



PSYCHOLOGICAL MODELS AND FRAMEWORKS IN COMMUNITY PSYCHOLOGY

Understanding mental health within
social community contexts



DEFINITION AND SCOPE OF COMMUNITY PSYCHOLOGY

Focus on Social Contexts

Community psychology studies individuals within social, cultural, economic, and environmental contexts to promote holistic understanding.

Emphasis on Systemic Change

The field emphasizes empowerment, social justice, and systemic change rather than individual pathology treatment.

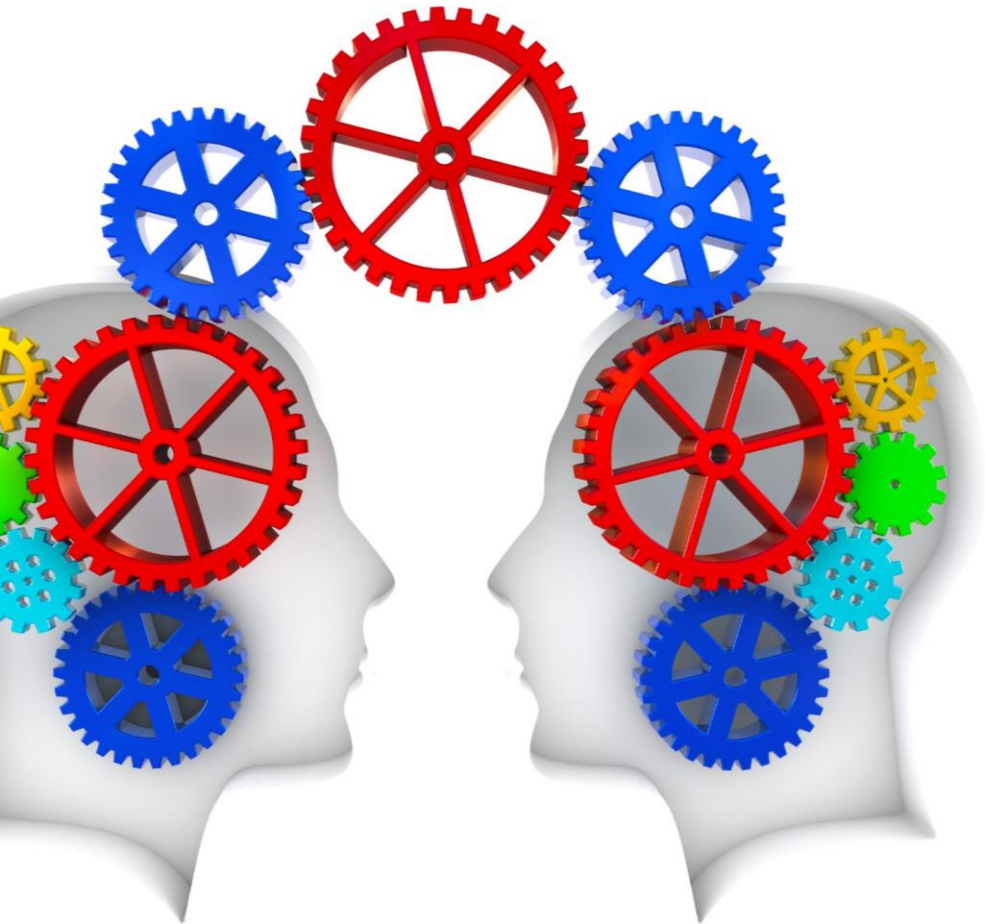
Community Collaboration

Community psychologists collaborate with groups to identify needs, develop interventions, and ensure sustainability.

Integration of Disciplines

It integrates ecological systems theory, sociology, and public health for holistic mental health approaches.

IMPORTANCE OF PSYCHOLOGICAL MODELS



Frameworks for Behaviour Understanding

Psychological models provide structured frameworks to understand behaviour within different social contexts and environments.

Ecological Models

Ecological models analyze multiple levels of influence on behaviour, including individual, community, and societal factors.

Empowerment Models

Empowerment models focus on increasing individual control, fostering resilience, and promoting agency in communities.

Effective and Ethical Interventions

Applying psychological models ensures interventions are tailored, effective, ethical, and support collaboration among stakeholders.



ECOLOGICAL SYSTEMS THEORY BRONFENBRENNER, 1979

Microsystem: Immediate Environment

The microsystem includes direct settings like family and school that immediately influence development.

Mesosystem: Interactions Between Microsystems

Mesosystem refers to relationships and interactions between various microsystems influencing the individual.

Exosystem and Macrosystem Influence

Exosystem and macrosystem include external environments and cultural norms indirectly affecting development.

Application in Community Psychology

This theory helps design interventions addressing systemic barriers impacting individual and community wellbeing.

<https://youtu.be/HV4E05BnoI8?si=JzDUUNVO0ap83zfl>

SOCIAL LEARNING THEORY [BANDURA, 1977]

Observation and Imitation

Individuals learn behaviours by observing and imitating others in their environment.

Role of Reinforcement

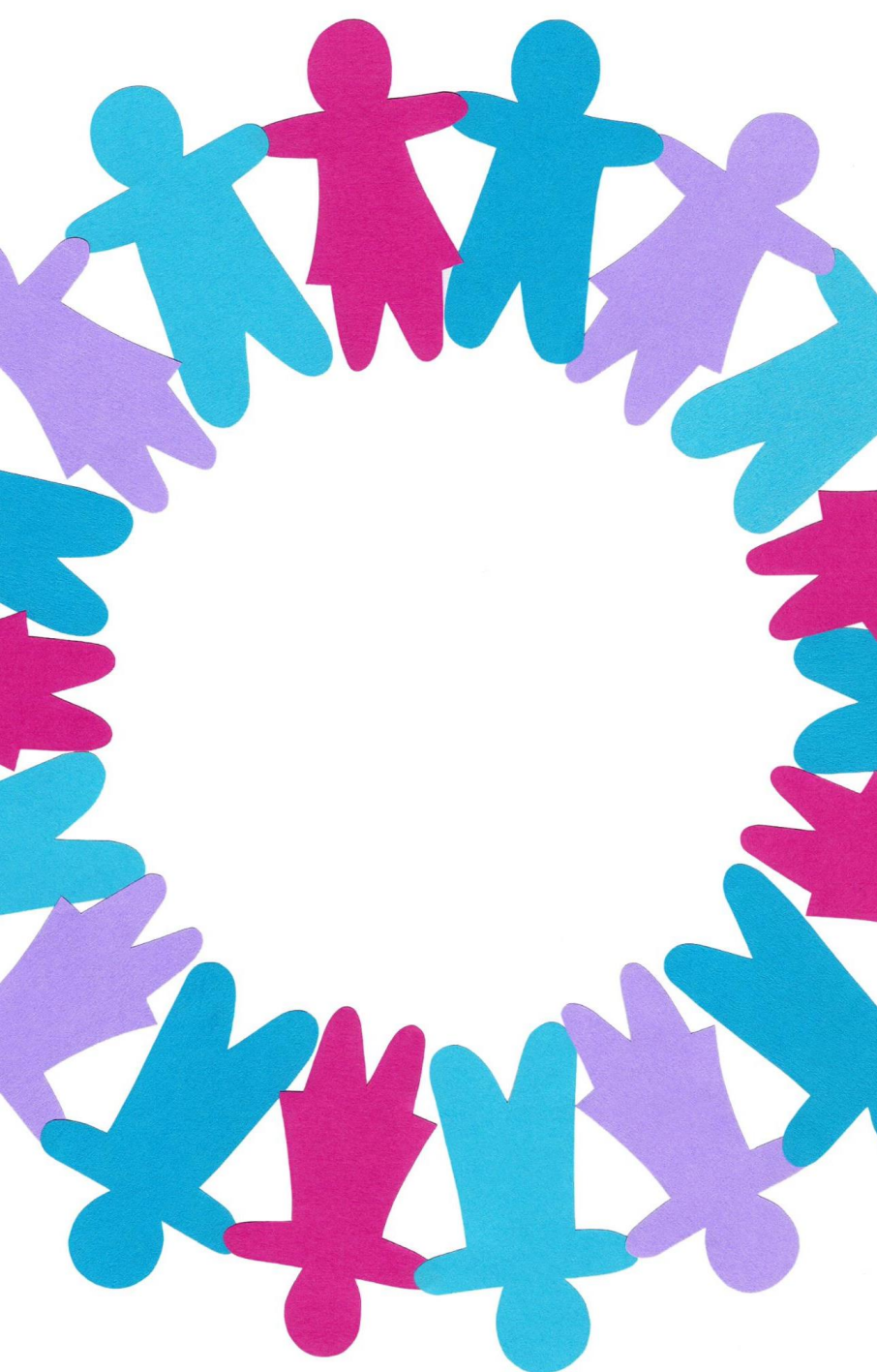
Reinforcement such as recognition and rewards strengthens learning and encourages positive behaviour.

Peer-led Interventions

Peer mentoring uses positive role models to influence youth behavior and promote healthy attitudes.

https://youtu.be/mRW45c4_HUI?si=vF88NEwTNV24e3yo





EMPOWERMENT THEORY (1980'S)

Core Concepts of Empowerment

Empowerment involves self-efficacy, critical awareness, and participatory behaviour essential for individual and community control.

Community Psychology Focus

Empowerment guides interventions that build community capacity and promote agency in local decision-making.

Empowerment Outcomes

Programmes aim to increase confidence, leadership skills, and civic engagement among community members.

Empowerment as Process and Outcome

Empowerment is both an ongoing process and a measurable outcome essential for sustainable development.

<https://youtu.be/YwsdMF3lr6M?si=ZA9YcuYvmbllrcoF>



SENSE OF COMMUNITY [SARASON 1974]

Four Key Elements

Membership, influence, integration and fulfillment of needs, and shared emotional connection form the core of community bonds.

Psychological Well-Being

A strong sense of community supports mental health and resilience through collective participation and mutual support.

Community Benefits

Enhanced community ties reduce crime, boost civic engagement, and promote cultural celebration and collective action.

https://youtu.be/Moa943MVQWg?si=bWML2jl3ZY3oB3_f



PREVENTION AND PROMOTION FRAMEWORK

Primary Prevention

Aims to prevent problems before they occur through proactive strategies like coping skill training.

Secondary and Tertiary Prevention

Secondary targets early signs of issues; tertiary reduces impact of established problems for recovery.

Promotion of Well-being

Focuses on enhancing strengths and capacities through community wellness initiatives and resilience building.

PARTICIPATORY ACTION RESEARCH (PAR)

Collaborative Research Approach

PAR engages community members as active participants in all phases of the research process for shared ownership.

Cyclical Research Process

The PAR process cycles through planning, acting, observing, and reflecting to create grounded interventions.

Empowerment and Social Change

PAR empowers communities by valuing local knowledge and promoting co-creation to foster social change.

Practical Community Application

PAR is used to design and implement relevant, sustainable solutions like public health campaigns with residents.



LIBERATION PSYCHOLOGY

Focus on Social Justice

Liberation psychology prioritises addressing oppression and promoting social justice over individual pathology.

Collective Empowerment

It encourages collective empowerment and systemic change to challenge existing power structures.

Culturally Sensitive Interventions

Interventions are culturally sensitive, supporting marginalized groups in preserving traditions and resisting exploitation.

Alignment with Community Psychology

Liberation psychology values human rights, dignity, and participatory approaches aligned with community psychology.





SUMMARY OF KEY POINTS

Foundations of Community Psychology

Psychological models provide essential tools to understand behavior within community contexts and design interventions.

Diverse Theoretical Lenses

Ecological systems theory, social learning, and empowerment offer varied perspectives on individual and collective experiences.

Guiding Ethical Practices

Frameworks like PAR, liberation psychology, and ecological intervention promote ethical, inclusive, and systemic community practices.

Interdisciplinary Responsiveness

Community psychology integrates multiple disciplines to address evolving social issues with sensitivity and rigor.

DISCUSSION OF PAPERS...

APPLICATION TO YOUR CEP.....

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