

Psychology in Health and Social Care (LCHS4006_LON)

Assessment 2

Reflective Report

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Introduction

Eric Erikson's psychosocial theory, which I used in my group presentation, is the psychological life span theory that I describe in this report. Then I go into detail about the social learning theory and how it has impacted my life. Finally, I address how the psychological insights I learned in this module will benefit me in my present and future professional endeavors.

- 1 Reflection on Eric Erikson's psychosocial theory

According to Jacobus G. Maree (2021), Erikson's Theory of Psychosocial Development considers that identity development occurs throughout life, undergoing changes even after adolescence.

This development takes place in eight stages, each involving what he called a personality crisis and is impacted by social experiences across a lifespan. This crisis can be understood as a psychosocial dilemma that manifests itself at a certain stage of life, respecting a maturation process. And for a healthy ego to develop, this crisis needs to be resolved.

Erikson's Stage Theory in its Final Version			
<i>Age</i>	<i>Conflict</i>	<i>Resolution or "Virtue"</i>	<i>Culmination in old age</i>
Infancy (0-1 year)	Basic trust vs. mistrust	Hope	Appreciation of interdependence and relatedness
Early childhood (1-3 years)	Autonomy vs. shame	Will	Acceptance of the cycle of life, from integration to disintegration
Play age (3-6 years)	Initiative vs. guilt	Purpose	Humor; empathy; resilience
School age (6-12 years)	Industry vs. Inferiority	Competence	Humility; acceptance of the course of one's life and unfulfilled hopes
Adolescence (12-19 years)	Identity vs. Confusion	Fidelity	Sense of complexity of life; merging of sensory, logical and aesthetic perception
Early adulthood (20-25 years)	Intimacy vs. Isolation	Love	Sense of the complexity of relationships; value of tenderness and loving freely
Adulthood (26-64 years)	Generativity vs. stagnation	Care	Caritas, caring for others, and agape, empathy and concern
Old age (65-death)	Integrity vs. Despair	Wisdom	Existential identity; a sense of integrity strong enough to withstand physical disintegration

Industry vs Inferiority

I will focus on the 4th Stage (Industry vs Inferiority) between the ages of six and twelve, this age encompasses my theme and stage of life: childhood.

This stage is associated with mastering the industry development task. In this context, industry is a reference to hard work. A person who is industrious, for instance, strives to improve and perfect their abilities to accomplish anything. (Erikson, 1950).

According to Erik Erikson (1950), A sense of industriousness is produced in children who are exposed to an environment that encourages their creativity and emphasizes their intrinsic capacity to use their newly acquired talents. These kids have the chance to create and

produce, which fosters confidence and self-worth. They can tell themselves, "I can be productive if I work hard and use my knowledge and skills."

Erikson, however, asserted that a kid who does not develop a sense of industry but instead perceives himself as incompetent and incapable is more likely to develop a self-view of inferiority to his peers. In addition to undermining their desire to create and contribute, this self-perception has a profoundly negative effect on how the youngster views himself in the crucial social setting. It will be challenging for a child to overcome a sense of inferiority towards his peers later in life if it develops at a young age.

Let's see an example in real life:

Vania just began third grade. She takes a first look at her maths book and sees numbers jumbled with strange signs and symbols. How am I going to learn this, and what the hell does it all mean? she queries. Vania will obviously require some support and direction along the way from her instructor and parents, but with the right atmosphere and assistance, she will certainly gain the skills necessary to conquer multiplication and Division. Although gaining new math skills is crucial at this stage of her growth, she is also discovering new things about herself.

Mario is a third-grader as well. He has a helpful teacher, but he suffers with maths and receives little help from his parents when he is doing his homework at home. Like Vania, Mario is finding it difficult to understand academically, but he is also discovering a lot about himself.

Erikson's psychosocial theory states that Vania is the child most likely to grow up with a sense of accomplishment and confidence in their talents, while Mario is the child most likely to have self-doubt.

This type of situation happens repeatedly daily for children at this stage of development. This developmental stage is critical to the development of self-confidence and self-esteem. Vania will graduate from third grade not only with the mathematical abilities required for fourth grade, but also with the self-assurance required to take on any future obstacles.

Mario, on the other hand, has discovered that he is not just bad at maths, but that he can also presume that he is bad at other things. Even if he excels in other areas, he is still developing his understanding of how he fits into his social surroundings. If he feels inferior to his peers, it will negatively affect how he behaves and engages in social interactions and leave a lasting impression of how he fits into his social world.

Limitations of psychosocial theory

Erik Erikson's psychosocial theory has several limitations that have been discussed in the literature. For example, Santrock (2011) notes that Erikson's theory is based on his clinical work and observations, and there is limited empirical research to support his claims. Additionally, Bjorklund and Pellegrini (2010) argue that Erikson's theory focuses primarily on childhood and adolescent development, with less emphasis on adulthood and old age. This limited focus may make it difficult to apply the theory in a workplace setting that includes individuals from different age groups.

Another limitation of Erikson's theory is its cultural and gender bias. Sroufe (1996) notes that Erikson's theory was developed based on a limited sample of white, middle-class Americans, and may not be applicable to individuals from different cultures or gender identities. This limitation may impact the accuracy of applying the theory in a diverse workplace setting.

Finally, McAdams (1988) suggests that Erikson's theory assumes that all individuals go through the same stages of development in the same sequence, which overlooks the individual differences that exist in human development. This limitation may make it challenging to apply the theory in a workplace setting that includes individuals with varying developmental experiences and trajectories.

- 2 The impact of Humanistic approach Theory on my life

The humanistic approach is a psychological viewpoint that emphasizes the special characteristics of people as well as their capacity for self-actualization and personal improvement. According to Carl Rogers, one of the founders of the humanistic approach, "the core of man's nature is essentially positive" (Rogers, 1961, p. 18). This method is predicated on the idea that people have a natural desire to realize their full potential and improve upon themselves.

One of the key principles of the humanistic approach is the importance of the therapeutic relationship between the client and therapist. Humanistic therapists believe that a supportive, empathetic, and non-judgmental relationship is essential for facilitating personal growth and self-awareness (Bohart & Tallman, 2010).

Another important concept in the humanistic approach is self-actualization, which refers to the process of realizing one's full potential and becoming the best version of oneself (Maslow, 1968). Humanistic theorists believe that individuals have an innate drive to achieve self-actualization and that this drive motivates behavior.

Overall, the humanistic approach emphasizes the importance of personal growth, self-awareness, and the therapeutic relationship in facilitating psychological well-being.

This approach can have a significant impact on daily lives, as it encourages people to focus on their unique strengths, values, and potential.

For example, I was struggling with low self-esteem and feels stuck in my current job. After studying about the humanistic approach, I started to explore my personal values, interests, and skills to identify what I truly want out of my career. I started also working on self-acceptance and positive self-talk to improve my self-esteem.

With this newfound clarity and confidence, I take steps to pursue a more fulfilling career path that aligns with my values and goals.

In this way, the humanistic approach can empower individuals to take charge of their lives, make meaningful choices, and pursue personal growth and fulfilment.

- 3The application of the humanistic approach to my future job

The humanistic approach can be a valuable perspective for me who wants to work as a healthcare, because it prioritizes the individual's unique needs and values, and seeks to promote their overall well-being.

One way that I can use the humanistic approach in healthcare is to focus on patient-centered care, which involves partnering with patients to understand their preferences, concerns, and goals (Epstein, Street, & Laine, 2011). This approach can help me build trust between my patients, improve communication, and ultimately lead to better health outcomes.

Another way that I can use the humanistic approach as a healthcare is to focus on empathy and compassion. By acknowledging and validating patients' emotions and experiences, I can create a more supportive and caring environment (Decety et al., 2018). This can help reduce patient anxiety and improve satisfaction.

Finally, the humanistic approach can also be used to support patients' overall well-being beyond their physical health. This can involve addressing social and emotional factors that may impact their health, such as social isolation or stress (Sulmasy & Astrow, 2018). By taking a holistic approach to patient care, I can help patients achieve a better quality of life and improved health outcomes.

Conclusion

Erikson's Industry vs. Inferiority stage emphasizes the importance of fostering a positive and supportive environment for children during middle childhood to promote their sense of competence and self-esteem.

Although Erikson's theory has provided valuable insights into human development, its limitations should be considered when applying the theory in a workplace context.

In conclusion, learning about developmental theories can help us understand ourselves and others better, make informed decisions about our lives, and provide appropriate support to those around us.

And by using the humanistic approach, in my workplace as a healthcare, help me promote patient-centered care, empathy and compassion, and a holistic approach to well-being. By prioritizing the individual's unique needs and values, I can create a more supportive and effective healthcare environment.

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