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Assessment 2: Annotated Bibliography and Report

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Part A: Annotated Bibliography

Introduction

Psychological lifespan development theories assist practitioners in health and social care in comprehending that human beings undergo emotional and social transformation throughout life. The theories play a crucial role in the process of supporting older adults due to the fact that ageing can influence wellbeing, identity, and relations. Knowledge of psychological development in residential care environments would assist staff to give quality emotional and social assistance beyond merely physical care. The present annotated bibliography examines four scholarly materials on the topics of adult development and well-being. These theories are the psychosocial theory of Erikson, the hierarchy of needs, positive psychology, and attachment theory.

Source 1 — Erikson's Psychosocial Theory

Reference

Erikson, E.H. (1982) *The life cycle completed*. New York: W.W. Norton & Company.

Summary

This article describes the psychosocial theory proposed by Erikson, particularly the last stage known as ego integrity versus despair. During this phase, the elderly reflect on their life and attempt to see the sense in what happened in their life. In case they are content with life, they are said to have ego integrity, which will result in emotional well-being. When feeling remorse, they can become hopeless and depressed. The article demonstrates that older adults become more satisfied with social support and positive reflection in their lives.

Critical relevance

This theory applies to care homes since most older adults reflect on the past and may feel lonely. The staff can assist residents in their conversations, memory, and socialisation. Being helpful and making residents feel respected may lead to a rise in wellbeing. An advantage of the theory is that Erikson emphasised emotional needs later in life, though it might not take into account cultural differences in ageing.

Source 2 — Maslow's Hierarchy of Needs

Reference

Maslow, A.H. (1943) *A theory of human motivation*. Psychological Review, 50(4), pp.370–396.

Summary

This paper describes the hierarchy of needs developed by Maslow and its use with older adults. According to Maslow, humans require physical attention, safety, belonging, and respect to be content. According to the article, older adults require emotional and social support in addition to medical care. These needs might not be fulfilled, and as a result, they can become lonely or unhappy. Satisfying various sets of needs enhances later life wellbeing.

Critical relevance

The theory of Maslow can be applied to care homes since the residents do not only require physical care. They also require friendship, independence, and respect. Well-being can be facilitated by employees who promote social interaction and free will. The benefit of the theory is that it explains human needs very clearly, but individuals might not necessarily start following a specific sequence of needs.

Source 3 — Positive Psychology

Reference

Seligman, M.E.P. (2002) *Authentic happiness: Using the new positive psychology to realise your potential for lasting fulfilment*. New York: Free Press.

Summary

This paper describes the role of positive psychology in enhancing the well-being of ageing adults. The theory lays emphasis on strengths, happiness, and meaningful life rather than illness alone. The research indicates that life satisfaction is enhanced by social activity, hobbies, and emotional support. Positive psychology indicates that ageing is not only a decline but may also involve personal development.

Critical relevance

This method can be applied in care homes, as most older adults are lonely or dependent. Employees can enhance well-being by promoting group dynamics, hobbies, and communication. The strength of this theory is that it depends on the quality of life, but this might be inapplicable with minimal staff time.

Source 4 — Attachment Theory

Reference

Bowlby, J. (1969) *Attachment and loss: Volume 1 – Attachment*. New York: Basic Books.

Summary

This article describes attachment theory and emotional well-being in the ageing population. According to the theory, individuals require safe relations in life. Stable elderly people are well supported, and isolated ones may experience stress or depression. Emotional security may be influenced by the transition to a care facility or separation.

Critical relevance

Attachment theory is significant in residential care as older people should have trust and support. The employees can contribute by creating a good rapport with the family and promoting interaction. The advantage of the theory lies in its emphasis on relationships, and it can sometimes prove challenging to give personal attention to all the residents.

Conclusion

The assignment has discussed important psychological theories of adult development and wellbeing in health and social care. The chosen theories assist in elucidating the emotional, sociological, and psychological requirements of older adults. The knowledge of these theories will enable the professionals to deliver effective, person-centered care and enhance wellbeing among people who reside in residential care settings.

Part B: Short Report

1. Introduction

Residential care homes have older adults who encounter emotional and social problems that have an impact on wellbeing. Aging might be accompanied by loss of independence, health issues and decreasing social interaction. Coping capacity and socialisation are associated with mental well-being in old age (Upasen et al., 2025). Social activity should be regular among older adults to alleviate symptoms of depression (Jeon et al., 2025). In this report, we have used the psychosocial theory by Erikson to elucidate how well-being can be developed within residential care and the issues surrounding its application, challenge, and viable solutions.

2. Explanation of the theory

The psychosocial theory by Erikson helps to explain that development does not end at any point in life. Ego integrity and despair are the last stage that occurs in old adulthood. Ego integrity is experienced when an individual feels content with life, whereas despair is experienced when an individual feels remorse or has a fear of getting older (Chen et al., 2021). Achievement of ego integrity by older people tends to lead to improved emotional well-being. Admitting life and reviewing it makes people feel that their life has some meaning. In case the emotional needs are not met, the despair can grow (Van der Kaap-Deeder et al., 2021). The stage has relevance in health and social care since emotional well-being is based on the way older adults interpret their experiences in life.

3. Application in residential care

In residential care, Erikson's theory can be applied to enable the elderly to feel important and socially integrated. Examples of life review activities which can be promoted by staff include discussing memories or telling stories. These events allow inhabitants to be proud of their lives. Emotional support enhances health since a sense of respect is essential during old age (Marks, 2021). The care workers are expected to be sympathetic when the residents are sad or anxious. Friendship and group activities may make loneliness less likely. Older adults are also associated with compassion and emotional care (Lekhak et al., 2024). Thus, employees are supposed to offer emotional and physical attention.

4. Real case/example

To illustrate, an elderly client might be lonely when she/he gets transferred to a care facility. The residents can escape socialising and be depressed. The personnel can use Erikson's theory by convincing the residents to discuss past experiences. A care worker can arrange group discussions during which the residents may share recollections. This makes the residents feel respected and more confident. The residents can be encouraged to engage in activities; this will be possible with time. The elderly who experience support and capability of changes in their lives have a high probability of remaining healthy (Upasen et al., 2025).

5. Challenge when applying theory

It is challenging to implement the Erikson theory in care homes. Employees simply may not have time to support all residents and are usually unable to show them the necessary level of affection. There will be residents who might suffer from dementia or communication difficulties, and therefore, reviewing life becomes more difficult. Dissimilar personalities also imply that some residents would not want to talk about their past. Care environments frequently adhere to strict schedules in a modern setting, creating the possibility of a decrease in personal interaction between the staff and residents (Nichol et al., 2024). Due to the factors mentioned, emotional support may be hard to deliver.

6. Strategy to overcome the challenge

The following challenges can be decreased with the help of person-centered care and enhanced planning. Emotional needs in later life can be comprehended through staff training. Through group activities, the residents will be able to experience without necessarily having one-on-one sessions. The residents can feel safe with the involvement of the family. Depression in older adults can be prevented by participating in social activities (Jeon et al., 2025). Assistance to help the residents build coping mechanisms also contributes to mental well-being under challenging circumstances (Upasen et al., 2025). Erikson's theory can be utilised better with good teamwork.

7. Conclusion

Psychosocial theory presented by Erikson is useful in explaining the process of emotional growth among older adults. The ego integrity/ despair stage demonstrates that well-being during later life will be based on the interpretations of the experiences that people have had in their lives. Social

interaction, life review, and emotional support provide staff in residential care homes with the opportunity to enhance wellbeing. Despite the existing challenges, it is possible to mitigate them by planning and providing person-centered care. Applying psychological theory aids in the better provision of the elderly by professionals.

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