

Psychology in Health and Social Care Report

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Introduction

What is psychology? Murray (2021) defines psychology as getting to learn individual. This is the time when we can reflect on our achievements and build sincerity if we believe ourselves to be successful people. Some of the people reflect on their past life and judge it as a waste because they did not achieve their goals, this makes them bitter. By attaining the stages, successfully then an individual achieves a virtue of knowledge. With wisdom, a person can think of live, giving it a sense of closure and fulfilment and allowing an individual to welcome death without panic. Erikson's theory contains both strengths and weaknesses, with criticism being one of the biggest flaws. It fails to provide exactly what is required at each level of its achievement. Its main achievement is to analyze individual growth over time; it provides frame work that can be used in analysis. Mind and how it governs and impact our action. There are several branches of psychology and one of them is life span psychology or development psychology. According to Walkerdine, (2005) development psychology is the study on how and why people change throughout their lives. There are eight faces of development that an individual goes through in life, as per psychosocial theory, from early ages to late maturity. There is a dispute, or task, at each stage that an individual has to tackle. Each stage completed effectively leads in a sense of self - efficacy and a healthy personality. These report discusses on Erikson's theory as one of the psychological theory, application of the theory and impact of the theory on the role of health care practitioners.

The Erikson's theory

From early ages to maturity, Erikson states that a person develops through a fix state of eight phases. At each stage there is psychological crisis, these crises can affect an individual's development positively or negatively. Erikson's theory, unlike Freud's psychosexual phase's hypothesis, addresses the effects of social activity throughout the lifespan. The interest of Erikson was how the social contact affected the growth of an individual. According to Cherry (2021) Erikson's theory focuses on what an individual needs with demands on the society (psychosocial development). Mcleod (2018) gives the following stages of Erikson's theory.

Erikson's stages of development

Trust vs. mistrust; this is Erikson's first stage. It occurs between birth and 18 months, throughout this phase; the newborn is not well conversant with the environment so to survive the primary caregiver has to offer security and dependence to the infant. This is the most crucial time since the infant is reliant on the caregiver, and trust is based on the caregiver's quality. If the caregiver provides quality care then the child gets to develop the feeling of trust but if there

is failure then the infant develop mistrust. Cherry, (2021) argues that when the caregiver gives consistent care and help, the newborn trust grows.

Autonomy vs. shame; It is the second stage of development that happens at the age of 18 months and three years. Individuals at this stage develop sense of self-control; they try to work on their own. Erikson's argues that it is critical in this stage that parents and caregivers encourage children to develop in this stage because with success children develop the feeling of autonomy and failure means shame and doubt. Erikson believed that by balancing autonomy and shames then will is achieved this means a child will develop confidence of independent (Mcleod, 2018).

Initiative vs. guilt; this is a third stage of Erikson theory and it takes place at the early stages of schooling. At this stage Children get to develop their influence and control over the environment, at this level of development children develop this influence by taking control of the play as well as social contacts. Children figure out how to make activity plans, make up games, and initiate group activities. When given the opportunity to lead others and make decisions, children develop self - esteem and boldness on their own level. It is at this stage that children start to ask too much question and if the parent or caregiver critics, the children guilt is developed and this will make the child less interactive (Mcleod, 2018).

Industry vs. Inferiority; this stage occurs between five and twelve years of age and it involves competency and inferiority. It is at this stage that children begin their writing and reading skills. With encouragement from parents and teachers the children develop competency and with less encouragement they develop inferiority. Children develop courage to tackle any task ahead of them at this stage. Competence is virtue at this stage if goes successfully (Mcleod, 2018).

Identity vs. Role confusion; at the ages of 12 and 18 is when stage happen. In order to obtain a sense of identity and originality, adolescents individual undergo a period of intense study of their own principles, beliefs, and goals. It is an important stage because there is a transition between childhood to adulthood and children begin to see their future in terms of career, family and relationship. It is a critical time in a growing child when he or she must recognize the duties that will be expected of them as adults. The teenager will ponder on his or her personality throughout this time and try to figure out who he or she actually is. Erikson gives two forms of identities at work, according to Erikson: sexual and vocational (Mcleod, 2018).

Intimacy vs. isolation this stage occurs between the ages of 18 and 40 in young adulthood. At this time, the key concern is developing genuine, meaningful interactions with individuals. At this point, we begin to share more personal information with others. Relations that result in extended links with persons who are not family members are investigated. Successful completion of this can result to happy partnerships, as well as a sense of commitment, security, and compassion. If this stage is successful, you will gain the virtue of love (McLeod, 2018).

Generativity and stagnation; this period occurs between 40 and 65 years of age, and occurs in the midst of adulthood. We contribute to society through teaching our children, working very hard, and participating in social events and organizations. We develop a desire to be a part of something bigger as a result of generativity. Failure produces a shallow sense of attachment to the world, whereas success fosters a sense of accomplishment and purpose. We become lazy and unproductive if we do not figure a way to contribute. These people may feel lonely or disconnected from their groups and society. As a result of completing this stage, the caring personality will emerge (McLeod, 2018).

Ego integrative vs. despair; this is Erikson's theory's final stage, which occurs between the ages of 60 years of age and death. It is at this time that an individual reflects back and create integrity of life. People who reflect on their lives and lament not accomplishing their objectives will become bitter and depressed. As a result of performing on this stage, you will obtain the virtue of wisdom. Wisdom allows a person to reflect on their lives, giving a sense of completion and fulfilment, as well as the ability to accept death without fear (McLeod, 2018).

Erikson's theory has both advantages and disadvantages, with criticism being one of the most serious problems. It falls short of providing exactly what is needed at each stage of its development. Its key accomplishment is that it gives a wide framework for examining a person's development across time.

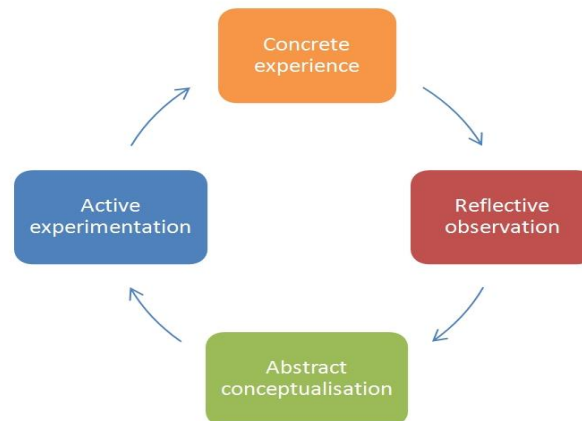
Role of health care practitioners

The World Health Organisation (2022) states essential role of healthcare practitioner as giving essential services that promote health and prevent diseases, other roles are to promote growth in the society and give care. According to the Erikson's theory it is the role of health care practitioner to always give quality dependability to an infant to develop trust. This is because he/she is care giver. Erikson's theory also argues that it is the role of care giver to always give support to a child to gain independent by performing small physical actions and making decisions on some things they prefer. As a care giver it is always essential to support an

individual identify her/his personality. Crisp (1968) argues that it always the role of psychiatrist to help those who feel isolated, despair or stagnant in life to resilience.

Reflection

In the reflection I will use the Kolb reflective module. The Kolb module involves four stages;



Concrete experience:

With what I have learnt from Erikson is that those people age 65 years can experience despair. In the home care that I will manage I will most likely encounter individuals experiencing despair, I have made a resolve that the care home that I could manage in future would provide quality services to such individuals. I have learnt that a home care manager should always encourage those who are transmitting from childhood to adulthood to always identify their personality. I guarantee these to all adults who will have a visit to the home care.

Reflective observation

It always feels good to learn on new skills that enables achieve career. This module is good and enables an individual sharpened on future career. With the new stages that I learnt on psychological development then I can feel exploring them more in my future and practicing them.

Abstract conceptualisation

Learning is characterized both functionally and mechanistically as behavioural changes that occur as a result of experience (Cherry 2021). From this module I have on several stages in as learning has been central topic in psychology. According to Abelson et al. (2004) a home care should always make sure the services are quality. So, with this role I will make sure that depressed individual will receive quality service.

Active experimentation

From the module I have learn that I can deliver some services effectively and there are some that I cannot. I have set my goals to achieve these services that I can not. I have to make sure that the care home is well organise and with enough care workers. This will make the services quality and will be delivered effectively.

Conclusion

As discussed above psychological life span has development stages this development stages prepares individual to tackle a task in any environment. So, psychology plays a major role in development of an individual starting from the young ages of life.

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