



Psychology for Nurses

Introduction and History of Psychology

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Learning Outcomes



1. Understand the common terms in psychology.
2. Understand the development of psychology as a science.
3. Understand the role of psychology in nursing care.
4. Understand the research methods in psychology.
5. Discuss the history of psychology in a brief manner.

Terms Definitions:

Health: A complete state of physical, mental and social wellbeing and not merely the absence of disease or infirmity (WHO, 1946).

Mental Health: Is a state of emotional, psychological, and social wellness.

Mental Illness: Is a clinically significant behavioral or psychological syndrome or pattern that occurs in an individual and is associated with present distress

Terms Definitions Cont.

Psychology: the study of mind, behavior, emotions, and thought processes.

- ❖ Psychology assists health professionals with understanding their patients and themselves.
- ❖ The word of psychology made up of two Greek words – **psyche** – mind, soul, or spirit and **logos** – knowledge, discourse, or study).

Terms Definitions Cont.

Health Psychology: It is a compound of scientific and professional contributions of discipline of psychology to the promotion and maintenance of health, the prevention and treatment of illness, the identification of etiologic and diagnostic correlates of health, illness, and related dysfunction.



Why Nursing Students Study Psychology

- ❑ Assists students to understand their own behaviors and the behaviors of others.
- ❑ Assists students to understand the reason of their behaviors.
- ❑ Develop insight on how the psychological knowledge and procedures can be applied in the problem solving of personal and social problems.

Why Nursing Students Study Psychology

- ❑ Assists students to deal with different types of patients & people in their future work.
- ❑ Helps gaining more insight in evaluating psychological information that students read or hear about.



The psychological elements of Patients' needs

- ❑ Patients are more than a collective of organs and body parts.



The psychological elements of Patients' needs

- ❑ Patients want to be treated with respect and dignity.
- ❑ Patients want to be treated in painless manner (physically and emotionally)
- ❑ Patients want to be treated by professional nurses.



Is Psychology a Science?



Is Psychology a Science?

Yes, it is a science.

1. Psychology study things cannot be tested in a lab, under microscope, or by x-ray.
2. Psychology deals with (why and how)

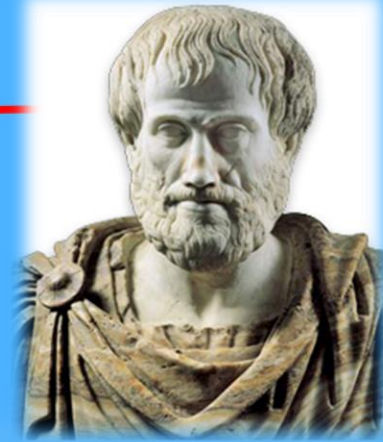


Is Psychology a Science?

Yes, it is a science.

3. Specialists use systematic method to gather data, analyze data, and interpret the meaning of the findings.
4. Specialists develop theories based on findings.
5. Psychologists use theories as framework for their research.
6. Psychology is an ongoing field of study
7. New problems are created when investigators find different findings of a phenomenon.

History of Psychology



Ancient Time:

1. *Aristotle* (322- 384 BC)

- a. All beings have souls, which animate them.
- b. Human have rational souls compared to other animals.

2. *Rene Descartes* (1596 – 1650)

- a. People are born with collection of knowledge and some ideas are inborn, such as (perfection).

- b. Human body is similar to a machine, so it can be studied.

History of Psychology Cont.

3. *John Locke* (1632 – 1704).

-At birth, human mind is a blank slate, on which experiences write knowledge.



4. *Francis Galton* (1822–1911)

a. Studied individual differences.

b. He was considered as the “Father of Mental tests”

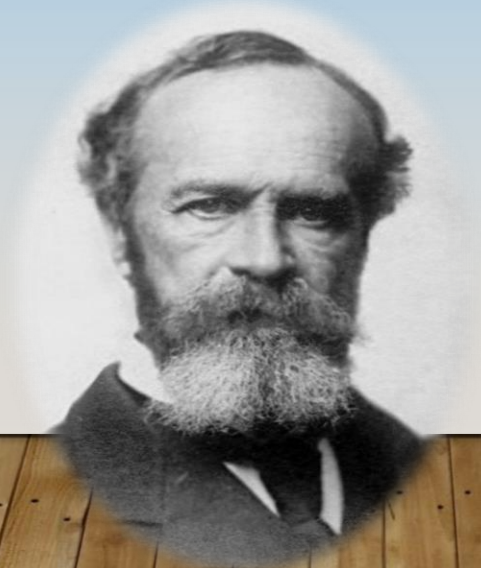


History of Psychology Cont.

Modern Psychology

1. *Wilhelm Wundt* (1832- 1920)

- a. He was considered as the “Father of Modern Psychology.
- b. He noted that mental process could be investigated with objective technique similar to other scientific fields.



History of Psychology Cont.

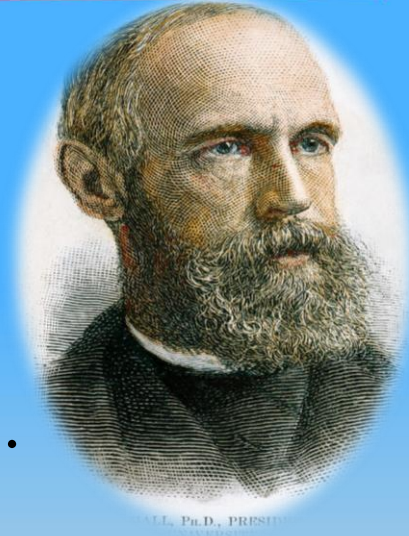
Wilhelm Wundt Cont.

- c. He established the first experimental laboratory for the study of Psychology in Leipzig, Germany, 1879.
- d. He created a machine that measured the time lag between people's hearing a ball hit the platform and their pressing a telegraph key.

History of Psychology Cont.

2. *G. Stanley Hall* (student of Wundt)

He established the first American psychology laboratory at Johns Hopkins University in 1883.



3. *Hermann Ebbinghaus* (a German psychologist)

- He reported on the first experiments on memory in 1885.



History of Psychology Cont.

Science of Psychology in Islam



History of Psychology Cont.

Science of Psychology in Islam



1. Muhammad ibn Zakariya Al-Razi (865 – 925)

- a. He was one of the first in the world who wrote on mental illness and psychotherapy.
- b. He was the chief physician of Baghdad hospital and the director of one of the first psychiatric wards in the world

History of Psychology Cont.

Science of Psychology in Islam

2. Abu-Ali al-Husayn ibn Abdalah ibn-Sina (980-1030)

a. In his work **Law in medicine**, he provided descriptions and treatments for several mental conditions, such as insomnia, mania, epilepsy, depression, and male sexual dysfunction.

b. He was a pioneer in the field of psychosomatic medicine.



History of Psychology Cont.

Science of Psychology in Islam

3. Abu Hamid Al-Ghazali

-He studied human soul and introduced the type of human psyche that deals with the exercise of the soul, the discipline of morals, and the cure of bad manners.



School of Thought

1. *Structuralism* (Wundt and his colleagues): The aim was to study consciousness by breaking it down into its components – mainly perception, sensation, affection.

2. *Functionalism* (William James and John Dewey):

Functionalism is a theory about the nature of mental states.

mental states are identified by what they do rather than by

what they are made of.

School of Thought Cont.

3. *Behaviorism*

John B. Watson:

- a. Internal mental processes cannot be observed, so they should not be studied.
- b. Psychology should focus on the study of behavior.
- c. He believed that behaviors were automatic response to stimuli from the environment not the result of internal mental processes.

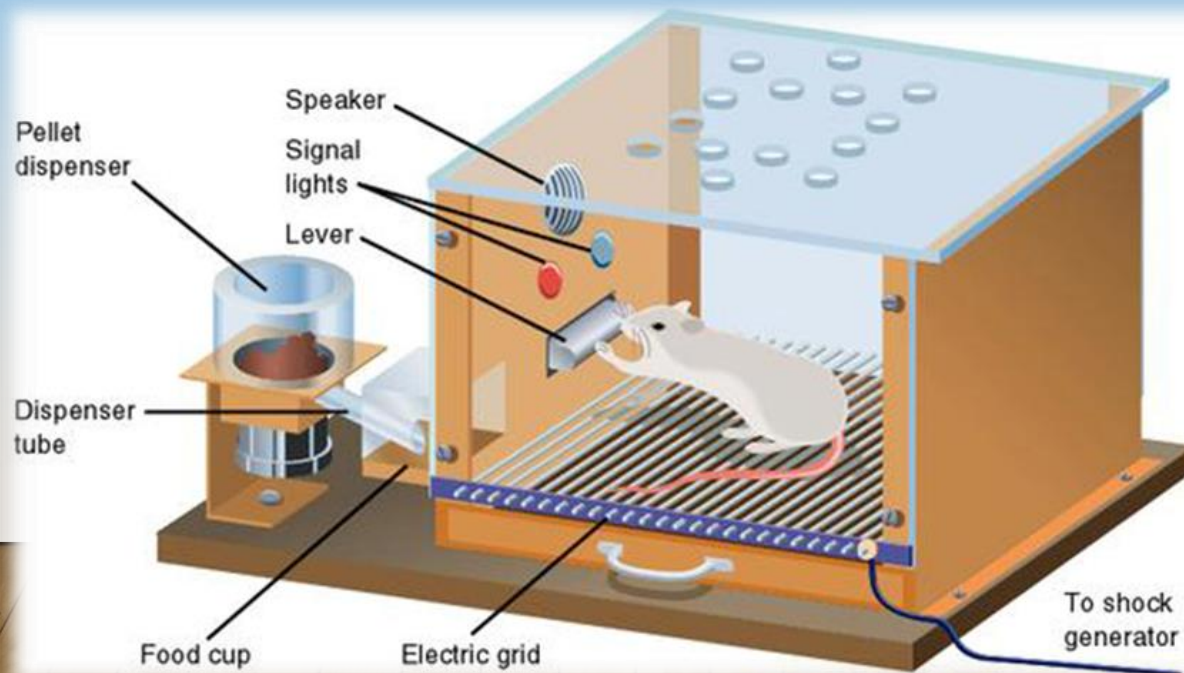
School of Thought Cont.

3. Behaviorism

Skinner (Operant Conditioning):

Skinner set out operant condition to identify the processes, which made certain operant behaviors more or less likely to

occur.



School of Thought Cont.

4. *Gestalt theory*:

Any psychological phenomenon, from perceptual processes to human personality, should be studied as a whole (holistically), and should not be broken down into components.

5. *Psychoanalysis* (Sigmund Freud):

The **unconscious** is responsible for most thought and behavior in all people and the disorders of the mentally ill.

School of Thought Cont.

6. *Humanism Perspective:*

Humanists believed humans were inherently good and that their own mental processes played an active role in their behavior.

7. *Cognitive Perspective:*

Explains behavior by looking at a person's particular ways of reasoning and thinking.

Research in Psychology

Goals of Psychological Research

1-Description:

-Understanding of human behavior must begin with careful description of how people think, feel and act in specific situation.

2-Explanation:

-Involves “**why and how**” that behavior happened.

Research in Psychology

Goals of Psychological Research

3-Predication:

- The ability to say in advance how someone is likely to act
- A study designed to test a theory usually involves making a prediction that people will behave in a certain way in certain circumstances, if the prediction is upheld, theory is supported.

4- Controlling Behaviors



Research in Psychology

Types of researches in psychology:

A-Experimental Research: A research designated to answer questions about cause and effect (causal relationship)

B-Correlation Research: Allows the researcher to determine the extent to which two variables are related to each other.

Independent variable: ---- presumed cause.

Dependent variable: -----presumed effect .

- Correlation allows the researcher (psychologist) to make predictions.

Research in Psychology

Types of researches in psychology:

- ❑ ***Positive correlation:*** Means that a high incidence of one variable tends to be accompanied by a high incidence of the other .
- ❑ ***Negative correlation:*** means that a high incidence of one variable tends to be accompanied by low incidence of the other .

Research in Psychology

Types of researches in psychology:

C-The survey: Survey is an attempt to estimate the opinions, characteristics, or behaviors of a particular population by investigating a representative sample .



Gathering Research Data

A-Sampling

- ✓ Sample means a segment (part) of population being studied or questioned – usually they represent the opinion of the population.
- ✓ If you are going to make a study (research) about human behavior, you can't ask the whole population to answer your questionnaire, so another alternative will be the sample.

Gathering Research Data

B- Randomization (random selection).

It is a selection in which everyone in the total population has an equal chance of being included .

C- Representation:

The sample must represent the population under study, includes age limits, educational backgrounds, vocation, and location.

The End