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Psychology for Health and Social Care

TASK 2

(BMHP4003)



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1. INTRODUCTION

In this second assignment, I will talk about first about my reflection on the two theories that I mentioned in task 1, where I will say my opinion focused on health and social care. This report will be particularly important because I will demonstrate what I have learned and what I have been able to understand from the lessons and the information I obtained in my task 1.

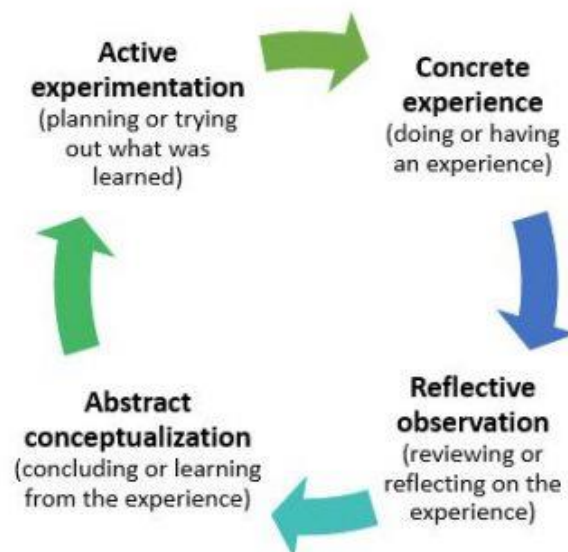
To reflect on these theories, I will use Kolb's theory of reflection to make a deeper and more correct reflection.

2. KOLB'S THEORY OF REFLECTION

Before starting with the reflection about the theories, first I want to do a little explanation of how this reflection theory works, so I will have each step clearer.

Kolb's theory of reflection is based on 4 steps that are concrete experience, reflective observation, abstract conceptualization, and active experimentation.

Concrete experience is mean what was the experience, reflective observation is based on the reflection about the theory, abstract conceptualization is what I learned or the conclusion that I have taken, and active experimentation finally what I can do with what I learned.



<https://cetl.uconn.edu/kolbs-theory-of-reflection/#>

3. REFLECTION ON THEORIES

3.1 KOLHBERG'S THEORY OF MORAL DEVELOPMENT

Concrete experience

The first thing that catches my attention about this theory when I looked for the background of the Kohlberg's theory was that Lawrence Kohlberg was interested in the theory of Jean Piaget, and from there began an investigation on this theory.

When he was a psychologist this theory had already been created and it was the first theory about morality, so he thought of adding and changing certain things in which he had come to the conclusion of some questions he had asked about a story that made him reflect a lot.

Reflective observation

I have always known that everyone has a different way of thinking, that we all have different points of view depending on culture, experiences, what has been learned, etc. However, these theories about morality it has made me reflect more on the different opinion it also influences a lot depending on the stage of life we are living.

The reflection that I could have is that not all of us solve things in the same way, even if it is the same situation due to the maturity and development that we are obtaining in our brain, we see the life differently, so is why it is not the same solution that a child would give in a situation to a teenager or adult. I can see from my personal experience and from what I have seen that this theory it has a lot of coherence for me.

Abstract conceptualization

In this theory, I have been able to learn a little about behaviour depending on his or her age, but focusing more on adolescence that usually adolescents at an age depend a lot on the appearances and the opinions of others, in other words, if they have to make an important or simple decision they always need to be consulting with another person to find out what they think, and if it seems like a good decision because they are afraid of being criticized from others.

After when adolescents are older it starts to change, and now they begin to want to be more independent from others more from their parents. Now they see the rules as an obligation, not as a real necessity.

Active experimentation

All I learned and the reflection that I have been able to get with all this is that now when I see the adolescents I will understand more about their behaviours and the reason for each reaction depending

on their age, and when they act in a way more due to influence or rebellion, I will understand that it is because of the stage in which they are.

3.2 PIAGET'S STAGES OF COGNITIVE DEVELOPMENT

Concrete experience

The first that I experience seeing this theory and when I investigate a little more about it, something that called my attention was that this theory has very few stages, compared with others. Then seeing more the background of this theory made from Jean Piaget was the first theory that has been made about moral development just in the year 1936, I was very surprised to know that it was only about 84 years ago since the first time that a psychologist thinks about the differences moralities depending on the age, and the stage.

Reflective observation

Reflective more on this theory I can see that Piaget thought in few stages because he was the first to create a moral theory because I think that talking about morality there are many more stages than only the four stages he exposed. Also, but I think it was a great advance that he did.

Respect for the adolescent begins to understand more the abstracts concepts, I think is curious how a person changes from believing only what they see or what they have been taught to see outside their own experience.

Abstract conceptualization

About what I learned in this theory and my own conclusions that I have taken is that intellectual capacities develop, so the moral at the same time is also in development too. I also learned that adolescence is when we really begin to have a more social life with others because that is when we begin to leave the fears and shame and we find ourselves in need of developing with others to feel good.

Active experimentation

Finally, I have learned I can further analyse people based on this development when have my professional work and more knowledge about psychology and the human mind, to also be able to see if this rule is followed today.

4. APPLYING THE LEARNED

At the moment I do not work with anything related to health and social, unfortunately, and I have never worked with something like that in fact my only job at the moment has only been cleaning, so it is difficult for me to speak from my work experience applying concepts of health and social care.

However, I can speak since my own personal experience for example in my spiritual life, where I have sometimes had to work with adults, young people, and children. So, here is when I have seen the difference in ways of thinking and that not everyone speaks to them in the same way.

When talking to children or teaching them I have realized the best way to capture their attention is by making them see that if they do things well, they will have compensation. I also realized that it is particularly important to call the attention of them from the beginning because otherwise, it is too difficult after wanting to call the attention of them because they are distracted with something else which is probably more attractive for them than the thing tries to say.

When it comes to speaking with young people, I have realized that the person who is explaining to them is very important to them because they tend to pay more attention to what he or she says. I mean, if the person who is teaching them is a person that they have any special relationship, or they have a special affection they tend to listen more and participate.

On another occasion when I have to speak or explain something to adults, the first thing that I can say I have realized is that something they really like is listening to your own experiences, is that here the things change compare with the teaching to children or young, because it no really matters the rewards you can give to them or if they have any relationship with you. In my personal opinion when we work with adults one of the most important things to be able to listen to you is what you say, and if it really is something with, they feel identified. Many times it is more difficult to talk with the same adults because they usually start to have a thought where they come to think that only they are right.

5. HEALTH AND SOCIAL CARE IN PRACTICE

First of all, I can say that everything I have learned will help me a lot in the future speaking personally and professionally, but in the same way, it has helped me to understand many things about my personal experience.

Investigating the psychological development of adolescence, when I saw personal development and physical development has made me understand a lot of things and reflect on my stage of adolescence, that I just finished it or I am about to finish. It made me understand that when you are a parent you have a lot of responsibilities with your children, and they have the responsibilities of development of them since the mother is pregnant with their adolescence.

I believe that as parents it is important to have knowledge about development to be able to avoid and act in certain ways, also when your sons or daughters are adolescents, you would know how to

communicate with them where are adolescence. In fact, I think one of the things that my parents lacked was in communication, and there were some negative impacts that affect me.

Also, I can declare that I have learned it will help me since now in my personal, because unfortunately right now I am not working on something that has a relationship with health and social care. However, everything that I have learned I can apply from this memento, so I begin to understand certain things a little more, and I also in the future because thanks to all this I have taken a big step for my future career.

In the future I would like to be a health mental coach, this work is about being that voice that supports and motivates those people who suffer from depression, anxiety, or other disorder. This job is focused more than anything on adults, but I think at the same time when I will dedicate myself to the future in this profession I want to focus on adolescences because this way the people can prevent many mistakes and major problems in the future adults.

I think that this job is especially important in the area of health, it can avoid major mental problems, because in the future since a severe mental illness can cause future physical health problems. So, I can say that everything I have learned and applied in task 1 will help me a lot to have a base from now on in this future career, I will motivate people in a more professional way, where I will not only say what I think best to say the things, if not how they can really understand better.

6. CONCLUSION

The conclusion that I draw from all this is that psychology is a very important part of what is in health social care, where we can see that without psychology the health would be incomplete, because since that is where we can understand people's behaviours, where we can see if a person has mental problems etc. Also, where we can see the root of certain problems and where in psychology many times is the solution to these many problems.