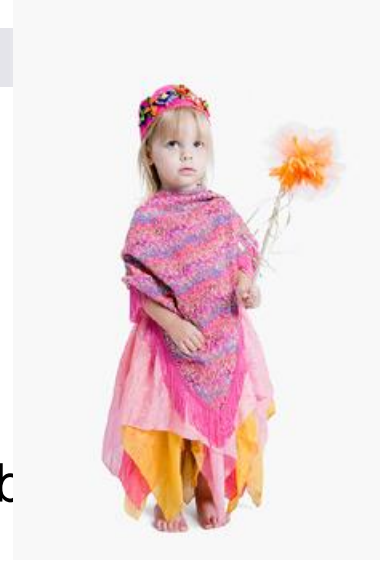
School going(6-13 years)

Toddlers is a child between 1-3 years

A time for great cognition, emotional and social development

Early Childhood

- Age: 1-6 years old
- Conflict:
 - Toddler 1 to 3 years - Autonomy vs. shame and doubt
 - Preschool 3 to 6 years – Initiative vs. guilt
- **Physical development** – growth slower than in infancy. Muscle coordination allows the child to run, climb, move freely. Can write, draw, use a fork and knife
- **Mental development** – verbal growth progresses, short attention span, at end of stage ask questions, recognize letters, and some words



Early Childhood

- **Emotional development** – develop self-awareness and recognize the effect they have on other people and things. Children feel impatience and frustration as they try to do things beyond their abilities. This lead to temper tantrums (the terrible two's)
- **Social development** – at beginning of stage very self-centered one year old to sociable six year old. Strong attachment to parents. Needs are food, shelter, protection, love and security.

Late Childhood



- Age: 6-12 years old
- Conflict – Industry vs. inferiority
- **Physical development**– slow but steady. Muscle coordination is well developed and children can engage in physical activity that require complex motor-sensory coordination
- **Mental development** – developing quickly and much of the child’s life centers around school.

Reading and writing skills are learned, understand abstract concepts like honesty, loyalty, values and morals

3. Late Childhood


- **Emotional development** -- the child achieves greater independence and a more distinct personality. Fears are replaced by the ability to cope.
- **Social development** – changes from activities by themselves to more group oriented.
- They are more ready to accept the opinions of others and learn to conform to rules, and standards of behavior.
- Needs are the same as infancy and early childhood along with the need for reassurance, parental approval, and peer acceptance.

Late Childhood (9-11 years)

Period of rapid growth and physiological changes which culminates in sexual maturity

Period is influenced by hereditary although environmental factors e.g diet ,exercises also exert some influence

Some significant part of pubertal dev. involve distinctive physiological changes in individuals height,weight,body composition



It occurs through along process and begins with a surge in hormone production which in turns causes a number of physical changes

It's a stage of life characterised by the development of secondary sex characteristic.

Adolescence period;(12-19 years)

Means grown up

It is a transitional stage of physical and physiological human development that generally occur during the period from puberty to legal adulthood

Period is most closely associated with the teenage years.

4. Adolescence



- Age: 12-19 years old
- Conflict – Identity vs. Role Confusion
- **Physical development** – growth spurts, muscle coordination slows.
- Development of sexual organs and secondary sexual characteristics (puberty).
- Secretion of sex hormones leads to the onset of menstruation in girls and the production of sperm and semen in boys.
- Body shape and form changes.

Adolescence

A transitional period between childhood and adulthood whose cultural purpose is the preparation of children to adult role.

Period involving education, training, employment and unemployment as well as transition from one living circumstance to another.

Adolescence

Mental development – most foundations have been set.

- Development primarily involves an increase in knowledge and sharpening of skills.
- Learn to make decisions and accept responsibility for actions.

Emotional development – emotional development is often stormy and in conflict.

- Adolescents try to establish their identities and independence.
- They respond more and more to peer group influences.

Adolescence

Social development – spending less time with family and more time with peer groups.

- They attempt to develop self-identity and independence and seek security from their peers.
- Toward the end of this stage they develop a more mature attitude and develop patterns of behavior that they associate with adult behavior.
 - Need for reassurance, support and understanding. Problems that develop in this stage can be traced to conflict and feelings of inadequacy and insecurity.

7. Adulthood(20+ years)

Is divided into;

Young adulthood(20-39 years)

Middle adulthood(40-60 years)

Elder(senior citizen 60+ years)

Is a stage characterized by a legal maturation ,
occupational, sexual , emotional ,employed and
socialization perspective

7. Adulthood(20+ years)

Young adulthood can be considered healthiest time of life and young adults are generally in good health.

Women reach their peak fertility in their early 20s

Regarding diseases, cancer is much less common in young than in older adult except testicular cancer, and cancer of the cervix.

5. Early Adulthood



- Age: 20-40 years old
- Conflict Intimacy vs. Isolation
- **Physical development** – basically complete. Muscles are developed, strong and motor coordination is at its peak.
- **Mental development** – young adults seek additional education, choose careers and independence.

Early Adulthood

- **Emotional development** – Young adults are subjected to many emotional stresses related to career, marriage, family, etc.
- **Social development** – moving away from peer group, and adults tend to associate with others who have similar ambitions. Most find a mate and begin a family.

6. Middle Adulthood



- Age: 40-65 years of age
- Conflict – Generosity vs. Stagnation

Physical development – Hair grey's and thins, skin wrinkles, muscle tone decreases, hearing loss, visual acuity losses, weight gain. ☹️

Mental development – can continue to increase.

- Confident decision makers and excellent at analyzing situations.

Middle Adulthood

- **Emotional development** – can be a period of contentment and satisfaction.
- **Social development** -- Family relationships can decline as children begin lives of their own and parents die. Divorce rates are high. Friendships are with people with similar interests and lifestyles.

7. Late Adulthood



- Age: 65 years of age and up
- Conflict – Ego integrity vs. despair
- **Physical development** – on the decline. Skin becomes dry and wrinkles, “age spots” appear. Hair thins, muscles lose tone and strength. Memory loss can occur and reasoning ability can diminish.

Late Adulthood

- **Mental development** – varies. People who remain mentally active and are willing to learn new things tend to show fewer signs of decreased mental ability
- **Emotional development** – Emotional stability also varies.
- **Social development** – retirement can lead to loss of self esteem, lost identity. Death of spouse and friends cause changes in social relationships.

Old age(60+ years)



Consist of ages nearly and surpassing life expectancy of human being and thus the end of human life cycle.

Old people often have limited regenerative abilities and are more susceptible to diseases ,syndromes and sickness.

They face other social issues such as retirement,lonileness and ageism

Physical mark of old age

1. Bone and joints thin and shrink. This results in loss of height they are susceptible to bone and joint diseases and osteoarthritis
2. Chronic diseases – most older person has at least one chronic disease.
3. Chronic mucus hypo secretion-coughing and bringing out sputum

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4. Dental problems-less saliva and less ability for oral hygiene
 5. Digestive system e.g. Swallowing difficulties, inability to eat and absorb nutrients constipation and bleeding
 6. Eye sight –diminished eye sight make it difficult to read.

Death and Dying

- Death is “the final stage of growth”
- Experienced by everyone and no one escapes
- Young people tend to ignore its existence
- Usually it is the elderly, who have lost others, who begin to think about their own death

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Stages of Death and Dying

- Denial – refuses to believe
- Anger – when no longer able to deny
- Bargaining – accepts death, but wants more time
- Depression – realizes death will come soon
- Acceptance – understands and accepts the fact they are going to die



Types of Conflicts

1. Approach-Approach Conflicts

- Having to choose between two desirable or positive alternatives (e.g., choosing between a new BMW or Mercedes)

2. Avoidance-Avoidance Conflicts

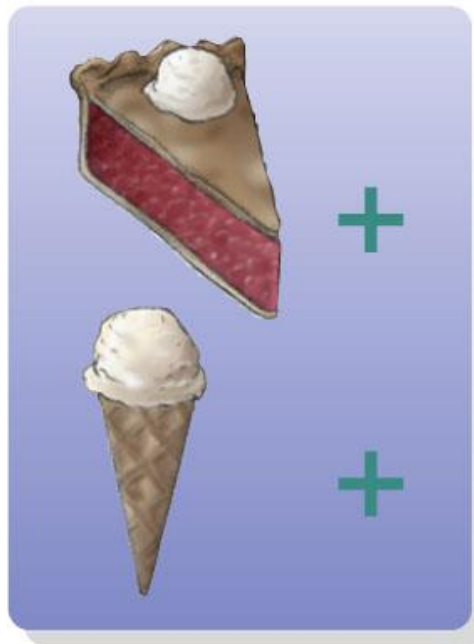
- Being forced to choose between two negative or undesirable alternatives (e.g., choosing between going to the doctor or contracting cancer)
 - NOT choosing may be impossible or undesirable

Approach-Avoidance Conflicts

- Being attracted (drawn to) and repelled by the same goal or activity; attraction keeps person in the situation, but negative aspects can cause distress

3. Ambivalence

- Mixed positive and negative feelings; central characteristic of approach-avoidance conflicts
- Can also be simultaneous attraction and repulsion



Three basic forms of conflict. For this woman, choosing between pie and ice cream is a minor approach-approach conflict; deciding whether to take a job that will require weekend work is an approach-avoidance conflict; and choosing between paying higher rent and moving is an avoidance-avoidance conflict.

What might come up in facing a conflict?

Anxiety

- Feelings of tension, uneasiness, apprehension, worry, and vulnerability
 - We are motivated to avoid experiencing anxiety

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