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Module: Psychology for Health and Social Care. [BMHP4003]

Topic: Reflective Essay on Psychological Theories. [Task 2]

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INTRODUCTION:

In this reflective academic essay, I will be looking back and examined Piaget childhood cognitive development and Erikson trust vs mistrust, identity vs role confusion in his lifespan psychological theories also some research paper and how best all these can be applied into my professional job. Because reflective practice can be defined as thinking about what has happened in the past or maybe something you did and what you would have do differently in case of next time if that same thing repeat itself, which is part of being human. (SkillsYouNeed, 2020)

In Piaget cognitive development on infancy, he believed a child most passes through four important level of cognitive progression. The stages are sensorimotor which had six substage in within, preoperational, concrete operational and the formal operational which they are all correspond with an exact age likewise all the stages are so flexible if any child is ready, he or she can get to the next level.

His developmental theory still suggest that children cognitive process or intellect enhance through four distinct level, the coming of new ability and how they process information dominate each stage. Jean Piaget cognitive ideas also mention that children mental development go through four stages, this development did not only focus on how children get their intelligent but also on knowing the nature of intelligent.

The sensorimotor that come first with some substage happened right from birth to about two years, and he claim during this time they try to enhance their intelligent through physical direct interaction with their surroundings, and three important cognitive factor that need to be recognize within this period are, early schemes, goal-oriented attitude development and enhancement of object permanence. He says during this time the infants are only aware what is in front of them, emphasizes on what they are doing, what they see and direct conversation with their immediate surrounding. (Kendra, 2020)

The preoperational stage that takes place around 2 to 7 years, he believes children within this bracket can use sign but still lack the maturity to use many thinking operations like reversibility and conservation. During this childhood development, mistake happen regularly due to egocentric behaviour, centration and class in conclusion. The concrete operational level comes third in his theory, children between 7 to 12 years old and most child's in this category can likewise resolve most problem that had to do with complicated thinking operation and handle tangible, concrete concepts. Also making error during centration, class inclusion and conversation is out of their way, but they still find it difficult with abstraction and binary thinking.

Reflecting on his last stage of his cognitive theory which he called formal operational from 12 years into adulthood, he still believes the children within this level, when he come to thinking they can now reason like an adult in terms of thinking operation that they can use. But for now, emotional maturity, experience and judgement is still far away. While using of abstract thoughts, deductive thinking and inductive thinking is possible at this stage. (Marcin,2018) he believes the process of learning come with assimilation and his partner accommodation. Assimilation meaning the way they put their experience into mental structure and accommodation is just to modifying the mental structure.

Looking at my own son, I can see the primary circular reaction that comes in between one month to four months in sensorimotor substages characterise him. Some time he will just start to make some specific movement without meaning to and he enjoyed the feeling, he starts repeating the same thing again and again. Any time I come across an infant crying within my workplace environment while carrying out my professional duty, now I understand all he just needs is a cuddle or food which I will make sure they receive.

My point of view about his theory: I strongly believe in Piaget's theory because his ideas analyse each stage easily by breaking up the sensorimotor into six substages and categorizing infancy and childhood in their very common age bracket. With these, someone can know if a child is progressing or lacking behind in progression and help me to cope better during childhood development parenting.

Trust vs Mistrust which occurs from birth to 18 months is the first stage of Erik Erikson's psychosocial development. Looking back at the theory I can understand that during infancy they are oblivious to their new environment, which will make the infant becoming dependent on his parent or caregiver for care and safety. Then if the babies are constantly met with stability, care and safety then he or she will now develop the mindset to trust in the next stage. But if all this quality is missing, fear most surely comes in that will make the babies to start having mistrust for others. (Chapman, 2020)

Identity vs Role Confusion, this comes fifth stage in Erikson's psychosocial. Adolescence within this time they try to accrue their own sense of belonging by testing role and integrating everything together to create one identity. He makes us to know that this is the most important period in creating the identity, the teenager will be experiencing a lot of change to his or her development, this will include genital maturity, hormonal transformation and physical changes that can lead to identical problems and insecurity.

Erikson also explains the major problem of identity vs role confusion within the adolescence stage, he makes us to understand that an identity crisis may emerge as teenagers try to integrate future and past view of themselves and start to mark out new suitable sex roles. (McLeod, 2018)

My view. I will say I disagree with this stage's ideas because he only focusses on one thing which is sex, he forgets to put other factors into consideration like culture, environment and cognition which I believe can trigger sexual urge, so for this reason I totally reject this theory.

Research Papers.

Lot To NHS. This is a research carried out in 2016 in England by Natasha Doran, Fiona Fox, Karen Rodham, Gordon Taylor and Michael Harris and published in the British Journal of General Practice. The reason for the finding, is to find out the why GPs leave their profession early in the UK.

Method. 143 former GPs in the UK who have left the practice here in England 5 years ago but still practice somewhere, all most 143 partake in virtual survey of which 21 people participated in telephone recorded interview, the survey data were examined with qualitative data using thematic finding techniques and descriptive statistics.

Result. The finding showed the reason most of them gave was, at the start of career during their registrar year and training they have all the support they need, but the moment they are fully qualified to practice they became isolated in their career without any support from their employer. Also, that was cited is fear of litigation, negative media portrayal, time pressure, organization

changes, lack of support, job progression, increasing workload, workload distribution and poor work-life balance that will eventually have impact on their well-being that will lead to stress, anxiety and burnout. (Doran et al, 2016)

My point. I believed in everything this research comes out with because he was carried with the people who are directly involve and all they made mention of is what me myself can testified to, sometime I witness some of all this factor anytime I paid a visit to the GP. So, for these reason I will say the survey is very realistic.

The Trial Is Owned by The Team.

This research was carried out by Sean Strong, Sangeetha Paramasivan, Nicole Mills, Coraline Wilson, Jenny L. Donovan and Jane M. Blazeby on the 26 of April 2016, and the aims of the findings is to investigate the relevant of teamwork in new recruits to different central study in surgical oncology. The investigation was nested during a feasibility RCT that target to find out whether a complete trial measuring surgical with a non-surgical treatment for local oesophageal squamous cell carcinoma (SCC) was possible.

The Trial has been picked as the setting for the investigation of important of teamwork in new employees because of the complicated nature of the 2 intervention. The central recruit participates between April 2010 to March 2013 within this period 375 patients with oesophageal were debate in 331 MDT meeting and 42 of them was qualified, out of these number five of them were successfully randomly selected and they are all from same central.

And they make sure the study included all area of healthcare professional, and then after 24 healthcare partitional were contacted through email and a study protocol was send to them asking for interview and explaining the study as well, 21 responded, and then were interview this include 8 surgeons, 5 oncologist, 5 research nurse, 1 upper gastro-intestinal specialist nurse, 1 research fellow and co-ordinator for the clinical trial.

The recognized problem that changes how team working impact on trial employees were known to be the weekly multidisciplinary team meeting as a crucial factor in recruit. The findings showed the meeting was an avenue to study and discuss to make sure all criteria for eligibility were clear and no patients missed out and they are all screened for eligibility. (Strong, et al.2016)

My observation is that is so clear and helpful, I agrees with the outcome because everyone involve in the investigation are all professional in the field.

English Stop-Smoking Services: 1-year outcome.

This finding was done by Linda Bauld, Rosemary Hiscock, Fiona Dobbie, Paul Aveyard, Tim Coleman, Jo Leonardi-Bee, Hayden McRobbie and Andy McEwen, and sponsor by Stop-Smoking Services (SSS) while the purpose of the research is to explore customer and the character, that are connected to self-denial smoking after 52 weeks of quitting the habit. (Bauld, et al. 2016)

About 3,057 Stop-Smoking Services clients in nine different location in England who started their quitting habit between 2012 March and March 2013 was conducted, long-term quitting, crucial determinants of habit were examine through abandon rate and multivariable logistic regression.

The result suggested that the customer of advisor that is main duty was giving stop-smoking support, were likely to leave long-term than advisors who had a generalist duty in general practice or pharmacies. Likewise, customer was more likely to refraining from smoking through the help of a group than one to one help, and the study still make us to understand that over 18 thousand unnecessary dead were prevented through longer-term smoking cessation succeed by smokers who approach the stop smoking services in England from 2012 March to 2013 April, but the outcomes is miscellaneous by customer character and the type of support they received.

I disagree with this research in the sense that the study failed to let us know what type of medication the clients were put on before they can be able refraining from their habit, because quitting smoking you need a self-determination, so majority that will tell they have quit after one month do some check on them you will find out they are back to the habit again.

Conclusion: This topic has made me to realize how important is good for someone to be reflecting on his or her past activities and it had really been of help to me in the area of psychology and my life in general, now I can think back about myself what are the things that I have done, that is not right I will just figure it out and then make a good adjustment.

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