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Psychology in Health and Social Care

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Acknowledgement of the use of AI tools (read the statements below and delete/amend as appropriate)

I confirm that I have **not** used any AI tools in the research and creation of this assignment. I confirm that I have not presented any AI generated materials as my own work.

Annotated bibliography

This assessment looks at the application of psychological theories to adult development and wellbeing.

Eriksons Psychosocial theory

In the 1950s, Erik Erikson introduced a theory called Erikson's stages of psychosocial development. The theory presents 8 stages of individual human development which are influenced by social factors throughout the life span, biological and psychological

Goodcase, E. T., & Love, H. A. (2017). From Despair to Integrity: Using Narrative Therapy for Older Individuals in Erikson's Last Stage of Identity Development. *Clinical Social Work Journal*, 45(4), 354–363. <https://doi.org/10.1007/s10615-016-0601-6>

This article examines the application of narrative therapy as a method that could be implemented to assist older adults navigating Erikson's final development stage, which is integrity vs despair. The authors argue that by changing their life stories or rewriting their life stories, individuals can avoid the feelings of despair and integrate a sense of integrity. This process helps reduce feelings of regret. The text also mentions how clinical practitioners can use a certain type of technique to help elderly people find meaning in their experience. This is a high-quality source that applies theory to practice and has been published in the clinical social work journal. It provides an explanation on Erikson's theory, making the psychological concept relevant to care settings the focus on qualitative 'narrative' outcomes to provide a vulnerable and intimate insight into the lives of the elderly.

Slater, C. L. (2003). Generativity Versus Stagnation: An Elaboration of Erikson's Adult Stage of Human Development. *Journal of Adult Development*, 10(1), 53–65. <https://doi.org/10.1023/A:1020790820868>

Slater (2003) explores Erikson's stage of Generativity versus Stagnation, highlighting how generativity requires a switch from self-concern to a concern for others. The article suggests that people who engage in social roles are more likely to feel a sense of purpose in life that means that older adults who are socially engaged often feel they have wisdom to pass on, which allows them to not gain stagnation because they aren't isolated even if they are in care settings. This is a source that provides emotional depth and can be applied to the modern world it highlights the importance of social engagement however the theory

may be less affective to individuals with a cognitive decline or health conditions limiting its application in care home.

Bandura's Social Cognitive Theory

Full reference: de la Fuente, J., Kauffman, D. F., & Boruchovitch, E. (2023). Editorial: Past, present, and future contributions from the social cognitive theory (Albert Bandura). *Frontiers in Psychology*, 14, 1258249. <https://doi.org/10.3389/fpsyg.2023.1258249>

De La Fuente et al. (2023) provides an overview of Albert Bandura's social cognitive theory; The article gives the theory a modern perspective. The authors discuss how behaviors, environmental influences, and personal factors all interact, emphasizing how individuals learn through experience and observation. The concept of self-efficacy is central. This is a credible source because of its up-to-date overview of social cognitive theory; it merges decades of research into a framework helping us to understand Bandura's theory in historical context. but however, it lacks the focus on older adults in care settings.

Bandura, A. (2012). On the Functional Properties of Perceived Self-Efficacy Revisited. *Journal of Management*, 38(1), 9–44. <https://doi.org/10.1177/0149206311410606>

In this article, Albert Bandura reviews the core properties of self-efficacy. He defines it as a person's belief in themselves to exert control over their actions and outcomes. He argues that self-efficacy is a principal for how people feel motivated and think towards themselves. Higher self-efficacy is linked with increased persistence and confidence whilst low self-efficacy leads to reduced engagements and withdrawals. This is a primary source written by Albert Bandura himself it provides an evidence-based defense of how self-efficacy works in behavioral change and gives a better understanding of self-efficacy. Its academic nature can limit accessibility for care workers and it doesn't necessarily address the challenges of implementing self-efficacy strategies in residential care homes.

Overall, Erik Erikson's theory focuses on the reflection of life and the search for meaning in life later whereas Albert Bandura's theory highlights present behavior and the role of self-efficacy in shaping outcomes. Erikson's approach is better for useful understanding emotional wellbeing whilst Bandura's theory offers practical strategies to encourage independence in care homes.

Report

This report will evaluate the application of Albert Bandura's social cognitive change theory and self-efficacy within a residential care setting. It explores how adopting self-belief can improve the psychological wellbeing of an older adult and consider strategies for potential challenges. Improving the mental health of residents means enabling care by encouraging a resident to believe in themselves and their own capabilities. According to Bandura, self-efficacy is the belief that someone can execute a behavior to receive the outcome they'd like (Bandura, 1977). If residents feel as if they have lost control over their bodies, routines, and lives, their self-efficacy will be damaged. To rebuild this staff can break tasks into small or encourage residents to engage in meaningful tasks. Staff could also encourage observational learning by allowing residents to observe others performing activities. Beyond individual tasks staff could also utilize "vicarious experience" by encouraging Lourenço to socialize with other residents who have already been using a wheelchair for some time. If he witnesses residents on wheelchairs living a positive life this will show him that his goals are attainable for example Lourenço (not a real name for safeguarding purposes) is a 72-year-old resident who has recently begun to use a wheelchair and has experienced feelings of helplessness. To help him staff set a small goal for Lourenço to put heavy a jar of cupcakes on a top of a table by achieving this mini task Lourenço's self-efficacy rose he understood that his new disability didn't define his capability to achieve new goals through gradual success Lourenço is rebuilding his confidence. Staff could also give Lourenço attributional feedback for example, telling Lourenço that he's used his upper body strength to reach the table this will motivate him even more and reveal to him that he has skills This demonstrates how self-efficacy can be strengthened by support and encouragement. One of the challenges in applying this approach is the time pressure within care settings. Staff may have workloads and prioritize efficiency. They might prefer to complete the tasks for the residents rather than providing support and encouraging independence. This can create a cycle of dependency and that damages mental health. To address this issue staff could implement a "self-efficacy hour" every day or every weekday. This hour would be dedicated to encouraging the residents to do things independently. They could be introduced to new tasks such as knitting or painting, charities with volunteers could also be invited to teach the residents new skills. Residents

should also have the chance to do simple things like pick their own clothes or make their own snacks this approach promotes independence whilst still ensuring residents receive the appropriate care, they need this will also lead them to have better interactions and better moods. In conclusion Bandura's concept of self-efficacy provides a framework for improving residents psychological wellbeing If everyone focuses on self-efficacy care, providers can help residents live with a sense of purpose and enhance residents quality of life however to achieve this a shift towards person centered care and organizations support is needed as well as staff who are willing to do their jobs properly. Furthermore, when staff implement self-efficacy strategies, they are also helping the resident's journey through Erikson's final development stage. By adopting independence in the present, staff are helping residents to avoid despair and helplessness that is often linked to the end of life.

Reference list

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