

PUBLIC HEALTH TRAINING SCHOOL
DIPLOMA IN HEALTH INSPECTOR COURSE-II YEAR

Question Bank (Draft)

PAPER IV **BEHAVIORAL SCIENCE- SOCIOLOGY, PSYCHOLOGY, & MENTAL HEALTH**(New Syllabus)

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PAPER IV BEHAVIORAL SCIENCE- SOCIOLOGY, PSYCHOLOGY, & MENTAL HEALTH

I. Multiple Choice Questions

- 1.----- is a physical response (Ans.a)
a.Habit b.Emotions c.Feelings d.Thinking
- 2.----- is a stimulus which arise from within the body (Ans.a)
a.Emotions b.Sight c.Smell d.Touch
- 3.----- is the seat of primary emotions (Ans.a)
a.Thalamus b.Adrenal gland c.Thyroid gland d.None of these
- 4.----- is a term used synonymously with the term 'need' (Ans.d)
a.Urge b.Desire c.Want d.All
- 5.----- is a basic emotion of man (Ans.d)
a.Anger b.Fear c.Love d.All
- 6.----- is a psycho-social illness (Ans.d)
a.Peptic ulcer b.Asthma c.Ulcerative colitis d.All
- 7.-----is the key word in Psychology (Ans.a)
a.Motivation b.Participation c.Sharing d.None of these
8. Need for ----- is a social need (Ans.a)
a. Recognition b.Sleep c.Rest d.Oxygen
- 9.Another name for biological needs (Ans.b)
a.Social needs b.Survival needs c.Economic needs d.Ego-integrative needs
10. Resorting to childhood practices is an example of defence mechanism named-----: (Ans.a)
a.Regression b.Projection c.Sublimation d.Displacement
- 11.----- implies physical and mental traits of an individual (Ans.c)
a.Socialization b.Motivation c.Personality d.None of these
12. The basic personality traits of an individual is established by the age of ----: (Ans.c)
a.10 years b.2 years c.6 years d.16 years-9
13. The first one year of life is called ----- (Ans.b)
a.Pre-school age b.Infancy c.School aged. D.Adolescent
14. By the age of ----, mental powers are fully developed (Ans.d)
a.2 b.4 c.6 d.8
- 15.Perceiving,knowing,reasoning and remembering constitutes ---- (Ans.c)
a.Character b.Will c.Intelligence d.None of these
- 16.The curve of learning reaches its peak during ---- years of age (Ans.b)
a.16-18 b.22-25 c.30-32 d.60-62
- 17.After the age of ---- there is sharp decline in the ability to learn (Ans.b)
a.16 b.30 c.35 d.60
- 18.----- is not a disorder of perception (Ans.d)
a.Imperception b.Illusion c.Hallucination d.Apperception

19. ---- is a disorder of perception in which the individual is unable to recognize (Ans.a)
a.Imperception b.Illusion c.Hallucination d.Apperception
- 20.----- is an imaginary perception (Ans.c)
a.Imperception b.Illusion c.Hallucination d.Apperception
- 21.----- is thinking in the absence of original sensory stimuli (Ans.a)
a. Imaginative thinking b. Creative thinking c.Problem solving d.Reasoning
- 22.Highest form of thinking is ----- (Ans.b)
a. Imaginative thinking b. Creative thinking c.Problem solving d.Reasoning
23. Anatomical basis of thinking is ----- (Ans.a)
a.Cerebral cortex b.Cerebellum c.Medulla oblongata d.Pons
- 24.Highest stage in human learning is ---- (Ans.c)
a. Imaginative thinking b.Creative thinking c.Problem solving
d.None of these
25. Social interaction includes----- (Ans.c)
a.Inter personal relationships b.Inter-group relationships c.Both d.None of these
- 26.The process of adaptation in society is known as ----- (Ans.a)
a.Socialization b.Social norm c.Stratification d.Social problem
27. Non- participant style of leadership (Ans.a)
a.Authoritarian b.Democratic c.Laissez faire d.None of these
- 28.Social interaction converts the biological organism into ----- being (Ans.d)
a.Human b.Social c.Moral d.All
29. is the science of human behaviour (Ans.b)
a.Sociology b.Psychology c.Anthropology d.None of these
- 30.Functions of mind are called ----- (Ans.b)
a.Social process b.Mental process c.Family cycle d.Defence mechanisms
- 31.Defence mechanisms are ---- (Ans.c)
a. Healthy b. Conscious c.Ego-protective d.None of these
- 32.-----is the science of society (Ans.b)
a.Psychology b.Sociology c.Anthropology d.Criminology
- 33.Unit of study of Psychology is ----- (Ans.a)
a.Individual b.Group c.Inter –group relationship d.None of these
- 34.Unit of study of Sociology is ----- (Ans.b)
a.Individual b.Group c.Inter –personal relationship d.None of these
35. General assembly of UN adopted the Universal Declaration of Human Rights in the year.... (Ans.c)
a.1940 b.1950 c.1948 d.1946
36. Mental retardation is due to ... Ans.(c)
a.Chromosomal abnormality b. Birth injury c.Both d. None of these
- 37..... is the basic unit in all societies (Ans.b)
a.Community b.Family c.Group d.None of these

38. In ----- area, caste system is less rigid (Ans.b)
a.Rural b.Urban c.Both d.None of these
- 39.People in the ----- class enjoy better standards of life (Ans.a)
a.Upper b.Lower c.Middle d.All
40. Indian society is -----system (Ans.b)
a.Open class b.Closed class c.Both d.None
41. Social problems are solved by ----- (Ans.d)
a.Social welfare program b.Social assistance c.Social legislation d.All
42. Values are learned from ---- (Ans.d)
a.Family b.Social environment c.School d.All
- 43.----- is a population made up of several groups of people living in a certain area (Ans.b)
a.Society b.Community d.Group d.Family
- 44.----- is the largest permanent group of people with a common interest, land and way of life. (Ans.a)
a.Society b.Community d.Group d.Family
- 45.Membership in -----group is voluntary and relationships are formal. (Ans.b)
a.Primaryb.Secondary c.Reference d.All
- 46.----- makes marriage legal (Ans.c)
a.Social contract b.Religious sacrament c.Registration d.None of these
- 47.In ----- type of family , young couples continue to live with their parents and have their own children (Ans.c)
a.Nuclear b.Joint c.Three generation d.All
- 48.----- form the basis for the social health of the community (Ans.b)
a.Society b.Family c.Community d.None of these
49. is a social process in which persons or groups try to attain their goal by causing harm to each other (Ans.b)
a.Assimilation b.Conflict c.Competition d.Co-operation
- 50.----- is the struggle for a goal which all cannot share (Ans.c)
a.Assimilation b.Conflict c.Competition d.Co-operation
- 51.----- is the process of learning to become acceptable as a member of society (Ans.b)
a.Social process b.Socialization c.Social mobility d.Social stratification
- 52.----- is a hereditary type of social group (Ans.c)
a.Secondary group b.Out – group c.Caste d.Class
- 53.Leader has ----- over the group (Ans.c)
a.Influence b.Power c.Both d.None
54. The concept of Introvert-Extrovert was coined by(Ans.a)
a.Carl Jung b.Sigmund Freud c.Erikson d.Adolf Mayor
55. Period of childhood terminates with the onset of ----- (Ans.c)
a. adulthood b.middle age c.puberty d.later childhood
56. coined the term Sociology (Ans.a)
a. Auguste Comte b.Freud c.Leagens d.None of these

- 57-----is the Russian scientist who conducted experiments on conditioned learning (Ans.b)
a.Stainer b.Pavlov c.Thorndike d.None of these
- 58..... work on pleasure principle Ans.(a)
a.Id b.Ego c.Super ego d.None of these
59. ARSH is related with..... Ans.(a)
a.Adolescent health b.Geriatric care c.Infant care d. None of these
60. A system in which a woman marries more than one husband is known asAns.(a)
a.Polyandry b.Polygyny c.Monogamy d.None of these
61. An important feature of rural community isAns.(a)
a.Joint family b.Nuclear family c.Three generation family d.None of these
- 62.....is a positive emotion..... Ans... (c)
a. Love b.Joy c.Both d.None of these
63. Refers to the criminal offences by children and youth, which if committed by adult would have been punished under law. Ans.(b)
a.Criminal b.Juvenile delinquency c.Thief d. None of these
64. One of the need is oxygen..Ans.(b)
a.Social b. Biological c.Psychological d.None of these
- 65..... is the basic social organization of the community .. Ans. (a)
a.Family b.Individual c.Group d.All
66. Schizophrenia is a disorder Ans.(a)
a.Psychotic b.Neurotic c.Psycho-somatic d. Bi polar
67. Unmet need is the reason for ...Ans.(d)
a.Anger b.Withdrawal c.Hostility d.Frustration
- 68.Any relatively permanent change in behavior is known as.....Ans.(a)
a. Learning b.Social process c.Both d.None of these
- 69.An important formal form of social control is..... Ans.(a)
a. Law b.Folkway c.Norm d.All
- 70.A family with husband, wife and children is called...Ans.(b)
a.Joint family b. Nuclear family c.Extended family d.None of these
- 71.Adolescence is a period betweenAns. (a)
a. 10 - 19 b.20-29 c.10-29 d.None of these
72. Patient with psychotic disorder----- ,lives in a dream world of his own. Ans.(a)
a. Schizophrenia b.Phobia c.Personality disorder d. None of these
73. An example of primary group is... Ans.(a)
a. Family b.Neighbourhood c.School d. None of these
74. Repression meansway of forgetting -Ans.(b)
a. Conscious b. Unconscious c.Normal d. None of these
75. A habit is doing things in an way - Ans.(a)
a. Accustomed b.Artificial c.Both d. None of these

76. Observation involves.....Ans.(c) a.Attention b. Perception c.Both d. None of these
77. Group behaviour is also known as.....behaviour .Ans.(a)
a.Social b.Physiological c.Psychological d. None of these
78.helps to measure social relationships. Ans.(a)
a.Sociogram b.Parellelogram c.Microgram d. None of these
- 79.. Counseling is process. Ans. (c)
a.Helping b. Enabling c.Both d.None of these
80. is a method of leadership selection..Ans.(d)
a. Sociometric method b.Selective group method c.Systematic sampling method d.All
81. Alcohol addiction is a ...Ans.(a)
a. Disease b.Habit c. Crime d. None of these
82.is an error of perception. Ans.(d)
a. Illusion b. Hallucination, c. Imperception d.All
83. Adolescence is also known asAns.(a)
a.Teenage b.Middle age c.Both d. None of these
84. are mother dominated families... Ans.(a)
a.Matriarchal families b.Patriarchal families c.Nuclear families d.Joint families
85. ...means the ideas, habits and ways of behaviour passed on from one generation to another..Ans.(d)
a.Socialization b.Social process c.Both d.Tradition
- 86.In the patriarchal families , the status ofis regarded as superior ..Ans.(a)
a. Father b.Mother c.Children d. None of these
- 87.In Maslows need theory ... is the need at the top of the cone .Ans.(d)
a.Biological need b.Love c.Esteem d. Self actualization
- 88.Human personality is a bundle of ... Ans.(a)
a.Traits b.Habits c.Character d. Determination
89. In Family, wife has to stay in her husband's family Ans.(a)
a. Patriarchal b.Matriarchal c.Both d. None of these
90. Perception takes place with the help of .. Ans.(c)
a.Sensory organs b. Brain c.Both d. None of these
91. is a slow and gradual Social Process. Ans.(a)
a. Assimilation b.Competition c.Conflict d. None of these
92. Drug abuse is defined as self administration of a drug for....Ans.(b)
a. Medical reasons b.Non-medical reasons c.Social reasons d. None of these
93.is a social stratum. .Ans.(c)
a. Class b. Caste c.Both d. None of these
94. Habits are acquired through...Ans.(b)
a.Heredity b. Repetition c.Both d. None of these
95. Membership in a Caste in the Society is obtained ...Ans.(a)
a. By birth b.Acquired c. Socialization d. None of these

96. Information stored in the brain is called...Ans.(a)
 a. Knowledge b. Attitude c. Emotion d. None of these
97. I.Q is related withAns.(a)
 a. Intelligence b. Emotion c. Folkways d. Mathematics
98. Important source of Social support for an individual is from...Ans.(a)
 a. Family b. Community c. School d. None of these
99. In Family, senior female of the household is the head of the family Ans.(b)
 a. Patriarchal b. Matriarchal c. Both d. None of these

II. Fill in the blanks

1. ---- is the result of physical and mental factors in interaction (Human behaviour)
2. ---- orders the conscious behaviour of individual (Cerebral cortex)
3. Without ----- behavioural changes cannot take place (Motivation)
4. Positive motivation is more----- than negative emotion(Successful)
5. Motivation is required to enlist----- of community in health work (Participation)
6. Good habits----- health (Promote)
7. Two aspects of intelligence are ---- and----(General and special)
8. To observe more carefully is called(Attention)
9. Focussing of consciousness on a particular object excluding all other objects is defined as -----(Sustained attention)
10. Many community problems can be solved by group effort if it maintains -----(Group morale)
11. In the family cycle,----- stage begins with marriage (Formation)
12. Indian society is mostly based on -----(Caste) system
13. Indian caste system is supported by -----(Religion)
14. When individual problems affect large number of people, they become -----(Social problems)
15. The special position and part to play is called as ------(Role)
16. Family begins with ------(Marriage)
17. ----- is the basic social unit(Family)
18. ----- is the basis of family (Marriage)
19. Those who share a common ----- unite in a social class(Status)
20. Stratification in primitive society was based on ------(Caste)
21. ----- are representatives of community who would be able to help in promoting and supporting community health development programmes(Opinion leaders)
22. In team work, members share a common (Goal)
23. Goals are -----as incentives (Same)
24. Incentives and motives are ----- (Different)
25. Government program 'Thalolam' is related to(Cancer)
26. Epilepsy is a chronic condition characterized by..... Ans.(Unconsciousness, stiffness of body, twitching of muscles, convulsions, gradually convulsions stop)

27.is an interpersonal skill .Ans.(Appreciation, recognition, approval, acceptance, understanding)
- 28.Factors influencing human behaviour...Ans.(Heredity, environment ,basic needs, drives, urges, early learning, value systems, attitudes and beliefs)
- 29.A health educator should possess skill for....Ans.(Skills for non-verbal communication, effective speaking, active listening, writing, drawing and human relations skills such as appreciation, recognition,approval, receiving negative strokes, acceptance and understanding)
30. Ego-integrative needs are .. Ans. (Need for power, self respect and prestige)
- 31..... is a defence mechanism..Ans.(Projection, compensation, negativism, sympathism, identification, sublimation, rationalization, regression, withdrawal, repression)
32. The functions of families are Ans.(Residence, division of labour, reproduction and bringing up children, socialization, economic functions and social care)
33. The family cycle has...stages..Ans.(Four- stage of formation, growth, retraction, disintegration)
34.is an inner force which drives an individual to an action. Ans.(Motivation)
- 35.The socialization method in which a child learns the role of father/mother while playing is known as.. Ans (Role learning)
- 36.....leaders who are those respected because of their age, caste,religion, wealth or education . Ans. (Status)
37. Impaired memory and rigidity of outlook are characteristics of.....Ans.(Old age)
- 38..... is a social process . Ans. (Co-operation, competition, conflict, assimilation and adjustment)
39. Change in person or environment is known as Ans..(Adjustment)
40. Behaviour is a reflection of one's(Personality)
41. Two different types of marriage are Ans.. ((1)Monogamy, Polygamy and Polyandry (2)Endogamy and exogamy (3) Arranged and Love Marriage)
42. Higher qualification and jobs help to move towards ansocial stratum (Upper)
43. Normal IQ is... Ans...(90-109)
44. is a social control method .. Ans. (Traditions, customs, habits, folk ways, mores and laws)
45. Is a type of personality. Ans. (Extrovert, introvert)
46. is a social problem. Ans. (Delinquency, crime,prostitution, beggary,alcoholism)
47. Sociopathy is adisorder. Ans. (Personality)
- 48 ... is a process that directs behavior towards a goal. Ans. (Motivation)
49. Delusion is.....belief .. Ans. (False)
- 50...is a major mental disorder (Schizophrenia/ Bipolar disorder/ Paranoea)
51. Study of human behaviour is dealt in the subject.....(Psychology)
- 52..... is a common problem in later childhood. (Stammering/ stuttering/ reading difficulties/learning problem/day dreaming)
- 53.Negative mores are called(Taboos)
54. Reward and praise are ... motives (Positive)
- 55..... are recognized ways of behavior of folk. (Folk ways)
- 56.....is the study of society (Sociology)
57. Observation involves two mental activities ____&__ (Perception, attention)

58. A phobia is an---- fear (Unreasonable/ irrational)
- 59 is a negative emotion.(Anger/fear/jealousy)
- 60.The highest form of thinking in known as (Creative thinking)
- 61.Personality is derived from the word (Persona)
- 62.Diversion of unwanted impulses into socially approved thoughts is known as..... (Sublimation)
- 63.A family with one of the parent separated is..... (Broken family)
64. Hierarchy of need is a concept of...(A.H. Maslow)
- 65.Two generation family is otherwise called ..(Nuclear family)
- 66.Thinking with a purpose is known as(Controlled thinking)
- 67..... is the mediator between Id and super ego (Ego)
68. The senior female of the house hold is the head of family in --- type of family Ans. (Matriarchal family)
69. Role play is a ----- method (Group approach / participatory/two-way)
70. Lecture is ----- method (An individual approach/ non-participatory/ one-way)
- 71.Panel in panel discussion comprises of ----- and ----- (Chairman and speakers)
- 72.Distortion is ato communication (Barrier)
- 73..Frustration generates feelings of...(Anger, dejection, hostility)
74. When mental age is same as chronological age, the IQ is ...(100)
75. is a social stratum (Class/Caste)
- 76.....aspiration brings good results (Realistic)
77. are accepted ways of behaviour (Norms)
78. Universal declaration of Human Rights was declared in the year... (1948)
79. Formula used to calculate IQ is ------(Mental age/ Chronological age X 100)
80. Two types of communication (Verbal and non-verbal or formal and informal or one way and two way)
- 81.A mental disorder which is also known as 'Split Personality' (Schizophrenia)
- 82.The severe type of mental illness(Psychosis)
- 83.The process of adaptation through social interaction (Socialization)
84. Stratification in ancient Indian society is based on ... (Caste)
85. Act against prostitution passed by the Govt. of India in 1956 is...(The Suppression of Immoral Traffic Act)
86.are persons trained in both Medicine and Psychology (Psychiatrists)
87. A major mental disorder(Schizophrenia, Paranoia, Bipolar disorder)
88. The standards of group behaviour (Norms)
89. A system in which Father dominance/ paternal dominance is seen infamilies (Patriarchal families)
90. Any two psychotic illness.. (Schizophrenia, Bipolar disorder)
91. The components of attitude (Cognitive/ knowledge element, affective/ feeling element and a tendency to action element)
92. The biological needs of man (Need for fresh air ,food, water, sleep, rest, recreation)
93. Example for two social groups (Family, peer group)
94. A group of two or more people who work together for a common objective (Team)
95. implies physical and mental traits of an individual (Personality)
96.leaders are those in the community, if properly guided will become leaders (Potential)

97. Habit formation should begin in(Early stage in life.)
98. Urban and Rural Administrative patternsrights of individuals and groups (Protect)
99. is a social institution(Family, marriage)
100.type of social control is connected with morals (Mores)
101. A minor mental disorder(Neuroses, Personality disorder)
103. A program of Department of Health Services to prevent domestic and gender violence and for crisis intervention(Bhoomika)
104. New name of ARSH(AH-Adolescent Health)
105. Free treatment services are provided for children below 18 years through a government programme named(Arogya Kiranam)
106. Vaccination program conducted as a joint venture of Social Justice Mission, Dept. of Education and Health Services for girl students of standard IX, X, XI and XII of all government and aided schools in the year 2013 (Rubella Vaccination Program)
- 107..... are common ways of acting(Customs)

III. Expand the following

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|--|--|
| 1. IQ(Intelligence Quotient) | 2. NGO(Non-Governmental Organization) |
| 3. ECT (Electro Convulsive Therapy) | 4. VCTC (Voluntary Testing and Counselling Centre) |
| 5. LSD(Lysergic Acid Diethylamide) | 6. CHEB(Chief Health Education Bureau) |
| 7. EQ(Emotional Quotient) | 8. DSM(Diagnostic and Statistical Manual of Mental Disorders) |
| 9. MDP(Manic Depressive Psychosis) | 10. IPHS(Indian Public Health Standards) |
| 11. BCC(Behaviour change communication) | 12. IPC(Interpersonal Communication) |
| 13. CNAA(Community Needs Assessment Approach) | 14. NHM(National Health Mission) |
| 15. UNFPA(United Nations Fund for Population Activities) | 16. MTP(Medical Termination of Pregnancy) |
| 17. S-R(Stimulus-Response) | 18. DAVP(Directorate of Advertising and Visual Publicity) |
| 19. NMHP-National Mental Health Program | 20. MDT(Multi Drug Therapy) |
| 21. ICDS(Integrated Child Development Service) | 22. ARSH(Adolescent Reproductive and Sexual Health) |
| 23. JSY(Janani Suraksha Yojana) | 24. JSSK(Janani Sisu Suraksha Karyakram) |
| 25. IYCF(Infant Young Child Feeding) | 25. IMNCI(Integrated Management of Neonatal and Childhood Illness) |
| | 26. SNCU(Special New Born Care Unit) |
| 27. NBSU(New Born Sterilization Unit) | 28. SID(State Initiative on Disability) |
| 29. RBSK(Rashtriya Bala Swasthya Karyakram) | 30. VHG(Village Health Guide) |
| 31. WIFS(Weekly Iron and Folic Acid Supplementation) | 32. PERT(Programme Evaluation and Review Technique) |
| 33. NPSU(National Polio Surveillance Unit) | 34. CPR(Couple Protection Rate) |
| 35. MERSCoV: Middle East Respiratory Syndrome Corona Virus | |

IV. Write whether True/False(T/F)

1. Habits are automatic-T
2. Problem solving is a good method of learning-T
3. Examinations are an incentive for stimulating students to work-T

4. Social interaction does not influence personality development-F
5. An individual can be a member in both in-group and out-group at the same time.-F
6. Family is not an organized group-T
7. Early learning is conditioned learning-T
8. Pre-school stage is marked by considerable growth of brain-T
9. There is rapid physical and mental growth in infancy-T
10. Medical Sociology views illness as a medical, psychological and social problem-T
11. In modern society, family does all the traditional functions-F
12. Marriage is a social contract but not a religious sacrament-F
13. Broken marriages do not have any effect on the society-F
14. Matriarchal and Patriarchal are two types of families-T
15. Effective leadership depends fully on followers -F
16. Good leader makes followers into leaders-T
17. Right to health is not a human right-F
18. Socialization is a social problem-F
19. In matrilineal system, after marriage husband lives in wife's home-T
20. Id is considered as basic human instinct at the time of birth-T
21. Exogamy is marriage outside the group-T
22. Worrying always is a sign of poor mental health-T
23. Conflict is a social process-T
24. In patriarchal societies status of mother is considered as superior to father-F
25. Sympathy is a counseling skill-F
26. Fear is a positive emotion-F
27. A family with one parent separated is a broken family-T
28. Responsibility for Health rests on individual and community/state -T
29. Health cannot be given by one person to another-T
30. Biological and survival needs are same-T
31. Customs are part of traditions-T
32. Customs are ideas, habits and ways of behaviour passed on from one generation to another-T
33. An individual can be a member in both in-group and out-group at the same time-F

V. Match the following (Right answers are given on the right side)

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|--|--|
| 1. Behaviour- Response | 2. Carl jung-extrovert and introvert |
| 3. Problem solving ability-general intelligence | 4. Mental age-Benet and Simon |
| 5. Extrovert-Carl Jung | 6. Task identification-Curriculum |
| 7. Trial and error-Method of learning | 8. Day dreaming-Imaginative thinking |
| 9. Group behaviour-Social behaviour | 10. Social problems-Social legislation |
| 11. Narcotic drugs and Psychotropic substances Act- Drug addiction | |
| 12. Alcohol abuse- Cirrhosis of liver | 13. Aspiration-High aim |
| 14. Self concept-Real 'me' | 15. Social environment-People around |

16. A set of values-Value systems 17. Anger-Negative emotion
 18. Organization structure-Role relationships 19. Dispensary-Directive approach
 20. Secondary group-Rules and regulations 21. Joy-Positive emotion
 22. Primary group-Play group 23. Polygamy- Two or more wives
 24. Social process-Social interaction 25. Leadership-Authoritarian/democratic
 26. Psychoses-Scizophrenia 27. Obsession-Thinking disturbance
 28. Coma-deep unconsciousness 29. Prostitution- Suppression of immoral traffic Act
 30. Negative mores-Taboos 31. LSD-Lysergic Acid Diethyl Amide
 32. Oxygen-Biological need 33. Norms-Social Control
 34. Day dreaming-Fantasy 35. Personality-Introvert/Extrovert
 36. Hierarchy of needs-A.H.Maslow 37. Old age –Impaired memory
 38. Teenage-Adolescence 39. Two generation family- Nuclear family
 40. Sociology- Science of society
 41. Social institution-Marriage/Caste/Family/School
 42. Perception- Observation/Recognition/Discrimination 43. Narcotics-Opium
 44. Drug dependence-Disco culture 45. Cannabis-Ganja
 46. Drug abuse-Detoxification

VI. Name the following

1. A formal social control (Law)
2. Two informal social controls (Traditions/customs/folkways/mores)
3. Types of marriage (Polygyny/Polygamy, Polyandry, Monogamy)
4. Types of groups (Primary/secondary/in-group/out-group/reference group)
5. Types of family (Nuclear/Joint [Matriarchal/Patriarchal]/Three generation family)
6. Stimulus-response pattern (Behaviour)
7. Types of personality (Extrovert/Introvert)
8. Adjustment to meet the needs of a given situation (Behaviour)
9. The behaviour about which an individual is not conscious (unconscious behaviour)
10. A strong feeling of the whole organism (emotion)
11. Four major emotions (Fear, jealousy, sympathy, anger)
12. Inner force which drives an individual to a certain action (motivation)
13. Accustomed way of doing things (Habit)
14. The type of personality in which the individual is reserved and shy (Introvert)
15. Ability to see meaningful relationships between things (Intelligence)
16. Two main types of thinking (Free thinking/Controlled thinking)
17. Two examples of emotions (joy, love, sorrow, anger, fear and jealousy)
18. Two skills required for a health worker to work in a team (Inter personal skills/Team work and leadership/obtaining information/motivating community for change/group dynamics/promoting leadership)
19. Period of rosy dreams (Adolescence)
20. A consciousness disturbance, with stage of deep unconsciousness (Coma)

21. Two approaches in the prevention of drug abuse (Legal/educational/community approach)
22. Two methods of identifying leaders (Systematic sampling method/Sociometric method)
23. Ways of the folk or group (Folkways)
24. Customary law (Folkways/mores)
25. A disease which has a big social component in their aetiology (TB/Leprosy/STD)
26. Unit for the provision of primary health care and social services (Family)
27. Stages in family life cycle (Stage of formation/growth/retraction/disintegration)
28. A type of family which has representatives of three generations (Three generation family)
29. A type of family based on the motto "Union is strength" (Joint family)
30. Three classifications of people based on income (Upper, middle and lower)
31. Two social problems (alcoholism/drug dependence/STD/vagrancy/juvenile delinquency/prostitution)
32. Two types of social groups (Natural and organized/Primary and secondary/in-group and Out-group)
33. Two types of leadership (1. Authoritarian, democratic and Laissez-faire / 2. Formal [Official and functional], Informal [Natural and status] and Opinion leaders)
34. Two methods of Collection of data (Questionnaire/Schedule/Interview/Survey)
35. Stratum between upper and lower strata in social class (Middle class)
36. Two Examples for motives (Rewards, punishments, praise, blame)
37. Division of society into higher and lower social units (Social stratification)
38. Section of a community different from other sections because of social status (Social class)
39. Criteria for dividing a community into different social classes (Social status)
40. One who leads a group of people (Leader)
41. Components in the structure of personality according to Sigmund Freud (Id, ego, super ego)
42. Lines of communication (Upward/Downward/Horizontal)
43. A social process in which man tries to fit his needs to the environment (Adjustment)
44. A social process in which man tries to attain their goal by causing harm to each other (conflict)
45. Two generation family (Nuclear family)
46. Common ways of acting (Customs)
47. Period of storm and stress (Adolescence)
48. Process that energises human behaviour (Motivation)
49. Highest stage in human learning (Problem solving)
50. Father centred family (Patriarchal family)
51. Three components of attitude (cognitive/knowledge, affective or feeling element, tendency to action).
52. A specialization in the field of sociology which studies health, health behaviour and medical institutions (Medical sociology)
53. A major mental disorder (schizophrenia, bipolar disorder)
54. Non-participant style of leadership (Autocratic leadership)
55. A major mental disorder which is also known as 'Split Personality' (Schizophrenia)
56. Position of an individual in a group or community (Status)

VII. Define the following

1. Sociology (Essentials of community health nursing-K.Park-6th edition-P 16)
2. Medical Sociology (Essentials of community health nursing-K.Park-6th edition-P 16)
3. Society (Essentials of community health nursing-K.Park-6th edition-P 17 +25+ A Text Book for the Health Worker-Chalkley-Vol-1 P 28)
4. Community (Essentials of community health nursing-K.Park-6th edition-P 25 + A Text Book for the Health Worker-Chalkley-Vol-1 P28)
5. Social institutions (Social and Preventive Medicine K.Park-19th edition-P 584)
6. Social structure (Social and Preventive Medicine K.Park-19th edition-P 584)
7. Survey (A Text Book for the Health Worker-Chalkley-Vol-1 P46+ Essentials of community health nursing-K.Park-6th edition-P 408-409)
8. Social security-(Essentials of community health nursing-K.Park-6th edition-P 34+ Essentials of community health nursing-K.Park-6th edition-P 408-409)
9. Community development(Essentials of community health nursing-K.Park-6th edition-P 466)
10. Social control (A Text Book for the Health Worker-Chalkley-Vol-1 P 34-35)
11. Culture (Essentials of community health nursing-K.Park-6th edition-P 23)
12. Psychology (Essentials of community health nursing-K.Park-6th edition-P 4)
13. Social Psychology (Essentials of community health nursing-K.Park-6th edition-P 15) 14. Personality (Essentials of community health nursing-K.Park-6th edition-P 10)
15. Personality trait (Essentials of community health nursing-K.Park-6th edition-P 11)
16. Counselling(A Text Book for the Health Worker-Chalkley-Vol-2- P 155) + Notes
17. Mental health(Essentials of community health nursing-K.Park-6th edition-P 404 & 49 + A Text Book for the Health Worker-Chalkley-Vol-2- P 122)
18. Motivation(Essentials of community health nursing-K.Park-6th edition-P 8 + A Text Book for the Health Worker-Chalkley-Vol-2- P 152-153)
19. Defence mechanisms(Essentials of community health nursing-K.Park-6th edition-P 10) (A Text Book for the Health Worker-Chalkley-Vol-2- P136-137)
20. Drug addiction(Essentials of community health nursing-K.Park-6th edition-P 27)
21. Family(A Text Book for the Health Worker-Chalkley-Vol-1 P 30-31)
(Essentials of community health nursing-K.Park-6th edition-P 19)
22. Marriage-Notes+ A Text Book for the Health Worker-Chalkley-Vol-1 P 30)

VIII. Answer the following in one or two sentences

1. Methods of data collection (A Text Book for the Health Worker-Chalkley-Vol-1 P 47)
2. Significance of community leaders in health programs(A Text Book for the Health Worker-Chalkley-Vol-1 P 40 & 77 + Supplementary notes)
3. Individual's responsibility to achieve optimum health(Essentials of community health nursing-K.Park-6th edition-P 16)
4. Co-operation (A Text Book for the Health Worker-Chalkley-Vol-1 P 33-40 for answers to questions 4-14)
5. Competition
6. Conflict
7. Assimilation
8. Adjustment
9. Social mobility
10. Social stratification

- 11.Socialization
- 12.Caste
- 13.Class
- 14.Role learning
15. Patriarchal family (Qn 15 &16-Chalkley-Vol-1 P 31)
16. Matriarchal family
- 17.Mental age (Essentials of community health nursing-K.Park-6th edition-P 12)
- 18.Intelligence Quotient (Qns-18&19-Essentials of community health nursing-K.Park-6th edition-P 12)
19. Formula used to calculate I.Q
- 20.Significance of emotions in health education-(Qns -20-23-A Text Book for the Health Worker-Chalkley-Vol-2 P132-133+ Essentials of community health nursing-K.Park-6th edition-P 7)
- 21.Positive emotion
- 22.Negative emotion
23. Treatment behaviour(Essentials of community health nursing-K.Park-6th edition-P 5)
- 24.Family life education (A Text Book for the Health Worker-Chalkley-Vol-1 P 193)
- 25.Group morale (Social and Preventive Medicine K.Park-19th edition-P 760 + Essentials of community health nursing-K.Park-6th edition-P 15)
26. Self concept (Chalkley-Vol-2 P 127)
- 27.Frustration and conflict (Essentials of community health nursing-K.Park-6th edition-P 9 + Chalkley-Vol-2 P 135)
- 28.Two characteristics of habit (Essentials of community health nursing-K.Park-6th edition-P 9)
29. Lines of communication-(A Text Book for the Health Worker-Chalkley-Vol-1 P29)
- 30.Perception (Essentials of community health nursing-K.Park-6th edition-P 14)
- 31.Thinking (Chalkley-Vol-2 P 124 + Essentials of community health nursing-K.Park-6th edition-P 14)
- 32.Steps in reasoning process(Essentials of community health nursing-K.Park-6th edition-P 15)
33. Organization structure-(A Text Book for the Health Worker-Chalkley-Vol-1 P29)
34. Motives and incentives (Essentials of community health nursing-K.Park-6th edition-P 9)
35. Group dynamics (A Text Book for the Health Worker-Chalkley-Vol-2 P 153+ Notes)
36. Factors of adult learning(Chalkley-Vol-1 P 61)
37. Closed class system(Essentials of community health nursing-K.Park-6th edition-P 26)
- 38.Frustration tolerance (Chalkley-Vol-2 P 135)
- 39.Empathy-(A Text Book for the Health Worker-Chalkley-Vol-2 P156+ Question Bank ..Attached notes –Paper II- Page 26 + A Text Book for the Health Worker-Chalkley-Vol-1 P 54)
- 40.Psycho-somatic illness-(A Text Book for the Health Worker-Chalkley-Vol-2 P169)
- 41.Phobia- (A Text Book for the Health Worker-Chalkley-Vol-2 P167)
- 42.Any two adverse effects of alcoholism on the brain(Essentials of community health nursing-K.Park- 6th edition- P 28)
- 43.Any two symptoms of drug addiction- (Essentials of community health nursing-K.Park-6th edition-P 27)
44. Rapport- (A Text Book for the Health Worker-Chalkley-Vol-2- P 157)
- 45.Educational approach in the prevention of drug dependence--(Essentials of community health nursing-K.Park-6th edition-P 28)
- 46.Significance of training camp for community leaders (Chalkley-Vol-1- P 40+73+77+Essentials of community health nursing-K.Park-6th edition-P 481+ A Text Book for the Health Worker-Chalkley-Vol-2 P154)
47. Problem solving (Essentials of community health nursing-K.Park-6th edition-P 15 + Chalkley-Vol-2 P 124-125)
- 48.Personality traits(Essentials of community health nursing-K.Park-6th edition-P 11)

49. Rapport (Chalkley-Vol-2 P 157)
50. Culture (Essentials of community health nursing-K.Park-6th edition-P 23)
51. Open class society (Essentials of community health nursing-K.Park-6th edition-P 26)
52. Qualities of good leadership-(A Text Book for the Health Worker-Chalkley-Vol-1 P 39)
53. 'We' feeling in groups (A Text Book for the Health Worker-Chalkley-Vol-1 P28)
54. Role-(A Text Book for the Health Worker-Chalkley-Vol-1 P 29)
55. Any one adverse effect of alcoholism on liver (cirrhosis of liver Essentials of community health nursing-K.Park-6th edition-P 28)
56. Any two adverse effects of alcoholism on reproductive system (impotence and sterility) (Essentials of community health nursing-K.Park- 5th edition-P 28)
57. Right to health (Essentials of community health nursing-K.Park-6th edition-P 16)
58. Fundamental rights (Essentials of community health nursing-K.Park-6th edition-P 16)
59. Explain whether responsibility for Health rests on individual / on community/state. (Essentials of community health nursing-K.Park-6th edition-P 16-17)

IX. Write short notes on the following

1. Organizing community for change (A Text Book for the Health Worker-Chalkley-Vol-1 P 44)
2. Health worker's role in motivating community for change-(A Text Book for the Health Worker-Chalkley-Vol-2 P 152-153)
3. Community organization (Refer Notes +Essentials of community health nursing-K.Park-6th edition-P 481)
4. Significance of studying social mobility and social stratification for a health worker (Application Question)
5. Community Diagnosis and treatment (Essentials of community health nursing-K.Park-6th edition-P 421)
6. Survey-(A Text Book for the Health Worker-Chalkley-Vol-1 P46+ (Essentials of community health nursing-K.Park-6th edition-P 480)
7. Patterns of leadership-(A Text Book for the Health Worker-Chalkley-Vol-1 P 39-40)
8. Causes of behaviour (Essentials of community health nursing-K.Park-6th edition-P 5)
9. Social groups (A Text Book for the Health Worker-Chalkley-Vol-1 P 29)
10. List out Fundamental rights . Describe Right to health (Essentials of community health nursing-K.Park-5th edition-P 16)
11. Social processes (A Text Book for the Health Worker-Chalkley-Vol-1 P 33-34)
12. Process of socialization (Chalkley-Vol-1 P 33-34)
13. Family life cycle (Essentials of community health nursing-K.Park-6th edition-P 19)
14. Basic needs of family (Essentials of community health nursing-K.Park-6th edition-P 19-20)
15. Factors related to family health (A Text Book for the Health Worker-Chalkley-Vol-1 P 190)
16. Principles of working with families (A Text Book for the Health Worker-Chalkley-Vol-1 P 191)
17. Importance of family planning to family and community (A Text Book for the Health Worker-Chalkley-Vol-1 P 331)
18. Role of health worker in bringing desirable change in values, attitudes , beliefs and practice (Refer Notes)
19. Hierarchy of needs (A Text Book for the Health Worker-Chalkley-Vol-2 P 131)+ (Refer Notes)

20. Components of personality (Essentials of community health nursing-K.Park- 6th edition-P 10)
21. Characteristics of a community (Essentials of community health nursing-K.Park-6th edition-P 25)
22. Criteria for drug addiction(Essentials of community health nursing-K.Park-6th edition-P 27)
23. Causes of maladjustment(Essentials of community health nursing-K.Park-6th edition-P 50-51)
24. Habit formation (Essentials of community health nursing-K.Park-6th edition-P 9)
25. Errors in perception (Essentials of community health nursing-K.Park-6th edition-P 14)
26. Conditions of learning (Essentials of community health nursing-K.Park-6th edition-P 13)
27. Theories of learning (Essentials of community health nursing-K.Park-6th edition-P 13)
28. Interpersonal Skills (A Text Book for the Health Worker-Chalkley-Vol-2 P 149-150)
29. Foundations of mental health(Essentials of community health nursing-K.Park- 6th edition-P 404)
30. Mental health needs (Essentials of community health nursing-K.Park-6th edition-P 405)
31. Kinds of needs and urges (Essentials of community health nursing-K.Park-6th edition-P 8)
32. Primary and secondary group (A Text Book for the Health Worker-Chalkley-Vol-1 p 28)
33. Define marriage. Explain different types of marriage. (A Text Book for the Health Worker-Chalkley-Vol-1 P 30)
+ Notes
34. Problem solving (A Text Book for the Health Worker-Chalkley-Vol-2 P 124+ Essentials of community health nursing-K.Park-6th edition-P -15)
35. Influence of culture on mother and child health (Essentials of community health nursing-K.Park-6th edition-P 23)
36. Socialization (Essentials of community health nursing-K.Park-6th edition-P 15 + A Text Book for the Health Worker-Chalkley-Vol-1 p 34)
37. Defence mechanisms and their purpose (Essentials of community health nursing-K.Park-6th edition-P 10 + A Text Book for the Health Worker-Chalkley-Vol-2 P136- 137)
38. National Mental Health Programme(Essentials of community health nursing-K.Park-6th edition-P 405)
39. Mental hygiene in adulthood (A Text Book for the Health Worker-Chalkley-Vol-2 P 146-148)
40. Maslow's Hierarchy of needs(Notes)
41. Types of family (A Text Book for the Health Worker-Chalkley-Vol-1 p 31)
42. Basic approaches in counseling (A Text Book for the Health Worker-Chalkley-Vol-2- P 155 +Notes)
43. Stages of helping process (A Text Book for the Health Worker-Chalkley-Vol-2 P 157)
44. Adolescent problems (A Text Book for the Health Worker-Chalkley-Vol-2 P 145-146)
45. Principles to be followed to ensure that adolescence is not a period of storm and stress (A Text Book for the Health Worker-Chalkley-Vol-2 P 143-145)
46. Common behavioural problems in the childhood (A Text Book for the Health Worker-Chalkley-Vol-2P141-143)
47. Problems in old age and role of health worker (A Text Book for the Health Worker-Chalkley-Vol-2 P 148)
48. Types of learning (Essentials of community health nursing-K.Park-6th edition-P 13)
49. Causes of mental illhealth-(Social and Preventive Medicine K.Park-19th edition-P 735-736)
50. Healthy ways of meeting maladjustment (Essentials of community health nursing-K.Park-6th edition-P 50-51)
51. How can a health worker student develop self confidence and mature approach towards his/her profession(A Text Book for the Health Worker-Chalkley-Vol-2 P 126)
52. Helping process (A Text Book for the Health Worker-Chalkley-Vol-2 P 157)

53. Role of health worker in the prevention of alcohol and drug abuse (Essentials of community health nursing-K.Park-6th edition-P 28)
54. Mental hygiene in old age (A Text Book for the Health Worker-Chalkley-Vol-2 P 148)
55. Principles of community organization(Notes)
56. Counselling(A Text Book for the Health Worker-Chalkley-Vol-2 P 154-158+ Notes)
57. Social Problems (A Text Book for the Health Worker-Chalkley-Vol-1 P-36-38 +Essentials of community health nursing-K.Park-6th edition-P -26-28)
58. Primary and secondary group (A Text Book for the Health Worker-Chalkley-Vol-1 P 28)
59. 'We' feeling in groups (A Text Book for the Health Worker-Chalkley-Vol-1 P 29)
60. Primary and secondary group (A Text Book for the Health Worker-Chalkley-Vol-1 P 29)
61. In-groups and out-groups (A Text Book for the Health Worker-Chalkley-Vol-1 P 29)
62. Role change in modern family (Chalkley-Vol-1 P 31)
63. Social processes (A Text Book for the Health Worker-Chalkley-Vol-1 P 33)
64. Social security(Essentials of community health nursing-K.Park-6th edition-P 34)
65. Social controls (A Text Book for the Health Worker-Chalkley-Vol-1 P 34)
66. Leadership (Notes+ A Text Book for the Health Worker-Chalkley-Vol-1 P-39-40+ A Text Book for the Health Worker-Chalkley-Vol-2 P 150-151+Essentials of community health nursing-K.Park-6th edition-P 481)
67. Structure of personality (Notes)
68. Rural and urban communities (A Text Book for the Health Worker-Chalkley-Vol-1 P 41-42)+ (Essentials of community health nursing-K.Park-6th edition-P 25)
69. Foundations of mental health- (Essentials of community health nursing-K.Park-6th edition-P 404-405)
70. Mental hygiene in infancy (A Text Book for the Health Worker-Chalkley-Vol-2 P 139-140)
71. Mental Health Services(Essentials of community health nursing-K.Park-6th edition-P -406)
72. Development of rural communities (A Text Book for the Health Worker-Chalkley-Vol-1 P 41) 72. Urban problems (A Text Book for the Health Worker-Chalkley-Vol-1 P 43)
73. Rural problems (A Text Book for the Health Worker-Chalkley-Vol-1 P 42)
74. Role of health worker in Data collection(A Text Book for the Health Worker-Chalkley-Vol-1 P47)

X. Write essays on the following

1. Development of personality(Essentials of community health nursing-K.Park-6thedition-P11-12)
2. Mental hygiene in adolescence(A Text Book for the Health Worker-Chalkley-Vol-2 P143-146)
3. Social mobility and Social stratification(A Text Book for the Health Worker-Chalkley-Vol-1P 38)
4. Family life education (A Text Book for the Health Worker-Chalkley-Vol-1 P 193)
5. Family in health and disease (Essentials of community health nursing-K.Park-6thedition-P 21-23)
6. Factors that influence personality development (A Text Book for the Health Worker-Chalkley-Vol-2 P 130)
7. Explain various Defence mechanisms and its significance in behaviour (Essentials of community health nursing-K.Park-6th edition-P 10 + A Text Book for the Health Worker-Chalkley-Vol-2 P 137)
8. Characteristics of mentally healthy person (Essentials of community health nursing-K.Park-6th edition-P 404 + A Text Book for the Health Worker-Chalkley-Vol-2 P 130)

9. Mental hygiene in childhood (A Text Book for the Health Worker-Chalkley-Vol-2 P140-143)
10. Define social control and explain various means of social control (A Text Book for the Health Worker-Chalkley-Vol-1 P 35-36)
11. Adolescent need not be a period of storm and stress. Describe. (A Text Book for the Health Worker-Chalkley-Vol-2 P 143-146) +(Essentials of community health nursing-K.Park 6th edition-P 11)
12. Culture and health (Essentials of community health nursing-K.Park 6th edition-P 23-25)

(Thanks for all the DHIC institutions for co-operating with this venture of Question Bank preparation)

(Prepared by Sobha Ganesh, Communication Officer, Public Health Training School, Thiruvananthapuram under the guidance of Dr.J.Padmalaatha, Principal, Public Health Training School, Thiruvananthapuram.)

PUBLIC HEALTH TRAINING SCHOOL
DIPLOMA IN HEALTH INSPECTOR COURSE-II YEAR
PAPER IV **BEHAVIORAL SCIENCE- SOCIOLOGY, PSYCHOLOGY, & MENTAL HEALTH(New Syllabus)**
Supplementary Reading Material/Notes

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Supplementary Reading Material/Notes

Refer

(A Text Book for the Health Worker-Chalkley-Vol-1, A Text Book for the Health Worker-Chalkley-Vol-2 , Essentials of community health nursing-K.Park-6th edition , Social and Preventive Medicine- K.Park)

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DEFINITIONS

Social institution: is an organized complex pattern of behaviour in which a number of persons participate in order to further group interest. Family, school, church, club, hospital, political parties, professional associations and panchayats are social institutions.

Sociometry : is a methodology for stimulating, exploring and measuring interpersonal relations by using sociogram. It was invented by Dr.Jacob L. Moreno

Sociogram: is a diagrammatic representation of relationships among members of a group.

Sociogram shows who interacts with whom and who are effective leaders.

Personality: Allport: Personality is the dynamic organization within an individual of those psycho- physical systems that determine his characteristic behaviour and thought.

Reference group: This is a term given by Muzafer Sherif. According to him reference group is a group to which an individual aspires membership but cannot easily join. This group influences his behaviour. Membership group also influences his behaviour.

Marriage: Robert H. Lowie: "Marriage denotes those unequivocally sanctioned unions which persist beyond sexual satisfaction"

COMMUNITY ORGANIZATION

Community organization is a process of solving present day problems of common interest by way of adopting democratic principles and people's participation.

Murray .G.Ross: Community organization is a process by which community identifies its needs, takes action and in doing so develops co-operative attitudes and practices.

Principles:

- 1.The community and professional should keep a mutual trust.
- 2.Agency workers should reduce the social distance with the community
- 3.Constitute new committees at local level
4. Committees should have representatives from all sections of society
- 5.Identify leaders, especially informal leaders
- 6.Leadership training is needed for increasing the capacity of leaders
- 7.Meet the immediate felt need of the community
- 8.Intra and inter agency co-ordination

9. Anticipate barriers and overcome them
10. Education programme should be integrated with local educational efforts
11. Participation of, as many members as possible, ensures success
12. Local talents should be used for educational efforts
13. Demonstration increases the effectiveness of programmes
14. Reward community representatives (not by monetary rewards)
15. Start community programmes with more responsive sections in the beginning
16. People attach greater values to those facilities for which they have made contributions in terms of money, labour or time.
17. Leader need not be one and the same person always. Making others taking leadership enhances their status and learning experience
18. Evaluation is needed for better progress

GROUP DYNAMICS

Dynamics means changing. Group dynamics means group is changing while it functions to achieve the goal. All the changes a group undergoes from its formation till the achievement of goals during the group function can be termed as group dynamics. (Refer A text book for the health worker Vol-II- Chalkley also-p-153)

LEADERSHIP

Functions of a leader

1. Helps and directs group to achieve goal
2. Directs group members if they go wrong
3. Plans strategies to achieve the goal
4. Control the group relations. Leader facilitates interpersonal relations among members in a healthy way
5. Leader functions as an arbitrator/mediator

Need to work through community leaders

It is important to involve community leaders because they may be able to

- a. suggest ways to overcome problems
- b. suggest ways to approach community
- c. help in spreading message among the community
- d. provide support to the group
- e. set examples
- f. help in organizing meetings and other activities
- g. act as depot holders for contraception
- h. help workers in developing good working relationship with the community
- i. know resources in the community and pulse of the community

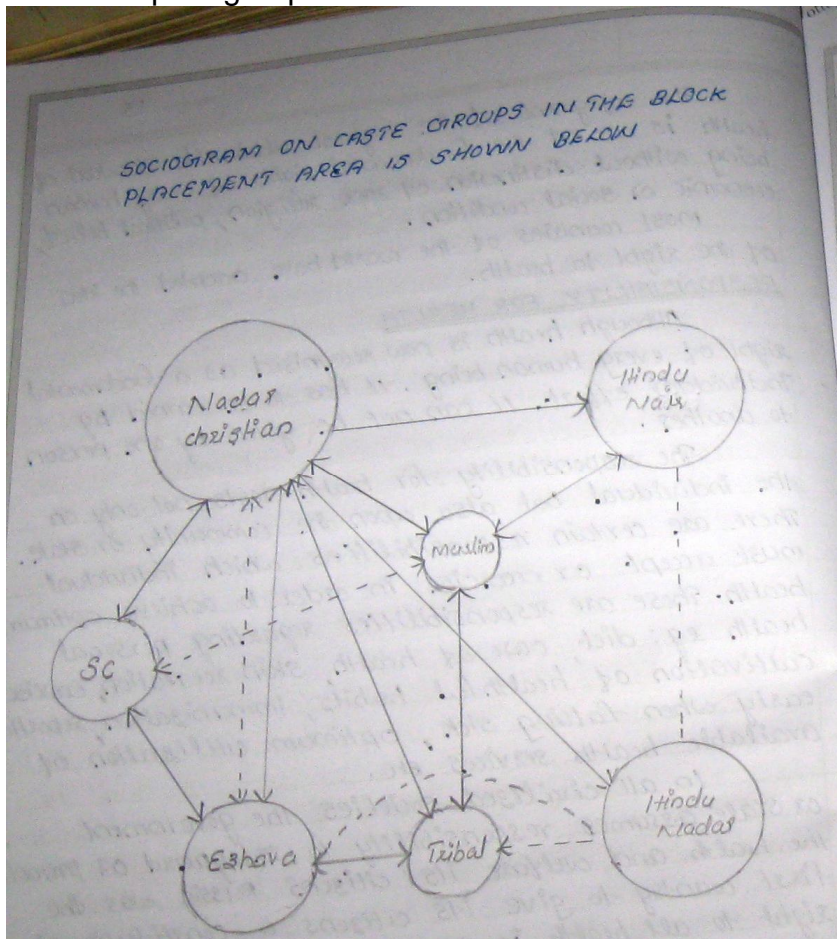
Identification of leaders in the community

1. Sociometric method

Sociometric method: Here the leadership selection is by adopting sociogram.

There are two types of sociometric methods- Selective group method and Systematic sampling method

Following is a diagrammatic representation of a sociogram of PHC Kalliyookradu. Population of the area is 15521 and there are 5000 families in the area. Various caste groups are Nadar Christian(40%), Hindu Nadar (20%), Ezhava (12%), Scheduled Caste(6%), Muslims(1%) and Tribals (1%). Relationship existing among caste groups is indicated by arrows. Normal arrows show co-ordial relationship. Broken arrows show unfavourable relationship. Single arrow shows that a caste group has a favourable relationship but the second caste group does not maintain same with the first caste group. Caste group towards which more arrows are directed show the most accepted group in the area.



Utilization of leaders in health programmes

People's involvement and participation are important in bringing behavioural change in the community and thus to solve health problems and implement national health programmes. Community must be an active participant rather than a passive receiver of services. The efforts by health personnel would not bring optimum results without the participation of community. The community action is possible only through a process of understanding, appreciation and commitment from the part of community. For this, education of community is a pre-requisite. Education of person –to-person and person –to-small group is inevitable to influence and motivate community. Influencing and motivating can be better performed by community leaders. So community leaders need to be given orientation training camp so that they will be equipped to educate the community. Thus they can influence and motivate community for behavioural change.

MARRIAGE:

Marriage is a social contract. Persons entering in social contract surrender their absolute individual freedom to a third party, the state which guarantees social order and stability. Registration makes it legal.

Definition: Robert H.Lowie: “ Marriage denotes those unequivocally sanctioned unions which persist beyond sexual satisfaction”

It is a relationship between man and woman who are permitted to have children; implying the right to have sexual relations.

When partners feel that they cannot live together because of some problems they can seek divorce. Broken families affect the physical, psychological and social health of children. Hence health educators should enable families to solve their problems.

STRUCTURE OF PERSONALITY

Freud has described 3 stages in the development of personality. They are id, ego and super ego.

Id stage: The individual is mainly concerned with satisfaction of basic biological needs and has no inhibition. Behaviour is instinctive ; not brought about by thinking process.

Eg.Crying for food with emotion, Passing urine and motion without control or inhibition in front of others.

Super ego: As growth takes place physically and mentally, individual perceives world around , a sense of propriety(rightness) develops. Individual learns to decide what is right and what is wrong. The individual learns to conceptualize ideal or perfection.

Ego: It is not possible for every one to act in the perfect manner. Individual adopts a balance between instinctive behaviour and excellence beyond reach. Individual is conscious of the self and limitation. This stage is called ego.Ego is the self personality.It determines true personality of the individual.

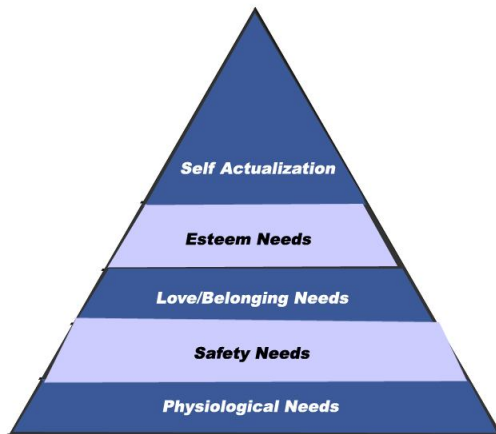
FORMAL, NON-FORMAL AND INFORMAL EDUCATION

Formal education is a well planned system of education envisaged to bring about specific behavioural changes in the educand.The national objectives of education are realized through instructional objectives in the class room.

Students have fixed points of entry and exit. Curriculum is fixed and rigid in terms of admission, curriculum, place of instruction, time table and duration of instruction.

Non-formal education is an open system of education in the matters of admission, place of instruction and duration of instruction. Philip Combs defines it as “Any organized, systematic educational activity carried outside the frame work of the formal system to provide selected types of learning to particular sub groups in the population, adults as well as children.” It is need based and so it is a tool for rural development. Eg. Adult functional literacy programmes.

Informal education includes all the influences the informal agencies have i.e.home, peer group, community,the press, radio, theatre and library.



MASLOW'S HIERARCHY OF NEEDS

Abraham .H. Maslow proposed a fundamental ordering of human motivational structure. This is known as hierarchy of needs.

The hierarchichal order of needs are as follows.

Physiological needs: Hunger, thurst and sex.

Safety needs: Security from physical and mental loss

Love needs : Need for belonging and affection

Esteem needs: Need for self respect, recognition and prestige

Self actualization:The need to realize the best one is capable of for self expression and self realization

Unmet needs at the lowest level commands individual's primary attention. With their gratification individual can devote his energies to meet other needs. Safety and physiological needs are called deficiency motivation because unless they are met, others cannot be achieved.

Hierarchy concept fails in case of behaviour occurring under extreme conditions like war, during which time need for safety predominates.

ROLE OF HEALTH WORKER IN BRINGING DESIRABLE CHANGE IN VALUES, ATTITUDES, BELIEFS AND PRACTICES

Practices existing in a community depend on values, attitudes and beliefs of people. A health worker has to learn the existing values, attitudes and beliefs in the community.

Sometimes people give more value for superstition and tradition than health. Contraception is opposed in many communities considering it as against moral value.

Attitude shows how much favourable or unfavourable a person is towards a social object/ concept/other individuals. Example: One child is sufficient for a family. Attitude may be Agree/ No opinion/Disagree.

People may believe that 1.Giving colostrum to new born may lead to diarrhoea

2.An individual belonging to Hindu religion gets moksha only if he has a male child.

The values, attitudes and beliefs depend on motivation, perception, culture, education, superstition, tradition etc. prevailing in the community. These are traditional and deep rooted. Sometimes ego involvement will be high.

Health worker has to identify himself with the community and introduce new learning points which run side by side with the existing values, beliefs and attitudes. Anything contrary to the existing values, beliefs and attitudes will be resisted and rejected.

Behavioural change is a learning process. A community needs help to change undesirable attitudes, values and beliefs which are not favourable for health promotion and disease prevention.

The initial step is establishing a rapport with the community. Create a dissatisfaction in the existing undesirable condition. There is need for cognition/ knowledge. Subsequently there will be analysis and judgment. Thus individual goes through adoption process.

Health educator must educate community to consider health as the most valued asset. This is the goal of health education laid down by WHO. To change undesirable belief, attitude or value, health educator has to put much effort. Sometimes demonstration/ living example/ successful adopter etc. are necessary to convince people. Use frame of reference in their mind. There should be opportunity for individuals to know and understand benefits and consequences of change in values, attitudes and beliefs/resultant behaviour. Reinforcement and follow-up are necessary. Thus health worker has a crucial role in bringing desirable change in values, attitudes, beliefs and practices in community.

GUIDANCE AND COUNSELLING

Guidance and counselling helps individuals to adjust to social realities. The disruption of community and family life by industrial civilization convinced many that guidance experts should be trained to handle problems of individual adjustment. Though the need for attention to the whole individual had been recognized by educators since the time of Socrates, it was only during twentieth century that researchers actually began to study and accumulate information about guidance.

Sertzer and Stone state that guidance comes from the word guide that has a meaning to direct the pilot, manager or steer.

Early guidance programmes dealt with immediate problem of vocational placement. The complexities of industrial economy and unrealistic ambitions of many young people made it essential that machinery for bringing together jobs and workers be set up; vocational guidance became that machinery. At the same time counselling organizations were established to help people understand their potentialities and liabilities and make intelligent personal and vocational decisions. The first vocational counselling service was the Boston Vocational Bureau, established (1908) by Frank Parsons, a pioneer in the field of guidance.

In the Governmental Regulation no.29 of 1990 on Secondary Education stated that "Guidance is the help given to learners in order to find a personal, familiar environment and plan for the future."

Prayitno and Erman Amti(2004) suggested that guidance is the process of aiding an individual to develop his own abilities.

Prayitno and Erman Amti(2004) suggested that counselling is the process of providing assistance through counseling interview by an expert (counsellors) to individuals who are experiencing a problem (client).

Winkel (2005) defines Counselling as the most basic set of activities from guidance in an effort to help the counselee / clients face-to – face with the aim that the client can take responsibility for themselves on various issues or special problems.

Ref.1)86ilanbank-informasi.blogspot.in/2011/10history-definition-of—guidance

- 2) encyclopedia2.thefreedictionary.com/guidance+and+counseling
- 3) www.gcc.edu.ph/services/guidance.html

EMOTIONAL INTELLIGENCE

Emotional Intelligence is the ability to identify, use and manage emotions in a positive way to relieve stress, communicate effectively, empathise with others, overcome challenges and solve conflict. Emotional quotient is the measure of Emotional Intelligence.

MENTAL HEALTH

1. Mental health –Introduction
 Definition of mental health, Characteristics of mentally healthy person, Foundations of mental health, Mental health needs, Warning signs of poor mental health - Adjustment-Causes of maladjustment, Healthy ways of meeting maladjustment (Essentials of community health nursing-K.Park-6th edition-P 404-406+ 49-50)
2. Types of mental illness
 Major illnesses (Psychoses)-Familiarize with Schizophrenia(p-171), Bipolar Disorder(p-171) and major Depressive Disorder (p-166)
 Familiarize with Anxiety Disorders(p-165) and Personality disorders(p-171) (A Text Book for the Health Worker-Chalkley-Vol-2)
3. Causes of mental ill health (Social and Preventive Medicine K.Park-19th edition-P 735-736)
 Causes-Crucial points in the life cycle from the point of view of mental health- Prenatal period, Preschool period, school period, adolescence, old age
4. Early detection of mental disorders) (A Text Book for the Health Worker-Chalkley-Vol-2 p-167-169)
 Disturbance in thinking, mood consciousness, memory, orientation, perception, emotions, motor aspects of behaviour; personality, intelligence – Role of health worker
5. Types of treatment) (A Text Book for the Health Worker-Chalkley-Vol-2 p-172-174)
 Psychotherapy, Pharmaco therapy, Electro Convulsive therapy, Occupational therapy, Recreational therapy- Principles of aftercare - Role of health worker
6. Preventive aspects) (A Text Book for the Health Worker-Chalkley-Vol-2-175-176)
 Primary, Secondary and Tertiary- Mental Health Services, National Mental Health Programme – District Mental Health Program-Role of health worker in Mental health education - Psycho-social intervention
7. Substance use disorders (Essentials of community health nursing-K.Park-6th edition-P 28)
 Alcoholism- Brief description of effect of alcohol addiction on organ systems, family and social life.

Smoking- Brief description of adverse health effects of smoking on organ systems

Definition of drug, drug abuse and drug dependence - Names of dependence producing drugs- Symptoms of drug addiction-Factors associated with high risk for drug abuse

Prevention - Legal approach, Educational approach and Community approach- Brief description of Treatment and Rehabilitation – Role of health worker

[Students may be oriented on up date knowledge of above topics on Mental Health with a qualified resource person]

Core Reading

1. Park, K. Essentials of Community Health Nursing-Latest Edition.
2. Chalkley,A.M.A Textbook for the Health Worker (ANM)- Volume I
3. Chalkley,A.M.A Textbook for the Health Worker (ANM)- Volume II
4. Supe,S.V. An Introduction to Extension Education. Oxford and IBH Publishing Co.Pvt. Ltd.
5. A short Text Book of Psychiatry: Niraj Ahuja

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