

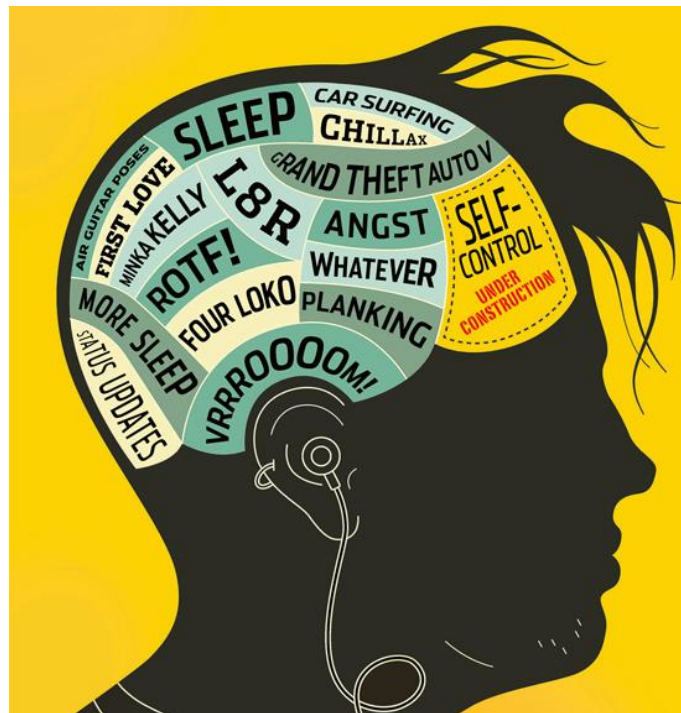


PRIFYSGOL CYMRU
Y Drindod Dewi Sant
UNIVERSITY OF WALES
Trinity Saint David

Psychology for Health and Social Care

TASK 1

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MODULE LECTURER'S NAME: Diya Ganguly

STUDENT NAME: Yibely Castano Martinez

STUDENT IDENTITY NUMBER: 1969047

1. INTRODUCTION

In this report I am talking about the behaviour of adolescents and everything related, where I will put into practice an academic essay based on theoretical perspective related to developmental psychology. I have chosen the life stage of adolescents because I think is an especially important stage in life.

2. DEFINITION DEVELOPMENT OF PSYCHOLOGY

The development psychology is a study is a scientific study where you see the growth and change of people. Developmental psychology looks at how thinking, feeling, and behaviour change throughout a person's life. The three goals of developmental psychology are to describe, explain, and to optimize development.

There are several developments that explain development in a different way and a in different perspective as for example the **continuity** that sees our **development** as a cumulative process, and the other one **discontinuity** that view sees development as a more unexpected-a succession of changes that produce different behaviours in different age-specific life periods called stages.

Is important to know **the nature development** that shows us the process of biological maturation, and in contrast **the nurture development** that says the impact of the environment.

Also, there is **stability** that implies personality traits present during infancy endure throughout the lifespan, and the other hand the **change** that where personalities are modified by interactions with family, experiences at school, and acculturation.

Developmental Psychology (Simply Psychology, 2017)

2.1 ADOLESCENCE PHYSICAL DEVELOPMENT

The adolescence stage is the phase of growth and development between childhood and adulthood, the age range is considered is between ages 10 and 19 in most places.

In some societies, the adolescence means that puberty is a physical change ending in reproductive maturity. However, in other societies is the terms that include psychological, social, and moral.

Talking about a biological perspective the best time of life is the adolescence that have the best physical and mental functions. Also, radical and different ideas can have profound impacts on the imagination. However, for some teens, these years are more stressful because is a life stage that has many changes that determine the rest of your life.

Adolescence (Britannica, n.d)

Is necessary to mentioned in physical development, **primary and secondary sexual** development. The organs that the function is for reproduction is the **primary sexual**, like for example the ovaries and uterus in girls and testes in boys. In this stage, about 12 and 13 years old the girls and guys begin to visibly experience new changes in the external called **secondary sexual** development.

Through puberty, have a quick increase in stature. For example, the **girls** this begins between 8 and 13 years old, with the adult height they have between 10 and 16 years old. **The boys** usually between 13 and 16 years old, and their adult height is between 13 and 17 years old.

The brain this here has not yet finished its development, even adults can be reached with the developing brain. The area of the brain responsible for rational thinking, is still developing during adolescence, this explains that adolescence has different from adults in the way they behave, solve problems, and make decisions.

In the brain there are two key regions that call the **amygdala** and the **frontal cortex**. The amygdala, processes stress and other emotions, and also is where are the instinctual reactions.

On the other hand, we have the frontal cortex that is responsible for judgment, self-control, emotional regulation thought, goal setting, morality and understanding consequences, but the teenagers they have not fully developed it yet. This means that adolescents are carried more by the amygdala, so therefore that teenagers' responses more in the emotional area.

Adolescence has to make decisions about their how they want to care their body and health, ass for example what they may eat and drink, how active they are, and how much sleep. In the United States, 20% of 12 and 19 years old are obese.

The sleep of adolescence is very important, it is hard for them to get enough sleep, they need sleep between 8 hours to 10 per 24 hours.

Lumen (n.d) Physical Development During Adolescence.

3. LIFESPAN PSYCHOLOGICAL THEORIES

KOLHBERG'S THEORY OF MORAL DEVELOPMENT

Lawrence Kohlberg who invented the "Kohlberg's theory of moral development" was an American psychologist, he born on 25 October 1927 in New York. He **published this theory in 1958**, he was studying and investigate the Piaget's theory when he was agreed with it, but he thought in to develop his own idea.

Kohlberg knew the story of a man that his wife was dying of cancer, there was a medicine that could save her, but the medicine was very expensive, and he had no other option but to

buy it. So, for the despair of the man when he saw his wife die and could not do anything went to chemists and stole the medicine.

Then he formulated 4 questions where he did an experiment with 72 persons. So here Kohlberg can see that there are three distinct levels of moral reasoning: pre-conventional, conventional, and post-conventional. Each level has two sub-stages.

The level 1: Pre-conventional morality.

Stage 1. **Obedience and Punishment Orientation.** Infancy

Stage 2. **Individualism and Exchange.** Pre-scholar

The level 2. Conventional morality.

Stage 3. **Good child.** School age

Stage 4. **Law and order.** School age

The level 3. Post-conventional morality.

Stage 5. **Social Contract and Individual Rights.** Adulthood

Stage 6. **Universal Ethical.** Adulthood

So, we see that a level of the **adolescence** is the **level 2**, where their moral conducts is **conventional**, when in the **stage 3** here the young people act in a way where they need the approval of others and are afraid of being judged.

Stage 4, here the things change and now adolescence only follow the rules because they see it as a duty. Also, in this stage they begin to have more social life.

Kohlberg's Stages of Moral Development (Simply Psychology, 2013)

Kohlberg's Theory

Level/Stage	Age Range	Description
I: Obedience/Punishment	Infancy	No difference between doing the right thing and avoiding punishment
I: Self-Interest	Pre-school	Interest shifts to rewards rather than punishment – effort is made to secure greatest benefit for oneself
II: Conformity and Interpersonal Accord	School-age	The “good boy/girl” level. Effort is made to secure approval and maintain friendly relations with others
II: Authority and Social Order	School-age	Orientation toward fixed rules. The purpose of morality is maintaining the social order. Interpersonal accord is expanded to include the entire society
III: Social Contract	Teens	Mutual benefit, reciprocity. Morally right and legally right are not always the same. Utilitarian rules that make life better for everyone
III: Universal Principles	Adulthood	Morality is based on principles that transcend mutual benefit.

PIGET'S STAGES OF COGNITIVE DEVELOPMENT

The creator of this theory is called Jean Piaget from Switzerland and was born in 1896, that he created this theory in 1936.

Piaget's Stages of Cognitive Development

Stage	Age range	What happens at this stage?
Sensorimotor	0-2 years old	Coordination of senses with motor responses, sensory curiosity about the world. Language used for demands and cataloguing. Object permanence is developed.
Preoperational	2-7 years old	Symbolic thinking, use of proper syntax and grammar to express concepts. Imagination and intuition are strong, but complex abstract thoughts are still difficult. Conservation is developed.
Concrete Operational	7-11 years old	Concepts attached to concrete situations. Time, space, and quantity are understood and can be applied, but not as independent concepts.
Formal Operational	11 years old and older	Theoretical, hypothetical, and counterfactual thinking. Abstract logic and reasoning. Strategy and planning become possible. Concepts learned in one context can be applied to another.

The Psychology Notes Headquarters - <https://www.PsychologyNotesHQ.com>

The Piaget's Stages of Cognitive Development that is divided into 4 stages.

The first stages are composed of **sensorimotor** of 0 to 2 years old, the second one is **preoperational** that the age range is 2 to 7 years old, **concrete operational** for 7 to 11, and the last one formal **operational** that is up to 11 years old that would be the adolescence.

The stages of adolescence are "**formal operational**", where they use symbols to understand abstract concepts, and according to this theory they can think about multiple variables and come up with hypotheses based on previous knowledge.

Piaget believed that people of all ages developed intellectually, but he believed too that it is more about building on the knowledge, not changing how it is understood.

Nature vs. Nurture: How Much Influence Do Parents Have? (Healthline, 2016)

DISCUSS HUMAN

Cognition of adolescence

In adolescence the cognitive development progresses begin to be able to think in more abstract ways. The adolescence they are continuously thinking about the future, how they want for their life, what profession they want to do etc. For example, when they cooperate with others, they think that actions It is not related to true thoughts.

The stage of adolescence is the most rapid phases of human development, but also the change dependent of the characteristic between individual and external factors. These external influences, cultures, and societies include social values and norms and the changing roles, responsibilities, relationships, and expectations of this period of life.

They can have a lot of changes as the hormonal and neurodevelopmental that taking place are psychosocial and emotional changes, here we see are affected by the internal changes of adolescence. The external influences are when where is the different between cultures and societies. The ability to think in more mature ways can also change by setting and their experiences.

Cognitive Development: Thinking on New Levels. (Center For Parent and Teen Communication, 2018)

EMOTIONS OF ALOSCENCE

Adolescence emotionally speaking can be a highly emotionally because the conflicts over independence are so frustrating, they experiment news things, and they begin to see life from another perspective.

The adolescence is just someone who is training to be an adult. The cooperation that they must learn to be successful in their and to be able to have a better relationship and empathy with the human being, and also they have the tools of emotional management learned by their parents and their tutors.

Normally, the emotions are different between girls and boys, because the girls are more sensitive about the feelings, and boys often to be silent about feelings.

Having healthy emotional and the ability to talk about feelings is important, and more for adolescence, when periods of emotional are just part of the normal passage. There are common emotional hard times ass **depression, loneliness, self-rejection, anxiety, stress, aggression, lability, and confusion.**

Depression can counsel “be inactive”, discouragement can counsel “look at all the negative”, anger can counsel “retaliation”, helplessness can counsel “give up”, loneliness can counsel “isolate”, shyness can counsel “be silent”.

Adolescence and Emotion. (Psychology Today, 2010)

ADOLESCENT BEHAVIOUR

The behaviour of adolescence changes as it completes certain faces such as with the following tasks with their parents as the individuation, separation, autonomy, cooperation.

The **individuation** is this process the adolescence finds their own unique identity, they are defining themselves by their friends and dependent of their environment. The parents play an important role in their lives, through example, nurturing and support.

The **separation** when we talk about to the separation is when young people start to break away from their parent's control and domination, and they may start to see a change in the relationship with their parents.

The **autonomy** in this stage teenagers begin to assert control over their lives and learn to govern themselves. They should a decision for themselves, this will make them learn through mistakes and experiences.

The tasks of adolescence (DR PAUL, 2020)

THINGS THAT IMPROVE HEALTH AND SOCIAL CARE

Digital It has been especially important in our daily lives and it has also been something very fundamental in the health and social care, it can improve many things, as well health of a population. Technology is promising to transform a health and social care sector that is increasingly struggling with the need to do more with less funding. Digital change is both a technical and an adaptive change, featuring unpredictable and complex interactions between the people and technology involved.

Digital Change in Health and Social Care. (The King's Fund, 2018)

Another that can improving quality of healthcare is mainly improve **collect data** and **analyse patients** to understand where opportunities exist. The second thing is to **understand their risk** and studied them to identify areas for improvement their quality of life.

5 Ways to Improve the Quality of Health Care. (Proactive, 2019)

CONCLUSION

The conclusion of this report is that it is very important to know all the behaviours and stages of adolescents, knowing it I believe that many problems can be avoided that can carry out the rest of their lives.

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