



Prifysgol Cymru
Y Drindod Dewi Sant
University of Wales
Trinity Saint David

Psychology for Health and Social Care – Task 2

Psychological theories in health and social care – Reflective essay

Student name: Romina Correia

Student number: 1908756

Module code: BMHP4003

Lecture name: Diya Ganguly

Table of Content

Introduction.....	2
Freud's Theory of Psychosexual Development and Eric Erickson's Psychosocial Theory	3
Research 1	3
Research 2	4
Research 3	4
The health care professional role and application of psychological perspectives as a duty to care.....	4
Applying the learned theory in a future work as a health care professional.....	5
Reference list	7

Introduction

The aim of this essay is to reflect on psychological theories, Eric Erickson's Psychosocial Theory and Freud's Theory of Psychosexual Development and on the three researches, related to infancy life-stage and how psychologic theory can be helpful for healthcare sector, that was presented on the first assignment. How to apply the learnt psychological perspectives, as a healthcare professional and how to relate what I have learned in health and social care practice.

Freud's Theory of Psychosexual Development and Eric Erickson's Psychosocial Theory

My first essay was based on Freud's and Eric Erikson's Theory of developmental psychology for the infancy life-stage. Although I found Freud's theory of psychosexual development interesting, I do not totally agree with it. According with Slater and Bremner (2003), Freud allege that most of human behaviour is strongminded by his unconscious forces that he might not be aware of, which according with the same source was one of the problems with Freud's theory, since the unconscious cannot be quantifiable, in which I totally agree with. In my point of view, the idea that an infant life is built around pleasure or tension, of an increasing of a sexual energy, or even that they have a place to store their sexual energy is just too much, it seems completely unreal and inappropriate. However, I do believe that experiences lived in our infancy might affect our personality, although I am more in agreement with Erikson's theory that says that can be changed in the later stages of development.

In relation to Erickson's Psychosocial Theory, I believe it is more realistic, at least about the infancy. When an infant receives all attention, love, care etc. that he needs from someone, it is easy for them to trust that person, in the other and, if they do not know that person they can not trust them, for me this is easy to see, especially with infants from 0 to 1 and half or 2 years old, when approached by someone that they do not know, they always cry, at least was what happened with my daughter when she was that age. The second stage, autonomy vs shame, for what I could see with my daughter every time that she was trying to do something by her on, if I encouraged her to do it and was happy for her when she manage to do it, she was always happy and tried to do it again. In the other hand if she tried to do something and I stopped her, she would be sad, and if I asked her to do it again in another occasion, even showing how to do it, she was not confident of doing it.

Research 1

The first research that I have presented was the Hemmi, Wolke and Schneider's article, wrote in 2011. The article was based on a research about how baby's problem such: crying, sleeping, feeding can influence behavioural problems as attention-deficit/hyperactivity disorder in their childhood.

According with their results, children that had regulatory problems on their infancy have greater behavioural problems and most of them belonged to families with multiple problems, including depressive mothers. If we take in consideration Erikson's or Freud's theory this makes perfect sense. When an infant belongs to a family with problems, especially if their mother, the person that is supposes to protect and love them, has problems, they will not receive all the cares and love that they need, they will live in a toxic and bad environment which will affect them directly. Normally, in all the teenager's movie or documentaries that I have seen, children who practice bullying, or with bad behaviour mainly in schools are those who have family problems.

Research 2

The second research, presented on the first essay, was related with the first one. On this research Letcher and others, in this year of 2020, studied the relation between the adolescent and young adult mental health problems and infant offspring behaviour.

Based on their results mother's with mental instability such as: persistent depression and anxiety from their adolescence to young adulthood can predict higher levels of behaviour problems in her infant, which basically can be confirmed with the study made by Hemmi, Wolke and Schneider's in 2011, in which the children's with larger behaviour problem was found in a family with multiple problems and above all, with depressed mothers. In my opinion, the results found by them, makes sense, not having someone to give them love, to care for them at the very early stage of their life, probably make them feel that they are alone, in which according to Erikson is the feeling of mistrust.

Research 3

The third research was more related with the psychological theories and how helpful they can be for the health care sector. Gilmartin and others researchers made, in 2017, a study about the benefits of mindfulness practice for healthcare providers.

The result of the research showed that brief mindfulness intervention can be effective in improving provider well-being. According with Gilmartin et al. (2017), mindfulness is when an individual remains, in a non-judgmental way, open, patient and accepting, while focusing his attention on a situation that unfolds. Being a care provider, is dealing every day with others pain, suffering, frustration, doubts, happiness, unhappiness, stress, insecurity, is dealing, caring for other. So, in my opinion, keeping your mind open, accept, being patient, caring, non-judging is fundamental for healthcare sector, show the patient that you care, that they can trust you and that you will do everything in your power to help him.

The health care professional role and application of psychological perspectives as a duty to care

The second part of this essay is to explore how the health care professionals can apply psychology in their daily duty. Unfortunately, I do not have many experiences on the healthcare sector, in the other hand as a mother, I will write about how I applied psychology theories such as behaviourism, when I was teaching my daughter using toilet, without even know about it.

Teaching my daughter using the toilet was one of biggest challenge for me as a mother. At the beginning I thought it was just explaining her how to do it that she would understand, totally wrong. After two days of failure, I started to be upset with her, however I realized that probably was my fault and that I was doing something wrong, and then I decided to do some research online.

On the third day I changed my strategy, every time that she used the toilet correctly I gave her some small reward, however first I had to, not just tell her but show her what and how to do it, that is, without knowing I was applying, according with Slater and Bremner (2003), Albert Bandura behaviourism theory, that we learn by reinforcement, punishment and by observation.

The new strategy was a success, after showing my daughter how to use the toilet, congratulate her and she being rewarded, she started to be more confident and happier every time that she manages to do it right. Nevertheless, after first day, every time that she used the toilet correctly, she started to ask me for reward without I offered her, which according with Slater and Bremner (2003), is perfect example for the Pavlov's classical conditioning learning theory. My daughter was associating the correct use of toilet with a reward, that is, a correct use of toilet means be rewarded. However, after the second day that she was using perfectly the toilet I stopped given her reward, even if she was asking, and after a while she stopped asked for it.

Although this part of assignment was related to the healthcare sector, being a mother my duty of care first goes to my daughter, thus I found this a perfect example in how psychologic theory, specially behaviourism can be applied in our daily routine without even notice and how important it is helping us to accomplish our objective.

This experience was one of the factors that made me feel more in agreement with Eric Erikson's theory of development. It was important showing my daughter how to use toilet, however it was even more important to let her do it in her on time and pace, showing her that I was happy for her, when she had managed to do it, and support her when she had not, not being angry and not rushing. Freud spoke as well, on his anal stage about teaching an infant using the toilet, yet to be honest I do not think that being hardly trained to use the toilet, will lead you to be excessively tidy and controlling, or on the other hand have disorganized and confuse personality in case of liberal training, it is difficult to predict.

Applying the learned theory in a future work as a health care professional

The third research presented on this essay, is perfect prove that psychological theories can help us do our job better, especially in health care sector. Start with myself, all that I have learned is been helping me knowing my self, to be more self-confident, believing in myself, on my capacity, self-efficacy, and for me this is the starting point for good job performance.

However, working as a health care professional, is not just about you, is about others as well. This module has been given me tools that allows me to understand others, have compassion for others, but first self-compassion, to be an open mind, to not judge, mindfulness, self-regulation, which will allow me to control myself, my thoughts, emotion, thus being able to perform my work better, and most of all to be resilient. I think all these tools is very important for a health care

sector, it will allow me not just performing my job well, but being able to understand and help others, without losing myself in the process.

A great example of this is that, around one month ago, I started to work as a carer, the patient suffers from Motor Neuro Disease and now relies on tracheostomy and ventilation to maintain his breathing. I had never worked as a carer before and never have seen any tracheostomy patient before, so it was a slight shocking for me on my first day of work, however my self-regulation and mindfulness helped, I kept myself as professional as possible, always keeping the patient's needs in mind.

Dealing with others emotions, feelings, pain can be very stressful and exhausting, so is very important for a health care professional to be resilient, mindfulness, as the third research presented shows that a brief mindfulness can bring well-being to the health care providers.

Conclusion

At this point there is no doubt that psychology theories can bring a lot of benefits for the health care sector, and not only, in your daily live. You might be using them without notice, which was in my case with my daughter. It is important to understand others to deal with others, to get knowing, get along with others, and is important for you to understand yourself.

Reference list

Gilmartin, H. et al. (2017) 'Brief Mindfulness Practices for Healthcare Providers – A Systematic Literature Review', *The American Journal of Medicine*, 130 (10), pp. 1219.e1-1219.e17. [Online]

Available at: <https://www.amjmed.com/action/showPdf?pii=S0002-9343%2817%2930633-2>

(Accessed: 30 August 2020).

Hemmi, M.H., Wolke, D. and Schneider, S. (2011) 'Associations between problems with crying, sleeping and/or feeding in infancy and long-term behavioural outcomes in childhood: a meta-analysis' *Archives of Disease in Childhood*, 96(7). [Online]

Available at: <https://adc.bmj.com/content/96/7/622>

(Accessed: 15 August 2020).

Letcher, P. et al. (2020) 'Adolescent and young adult mental health problems and infant offspring behaviour: Findings from a prospective intergenerational cohort study' *Journal of Affective Disorders*, 272, pp. 521-528. [Online]

Available at: <https://adc.bmj.com/content/96/7/622>

(Accessed: 13 August 2020).

Slater, A. and Bremner, G. (2003) *An Introduction To Development Psychology*. 1st Ed. Oxford: Blackwell Publishing.