



Prifysgol Cymru

Y Drindod Dewi Sant

University of Wales

Trinity Saint David

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Student Name: AGOUA AKRE ep ATTOH

Student ID: 2436092

Lecturer's Name: FARAH WIITA

INTRODUCTION

Jenny lost her father at 11 and spent years caring for her mother, taking on adult responsibilities far too early.

This likely accelerated her maturity but limited her chance to develop emotionally and socially in a typical way

meaning she may now need support to step back into age-appropriate roles and rebuild her own wellbeing.

JENNY'S HISTORICAL SITUATION

- **Early Childhood Experiences**

Jenny may or may not have had steady, reliable care, and she may have faced neglect, separation, or limited emotional support.

- **Attachment History**

She may have developed a particular attachment style with her main caregiver, and she may also have experienced long periods of separation during infancy.

- **Family Background**

Family relationships, parenting style, and the overall home environment, including any conflict, instability, or major changes within the family.



BOWLBY'S ATTACHMENT THEORY

- The suitable theory for JENNY'S emotional case is BOWLBY attachment theory.
- He developed the theory in 1950- 1960, he explain that early attachment shape a person's emotional ,wellbeing and interpersonal relationship
- . Infants are biologically driven to seek closeness and protection.
- Caregivers provide safety, comfort, and a base for exploration.
- Early bonds shape later emotional development and relationships.

According to Holmes(2014)John Bowlby had a major influence on social policy, shaping how governments understood children's emotional needs and the importance of stable, continuous caregiving.

Stages of Attachment



Pre-attachment: Birth to 6 Weeks
Baby shows no particular attachment to specific caregiver



Indiscriminate: 6 Weeks to 7 Months
Infant begins to show preference for primary and secondary caregivers



Discriminate: 7+ Months
Infant shows strong attachment to one specific caregiver



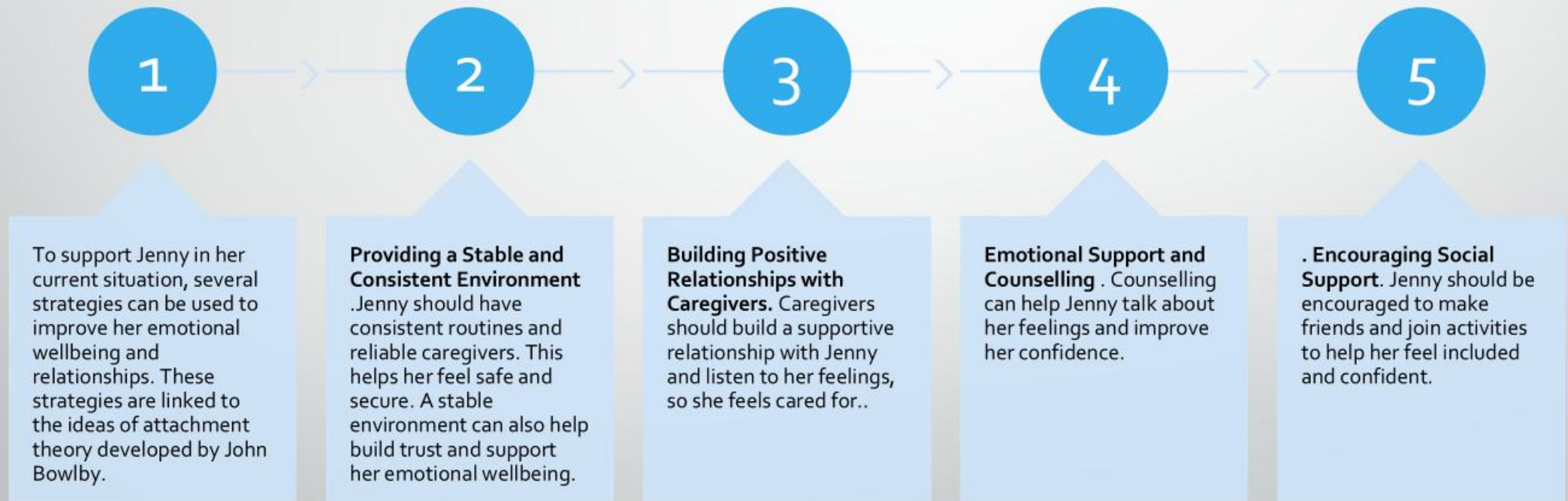
Multiple: 10+ Months
Growing bonds with other caregivers

verywell

LINKING JENNY'S EXPERIENCE TO BOWLBY ATTACHMENT THEORY

- The loss of her dad and taking care of her sick mother, affect Jenny's emotional development and her relationship in general.
- According to Bowlby's attachment theory, Jenny needs a secure relationship with her caregiver.
- Losing an important attachment figure in her childhood can indeed unsettle Jenny's sense of safety.
- Jenny's early separation or inconsistent care could lead to insecure attachment, making it harder for her to trust others or build stable relationships.
- Jenny's early separation or inconsistent care could lead to insecure attachment, making it harder for her to trust others or form stable relationships. This fits Bowlby's view that early attachment experiences create an internal working model that shapes behaviour throughout life.

DIFFERENT STRATEGIES TO SUPPORT JENNY'S IN HER CURRENT SITUATION



ENVIRONMENTAL FACTORS AFFECTING JENNY'S PSYCHOLOGICAL DEVELOPMENT

- Jenny's father died when she was 11, removing a key attachment figure during a crucial stage of development.
- Taking on a young-carer role for her mother pushed her into adult responsibilities, which can lead to insecurity, self-silencing, and emotional strain.
- Limited parental support, social isolation, and possible financial stress further increase the pressure on her well-being.

BIOLOGICAL FACTORS AFFECTING JENNY'S PSYCHOLOGICAL DEVELOPMENT

- Biological factors are the natural, internal influences that shape how Jenny grows, learns, and responds to the world.

Genetics

- Inherited traits affect her intelligence, temperament, and likelihood of certain mental health conditions.

Brain development

- Brain growth shapes her memory, emotional control, and learning, and relies on good nutrition, sleep, and stimulation.

Hormones and brain chemicals

- These influence her mood, behaviour, and stress responses.



STRENGTH OF JOHN BOWLBY THEORY

- **Supported by research** : Studies like Ainsworth's Strange Situation show early caregiver responses shape attachment.
- **Shows importance of early relationships** : Secure attachments help confidence, healthy relationships, and stress management.
- **Useful in real life** : Influences childcare, parenting advice, adoption, fostering, and hospital policies.
- **Highly influential** : Shaped modern developmental psychology and inspired much further research.

WEAKNESS OF JOHN BOWLBY'S THEORY

- **Too mother-focused** :Children also form strong attachments with fathers, grandparents, and others.
- **Ignores multiple caregivers** :Research (e.g., Rutter) shows several attachments are equally important.
- **Socially sensitive** : Suggested working mothers could harm development, causing unnecessary guilt; good childcare still supports healthy development.
- **Too deterministic** :Early attachment does not fix future relationships; later experiences can change them.

According to Zilberstein (2014) The article summarises attachment theory, explains how it guides therapy with children, outlines assessment and treatment approaches, and highlights current limitations and the need for further research.

CONCLUSION

- Jenny's early loss and the adult responsibilities she took on placed heavy pressure on her during a key stage of growing up,
- shaping her maturity but also affecting her emotional and social well-being. Recognising this is essential.
- so she can receive the support she needs to continue developing positively.

REFERENCES

Holmes, J., 2014. John Bowlby and attachment theory. Routledge.

Zilberstein, K., 2014. The use and limitations of attachment theory in child psychotherapy. *Psychotherapy*, 51(1), p.93.