

University of Wales Trinity Saint David

Psychology in health and social care

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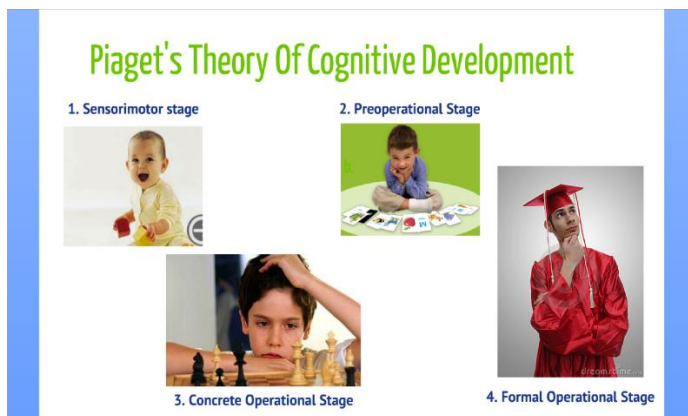
1. Introduction:

In this individual report I will be discussing and reflecting about the different ways in which psychological theories are involved to health and social care practice. There are a lot of psychological theories but the one I will be discussing is focused on my group presentation that is Piaget cognitive theory of development.

In the Main Body of this report, I will explain how the psychological theories cause impact on the health and wellbeing of individuals in health and social care settings. I will also be justified why I choose Piaget's theory of development and how can be used in my future career.

In the conclusion I am going to make a review of what I learned about the theories learned in the class.

2. Piaget's cognitive theory of development



(Developmental Standards Project, 2012)

Jean Piaget's created the theory called cognitive theory of development. He focuses on infant life stage development. The author explains in his theory that children grow through physical, cognitive, social/emotional or language skills; he made this theory to understand the children's mental behaviour and to know how it is the development in infancy.

He divided the theory in 4 stages:

The first stage is the **sensorimotor intelligence (0-2 years)** where the children start to develop their skills step by step; they want to investigate everything through touching an object, sucking a thumb, grasping, or looking. At the age of 2, children start to understand that the fact of the object not appearing doesn't mean that it doesn't exist; Piaget called this object permanence. This is the main stage that was made in my group presentation.

The second stage is the **preoperational stage (age 2-7)**

In this stage the children can control/analyse mental symbols, words or images

The child has the mental capacity to come up with a solution to the problem through cognitive skills (thinking).

At this stage the child doesn't understand the meaning of sharing; they are selfish in relation to sharing a toy with another friend. In relation to language development, it appears at this year's 2 to 7 they start to say small words such as mum or dad; they caught new words when other people communicate with them.

In my group presentation my main slides were about **infancy life stage development** where the baby has the ability to grow through cognitive changes such as language Development, Sensory Development and Social Development.

At the first months of life the baby is fully dependent from his mom because they don't know how to eat, drink, speak or play; their parents must help him/her so they can feel comfortable and secure for the family. (verywellmind,2021)

There are 4 **cognitive changes** that help babies develop that are:

Cognitive development means the development of the baby with social/emotional skills, physical skills, cognitive and communication.

Language development is the way babies develop their language by first take information then hear the information and then process it by making sounds and sight.

Sensory Development is the way children develop through sensory objects, they learn to touch a toy, hear sounds, see their parents and feel the taste of milk.

They also learn to recognize the objects even if the object is not visible, a example is the activity of peek a poo where the parents cover their faces and the baby don't see them but when they uncover the face the baby see their faces, they know that even if the mom or dad cover the face they are still there.

Social Development normally the infant is already born with social skills because they have the ability to interact with the people around before born and after born they can smile, make gestures or facial expressions (Scholastic,2021)

Infancy Emotional Patterns

Babies have different emotional patterns two of them is **attraction and withdrawal** where the babies show attraction with their parents and happiness when they feel love and comfortable, withdrawal is when the baby don't accept other people touch them or don't feel comfortable around strangers it is consider as unpleasant stimulation.

Babies show feelings of distress, interest, disgust, and happiness since they are born through facial expressions, crying and body expressions.

Other emotional pattern that the baby provide is **emotional attachment** that means bond connection between the baby and parents that care for them, since they are unborn and after born they create this strong bond connection which makes them get closer.

Temper Tantrums is when the baby creates a separation anxiety when meet unfamiliar faces or strangers.

The emotions of the baby depend on how they are treated and cared since they are born until the age of 3 if they costume to be treated with love, attention they will show a positive behaviour but if they are treated around people that shows them anger, sadness, or frustration they will start to act negatively with bad behaviour.

Jones,T.(n.d)

3. Role of health care practitioners



(Health Possible,2020)



(Bite Magazine,2021)

Role of health care practitioners is to make sure that the patient safety and public protection is established. At the same time the health care practitioners can go through challenges in the work, which can lead to anxiety and pressure. Their aim is to help ensure that problems raised about an individual, doctor, dentist or pharmacist are in control and resolved in a fair, proportionate, and timely way.

In the case of the care practitioners cannot solve the management of problem or are cancelled, the practitioner must be kept informed, and the decisions considered the wellbeing of patient. In general, the role of healthcare practitioners is important in terms of caring for patients in their homes and within the communities where they live. GPS are considered the first point of contact for anyone that include physical, spiritual, cultural, and economic aspects through patient-centred approaches.

Psychological safety is important for health care practitioners because is a crucial factor in achieving the highest level of quality care of work environment also it enables performance, looking after safety means paying attention to the physical, emotional, and psychological wellbeing of the health care practitioners.

NHS RESOLUTION,2021

HealthPossible,2020

4. Impact of using theory on the health and wellbeing of individuals in health and social care settings

The health and wellbeing of individuals in health and social care have a big impact in the patients because their health and condition depend on the health practitioner or health career, if the health carer don't be motivated, always stress or anxious during the job or have any concern the patient will be also at risk in terms of wellbeing that's why is important the use of humanistic psychologist theory to minimize the health and wellbeing of health carer.

5. Reflection

I have learned in lesson the concept of psychology that is the science of mind and behaviour, I also learned various theories that can be applied in health and social care to remove the fear of objects or animals and in terms of whole person think positively different, that include Humanistic psychologist theory, personality development and reinforcement behaviour.

I will be explaining under the concept of 3 theories that I learned in class:

Humanistic psychologist theory is a perspective that emphasizes looking at the the whole person, and the uniqueness of everyone. Humanistic psychology begins with the existential assumptions that people have free will and are motivated to achieve their potential and self-actualize. (Saul McLeod,2020)

Personality development is a process to enhance self-esteem and motivate a person to grow through different behaviour and attitude.

There are 2 types of people **introvert** and **extrovert**.

Introvert person that normally don't talk much just receive information and analyse, this person is also imaginative, theoretical, in terms of feeling the person is casual, open-ended, accommodating

Extrovert person is talkative, active, beginner when doing things, in relation to give information the person is concrete, realistic, when dealing with decisions can be logical, critical, and tough.

Reinforcement behaviour was first considered psychologist theory made by the author Ivan Pavlov called behavioural conditioning and B. F. Skinner, Operant Conditioning.

Reinforcement theory says that behaviour is influenced by its consequences what I mean is a positive behaviour reward good consequence and negative behaviour reward bad or punished consequence.

Moodlle,uwtisd (2021)

These theories will help me in my future career goal and in my actual job as a restaurant food runner because it will advantage me through changing my personality development and thoughts, when it comes to a situation or problem, I will know how to deal with it through having a positive thought instead of negative.

One example is when working with people I must treat the customer with respect, sympathy, and empathy, even if the customer doesn't treat me well I doesn't have to reward with the same behaviour just apologise or make them feel well. What I mean is

treat others well so that you can be treated well back, always look for satisfy the need of the customer first no matter what happen.

6. Conclusion:

In the development of this reflective report, I could understand and learned about the theory of Piaget's theory of cognitive development the different process of baby's stages from birth to 2 years, how they develop through emotional, cognitive and language development and how their behaviour can change during the first month of life, it depends on how they are treated and accommodating with feeling of love or sadness.

To conclude I made a reflection about the role of health carer and the impact that can cause utilising a theory learned in class, also I explained the concept of 3 theories learned in class and how I will use these theories to help me in my actual and future job.

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