

University of Mustaqbal / College of Nursing
Psychiatric and Mental Health Nursing Department
Lecture Psychology Nursing/2

Motivation, Learning, and Thinking

❖ **Motive:** defined as an active tendency functioning within the individual to oblige, encourage him to act for the satisfaction of his essential needs or achievement of some specific purpose.

❖ **Types of Motives**

Motives can be classified into:

1- Primary or physiological motives

- Hunger motive, - Respiratory motive, - Need for rest and sleep, - Need for Elimination of waste, and - Sex motive

2- Secondary or social motives

- Belonging motives, Need for Status, - Power motive, and - Social Approval

3- Personal motives

- Need for achievement, Levels of aspiration, Force of habit, Interest and attitudes, Fear

4- Unconscious motives

These motives are those which persons are not aware of. They may be in the form of person's repressed desires or wishes or complexes. These types of motives determine irrational fears or phobias, likes and dislikes.

❖ **Nurses' implication of motives**

A- The nurse has to understand his/ her own motives so that he/ she can better understand patient's motives.

1. The nurse can maintain his/ her mental health and stay positive by an insight into the dynamics of motivation;
2. Knowing the physiological needs such as; hunger, thirst, foods and sleep
3. Knowing psychological needs
4. It gives him/ her insight into the aetiology of the patient's behaviour,

B- Understanding motives in the patient help the nurse in the following ways:

1. To recognise patient's needs.
2. To build a good relationship
3. To provide priority care.
4. To satisfy patient's needs.
5. To promote healing and health of the patient.

Learning

Learning is a process that creates a quite continuing change in behaviour or knowledge as a result of an individual's experience. Learning happens in every setting, not just in classrooms and it occurs at every age.

❖ Characteristics of Learning

* Learning is a process * Learning is purposeful * Learning is adjustment * Learning is transferable
* Learning is change * Learning is intelligent * Learning is active * Learning is the product of environment
* Learning is both individual and social * Learning is organising experience * All living is learning * True learning affects the conduct of the learner * Learning is universal * Learning is growth

❖ Process of Learning

- 1- Gain of new experiences
- 2- Retention of new experiences in the form of skills.
- 3- Development of experiences, step by step.
- 4- Synthesis and organisation of the old and the new experiences.

❖ Types of Learning

1. Visual: You learn well when aided by images, pictures .
2. Auditory: You learn well when aided by music, sound, rhyme, rhythm
3. Reading/Writing: You learn well by reading or writing

❖ Factors influence Learning

The factors affect learning can be categorized in to three main categories:

1- Physiological factors:

These are; sense perception, physical health, fatigue, time and day of learning, food and drink, age and atmospheric conditions.

2- Psychological factors:

- Conflicts, psychological distress and tension, mental disorders.
- Concentration requires mental bearing and absence of mental discomfort.
- Rewards and punishment
 - Motivation and interest

3- Environmental factors

- such as distraction, noise, poor lighting, bad aeration (ventilation), overcrowding,
- Establishment setting
- Presentation and organization of material
- Learning by doing
- Special methods of learning
- Timely testing

❖ **Role of the Nurse in patient's learning**

1. Assessing the patient's individual characteristics such as age, gender, medical diagnosis, beliefs, developmental level.
2. Choosing a suitable teaching method used upon the patient's background and needs.
3. Rewarding positive behaviour.
4. While teaching, all new knowledge should be introduced gradually.
5. Explanation should be specific, clear and simple, avoid the use of technical terms as far as possible.
6. Teaching should suit patient's needs and interests.

Thinking:

- Thinking is the activity of human rationale (reason) as a process of reinforcement the association between stimulus and response.
- Thinking is a problem solving process in which individuals use ideas in places of overt activity.

❖ **Elements of Thinking**

1- Languages

When a person listens, writes, or reads words, phrases or sentences in any language, he is estimated to think. Writing and reading of the written documents and literature also helps in stimulating and promoting thinking process. The language broadens the thinking.

2- Concepts

Concept can be defined as the symbol that stands for common properties of thing. Concepts allow persons to part things into classes.

3- Images

Also called as Mind Pictures, consist of personal experiences of objects, individuals or scenes which persons can see, hear or feel. These mind pictures represent the actual objects, experiences and activities.

4- Brain functions

It is well-known that the mind or brain is the main tool or reservoir for implementation the process of thinking.

Types of Thinking

1- Concrete Thinking

The source of this kind of thinking is perception; i.e. understanding of sensation according to individual's experience. It is also called a concrete thinking because it is carried by the perception of real or concrete objects and events. Such kind of thinking is present in children.

2- Abstract Thinking

This type of thinking does not require the perception of real objects or events. It is an abstract thinking where individual makes use of concepts, the general ideas and language. It is regarded as a superior type of thinking to perceptual thinking as it saves efforts in understanding and problem solving.

3- Logical Thinking

This type of thinking considers the logic in which all the relevant facts are organized in a logical order so as to obtain the solution of the problem. It tries to solve difficult problems rather than simple problems.

4- Creative Thinking

Creative thinking aims to generate something new and to seek of new relationships and associations to describe and interpret the nature of things, events, and situation. The thinking of scientists or inventors is an example of creative thinking.

5- Critical Thinking

Critical thinking involves the use of cognitive skills such as conceptualization, interpretation, analysis, combination, and evaluation for reaching to an unbiased, valid and reliable judgment of the gathered information or data as a guide to individual's beliefs and actions.

Lecturers
Hatem Kareem Mansoor
Abbas Shubbar