

**Psychology in Health and Social Care
BMHP4003
Assesment Component 1
Group 1**

**Introduction of Jean Piaget and his Theory of
Cognitive Development**

Lecturer: Diya Ganguly

Group 1 Members and Topics

2112267	Sylwia Brylewicz	Introduction of psychology and it's goals	Slide numbers 3-4
2114279	Tunde Bodi	Introduction of Jean Piaget and his theory	Slide numbers 5-7
2112672	Carmen Craciun	The stages of theory and it's importance	Slide numbers 8-9
2113594	Sana Sahir	The application of Piaget's theory on the everyday life and it's importance	Slide numbers 10-11
2114108	Marco David Sabatino	Assessment and examination of Piaget theory	Slide numbers 12-13

Sylvia Brylewicz 2112267

What is Psychology? What are the goals of it?

- The word "**psychology**" comes from the combination of words "**psyche**" and "**logos**," which means "**the study of.**" Combined, they refer to "**the study of the mind.**" (McLeod, S. 2020)
- Psychology is the study of human behaviour, emotions, thought processes, and how they are influenced by the environment and interactions with others.

Four main goals:

- Describe – one of the first goals of psychology is to describe behaviour. We are better able to understand people and gain a better perspective on what is considered normal and abnormal.
- Explain - Why do people do what they do? What factors contribute to development, personality, social behaviour and mental health problems?
- Predict - Another major goal is to predict how we think and act. To understand what is happening and why. We can use this information to predict when, why and how it may happen again.
- Change – Perhaps most importantly psychology seeks to change, influence or control behaviour to make constructive and lasting changes in people's lives.

(Mantra Care, 2022)



(google images)



Psychology is a discipline that aims to study, study and treat human behaviour and its mental processes. It takes into account social, biological or cultural aspects to assess people's problems and implement appropriate treatment.

Psychology focuses on the study of the human mind. Different human behaviours are analysed and studied to find out how this important part works. (Cherry 2018)

Goals:

Is to help us, to get to know ourselves more deeply, understand our problems and their causes, realize our advantages and disadvantages. Understanding how we grow and how we change as human beings throughout our lives not only gives us valuable knowledge, it also makes us more sensitive and open to the problems of others, their suffering and doubts.

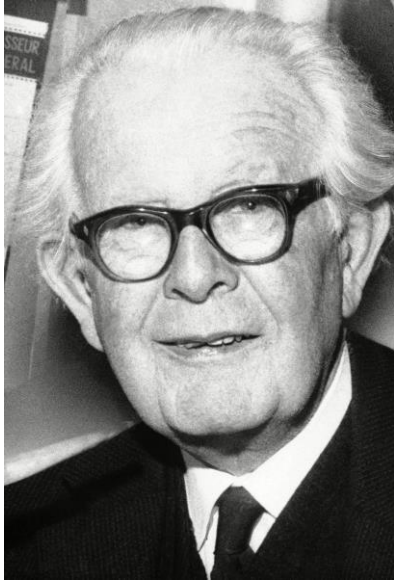
Sylvia Brylewicz 2112267

What is Developmental Psychology?

- The study of **YOU** - how people change **physically**, **socially**, **emotionally** and **cognitively**
 - Studies the changes in human behaviour over the course of a lifetime. It divides human life into stages in which important changes in the mind occur.
 - How much do individuals differ from each other?
 - Its purpose is, on one hand, to understand how people develop and on the other hand, why they develop. This discipline covers all aspects of psychological development
 - Studies regularities of people's behaviour in various situations that can arise in the process of thoughts, feelings and experiences. It examines how the world in which we live affects our development and deals with what is beneficial to take full advantage of natural capabilities.
- (Cherry K 2018 Verywell Mind)



Developmental psychology, also called Life-span Psychology, the branch of psychology concerned with the changes in cognitive, motivational, psychophysiological, and social functioning that occur throughout the human life span.
(The Editors of Encyclopedia Britannica, 2017)



(Britannica, 2022)

Jean Piaget (1896-1980) **Father of developmental** **Psychology**

- His theory is about how children cognitive developing in the different ages and he identified them in four stages.
- He gave full description how human intelligence are changing by time, what skills and behaviors occurring in the stages and why these are all important and can not be changeable.
- He's four stage covering childhood from birth to adolescence and provide a description about the characteristics of each and how they are transforming.
- He believed that thinking and memory are the base of the cognitive development. (FirstDiscoverers, 2022)

Jean Piaget personal development

- At his age of 11 started his career and began showing interest in natural sciences.
- Received his doctorate about natural science in 1918 and same time published 2 essays which gave a foundation for his theories later.
- In 1920 he moved on different field and started to work as a psychologist.
- He married in 1923 with Valentine Chatenay and they got 3 children together. The observation of their children gave him a base for all of his theories. (Verywellmind,2022)

Piaget met Alfred Binet who developed the first intelligence test and Piaget spent years together with him for scoring these tests and assessed them. While he observed the test results gave him more idea and knowledge about how children mind changing and growing and it is inspired him more for working out his cognitive development theories. While he assessed the results of the tests, he discovered that children are thinking differently like adults and he wanted to understand these differences and how children reaching out thinking as an adult. And that is why his four stages strictly following each other because without any of the step they can not reach the healthy adulthood thinking level. He pointing on the importance of children cognitive development and how unique is that. (Verywellmind, 2022)

Stages of Cognitive Development; Piaget's four Stages

Stage	Age	Goal
Sensorimotor	Birth to 18-24 months	Children meet the world through movements and senses – object permanence
Preoperational	2 to 7 years old	Development of language and emergence of symbolic play
Concrete operational	7 to 11 years old	Logical thought emerges but still struggling with abstract, theoretical thinking
Formal operational	Adolescence to adulthood	Children become much more adept at abstract thought and deductive reasoning – scientific reasoning

(SymplyPsychology, 2022 and Verywellmind, 2022)

All four stages applicable on all children, but because everybody has different development it is possible that in the stages having different changes or having slight differences in age. The stages itself never changes each other these changes strictly following each other! Piaget believed that these four stages are shaping children mental development and each of stage having their significant goal that's why these stages can not changeable.

At Sensiromotor stage children start learning the language with adapting and organizing the environment they having around them. These are the first signs that intelligence and thoughts could be recognized in their movements.

At Preoperational stage children are communicating and they starting to be able of the logical thinking. Their imagination is developing with playing different toys and their vocabulary improving so quickly with learning more words so they could build up longer sentences.

At Concrete operational stage children problem solving and reasoning ability reaching the point which would be enough in the rest of the life. Get more capability for logical thinking and learning from past experiences.

At Formal operational stage children learning more about relationships and sociology. They are more logical like in the previous stage and they use the ability of abstract thinking which means that they find best solutions of their problems, also they could

reasoning very well so at this stage they are on the highest level of their thinking stage. (ResearchGate, 2014)



Carmen Craciun 2112672

Jean Piaget's theory

- Piaget proposed that intelligence grows and develops through a series of stages. Older children do not just think more quickly than younger children. Instead, there are both qualitative and quantitative differences between the thinking of young children versus older children. Based on his observations, he concluded that children were not less intelligent than adults—they simply think differently
- Jean Piaget's theory of cognitive development suggests that there are four stages through which a child learns (Abri and Boll, 2020). Those stages are: **sensorimotor stage, preoperational stage, concrete operational stage** and **formal operational stage**
- According to Piaget, kids take an active role in their education, acting somewhat like young scientists as they conduct experiments, note observations, and learn about the outside world. As they engage with the world around them, children constantly learn new things, build on what they already know, and change long-held ideas to take new information into account.

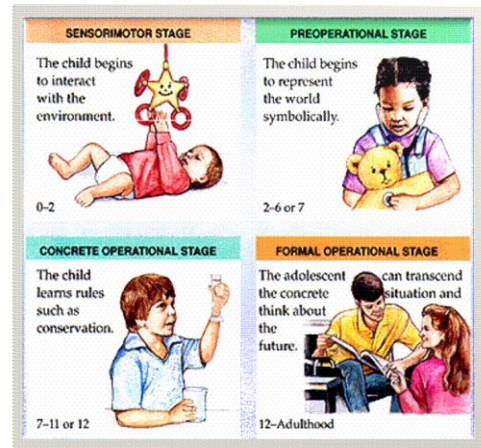
The role of lifespan psychology

- Understanding human behaviour is one of psychology's main contributions to promoting self-confidence and enhancing one's self-image.
- It is in charge of enhancing careers and giving people determination to be steadfast in life and obtain what they want in a working environment.
- Understanding others and forming friendships and relationships is made easier by psychology (Glassgold and Wolff, 2020).
- This makes it easier for people to get along and coexist.



Role Of Jean Piaget Theory Today

- Jean Piaget theory of cognitive development in children has understood it very.
- Educators use Piaget theory to shape their curriculum and activities in that kind of environment where children can learn through experience. (Tegan, 2017).
- Here are just a few programmes to develop for children from educators using Piaget theory. Three examples of the programs developed for children using Piaget theory are Anchored instruction, Micro words and Symbol pads.
- Piaget theory of intellectual Development is quite diverse in terms of the concepts and its application in everyday life.
- Piaget studied knowledge development in people of all ages, including young children, and his theory is relevant for preschool till adolescent. (Sally murphy, June 2018).



(Argosy University, 2014)

As Piaget believed that children reach distinct stages in cognitive development in steps, Therefore, teachers should be recommended to take an active, mentoring role towards students which means that instead of pushing information at students while they sit and listen teachers should share the learning experience, Encourage students to be active and engage, Supplement traditional lectures with relevant, hands-on classroom activities that let students experience the content for themselves. (Maryam Kidwai 2019). Today Educators used Piaget theory through different programs. Anchored instruction is one of three programs used by educators which help children develop critical thinking. Micro words is one of the programme where student use computer based environment to learn. Symbol Pads is the programme where manipulations of the symbols and language; word process, drawing programs, and index card are some of them. (Tegan, 2017).

Importance of Psychology for Healthcare Practitioner

- Behaviour plays a very important role in mental and physical health. Psychology is the scientific way of studying human behaviour and mental health.(J Family Community Med 2005).
- Psychology plays a very important part in people's life because it explain why people act the way they do.
- As a healthcare practitioner psychology can help to understand psychological disorders, and treatment of mental health problems.
- Psychology can Comprehend the behaviour of the patient.
- Psychology can help patients to reduce the risk of stress related illness.(Christopher F. Bueno. 2012)



(Creazilla, 2022)

For healthcare Practitioner, Psychology plays a huge part to understand patient's behaviour development, their emotional stability, thought processes and execution of their behaviour. If the healthcare Practitioner studies, psychology they can improve their communication with their patients which can help build better patient and doctor relationship. Psychology can help healthcare practitioner to identify early signs of mental health issues and they can better guide the patient regarding further professional help needed.(Christopher F. Bueno 2012).

Assessment of the cognition theory

STRENGTHS	WEAKNESS
Piaget's studies were the first one at the time (1936) that showed a systematic observation and analysis of children cognition.	For many other experts there are no different stages of development but one continuous process.
Piaget's studies have been used in both understanding children's thoughts and behaviours making it easier to improve their education.	The children taking part in his experiments were not only in small numbers but also from the same social class and culture making the results less precise.
	Piaget was working without other researchers to oversee the experiments.

(McLeod, 2011)

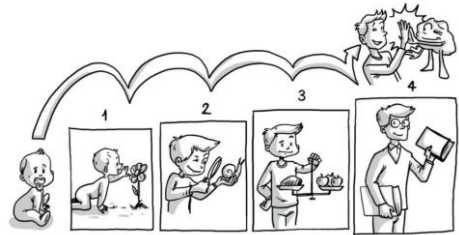
One of the major psychologist to which Piaget gets compared is Vygotsky who thinks that children experience growth from social interactions and learn from people who already have knowledge such as parents, or adults in general. Piaget, like we already mentioned, thought children would find knowledge on their own through external stimulus. This difference would end up with two different ways of learning: Piaget would ask the educator to use various means to challenge the children's abilities, meanwhile Vygotsky would want the educator to assist the children during their progress.

Application of Piaget studies to education

- Use physical objects and visual presentation in order to stimulate their senses.
- Make short instructions using both language and movements.
- It is important to remember that students may not understand the explanation even if it sounds clear to the giver.
- Students may find different meaning to the same words.
- It is important to give students different activities to improve in their strengths and weakness. The activities will increase in difficulty with time.
- In order for the children to develop their potential, they need to experience the environment around them, experiment with it and coming to their own conclusions.
- Not everyone will reach the same level of accomplishment in the same span of time.

(McLeod, 2011)

(Marcin, 2018)



The increase in difficulty of the activities is related to the mental growth of the student through each stage of cognition development.

References

Sylwia Brylewicz 2112267:

Saul Mcleod. 2022. What is Psychology? | Simply Psychology. [ONLINE] Available at: <https://www.simplypsychology.org/whatispsychology.html>. [Accessed 25 July 2022].

Mantra Care. 2022. 4 Major Goals Of Psychology. [ONLINE] Available at: <https://mantracare.org/therapy/for-therapists/goals-of-psychology/>. [Accessed 25 July 2022].

Cherry, K. (2018). *Developmental Psychology*. [online] Verywell Mind. Available at: <https://www.verywellmind.com/developmental-psychology-4157180>.

The Editors of Encyclopedia Britannica (2017). Developmental psychology. In: *Encyclopædia Britannica*. [online] Available at: <https://www.britannica.com/science/developmental-psychology>.

References

Tunde Bodi 2114279:

FirstDiscoverers (2022) *Child development theories: Jean Piaget* [Online]. Available from: <https://www.firstdiscoverers.co.uk/child-development-theories-jean-piaget/> (Accessed: 25 July 2022)

Britannica (2022) *Jean Piaget Swiss Psychologist* [Online]. Available from: <https://www.britannica.com/biography/Jean-Piaget> (Accessed: 25 July 2022)

Verywellmind (2022) *Jean Piaget Biography (1896-1980)* [Online]. Available from: [Jean Piaget: Life and Theory of Cognitive Development \(verywellmind.com\)](https://www.verywellmind.com/jean-piaget-biography/) (Accessed: 5 July 2022)

Lefa, B. (2014) *The Piaget theory of cognitive development: an educational implications* [Online], ResearchGate. Available from: [https://www.researchgate.net/publication/265916960 THE PIAGET THEORY OF COGNITIVE DEVELOPMENT AN EDUCATIONAL IMPLICATIONS](https://www.researchgate.net/publication/265916960_THE_PIAGET_THEORY_OF_COGNITIVE_DEVELOPMENT_AN_EDUCATIONAL_IMPLICATIONS) (Accessed: 5 July 2022)

SimplyPsychology (2022) *Piaget's Stages of Cognitive Development* [Online]. Available from: [Jean Piaget's Theory and Stages of Cognitive Development | Simply Psychology](https://www.simplypsychology.org/jean-piaget/) (Accessed: 6 July 2022)

References

Carmen Craciun 2112672:

Glassgold, J. M., and Wolff, J. R. (2020). Expanding psychology training pathways for public policy preparedness across the professional lifespan. *American Psychologist*.

Abri, D., and Boll, T. (2020). Aging, technology, and psychology: Models of assistive device use viewed from an action-theoretical perspective on lifespan development. *European Psychologist*, 25(3), 211.

References

Sana Sahir 2113594

Christopher F. Bueno. 2012. education/psychology healthcare.

At: <https://discover.hubpages.com/> (April 3, 2012).

Sally murphy. (2018). apply-Piaget's-theory-classroom.

At: <https://www.theclassroom.com/> (June 25, 2018).

References

Marco David Sabatino 2114108:

McLeod, S., (2007). Jean Piaget's theory of cognitive development. (McLeod, 2007)

McLendon, K. (2011). *Jean Piaget: Cognitive Development in the Classroom | Funderstanding: Education, Curriculum and Learning Resources*. [online] Funderstanding.com. Available at: <https://www.funderstanding.com/educators/jean-piaget-cognitive-development-in-the-classroom/>. (McLeod, 2011)

Marcin, A. (2018). *What Are Piaget's Stages of Development and How Are They Used?* [online] Healthline. Available at: <https://www.healthline.com/health/piaget-stages-of-development#takeaway>. (Marcin, 2018)