

LCHS4010
Psychology in Health and Social Care

Assessment 2: Bibliography & Report

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Part A: Annotated Bibliography

1. Introduction

This annotated bibliography will review four major psychological theories that concern adult development and wellbeing, and in health and social care settings. Knowing these theories is also crucial to professionals dealing with older adults as they elaborate an idea of how emotions, social and psychological aspects change regarding aging. The chosen sources discuss Erikson psychosocial theory, activity theory by Havighurst, and attachment theory by Bowlby and approaches to aging by positive psychology.

2. Erikson's Psychosocial Theory

Source 1: Mishra, D., (2024). Erik Erikson's Theory of Psychosocial Development. *Regional Editor Board-International & National*.

The paper explains the psychosocial theory of Erikson describes developmental stages of a person, and the subsequent life is characterized by the struggle between ego integrity and despair. The elderly look back on their lives and when this is resolved successfully, they have a sense of fulfilment and acceptance. The theory focuses on identity, life review, and wellbeing upon ageing.

According to Mishra (2024), the main strength of this theory is that it explains emotional needs of older adults, especially the significance of reflection and meaning-making. It offers an effective framework to comprehend psychological adjustments later in life. It is however limited by the fact that it is not culturally diverse and is based on the assumption that there is a universal developmental process that may not be applicable to various societies.

Acts of life story work and reminiscence therapy are some of the practices that are supported in health and social care by this theory. Care professionals can assist residents to sustain dignity and identity by supporting reflection on the experiences in life, which will contribute to emotional wellness and decrease the sense of regret or desperation.

3. Havighurst's Activity Theory

Source 2: Jankowiak, B., Soroko, E., Kuryś-Szyncel, K., Jaskulska, S., Hill, C.T., Sawaumi, T., Sanz-Barbero, B., Vives-Cases, C., Neves, S., Inagaki, T. and Lee, J., (2025). Building

bridges between Arnett's and Havighurst's theories: New developmental tasks in emerging adulthood across six countries. *Emerging Adulthood*, 13(3), pp.503-518.

The paper explains the Activity Theory proposed by Havighurst, older adults are successful in ageing when they are socially active and engaged. Jankowiak *et al.* (2025), emphasizes that social involvement is closely related to the wellbeing and individual development in adulthood. The elderly are independent and adjust to ageing by acquiring new roles and remaining a part of their communities.

The strength of the theory is that it has good empirical evidence that demonstrates that active lifestyles enhance wellbeing and social functioning. It encourages healthy ageing as a time of development and not of deterioration. However, it can be less inclusive, overlooking people who have physical or cognitive disabilities and are unable to be highly active.

The theory can be used to a great extent in the care environment, where residents can be motivated to join group activities, social events, and engage in community activities to enhance their mental health and overcome loneliness. It advocates interventions that encourage independence and active living in older adults.

4. Bowlby's Attachment Theory

Source 3: Rodway, C. and Spencer, R., (2025). Attachment in Old Age: A Fundamental Pillar for Public Health and Wellbeing. *International Journal of Public Health*, 70, p.1607770.

The paper describes the Attachment Theory by Bowlby who stresses the significance of emotional attachment and safe relationships in life. During the later adult stages, the attachment factor still affects the emotional wellbeing especially in the losses, loneliness and dependency coping. Close ties help to promote a sense of security and stability (Rodway and Spencer,2025). One of the greatest strengths of this theory is that it is emotionally oriented and long-term oriented to wellbeing. It provides a lot of help especially in the comprehension of loneliness and social isolation in the elderly. However, the theory primarily dwells on early life experiences and might not explain changes in relationships in later life comprehensively.

Attachment theory emphasizes that in care environments, there should be the establishment of trusting relationships between the caregivers and the residents (Khan, 2024). Consistency and care could help generate a feeling of safety, enhancing emotional wellbeing and minimizing anxiety in the elderly.

5. Positive Psychology Approaches to Ageing

Source 4: Ryff, C.D., (2022). Positive psychology: Looking back and looking forward. *Frontiers in psychology*, 13, p.840062.

The paper explains that Positive Psychology is based on strengths, wellbeing and happiness as opposed to illness. It lays stress on the notions of resilience, self-actualisation, and personal development. Ryff (2022), indicates that positive emotions such as joy and purpose are crucial to healthy performance in adulthood.

This approach is strong, as it is more holistic in its approach of promoting wellbeing and resilience. It promotes the use of a strengths-based strategy instead of dwelling on decline. Bell *et al.* (2022), however cite that it might not capture such negative experiences in life like illness or loss which are prevalent in old age.

Positive psychology can be used in health and social care by implementing interventions that lead to happiness, purpose, and mental well-being, including mindfulness, social connections, and goal-setting exercises.

6. Conclusion

Overall, these theories provide valuable insights into supporting older adults in health and social care settings. The theory proposed by Erikson can be applied in the explanation of emotional reflection, whereas the theory of activity by Havighurst has a very strong stance on active aging and social interaction. The attachment theory by Bowlby puts a premium on relationships and the positive psychology on wellbeing and resilience. Activity theory and positive psychology are two of these that are more practical because they directly guide the interventions to enhance the quality of life.

Part B: Short Report

1. Introduction

According to the Activity Theory by Havighurst, the older adults are more satisfied with life and experience higher levels of psychological wellbeing when they are socially, physically, and mentally active. The theory underlines that people can successfully age as long as they have positive activities and social roles regardless of whether they have retired or lost their former roles (Jankowiak *et al.*, 2025).

To health and social care practitioners in residential care facilities, this theory is a viable guideline to improve the wellbeing of the older adult by encouraging engagement, independence, and social interaction.

2. Application of Activity Theory in Care Homes

In residential care environments, the elderly tend to lose independence, social roles, and become isolated. These challenges can be resolved using Activity Theory that promotes further involvement in activities that are given meaning (Srinete and Kohli, 2022). The theory points out that active involvement will result in better psychological wellbeing such as increased self-esteem, decreased depression and increased life satisfaction.

Key Applications in Practice

Social Activities: Social interaction is preserved through group discussions, games and cultural events.

Physical Activities: Light workouts, walking groups, or yoga can be beneficial to physical and mental health.

Recreational Therapies: Art, music, gardening and hobbies assist in expression of emotions and cognition.

Role Replacement: In order to preserve identity, residents should be encouraged to take on minor responsibilities (e.g., assist in organising activities).

Gonot-Schoupinsky, Garip and Sheffield (2022), finds that another important point in the theory is that in case older adults lose former roles (e.g. employment) it is vital that they are substituted with new meaningful roles to retain the sense of purpose and identity.

3. Real-world Example

An example of a practical implementation of the Activity Theory is in the nature-based older adult programme in Scotland where older adults participated in outdoor and group activities like gardening, walking and socializing, mentioned by MacIver *et al.* (2026). WHO (2021), discovered that these types of interventions, which are based on activities, made a huge difference in terms of psychological, emotional, and social wellbeing and made older adults feel more connected and satisfied.

4.Challenges in Application the Theory

Although the Activity Theory by Havighurst has significant advantages, its use in the care environments has a number of challenges. One of the major constraints is that physical and mental capabilities of all older adults do not allow them to engage in regular activities. Such conditions as chronic disease, mobility problems, and cognitive problems, including dementia, may be major limitations to engagement (NIH, 2026). This complicates the ability of care professionals to carry out activity-based interventions in all residents. In addition, the theory presumes that active engagement will result in wellbeing among all people but this might not be idealistic to personal preferences. Social interaction might not be preferred by some older adults as they may prefer quieter, solitary lifestyles. Consequently, a universal strategy might not be effective and might not address various needs in residential care environments.

5. Strategy to Overcome Challenge

Health and social care professionals must use a person-centred approach in order to deal with this challenge.

Key Strategies:

Individualised Activities: Customise activities according to the abilities of the resident, preferences, and health conditions.

Adapted Participation: Adapt activities (e.g., seated exercises, one-to-one interactions) to accommodate those with limitations (Shu *et al.*, 2022).

Gradual Engagement: The encouragement should be made progressive, to develop confidence and comfort.

Assistive Support: Use of assistive tools or staff support to participate.

Recommended by Meredith *et al.* (2023), it has also been found that wellbeing may be significantly enhanced by even low-intensity or nature-based activities, so that individuals with diverse abilities could be included.

6. Conclusion

The Activity Theory offered by Havighurst can be of use in enhancing the psychological wellbeing of older adults in residential care. Through the active involvement, social interaction, and meaningful roles, care professionals can improve the quality of life and emotional wellbeing of residents. Despite the physical constraints and other issues, a person-centred and flexible approach can be adopted to ensure everyone can enjoy the benefits. All in all, the use of Activity Theory assists with a more proactive and holistic approach to care to enable older adults to live with dignity, purpose, and wellbeing in later life.

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