

Introduction to Psychology in Healthcare

Definition of Psychology

Basic idea

- Psychology is the scientific study of the human mind, emotions, and behaviour.
- This subject helps us understand how people think, feel, learn, remember, solve problems, and interact with others.



- It studies both normal and abnormal behaviour throughout life.
- In healthcare, it helps professionals understand patients' emotional, mental, and behavioural responses to illness and treatment.

Main Components

1. Mind

- The mind includes thoughts, beliefs, memories, imagination, and decision-making.
- These mental activities influence how a person understands situations and reacts to them.

2. Emotions

- Emotions are feelings such as happiness, sadness, fear, anger, and anxiety.
- These feelings affect physical health, behaviour, and relationships with other people.

3. Behaviour

- Behaviour refers to everything a person does, including speaking, walking, eating, and interacting with others.
- These actions can be observed, measured, and studied scientifically.

4. Mental Processes

- Mental processes include thinking, learning, remembering, attention, problem-solving, and decision-making.
- These processes help people respond appropriately to everyday situations.

Objectives

- To understand human thoughts, emotions, and behaviour.
- To explain why people behave in certain ways.
- To predict behaviour in different situations.
- To improve mental health and quality of life.
- To help individuals cope with stress, illness, and personal problems.

Importance in Healthcare

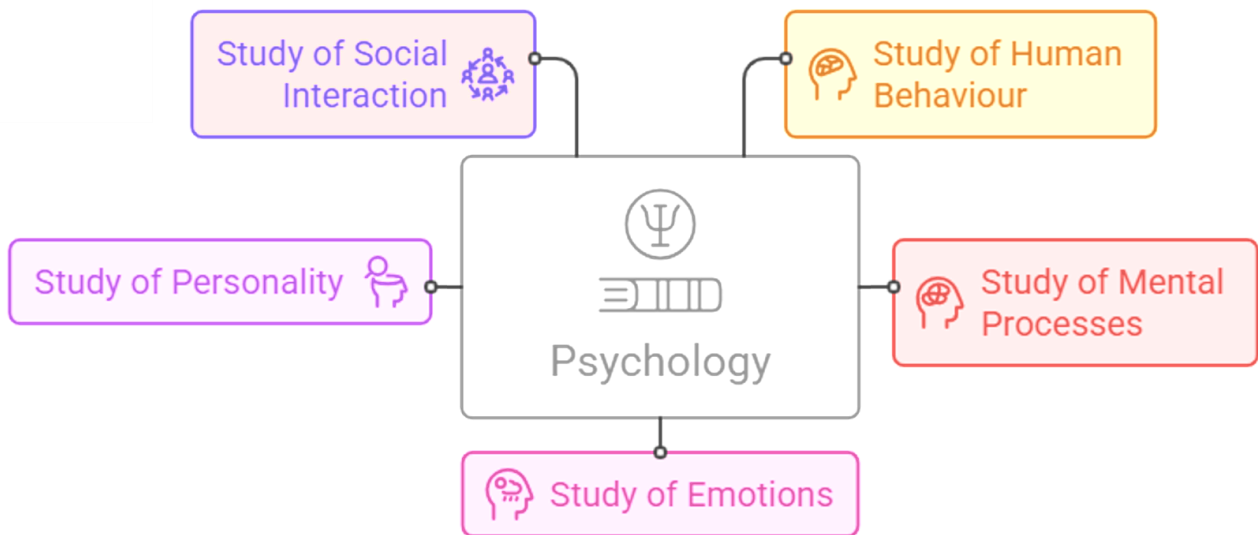
- It helps healthcare professionals communicate effectively with patients.
- It improves understanding of patients' fears, anxiety, emotions, and expectations.
- Better understanding increases patient cooperation during treatment.
- It supports recovery by promoting positive mental health.
- It also helps healthcare workers manage stress and perform their duties effectively.

Scope of Psychology

Basic idea

- The scope of this subject is very broad because it studies human behaviour in different situations and environments.
- Its principles are applied in healthcare, education, business, sports, industries, military services, and community development.
- In healthcare, this field supports better patient care, disease prevention, and health promotion.

Areas Included in the Scope



A. Study of Human Behaviour

- It studies how people behave in different situations.
- It explains how thoughts, emotions, and surroundings influence behaviour.

B. Study of Mental Processes

- It studies thinking, memory, learning, attention, intelligence, and decision-making.
- It explains how people understand information and respond to different situations.

C. Study of Emotions

- It examines different emotions and their effects on behaviour and health.
- It helps explain emotional responses during illness, treatment, and recovery.

D. Study of Personality

- It studies the unique characteristics and traits of individuals.
- It explains why different people react differently to the same situation.

E. Study of Social Interaction

- It studies how people interact with family members, friends, healthcare professionals, and society.
- It explains how relationships influence behaviour, health, and well-being.

Scope in Healthcare

- It improves communication between patients and healthcare professionals.
- It helps manage chronic diseases by encouraging healthy behaviours.
- It supports mental health and emotional well-being.
- It helps patients adjust to illness, disability, surgery, and long-term treatment.
- It helps healthcare professionals understand cultural and individual differences among patients.

Importance

- It improves patient satisfaction and trust.
- It promotes healthy lifestyle changes.
- It reduces stress and anxiety among patients.
- It strengthens teamwork among healthcare professionals.
- It supports holistic care by considering both physical and mental health.

Relevance of Psychology in Health Sciences

Basic idea

- Health sciences focus on preventing disease, promoting health, diagnosing illness, and providing treatment.
- Human health is influenced by both physical and mental factors.
- Understanding this subject helps healthcare professionals provide patient-centred care.

Role in Health Sciences

1. Understanding Patient Behaviour

- It helps healthcare professionals understand why patients behave in certain ways.
- It explains why some patients follow treatment plans while others do not.

2. Improving Communication

- It teaches healthcare professionals how to communicate clearly and respectfully.
- Good communication improves patient understanding and cooperation.

3. Managing Stress

- It provides methods to reduce stress in both patients and healthcare workers.
- Reduced stress improves physical health, mental health, and overall well-being.

4. Supporting Mental Health

- It helps identify emotional problems such as anxiety and depression.
- Early identification allows timely counselling and treatment.

5. Promoting Healthy Lifestyle

- It encourages healthy habits such as regular exercise, balanced nutrition, quitting smoking, and following medical advice.
- Healthy behaviours reduce the risk of many diseases.

Applications in Different Healthcare Settings

1. Hospitals

- It improves patient care by providing emotional support during hospitalization.

2. Community Health

- It helps design health education and disease prevention programs.

3. Primary Care

- It supports counselling and early identification of emotional and behavioural problems.

4. Rehabilitation

- It helps patients adjust to physical disabilities and long-term illnesses.

5. Palliative Care

- It provides emotional support to patients with serious illnesses and their family members.

Importance

- It improves treatment adherence.
- It strengthens the relationship between patients and healthcare professionals.
- It reduces fear and anxiety during treatment.
- It improves recovery and overall quality of life.
- It promotes compassionate and patient-centred healthcare.

Clinical Psychology

Basic idea

- Clinical psychology is the branch that focuses on assessing, diagnosing, treating, and preventing mental, emotional, and behavioural disorders.
- Professionals in this field help people cope with emotional difficulties and improve mental well-being.
- Care is provided to children, adults, and older adults according to their individual needs.

Main Responsibilities





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