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**APPLYING PSYCHOLOGICAL PRESPECTIVE IN HEALTH
AND SOCIAL CARE**

PSYCHOLOGY for HEALTH and SOCIAL CARE

DIYA GANGULY



ADULTHOOD

This topic is about Psychology in which related to Health and Social Care in Adult Care roles in the future. It is about (adulthood) at the old age life span. It is extremely interested stage of life, when one person reaches already the mature set mind. It is also about behavior theory, cognition, emotions how the human mind, brain, and the body function in old age stage of life span. How the human cognitive behavior affects by the Covid-19 pandemic, especially the older people. How can they thrive through such sickness? Modern doctors' theories and concludes in Intensive Care Unit (ICU) that Covid-19 is going ahead in delirium affect badly the old age person. Is it can be only occurred always in old age? The body becomes so weak and why at the old age become so vulnerable their immune system?

These are the psychological perspective, the biological perspective, the behavioral perspective the cognitive perspective, the psychoanalytic perspective, the phenomenological perspective are approaches are not mutually exclusive, but they focus on various aspects of the same complex phenomenon. Developmental, Social and Personality Psychologist Theory in human development are the factors that shape behavior from birth to old age.

Developmental Psychology in late adulthood-It's branch of psychology that study on how people grow in the life span, or various aspects of human development. Adulthood in this life span of human being usually have already almost completed

what you are planning for your life. The satisfaction of your dreams comes true, your delusion, about realization that you projected. All aspect of life about family, relationship, jobs, or career. All aspects in life consider also your decision making, Psychological mindfulness is firm. In which physical body form starting in a lot of changes. The stable Period-which makes crucial the decisions of what they made. Being good psychologist needs understands the people, do it with respects, compassionate and humility. Can gain the trust that being heard or see what they see even if reality or imagination. Psychological science research put this together as psychological parts list. In which Piaget's theory have said about the human being, since starting childhood or early age of life, to old age, or late adulthood.

Bodies

- Brain
- Heart
- Hormones
- Genes
- Motor Skills

MINDS

- Consciousness
- Sensations and feeling, including vision hearing, taste, smell touch, balance, and pain.

- Thinking which manages, attending, remembering, forming concept, problem solving deciding and intelligence.
- Communicating including verbal, non-verbal expression such as body language, gesture speech and language
- Motivation
- Emotion
- Selves

COGNITION AND EMOTIONS THEORY

Delirium-is a sudden onset of mental confusion. Elderly people are at greater risk of developing delirium and it is important that symptoms are reported as a medical emergency as the cause needs to be showed and treated at once.

Symptoms of Delirium

- Being more forgetful than normal
- Not knowing where they are
- Being restless and upset for no plain reason
- Appearing to be less or more alert than usual
- Not recognizing family and friends
- Talking but not making much sense
- Having trouble concentrating
- Seeing or hearing imaginary things
- Slurred speech

-Having difficulty staying awake

-Delirium is not Dementia in old age sometimes it has gotten to be hard to show the differences between cases. Nowadays, of pandemic situation mostly the Doctors in Intensive Care Unit concludes that older people cannot recover or survives to the illness of covid-19 because the effect of it and can lead to the heart attack because of the covid-19 virus, especially who have already the existing sickness. However, the virus affects the internal organs and all senses. Starts' in throat throughout in all connecting vital organs that makes all weakening the parts of the body. The cognitive functions also damage and weaker the elderly people are extremely substantial risk and cannot recover to the sickness and will be due in death. The comprehension, calculation capacity is damages. There is not currently cure to dementia or to after its progressive course and get progressively worse over time. However, psychologically therapies can improve the lives of people with dementia and their caretaker and families by offering support and guidance.

Dementia

These are principal goals for dementia care are:

- Early diagnosis to promote early and best management.
- Perfecting and regulating the bodies movement, mind-awareness, having good daily exercise, and welfare.
- Finding and treating accompanying physical illness

-Detecting and treating challenging behavioral and psychological symptoms.

-Eternal help and making out always.

Memory Problems- person who had dementia might have struggling keeping newest information's might get bygone familiar places and may struggle with names. If this happen on a frequent basis, this needs to be investigated by the Doctor.

Cognitive ability-people with dementia may have difficulty with time and place, getting up in the middle of the night to go to work, even though they are retired. And their attentiveness could brazen. For some people with dementia the ability to reason and make decision may also be affected.

Communication-person with dementia replicate themselves often or have trouble detecting the right term. Thinking and speaking might become exigent. They might experience changes in personality and behavior, mood swings, anxiety, and depression. (“Symptoms of dementia - Dementia UK”)

Alzheimer disease is the most ordinary form of dementia (around 60%of diagnoses). It can be caused uncommon total of protein in the brain that produce plaques and tangles that obstruct and problem of numbness. Diseases that old people will be worsen in through days passed by.no cure yet but can only help the patients with acquiring their trust by listening and give respect.

Some of the symptoms the patient experience:

- Difficulties with language may develop, for example, trouble finding words, frequent repetition and problems following and taking an active part in conversations.
- People with Alzheimer's may also become agitated or depressed and may withdraw from family and friends.
- Memory lapses tend to be most common and these occur due to changes in the brain (hippocampus) that manage the movement of information from short-to long –term memory
- Changes in ability to process and interpret visual information may lead to problems spatial awareness, judging distance and steps or stairs.
- People with Alzheimer's may have difficulties with decision making, problem solving, planning, and sequencing tasks.
- The changes in the hippocampus may also lead to confusion of time or place, or a person not recognizing familiar faces.

The perspectives of cognitive psychology are useful in widening our knowledge through aging process. Social - cognitive changes are going to made and even more complex by the fact of emotional and motivation brought by in one personal life's goals or determination in life., (Charles and Carstensen 2010) It links the changes in cognitive function to produce different patterns of responding. Social cognition show that the people make sense of themselves and to others how they connect with social context. Social cognitive

research begins from models that cognitive psychology as a way of an understanding in social functioning. Cognitive changes occur in age, paint complexify of loss and gain. Its functioning interacts and can learn in knowledge or ability in other domains. Old age or late stage of life can damage the cognitive ability of a person. Especially the effect psychosocial of the person 's emotional status. In moment of loss of love ones, sometimes occurred into the depression.

BEHAVIORISM

Emphasize the role and influence of a person's environment and earlier learning. However, there are person learn as in characteristic of nurture and some are nature. Behaviorist do not traditionally focus on mental processes because they believed that mental processes are too difficult to see and measure objectively. Classical and operant conditioning are ways of understanding behavior and they lead to learning and change the metatheory of behaviorism. A hundred year ago British philosophers tried to be solved in which way the nature of behavior can gain, it is also spatial learning, or temporal learning, accordingly to them, they go together and associated.

NEUGARTEN THEORY-Social Psychologist that found the social clock theory in 1960s in which the right time to settle down, get married and have children, stable job, and a home until retirement. Adults who follow the social clock can easily connect themselves to their environmental surrounding's with others. The Australian adults proved that his theory seminal research found remarkable accord in the ideal ages' trough life

route impact mental health outcomes, failing, or succeeding can influence self-esteem.

LEVINSON THEORY-Psychologist that developed altogether the theory about the SEASON OF LIFE, which relate stages and growth that concealed into the adult years. Each stage is extension into life span. Each stage is made on based experienced that continuity to the next stages. Depends on how person personalities accept this change each time, how he/she is disintegrated, disorganized, holding its consequences and situation economical and financially. -

Early adulthood Transition is on Aged (17-22), in which adolescence to adult's life, choosing to leave home and enter in meaningful relationship

-Entering the Adult World is (Aged 22-28), in which a person has matured in decision making-process, through values and lifestyle.

-Age Transition (28-33) this is confused having children affect one's lifestyle, how person faced the consequences. -

Settling Down (Aged 33-40) is the stage to create a solid fundamental of the goals to their future, more responsible.

-Mid Life Transition (Aged 40-45) which stages sometimes in crisis, evaluating the life. Changes that desperate in forceful such divorced or career change. Values and the social environment influence that changes. It is also the stage to begin to think death and leaving a legacy.

-Entering Middle Adulthood (Aged 45-50) stage that concrete decision about retirement and stabilization.

-Late Adulthood (Aged 60 over) stage that reflect on life and the decision the made.

Daniel Levinson specify that each stage made of two types of period: -The Stable Period in which person makes decisive path in life.

-The Transitional Period in which on stages end and another begins.

VAILLANT'S THEORY-Psychiatrist George Vaillant all his entire career spent in researching and recording adult development. His theory based on 800 men and women past over 60 years. He concluded Six Adult life Tasks to mature as an adult.

1.Developing an Identity, in which adolescent set up to choose to go out in the comfort zone and made one's values passions and beliefs.

2.Development of Intimacy, the task is to experience the reciprocal relationships with another person, involves one's self sense includes another person.

3.Career Consolidation, task that person career which is valuable to the society and to the person. Job turns into a career once have competence, compassion, and contentment. Vaillant said can a spouse stay-at-home, and parents too.

4.Generativity, tasks mean being unselfish and capacity to give. Being in a relationship in which one give-up much out of control. Like a consultant or mentor to other would help to form a generativity.

5.Becoming Keeper of the Meaning task that keeping the tradition and be pass to the next generation.

6.Achieving Integrity, task that involves the achieving peace and unity with respect to another person.

CONCLUSION

Late Adulthood or old ages are vulnerable like childrenites need care and should gain the trust of their guardian, Health and Social Care, and their own family. Make them feel safe and feel love especially in their ends of life stages. Should the adequate knowledge to understand their behaviors, emotion, and personal lifestyles, that can make life easier. Talk to them, and do not presume their level of understanding, keep always questions simple, Old ages persons need to treat with dignity and respect, with empathy especially people with dementia and having difficult in communicating, and do not minimize their feelings.

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