

Psychology for Health and Social Care

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Understanding psychological development across the lifespan

Introduction

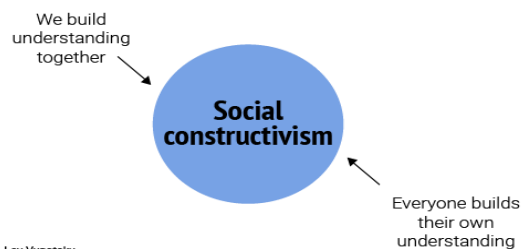
Psychology implies a section which studies about human behavior and mind. This area of study basically research about the thinking process, unconscious behavior and learned behavior. The entire psychological development and the growth procedure of a human proceed through certain stages such as trust and mistrust, superiority and inferiority, identity, confusion, confidence, guilt, passion, autonomy, isolation, shame, doubt and so on (Young, 2015). Fluctuation in all these psychological stages create a difference in an individual's personal and professional life.

Erikson's Stages of Psychosocial Development

Approximate Age	Psychosocial Crisis/Task	Virtue Developed
Infant - 18 months	Trust vs Mistrust	Hope
18 months - 3 years	Autonomy vs Shame/Doubt	Will
3 - 5 years	Initiative vs Guilt	Purpose
5 - 13 years	Industry vs Inferiority	Competency
13 - 21 years	Identity vs Confusion	Fidelity
21 - 39 years	Intimacy vs Isolation	Love
40 - 65 years	Generativity vs Stagnation	Care
65 and older	Integrity vs Despair	Wisdom

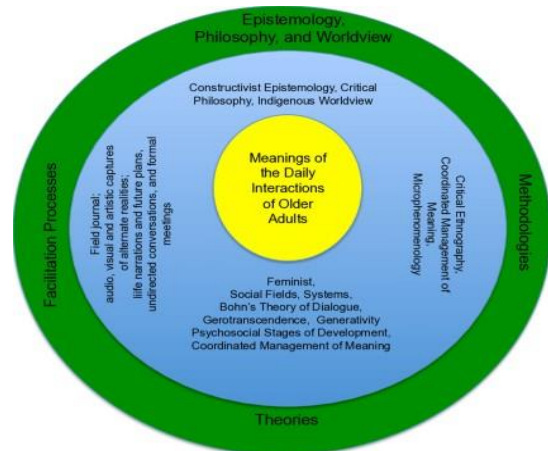
Erikson's theory of psychosocial development

Erikson's theory about psychological development focuses on eight stages which includes trust vs. mistrust, autonomy vs. shame, initiative vs. guilt, industry vs. inferiority, identity vs. confusion, intimacy vs. isolation, generativity vs. stagnation, and integrity vs. despair. Teenagers generally initiate for building an identity or they just get confused about their identity (Sismondo, 2014). Adults either tend to be in an intimate love or they just get isolated from others at the adulthood. After all these stages, middle-aged and matured individuals initiate for doing something auspicious for the society or some of them do not find appropriate purpose. And finally, an elderly aged person can feel the sense of satisfaction, success or failure at the stage of integrity vs. despair.



Vygotsky's theory of social constructivism

Social constructivism refers to the importance of culture and context to create a great sense of understanding about the surrounding and the society. According to Vygotsky's theory, ability to think and searching for reason by someone's own self is fundamentally needed (Wenger and Jindra, 2014). Capability of interacting with others practically, emotionally, and intellectually is the next base of social constructivism. The cognitive development of a child includes a problem-solving skill by seeking help from others which refers to a mutual interaction. An active internalization of this skill constructs a healthy understanding and sense of trustworthiness between the children and their surrounding people such as their parents, friends, teachers.



Supporting older adults in stage 8 of lifespan

In accordance with Erikson's theory, personality of a human being develops with the procedure of growing up. At the older stage, they learn to get share pleasure with their wisdom activities. Psychological development of a human completely depends on that individual's surrounding, intellectual, emotional and social capabilities (Brown and Cadbury, 2016). By building up a cognitive knowledge and perspective for the surrounding and society, an individual can develop his/her psychological thoughts. Different types of thoughts for example extra sensitivity expecting more attention, not taking anything easily than before, and overwhelmed sadness should be properly observed and properly taken care of.



Conclusion

A human life is a long journey where an individual can face diverse of problems, limitations, and experiences. In order to maintain a healthy personal, social, and professional life, an individual needs to follow and practice some regulations. Psychological development assists the individual to construct a strong cultural and social point of view which can create an impact to the society's well-being. Overall personality of an individual changes gradually with the change of their psychosocial attractions in different stages of life. This is why it is important to keep a balanced cognitive, practical knowledge and emotional gestures to construct a great personality.

Reference

- Brown, J. and Cadbury, A., 2016. The social psychology of older people. Middlesex: Penguin.
- Sismondo, S., 2014. Supporting older at their age. Albany, N.Y.: State University of New York Press.
- Wenger Jindra, I., 2014. Erikson's theory of psychosocial development. Boston: Brill.
- Young, M., 2015. Human psychology development. London: Routledge.

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Introduction

An annotated bibliography is the systematic process of writing about books mentioning the writers' name, publisher's name, year of publication. Through using any specific format of referencing for example APA or Harvard, the most popular; annotated bibliography is initiated. Then annotated bibliography is all about writing details on that particular book and mentioning the summary of the book. Through annotated bibliography, one can easily understand what is the book is written all about.

Bibliography 1

Brown, C., 2006. *Social psychology*. 2nd ed. London: SAGE.

Social Psychology, written by Brown focuses on the topic of how people living in a society interact with each other. This studies human thoughts, perspectives, beliefs, feelings, and which types of actions influence humans mostly. The writer explains about different fields of psychology to express an evident concept about the social psychology of a human. These fields include- biopsychology, clinical psychology, educational psychology, industrial-organizational psychology, professional psychology, and so on. Along with discussing several types of psychology, this book focuses on the development of socio-psychological behaviour to achieve life goals, create a social image, and influence others to adopt the attributes to contribute to society's wellbeing.

Bibliography 2

Morrison, V. and Bennett, P., 2016. *An introduction to health psychology*. 4th ed. London: Pearson.

An introduction to health psychology was written in collaboration with two writers, Morrison and Bennett. 4th edition of this book was published by Pearson publishers in London in 2016. This book studies how psychological and behavioural changes create an impact on human healthcare and illness. This book focuses on the topic that the wellbeing of several factors like psychology, culture, surrounding, and behaviour can contribute to building human health, and especially, psychological factors can affect human health mostly. Both of the writers examined and identified the influence of biological, social, and psychological factors on human health. Along with the study about different factors and their influences, this book shows the initiatives to have a good state of health.

Bibliography 3

Griggs, R., 2012. *Psychology: a concise introduction*. 3rd ed. New York: Worth Publishers.

This book, written by Griggs discusses psychology elaborately focusing on the essential parts of psychology which create an impact on human life. 3rd edition of this book was published in 2012 by the Worth Publishers in New York. This book denotes that psychology is a field of study which studies about human mind and behaviour. This area of study defines how several things affect human psychology and the biological influences, environmental changes, social factors that drive humans to react, think and deal differently in different situations. Along with all these, this book discusses four different types of psychology as developmental psychology, social psychology, cognitive psychology, and forensic psychology, and their impact on building up human behaviour.

Bibliography 4

Gillibrand, R., Lam, V. and O'Donnell, V., 2016. *Developmental psychology*. 2nd ed. Harlow: Pearson.

Developmental psychology is a book written in collaboration with three writers, Gillibrand, Lam, and O'Donnell. 2nd edition of this book was published in 2016 by the Pearson publishers in Harlow. This book focuses on the scientific study of psychology. This scientific study denotes that how surrounding nature creates an impact on human psychology, change of human's behaviour. This book also focuses on the issues related to developmental psychology and those are the impact of human genes, continuous progress of surrounding environment, changes in the personality traits, etc. Psychological development happens during the whole period of a human's life span, from infancy to old age and this book shows all the stages of psychological development elaborately.

Bibliography 5

Gross, R., 2015. *Psychology*. 7th ed. London: Hodder Education.

The book named Psychology, written by Gross focuses on the study of human psychology which determines several factors that are responsible for making difference in human behaviour and thinking. 7th edition of this book was published in London in 2015 by Hodder Education. Psychology is an area of study where it identifies the elements which affect the attributes of human in their persona, social and professional life. The way of their thinking, perspective is mostly affected by the surrounding change, interpersonal communication, the mentality of peers and Gross has discussed all these topics to create an understanding of psychological development. The writer has defined and explained the behavioural changes which are completely propelled by brain functions, mental processes, and understanding.

Bibliography 6

Boyd, D. and Bee, H., 2019. *Lifespan development*. Harlow: Pearson.

Lifespan Development was written in collaboration with two writers, Boyd and Bee which discusses the development procedures that happen in human life. This book was published in Harlow by the Pearson publishers in 2019. It focuses on the main concept of lifespan development which implies that the entire procedures of human development. This book focuses on the approaches and impact of psychological, emotional, behavioural, and cognitive thoughts through the life journey. It also discusses how different stages of life get influenced and affected by mental, emotional, psychological changes. Human behavioural change from childhood to adulthood denotes the success or the failure of a human. Boyd and Bee initiate to create an understanding of lifespan development focusing on the changes.

Bibliography 7

Erber, J., 2013. *Ageing and older adulthood*. Chichester, West Sussex: Wiley-Blackwell.

The book Aging and older adulthood were written by Erber. This book was published by the Wiley Blackwell publishers in Chichester, West Sussex in 2013. The writer tried to discuss two very important stages of human life and they are the period of ageing and older adulthood. This book focuses on the factors that create an impact on two of these stages and how people react and deal with the changes. This book includes a scientific study about these two stages and this research work helps to create an understanding of the most faced problems, behavioural changes, a perspective of humans going through these ageing and older adulthood stages. Several plans and strategies are also included in this book to make a difference in the human perspective.

Bibliography 8

Hogg, M., 2014. *Social psychology*. 2nd ed. Harlow, England: Pearson.

Social Psychology was written by Hogg and this book focuses on the elaborate discussion about the impact of social psychology. The 2nd edition of Social Psychology was published in 2014 by Pearson publishers in Harlow, England. The motto of this book is to provide an elaborate explanation about the impact of social psychology and how it creates a difference in human life, their behavioural change, and their perspective. And with the study of the influences, this book also discusses the elements and plans which help to develop a perspective about others living in a society.

Conclusion

All the books are about psychology and the development of mental health. These textbooks are resourceful sources for completing 8 stage discussions of human psychological development. The above writers are some famous researchers in this field of psychology. On the other hand, these publications are regularly working on this topic besides publishing other topics. Most of the book focuses on the scientific study and examination of how social environment and context influence human's thoughts, emotions, decisions, life goals.

Reference

- Boyd, D. and Bee, H., 2019. *Lifespan development*. Harlow: Pearson.
- Brown, C., 2006. *Social psychology*. 2nd ed. London: SAGE.
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