

Psychology for Health And Social Care

Reflective Report on Psychology Perspectives

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Lecturer – DIYA GANGULY

Student – KAFAYAT IBRAHIM-ADEGBITE (1909405)

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Reflective report on psychology perspective in health and social care

Psychology is a new course to me and has made me to know more about being a human. It has lightened up my knowledge on why people behave in different ways. Psychology can simply be the learning of mind and performances. Psychology viewpoint gives us understanding idea supported proficient practice that empowers us to upgrade and keep up the social working of people in medical services surroundings. The perspectives guide us to turn into an intelligent scholar who doesn't draw on oversimplified clarifications for the conduct of others. I will base my report on two theories that talk about the human development, well being, cognition, emotion, and their social manners. Psychology includes the growth from child, infant – adolescents – getting older and how individuals at one point in life struggle with mental fitness. I will be exploring on Erikson's theory of psychosocial development and Freud's theory of psychosexual development (UKEssay, 2018).

Erikson's Psychosocial

His stage theory characterised people growth through eight stages in life. The growth rotates on what is called epigenetic principle that all individual go through the eight stages. Individual faced calamity on each stage and when settled we build up to mental qualities or personality attribute that help us grow to be certain and sound individuals.

Erikson's theory does not really tell how individual grow from one step to another neither does he reveal the specific way that differences are settled. His theory of psychosocial provides means to analyze the growth of human throughout a whole lifespan (Lewis, 2020).

Phases of psychosocial

Trust Vs Mistrust: This is the beginning of Erickson theory which starts off from infant to almost 18months. An infant must gain knowledge for those that care for them on a daily basis. Children sees "new world" as undermining because they depend on custodian for their survival.

Infants studied individual around them, when they realised that they give attention to them when needed and by so doing the infants begins to feel confident and secure with the individual.

Autonomy Vs Doubt/Shame: This is second level; it starts from 1-3years. Youngsters at this level battle with issues of individual control and foundation of self as an element. Kids happen to develop body fitness and reasoning as they obtain power that let them have trust and partial freedom from their care assistant.

Initiative Vs Guilt: Kids feel fearless and have the capacity to step up and decide.

Industry Vs inferiority: These begin from 6 – 13years. Youngsters encircle of control expand and fresh ability are discovered.

Identity Vs Role Confusion: 12 -18years (adolescence) Kid expresses the test of building up a self-appreciation. They constitute their character by inspecting their convictions, objectives, and qualities.

Intimacy Vs Isolation: (21-39 years of age) the sixth phase of psychosocial advancement is when the youngster begins to put up friendship and closeness that they consider safe with. Youthful grown-ups battle to shape pleasant bond and to pick up the limit with respect to imply love, or they feel publicly detached.

Generativity Vs Stagnation: 40 -65years - The passion to provide for family and neighbourhood, and to prevail at work (Lewis, 2020).

Integrity Vs Despair: the last level of Erickson psychosocial growth, this is late adulthood stage between 65years old and over. The adulthood reflects on their life style at this level, some of them could consider it satisfactory when they gaze back on their lifestyle and they experience a feeling of trustworthiness, while others feels they have failed (HQ, 2019).

I quite agreed with Erickson saying the changes in human growth across the life span starts from infant to older adulthood. He indicated how each phases of improvement could have a positive and negative result. Erickson said the stages can be use by parent to assist youngster to grow up the psychosocial abilities they need to turn into an effective individual, yet do not accept them as law.

Freud's Theory of Psychosexual Development

Freud steps forward a hypothesis of character improvement that fixated on the impacts of the sexual delight drive on the individual awareness. His five chapters are found around the thought that with each stage, the youngster's sexual desire gets based on certain erogenous zones. He affirms that if every psycho-sexual-oral, butt-centric (anal), phallic, idleness (Latency) and genital - stage is not settled, obsession at that specific point, and from there on character and conduct issues may happen in last life (McLeod S. A., psychosexual stages, 2019).

The Psychosexual Development stages

The Oral stage: this ranges from birth -12months and the erogenous zone mouth. The baby sex drive is the mouth, i.e. is the direct starting place for happiness. The fundamental problem next is the step to introduce the child to toddler's meal; baby should be less reliant on the guardian.

Anal stage: starts from 1- 3years, the erogenous sector is bowel and bladder control. Latrine preparing is a particularly delicate errand during this time of the youngster. The guardians' craving for sufficient execution moves the libidinal energy (psychoanalysis) from the oral to the butt-centric zone. The youngster faces expanded opportunities to be denounced, to feel lacking, and an expanded capacity to see a negative assessment from a custodian in the event that he neglects to act in the perfect spot at the perfect time. These encounters can make a youngster to create butt-centric retentiveness. The previous being one of over-association or tidiness and the last are being one of thoughtlessness and disruption.

The phallic phase: begins from 3 – 6years (Genitalia zone), this maybe the most dispute step. The kid starts to encounter delight related with their genitalia. In this time of primal sexual growth, the kid can ascertain the creation of obsession with the other gender parent, the Oedipus multipart. Notwithstanding, it was not long after proposed that the Oedipus multipart is not one of sexual jealousy, yet of intensity greed.

Latency phase: between the ages of 6 – 12years (dormant sexual feeling), the libido is moderately reserved or modified at this stage. No any erogenous sector was identified by Freud. The kid starts to follow up on their driving forces in some way by zeroing on exercises, for example, school, sports, and building connections. Abnormality at this phase comes as a outcome for the kid to structure in good physical shape bond as a grown-up.

Genital phase: start from 13 – 18years (mature sexual feeling), this is the stage the ego turn out to be completely grown, and in search for later freedom. Kid's capacity to make significant and enduring connections is real, and their sexual cravings and movement are sound and consensual. If kid bump into brokenness, they will encounter a misfortune or come up short on the capacity to create significant, sound connections (Lantz & Ray, 2020).

Freud theory is really helpful when it comes to kid's lifespan. I also get to have more understanding and essential thinking about my 15years old boy fault but the theory has less information about the lifespan of adulthood.

My role

I have once worked as healthcare assistant and still aim to go back to work within health sector either as support worker or healthcare supporter. I remembered vividly that we were given a 4weeks training but one cannot get the whole knowledge or facts about it until when one gets to the field to practice the role. Health professionals need the awareness and ability to assist people or client to accomplish the full social comfort, physical and mental state. Our work includes making sure that the clients are comfortable and able to help themselves as far as possible. We must be able to work as a team, kind and caring, be pleasant and cheerful. We do assist some of the clients with their personal care, meal preparation, administer medications and shopping's if it is part of the package. I make sure to protect the service user from contacting infection by certifying safe and healthy surroundings. While working, we relate with the client, sometimes their family, the agency, nurses and also the social care professionals involved in the client case. My job is to support the health and welfare of the service user. The services I give depend on the service user and health requirements.

Psychologically individual have different culture and belief. There are various important theories learnt and this has changed my motive about the way to assist client to improve on their behaviour and health matters. Psychology helps us to know about the human being growth and their behaviour from one stage to another. It also assists us to have the knowledge about the necessary things that persuade human actions. In agreement what impacts human conduct one should have information on Lifespan advancement, a logical way to deal with understanding e.g. the growth change and steadiness in conduct that happen all through the whole life (McLeod S. A., psychosexual stages, 2019).

"According to Freud", he recommended and makes us to understand that insensible is answerable for a decent piece of our regular conduct. He distinguished three zones of an individual's awareness, which are Id, personality (Ego), and Superego. The Id: a supply of instinctual energy that contains natural tendency, for example, driving forces toward endurance, sex, and hostility. The personality (Ego): the element that look after the disagreement among the id and the limitations of the real world and superego the ethical part of character. It contains all the ethical principles gained from guardians and society.

However, It is important to know what prompt each individual's manner and to know how best to encourage their comfort and physical condition (Cherry, 2020).

The Theories

Behaviourism: is a hypothesis of realizing which expresses all practices are found out through connection with the climate through a cycle called accustoming. In this manner, conduct is essentially a reaction to natural improvements.

Behaviourism is just worried about noticeable boost reaction practices, as they can be concentrated in a deliberate and perceptible way (McLeod S. A., 2017).

Humanistic: Humans have the independence and wiliness to change manner and conduct. Individuals are also in charge of their own life and deeds. Psychologist has a tendency to have an idealistic point of view on human instinct. Psychologists centre on the capacity of individuals to think intentionally and soundly, to control their organic desires, and to accomplish their maximum capacity (McLeod S. A., Humanism, 2015).

Lesson Learnt from Module

I am going to base my writing on cognitive theory. I learnt more on how to talk, react, or reasoning with people with challenging behaviour. I have grown up boy of about 22years who has a learning difficulty. It takes me a while before I realise he is having a difficulty with learning, It was detected when he was in primary school and I was called for a meeting to tell me where and what to do to assist him. I noticed that he cannot pronounce long words and people cannot send him multiple errant at the same time. So, we started by booking appointment with the surgery, who later refer us to the education psychologist. We went for the appointment and he was tested to haven got dyslexia. Then, they write to health social to assign him a one to one lesson and how he should be assisted both at school and home. He got this assistance till he finishes his college and after then he started looking for job because he said he cannot cope with school anymore. I later tried to adapt with his disability and now I understand him more with the psychology lesson. The cognitive theory makes me to understand when he is in crisis and how to help him before contacting the social carer in charge of his case. This lesson has also thought me the ways to handle individual's behaviours differently

Conclusion

Psychology is everyday usage. This lesson is important and I found out that some of the topics thought are part of me and my kids. Psychology has given me the good knowledge and ideas that are very vital to human beings and their developments.

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