

PSYCHOLOGY FOR HEALTH AND SOCIAL CARE

MODULE: BMHP4003

ESSAY

**APPLYING PSYCHOLOGICAL PERSPECTIVES IN
HEALTH AND SOCIAL CARE**

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Table of contents

Executive Summary.....	2
Introduction	3
Bandura's concept.....	4
Freud's theory.....	7
Conclusion.....	9
References.....	10

Executive Summary

Psychology for health and social care is a significant subject. Theoretical perspective related to the development of psychology is a significant subject in understanding the childhood development stage that primarily affects the wellbeing of a child at a tender age when not well analyzed. The human development theories principally focus on stating how a child changes and grows throughout childhood development. Such concepts focus on aspects such as human cognition, emotions, and behavior. The study of developmental psychology is a diverse course that requires effective theories to understand specific aspects of human development on the way children act, feel, and grow. The paper has mainly been used to understand the childhood stage through Freud's theory on psychosexual childhood development and Bandura's concept of social learning theory. In terms of Freud's theory, a child's cognitive growth, emotions, and behavior are greatly influenced by childhood experiences, which can lead to mental complications in the future. According to Freud Sigmund, parents should provide conducive experiences to their children to positively impact their health and social life. Similarly, Bandura in the theory of social learning affirms that children only learn and imitate what the environment conveys. Parents should provide a conducive environment for children to influence their health as well as social life. The two concepts provide answers to questions that people wonder about how children act, learn, feel, which play pivotal roles in psychology in terms of providing health and social care.

Introduction

Psychology for health and social care in the UK through theoretical perspective related to developmental psychology is essential. Theoretical perspective refers to theories in psychology that provide knowledge on how children develop from childhood to adulthood and the way these theories influence a child's health and social life when analyzed. Developmental psychologists use the theories in psychology to work with people and different ages to address, specifically human cognition, emotions, and behavior and healthcare caregivers can offer intervention assistance through analyzing the stages of development via psychological theories. The most learned theories in psychology focus on childhood development on a person's lifespan when one is experiencing the most remarkable changes. The study of developmental psychology is a rich and diverse unit. People have personal experience with development but it is hard for an individual to understand why individuals act, grow and learn. However, the psychological theories of human development strive to provide clear answers to the above dilemmas as well as predicting behaviors of children throughout their lifespan depending on certain environmental conditions. The concepts of development strive to provide frameworks for thinking and changes in human growth and the learning process. The theories explain the reasons why the paper discusses the development, specifically the childhood development stage, which is a critical stage in psychology. The paper primarily used Freud's psychosexual development theory and Bandura's social learning theory to discuss the childhood development stage in relation to developmental psychology. Freud in the concept of psychosexual development analyzes that certain childhood experiences affect a child's behavior. In contrast, Bandura in the theory of learning contends that a child learns from what the surrounding depicts. Indeed, the theories are

significant and provide an understanding of human cognition, emotions, and behavior. Psychology of health and social care is a rich subject.

Bandura's Concept

The Bandura social learning theory bases its argument on the issue of conditioning a child to learn certain behaviors without necessarily reinforcing those actions is not a clear definition of a human learning process. The inventor of the theory uses a significant example by stating that conditioning fails to account for certain learned behavior since conditioning lacks a reinforcement that depicts operant training (Alshobramy, 2019, 11). Bandura says that a child can also learn through observation and modeling. According to Bandura learning is a curiously difficult stage in children of about 1 to 5 years, which is affected by a wide range of factors. Globally, many parents fail to understand that children undoubtedly learn through observation. Observation plays a pivotal role in the learning process of a child by determining how best a child can learn and through which kind of environment. According to the saying of sponges, children absorb and depict any experiences they see from a certain environment or parents. Since learning is a compound, Bandura state that there are many dissimilar psychological concepts that try to explain how children learn (Alshobramy, 2019, 13). Children learn through social learning concepts that propose the use of observation and by modeling play that carry myriad roles in enlightening children. The theory of Bandura goes beyond behavioral concepts by recommending that children's behaviors are only learned via habituation and cognitive concepts that take into account psychological effects, which include attention and memory (Bandura, 2019). Through observation a child learns through the actions of other people, entailing peers and parents. By doing so, children develop new capabilities and information. Bandura's child growth concept contends that a certain environment can either affect a child's learning process

negatively or positively because observation plays an essential role in education. However, observation does not really require watching a live prototypical instead, one can learn from verbal instructions through listening to do an action as well as observing real images from parents and other children, which later affect a child's health as well as social life.

In terms of behavior, observation influences the behavior of a child. According to Bandura (2019), children learn through what they see from a certain environment. The doll and the Bobo are some of the remarkable instruments of learning in the history of psychology under Bandura's theory of learning. Bandura in his studies depicts that children do learn by sampling observing the actions of their parents. A parent who has poor manners and acts violently toward a Bobo doll influences the behavior of children in that particular environment (Berry et al., 2018, 3). Bandura proved the above by using the same test on children who were observing the adult when left alone. It was noted that when children were left to play inside the same room with the same Bobo doll, children imitated the same actions and behaved badly and violently towards the Bobo doll. This signifies that the aggressive behaviors children obtained towards the Bobo doll could have a long-lasting impact on their wellbeing.

According to the Bandura theory of learning, it is clear that the surrounding affects children's behaviors, especially children that are learning observation (Bandura, 2019). The theory provides answers to the reasons behind certain behaviors in children in the UK. It is clear that an environment that depicts selfishness and kindness greatly affects a child. When the surrounding conveys selfishness, the child grows up being a selfish person and in one's adulthood, the individual would not understand the essence of sharing what people have with those in need. Besides, a kind environment enables a child to absorb kind behaviors that would later have positive implications in one's life. A live model, symbolic, and verbal is some of the

models of observational learning replicas that can influence the health of a child internationally (Bandura, 2019). The pop-culture present in the media has continued to greatly affect children. Bearing this in mind, psychological perspectives play important roles in the health of a child and social life. Psychologists play significant roles in the provision of health and social care by educating parents to create conducive environments that have good morals, which greatly affect the health of their kids (Berry et al., 2018, 5). Parents have personal care and provide an effective environment to promote better health, which is essential for children.

Additionally, there are emotions, which psychologists play an important role in promoting good health by the use of Bandura's theory on learning to provide good emotions to children (Berry et al., 2018, 3). According to Bandura, social learning theory affects children's ability to encode and retrieve messages. Bandura proposes that parents should promote good emotions, which later enhances the easy retrieval of information in their children. The psychologist's chips in by collaborating with parents in promoting good morals among children since children develop certain emotions from learning from their parents/surrounding. Emotions of showing love and kindness to other children can only be depicted from parents to children through social learning theory as outlined in the concept. To promote good health and social care, psychologists employ programs through the theory to foster excellent emotions in children through motivating children and giving them outstanding retention.

On the other hand, there is human cognition. Through social learning, theory psychologists assume that a child's mental development exists and can process data independently. Bandura with the concept of social learning notes that both external and internal surroundings have an impact on the wellbeing of a child's cognition (Bandura, 2019). The above signifies that the internal environment is not the only component that had an inspiration to the

one's behavior, but items such as relationship and stress pose detrimental effects on a child's mental development. An environment that portrays stress may cause an individual to develop complications at a young age, which influences one's future. A child's mind and motivation play essential responsibilities in determining if a child will acquire certain traits. Also, intrinsic reinforcement, for example, pride and satisfaction promote a logic of accomplishment, which paves way for internal factors to assist connect learning theory with other concepts such as behavioral. Such information is beneficial to a psychologist who plays an important role in promoting good mental growth in children through using learning theory to identify when certain behavior is displayed.

Freud's theory

Freud primarily came up with this concept through the experience he went through with patients who suffer from mental problems (Kenny, 2019). The concept principally outlines that mental illness is a disease that an individual develops during one's childhood experiences and insensible desires that affect behavior. In relation to Freud, there are conflicts that occur during every stage of child development, which have a long lasting effect on a child's personality and behavior (Kenny, 2019). Through the theory of psychosexuals, a child's development happens in a series of stages aiming at dissimilar pleasure sections of one's body. During each stage, one has to face different troubles that play pivotal roles in the course of growth. Freud mainly focused on the energy of libido on dissimilar erogenous areas at particular stages. Failure in one stage has future implications on a child's adult behavior, such as causing mental illness or a child having an abnormal erection. The above implies that successful completion of a child's every stage makes one have a healthy adulthood personality and failure to counter certain conflicts of a

specific stage result in obsessions that affect a child's personality (Berry et al., 2018). In relation to the psychology of health and social care through emotions, human cognition, and behavior, which purpose that children deserve extra assistance in such stages makes them grow normally since early experiences shape one's growth. Personality is a stage that is greatly at the age of five.

In terms of human cognition that entails a child acquiring knowledge and understanding thoughts and senses can be influenced when a child misses going through a certain personality or when the early experiences deny once a chance to grow normally. According to the psychology of health and extra care that is provided to children at the childhood stage, a parent should ensure that when a child shows a certain change of personality, the parent should report to the nearest health for social care (Charlotte & Halley, 2017). Psychologists play important roles in shaping a child's character during the tender age of one to five. By doing so, the individual shapes a child's human cognition by providing conducive early experiences. Discernibly, emotion is another critical aspect that psychology shapes in children. Emotion can be referred to as the mood of an individual. According to Freud on the theory of psychosexuals. The mouth stage to the phallic stage is the most critical phase in child growth (Kenny, 2019). If single issues occur at the mouth stage, the child will have future problems such as aggression, which leads to smoking. Caregiver's chips in a certain stage to assist the child that has aggression problems by administering certain interventions to promote good health (Charlotte & Halley, 2017). Finally, the behavior patterns can also be altered stages of personality. According to Freud, the anal stage requires parents to be strict and start training children to go to the toilet on their own, failure of this would lead to obsessive behavior, which is a sign of dementia.

Conclusion

In conclusion, the psychology of health and social care is a significant topic that ensures children have health development processes. Psychologists with the use of developmental theories that explain how children grow from childhood to adulthood play exceptional roles in the field of psychology such as educating parents to provide conducive environments for the growth of their children. The paper primarily managed to convey this through Bandura's theory on social learning and Freud's theory on psychosexual. Bandura states that the surroundings play essential roles in the learning process of a child, especially observation. Simultaneously, Freud contends that early-stage experiences shape a child's personality, especially from the mouth stage to the phallic stage. Both parents and caregivers should use these two theories to provide a conducive environment for the development of children globally.

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