

REFLECTIVE ESSAY

A Reflective Essay on practices associated with
Psychology for Health and Social Care

Psychology for Health and Social Care
(BMHP4003)

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Introduction

Psychosocial is referred to the interrelation of social aspects and a person's separate concepts, thoughts and attitudes. Through getting service provisions, the old age people will get self-esteem, respect and self-dependence. The psychology of people is managed in a way through which the people are mentally connected with each other. The psychosocial theory is making the treatment of old age people easier. I need to understand the attachment of people with each other so that I can understand their psychology. The execution of the theories will provide the knowledge about supporting the individuals. Thus, my professional quality will get increased and I will be able to provide with the desired service of the patients.

Main Body

This essay will be discussing on various aspects of psychosocial theory. I have explained various theories and models on task 1 but in this task, I will be reflecting on psychology aspects. I approve that psychosocial things are needed to be managed and the treatment of old age people needs to be assured. Psychosocial is referred to the interrelation of social aspects and a person's separate concepts, thoughts and attitudes (Conner, 2017). Old age people are not given with proper social dignity and respect in the society because they cannot contribute anymore to the social development. The old age people need to be given with proper service provision and it will be influencing the old age process in this case. Through getting service provisions, the old age people will get self-esteem, respect and self-dependence.

Psychosocial theories will be helpful to understand about how the old aged individuals should be treated. The service practitioner will be learning about treating the individuals using the theory. New concepts and theories will be understood in this case so that service practitioners can learn about new concepts. In every phase there will some of the consequences that might create an issue for the practitioner (Davidson, 2020). In this case, the communication process needs to be assured so that good relationship with the old age individuals can be created. The stronger the bond will get, the healthier their treatment will be in the long-term process. However, the psychosocial theory is making the treatment of old age people easier.

Old age individuals often get discriminated in the society because the old age people cannot contribute to the development process. In this case, the higher provision and new concepts about providing better services can help to old age people to get quality service. Psychosocial theory will enable the practitioners to interact with old age people through better communication. The proper derivation of knowledge is noticed with the proper use of this theory. The service practitioners utilize this theory to provide better service to the individuals (Scholz, 2020). The execution of this theory also provides the knowledge about supporting the individuals. Following the technique, it is seen that the service practitioners use this formula to evaluate the process.

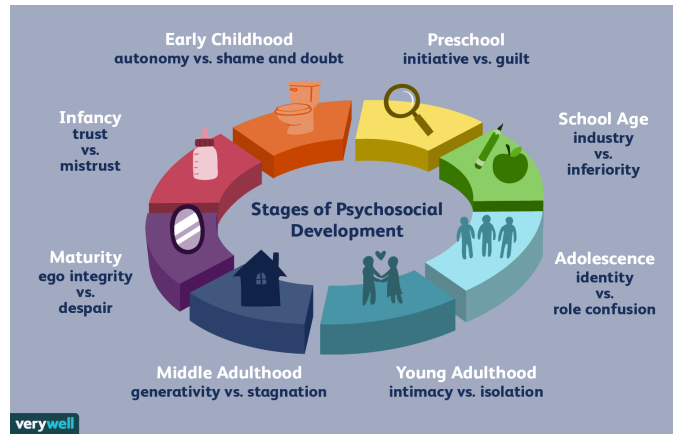


Figure: Psychosocial stages of development (Janis, 2020)

Through the understanding of the psychosocial stages and its development, the service practitioners are more capable of providing the desired service to the people. Thus, the practices of the service practitioners are getting shaped through time. The stages of psychosocial development are essential to be understood in order to provide right service to the people. Another theory that needs to be discussed is the morale development theory. This theory has imperative usage in terms of increasing moral believes. Service practitioners need to follow this theory so that their moral will get increased (Karlsen, 2019). This will assist them to make practical and logical decisions. It helps to create a strong interpersonal relationship and bring a strong base of understanding about it.

The conformist service provision process will be influenced if the understanding of interpersonal capability is made by the practitioners. However, through this process, the practitioners will also get influenced in their respective ways. Morale development theory is also significant because it helps to build a robust social foundation. Through this theory the service practitioners will be able to evaluate the psychology of the people and it will be assisting in maintain different actions of the people. The regular activities of the individuals will get influenced and will be making different impact on the process (Magelssen, 2019). I think that, the morale development theory is significant for understanding psychology of respective persons. I also acknowledge that, the morale development theory has a huge impact on the actions of individuals on different circumstances.

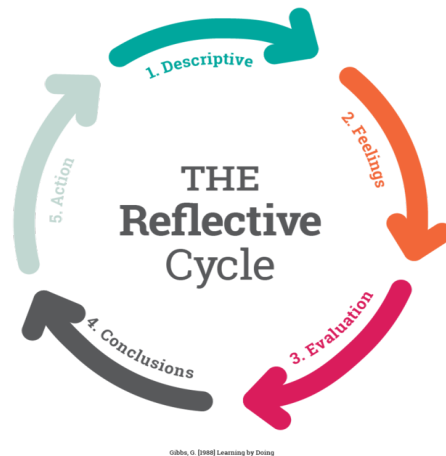


Figure: Cycle of Reflection (Kotera, 2020).

Morale development also helps to structure the service provision system and also empowers the old aged people in different circumstances. I think that, the theories that I have implied in task 1 are appropriate for the context and it fits with the process properly. These theories help in the endurance of people in terms of health and social care aspects. These theories are effective in different cases which are assisting with the proper implementation of the activities. The service providers need to acknowledge these for the betterment of people (Marcu, 2016). The professionals of health care need to maintain several roles. The professionals are responsible to provide better service and quality equipment to the individuals.

The patients sometimes get frightened and psychologically broken. This is the bad influence of the psychological condition of a person which is caused by several negative impacts on the mind and health. Another role of the professionals is to manage the negative impact on the individuals and provide them with the environment that can cure them easily. In this case, different changes are also being noticed in the process that helps in the progress of patients (Rabin, 2021). Hence, professionals need to empower and encourage the patients using different tools and strategies that upkeep psychological implementation. This is the entire process will be able to make positive impact on the service provisions. This will assist in the development of the health care issues within the context of health and social care.



Figure: Priorities of service practitioners (Rasoal, 2017)

Psychological perspectives make different impact on the performance of the professionals because different individuals have different psychological issues. Sometimes these psychological issues make negative impact on the professionals as well. Different concepts of behaviorism are essential to understand the care management process. The care management process adds extra value to the condition and provides better service to the victims. For instance, the care management includes activities that are needed to be done (Chrysler, 2021). I have made the oath to fulfill the activities of care management. That is why I need to analyze the categorization and profession of the activities. The theory of behaviorism will assist me to categorize the tasks and align those accordingly. This is how I will be able to have control over the tasks.

The service is essential to be introduced because it helps in the development process of the service provisions. The reinforcement process is needed to be acknowledging within the context it can have a good control over the system. Behavior is essential to be maintained and it will be making different alterations. My consideration of behaviorism will create consistency in the service (Gifford, 2017). The quality is also needed to be managed along with the application of the theory of behaviorism. Service provisions also include the services that help to acknowledge the system and it will be making different changes within the process. Behavioral changes are essential because it will bring contentment and attain the psychological needs of individuals.



Figure: Behavioral Aspects (Kihlgren, 2017).

In this case, as a care practitioner I am being able to bring a structure in my behavior to shape up things which are needed to be balanced. With the help of specific theory and practices, it will be making different changes within the system. In case of managing the service system, the psychodynamic theory will be effective. This theory deals with the personality issues of a person and makes different changes within the health and social care system. Personality trait is essential to understand because it is utilized to track psychosexual improvement of a person. This is how I am able to evaluate individual understanding from their sexual perspectives. Psychodynamic issues are needed to be managed and with the help of this theory I can evaluate things that are connected with the unconscious and allocated aspects (Zayac, 2021).

The psychology of people is managed in a way through which the people are mentally connected with each other. I need to understand the attachment of people with each other so that I can understand their psychology. This will be shaping my views and way of accomplishing my duty in several ways. With the help of it, my decisions will also get altered and it will be making different changes within the aspect. In the present context, I can use different strategies to shape the entire process (Rabin, 2021). These strategies are assisting me to settle up my work. In this case, I have learned a lot of things with the help of these strategies and these helped me to understand the theories even better as well as their implementation.

Service practitioners need to follow this theory so that their moral will get increased. Through this theory the service practitioners will be able to evaluate the psychology of the people and it will be assisting in maintain different actions of the people. In every phase there will some of the consequences that might create an issue for the practitioner. In this case, the communication process needs to be assured so that good relationship can be kept. This will help to build strong interaction between practitioner and others (Green, 2020). I have learned to deal with these theories and gain dignity, respect and self-dependence. For instance, in my current settlement of work, I am aware of the services which are provided for the old aged individuals. In this case the services are uniformed, and it is resulting into discomfort of the individuals.

This discomfort can make huge impact on the operational process of health and social care. On the other hand, the communication roles are actively managed, but I need to improve my communication skills more. This is how, I will be able to communicate with the people properly and right flow of information can be derived using the communication process. For instance, in the current settlement of my work, there is a lot of communication gap is visible. Due to this communication gap the individuals are not getting proper support that they require. This process has made me understand about how to communicate with the patients (Pedersen, 2019).

As a practitioner, I have different goals and objectives related to professionalism. I want my professional quality to get increased so that I can provide with the desired service of the patients. I have learned a lot of theories which are essential for the inducement of people in the context of health and social care. These are assisting me to provide effective service so that the patients can be contented (Haslam, 2018). The relationship with the patients is needed to be strong enough so that they can easily communicate with me about their issues. The old aged people are needed to be managed properly so that they can get their desired treatment.

According to my analysis, I consider these as the vital benefits which I will be attaining with the development of the roles of health care experts. Hence in order to develop my performance, I need to keep researching and developing my skills and knowledge so that I can support the health and social care industry with my service.

Conclusion

In every phase there will some of the consequences that might create an issue for the practitioner. In case of managing the service system, the psychodynamic theory will be effective. I have learned to deal with these theories and gain dignity, respect and self-dependence. As a practitioner, I have different goals and objectives related to professionalism. I have learned a lot of theories which are essential for the inducement of people in the context of health and social care. This will be shaping my views and way of accomplishing my duty in several ways.

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