

Name: Harriet Kelechi Anyanwu
Student ID: 196050
Module Title: Psychology for Health and Social Care
Module ID: BMHP4003
Title: Reflection on psychological theories
Lecturer: Diya Ganguly
Date: 6th May 2021
Word Count: 2000

Reflective on Psychological Theories Used in Health and Social care Practices.

The objective of this reflective essay is to state my understanding on a personal level of the importance of Piaget's cognitive development theory and Erik Erikson's psychosocial theory to social and healthcare. The impact, application, and lesson learned from these theories will also be discussed.

Introduction

The psychological, psychosocial, and behavior knowledge of an individual is to be known by the social and healthcare provider before good and intensive medical care can be provided for the individual.

Psychology is the study of human behaviour, thought, process and emotions (Kalish, 2010). It is the science of the mental state processes and behavior of an individual, psychosocial involves combining the influence of the psychological factor and the environmental factor on the well-being of an individual, and behavioural the analysis of the behavior of an individual through natural observation i.e., they are learned from the environment. Behavioural and psychological thought may not agree but they can be used together to solve a patient's case. The integration of these concepts helps the social and healthcare provider to understand the interaction between the brain and the mind and provide them with information on how to help an individual.

Social and health workers use psychology tests and measurements for making a diagnosis of irregular behaviour e.g., depression, personality disorder, dementia, etc., and other issues like learning differences, educational potential, etc. The health providers also used standardised psychometric tests to access a wide range of functions. An example of the test is the IQ test. The behaviourist approach to psychology has help health providers to treat a wide range of phobia which ranges from acrophobia, claustrophobia, zoophobia, etc.

Piaget's Cognitive Developmental Theory

The theory of cognitive development by Piaget increases the awareness of social and healthcare provider about the development of children in early years. It also influences the technique used by the healthcare provider to enhance learning and development. Piaget's theory showed that children thinking is different from adults and children possess a mental state that is genetically inherited. Piaget identified three major

components to his theory. They are Schemas (knowledge building blocks), adaptation process (assimilation and accommodation), and four stages of cognitive development (sensorimotor (0-2yrs), preoperational (2-7yrs), concrete operational (7-11yrs), and formal operational (7 and above). Assimilation is when a child uses the current way of thinking and understanding the world to understand a new experience while accommodation is when there is a change in the existing way of thinking in response to approach by new events. Both assimilation and accommodation work together to create cognitive development.

The Piaget cognitive development theory state that the interaction with the environment and knowledge of developmental psychology is a vital point in a child's development. The stages of development of a child are used by health and social care workers in making plans for an adequate level of stimulation which will increase the progress in the developmental tasks.

Piaget explained that cognitive development happened in four stages in a child's development. The stages must be followed accordingly without skipping anyone and he also noted that the rate at which each child passes through each stage is different from one another. Each stage is characterised by different characteristics that a child must master before moving to the next stage.

The theory provides health and social care workers the knowledge needed in dealing with each child at various stages. Healthcare providers can use the knowledge derived from the theory to improve the health condition e.g., addiction of a child to something and provide adequate help to the child in need.

However, the theory is streamlined towards a particular culture and fails to explain the emergence of different cognitive skills which occurs in children from different culture and noticed by health and social care providers in the area.

Erik Erikson Psychosocial Theory

Erik Erikson's psychosocial theory inferred that human life is influenced by culture and society. He further emphasised that psychosocial development comprises changes in a child's interaction and understanding of another child and knowledge and understanding of oneself as a member of a particular society.

Erik proposed that developmental changes occur throughout a child's life in eight different stages. The change is similar in all child's life, therefore, emerges in a fixed pattern. Erik also noted that each stage also presents a crisis or conflict that a child must resolve before moving to the next stage. Erik noted that life is complicated because the crisis and conflict are not fully resolved, and the child must sufficiently address the conflict of a particular stage to deal with the demands of the next stage of development.

The following assumptions were also made by Erik. They are the expectations of culture across each stage is the same, adolescence and childhood are always influenced by parents throughout the stages and the development of human is similar across the eight stages.

The eight stages of psychosocial development as proposed by Erik Erikson are infancy (trust vs mistrust), early childhood (autonomy vs shame and doubt), preschool (initiative vs guilt), school-age (industry vs inferiority), adolescence (identity vs role confusion), young adulthood (intimacy vs isolation), middle adulthood (generativity vs stagnation), and maturity (ego integrity vs despair).

Erik's theory helps healthcare workers to know if a child is developing appropriately or if there are developmental disabilities because of the focus of the theory on the entire lifespan of a child. It is also used to optimise the learning environment for the children. The theory also helps to diagnose and provide adequate treatment for adults with developmental disabilities e.g., autism. The use of psychological theories provides an avenue for all individuals to understand their current stage of life and how they can use it to be more productive.

The psychosocial theory also helps to predict, evaluate, and interpret the behavior and situation of a patient and also provides the ground for the social and health worker needs to react with patients with certain background and issues.

The theory has the limitation in the form that it put more emphasis on the development of men than women and it is also difficult for health providers to give a definite prediction about a given child or an individual.

Responsibilities of Social care Professional

A social care provider involves providing non-clinical needs to people in need in their own houses, day centres, and support facilities. The role of social care providers is mainly to provide help to people with disabilities to live their lives healthily and productively despite their disabilities.

Other roles of health and social workers include.

- Provision of care for family members in certain needs and situations: health and social care provider services to the member to help them meet their needs. They provide psychological, emotional support to family members in need (hub, January 2017).
- Providing care to individuals facing conflict in their relationship: social care workers help to solve the crisis in the family by providing counselling classes for individuals engaged in the conflict.
- Providing solutions to people facing old age challenges: old age can be a great challenge to some individuals, and they may be having challenges adapting to it. Social care workers provide adequate care and meet the needs of the old people.
- Providing help to mentally unstable individuals: mentally unstable individuals are addressed by social workers. The use of non-medication (e.g., therapy) and medications are used by social and health workers to help the affected individuals.
- Providing help to people suffering from alcohol addiction and drugs (cocaine, cannabis, etc.): meetings and classes are organised by social and healthcare providers to counsel and support individuals suffering from the addictions.
- Provide help to people suffering from financial issues: financial advice and counselling are provided to this set of people to prevent them from going into depression.
- Health and social workers help physically disabled people that are suffering isolation from society to solve their independence issue whereby, integrate them properly into society.
- Social care workers provide support for infants and teenagers under the following conditions: guardians and parents not taking care of their children, a family breakdown that affects the livelihood of the children, mishandling and

misuse of the children, also, when the child is bringing notable trouble to himself or others.

APPLICATION OF PSYCHOSOCIAL AND DEVELOPMENTAL THEORY TO HEALTH AND SOCIAL CARE

Psychosocial developmental theory is based on the fact that an individual is shaped by the environment. Therefore, health and social workers can help an individual based on the reaction to the environment.

The blending of assimilation and accommodation as described by the developmental theory which leads to the formation of new experience can be used by health and social care providers to help a child's inability to relate the previous experience to a new task and provide an adequate solution to the child.

Psychosocial developmental theory can be used to analyse a patient's symptomatic behaviour which is related to his past traumatic experiences and causes conflicts with his current developmental tasks. The behaviour of an individual in the past can be analysed.

and the theory can be used to predict the next range of behaviour which is related to the individual traumatic experience.

Erik's maturation timetable helps social workers to identify the challenges faced by individuals and determine the type of support that can be given to the individual in addressing the challenges.

The connection of psychosocial development theory across an individual entire lifespan creates an avenue for social and healthcare provider to be able to determine the stage of the problem using analysis of the previous stages to provide adequate help to the individual.

The psychosocial theory postulated that the development and advancement of an individual are through stages and it is based on their adjustments to the social crisis

that happens in their life. These crisis dictate how an individual will react to the surrounding world. This creates a signal for social work professionals to determine how successful clients handle crisis and progress.

The stages in psychosocial development create a steppingstone for movement to proper growth that a health and social care worker can apply to differentiate individual difficulties and provide support for helping them to solve these challenges.

PSYCHOSOCIAL AND PSYCHOLOGICAL THEORIES RELATIONSHIP TO HEALTH AND SOCIAL CARE

As a health and social care provider, I often integrate the theories depending on my patient's problem, need, and strength. The problem of a particular client will dictate the type and integration of theories that will be used to treat them. I believe that Piaget's contribution to the comprehension of child thinking is important.

In the application of psychosocial theory to treating a bipolar disorder patient, the environmental stressors can be responsible for causing the problem. Psychosocial treatment provided by health and social care provider help to enhance the compliance of medication in addition, increase the resilience to stress. The family-focused treatment developed by Miklowitz and Goldstein (1990) is also used by a health provider to treat bipolar disorder. The family of the patients is also counsel to reduce conflict that can lead to relapse of the bipolar disorder.

Personal Note: this module has thought me so much about the human developments, personalities, and behaviour. Some of the key points I learnt are the different stages a child goes through and the importance of nature and nurture in the early stage of life. I have also, better understanding why my 4-year-old daughter displays some attitudes such as wanting to sit in between myself and her father and wanting to share my makeup. Furthermore, I have learnt to be more patience and understanding with people around me.

CONCLUSION

The psychological theories used by health and social care are numerous. This reflective essay emphasis more on the psychological theory by Jean Piaget and the

psychosocial theory by Erik Erikson. The two theories address the processes and development that happen in a child. Erik Erikson's theory of psychosocial development is based on eight stages that a child passes through during development from infant to maturity while Jean Piaget's theory of psychological development is based on four stages that a child passes through from birth to adulthood. This essay further reflects on the importance of health and social care providers, the application of the theories to the social and healthcare provider, and the relationship between the theories and the social and healthcare provider.

References

- Anon., September 2016. *Group Therapy*. [Online]
Available at: <https://www.goodtherapy.org/learn-about-therapy/types/developmental-psychology>
[Accessed: 09 March 2021].
- Barbara, M. N. & N., P. R., 2020. *Psychosocial Theories*. [Online]
Available at: <https://www.sciencedirect.com/topics/psychology/psychosocial-theory>
[Accessed: 22 March 2021].
- Hawanatuk, March 2016. *Psychological perspective for health and social care*. [Online]
Available at: <https://hawanatuunit4.wordpress.com/2016/03/20/unit-8-psychological-perspectives-for-health-and-social-care/>
(Accessed: 15 March 2021).
- hub, T., January 2017. *Role of Health and Social care workers*. [Online]
Available at: <http://www.tutorcare.co.uk/traininghub/role-of-health-and-social-care-workers>
[Accessed: 22 March 2021].
- Mark, K., November 2005. *Personality theory in a cultural context*. [Online]
Available at: <https://cnx.org/contents/II5yy6OT@1.1:mYAJWArV@1/Erik-Erikson>
[Accessed: 30 March 2021].
- McLeod, S. A., June 2018. *Jean Piaget's theory of cognitive development. Simply Psychology*. [Online]
Available at: <https://www.simplypsychology.org/piaget.html> (Accessed: 30 April 2021).

Piaget, J., 1926. . *The Language and Thought of the Child*. Routledge: New York.
[Online]
[Accessed: 20 March 2021].

Piaget, J., 1954. *The Construction of Reality in the Child*. Basic Books: New York..
[Online]
[Accessed: April 2021].

Piaget, J., 1972. *Psychology of the Child*.. [Online]
[Accessed March 2021].

UKEssays, November 2018. *Psychology for Health and Social Care*. [Online]
Available at: <https://www.ukessays.com/essays/psychology/health-and-social-care-services-psychology-essay.php?vref=1>
[Accessed: 2 April 2021].

W., S. H., 2005. *The role of psychologist in healthcare delivery*. [Online]
Available at: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3410123/>
[Accessed: March 2021].