



University of Wales
Trinity Saint David

Psychology for Health and Social Care

Module code: BMHP4003

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Assignment Component 1

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Introduction

Psychology

- It is the scientific study that investigates the issues of the mind and its behaviours. McLeod (2019)
- Its field investigates cognitive, affective, and behavioral processes.

Goals

1. **To Describe:** Cognition or behaviour
2. **To Explain:** How and Why do these events appear?
3. **To Predict:** Based on scientific discoveries.
4. **To Control:** Try to change or control behaviour

McLeod (2019)

Developmental psychology

- The study of how people change and evolve through time: how they grow physically, socially, cognitively, and emotionally. Grucza (2022)

Goals

1. **To Describe:** Normative development and ideographic development.
2. **To Explain:** Nature vs. Nurture
3. **To Optimize development:** Continuity vs. Discontinuity.

McLeod (2017)

Lifespan psychology

- Human development is studied from conception to old age, via several stages of development throughout his life. (UKEssays, 2015)

Theories of Lifespan

- Psychosexual
- Psychosocial
- Cognitive
- Moral



Erickson's Psychosocial Theory



- Erik Erikson was a German-American psychologist who was born in 1902 and died in 1994 in the United States. He developed the identity crisis theory as well as his well-known psychosocial development theory. Cherry (2020)
- Erikson proposed (1958, 1963) his theory that personality develops in eight stages, beginning with infancy and ending with adulthood.
- During each stage, the individual goes through a psychological crisis that can have a positive or negative impact on his personality development.
- Completing each phase successfully results in a healthy personality and the development of fundamental virtues, which are distinguishing qualities that the ego can use to deal with later crises.

McLeod (2018)



The eight stages of psychosocial development

Stage	Psychosocial Crisis	Basic Virtue	Age
1.	Trust vs. Mistrust	Hope	0 - 18
2.	Autonomy vs. Shame	Will	18 - 3
3.	Initiative vs. Guilt	Purpose	3 – 5
4.	Industry vs. Inferiority	Competency	5 - 12
5.	Identity vs. Role Confusion	Fidelity	12 – 18
6.	Intimacy vs. Isolation	Love	18 - 40
7.	Generativity vs. Stagnation	Care	40 - 65
8.	Ego Integrity vs. Despair	Wisdom	65+

The principal assumptions of Erickson's psychology theory

All humans have the same fundamental desires that must be satisfied.

Fulfillment of these basic requirements leads to progress.

Growth takes place in stages and not continuously.

Moving from one stage to the next represents a change in an individual's motivation in relation to the ego and society.

Each stage offers a challenge of conflicting ideas in social life, which allows progress.

- Erickson psychology theory explain ego development though resolution of conflicts that arise in a person social life.
- Erickson also believe that all human have the same basic need must be met.
- And he assume that meeting these basic need development occurs.

The Importance of Erickson psychological theory to a specific life stage



- Erickson psychology theory development is very important because Erickson believe that all human beings learn since the day of creation.
- Erickson psychology theory has eight stages, each theory has its own period and importance

Trust vs Mistrust Infancy from birth to 12 months



- From birth to 12 months. The infant/newborn learn how to establish relationship of dependence especially with their mothers.
- During this stage the newborn start to recognize their environment with familiar faces especially close family

Role in our everyday lives & the Importance in Healthcare

Erikson's theory influences the following factors throughout our lives:
see the Image



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(bing.com,2014)

(ECPI University, 2022)



Strengths, Weaknesses & Practical application

Strengths	Weaknesses	Practical
• Provides an expanded view of development throughout life. • The importance of social relationships for the development of our identity. (cherry, 2022)	• Not have a specific event or experience that ensures that it can go to the next stage successful. • Erikson does not consider some element such as , gender, culture and race. (Maree, 2021).	• Therapy: to help patients overcome different traumas in some of the phases of their lives. • Education: Teachers can use theory to help students understand themselves. • Parenting: it help the process to form a strong personality from the early years (Mantracare,2021)



Conclusion

- Erikson's theory of psychosocial development is an exhaustive and precise way of understanding how people develop at different stages of their lives.
- This model can help to see different types of educational methods for children.
- There is also evidence that it can predict career success or failure depending on how to handle each stage .
- Learn about yourself and how to relate to others by exploring Erikson's Theory.

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