

Written assessment

This assignment will mainly reflect on how Freud's and Erikson's theory applies in the health and social care system, what my personal belief on these theories is, as well as how, in my future career as a paediatric nurse, I will apply and make use of these theories. The two views of development stated above are known to emphasize the significance of early experiences (infancy). However, there are very notable differences between the two (Freud's and Erikson's theories). Freud mainly centred his thesis on the significance of feeding, while Erikson was more concerned with how responsive caretakers are to a child's needs. Freud also believed that personality develops during childhood and it occurs during five psychosexual stages. These stages include the oral, anal, phallic, latency, and genital stages. During each one of these stages, sexual energy is known as libido, is actually expressed in many various, different ways as well as through other parts of the human body. He believed libido was satisfied in infants through different things as they age, beginning initially with feeding. Erikson, on the other hand, mainly referred to infancy as the Oral Sensory Stage where the most considerable emphasis on his belief is that the mother's positive as well as loving care for the infant through visual contact as well as touch could potentially have a later impact on the infant's later adult life.

The theories discussed are a fundamental foundation of the skills and attributes of health and social care workers. This is mainly because, to care about a patient properly, you will have to pay attention to how they act to determine if something is wrong with them. Freud's theory is a psychodynamic approach to psychology, and it mainly looks at how unconscious drives actually explain human behaviour. He, therefore, believed that the mind is responsible for not only conscious but also unconscious decisions, which it makes based on psychological drives. This, therefore, means that when caring for patients, nurses, doctors, midwives, dentists or any health and social care worker actually use his theory by consulting the patients' symptoms and determining their disease.

Freud believed that sexual life starts with manifestations that present themselves very soon after birth. The main phases in sexual development, as he felt, were the oral phase, the sadistic-anal phase, the phallic phase, and the genital phase. In each of

those phases, a different specific occurrence happens. For example the oral stage, the infant experiences lots of satisfaction by the needs of the mouth, which leads to being the first erotogenic zone. Moreover, in the sadistic-anal phase, fulfilment is instead done in the excretory function. While, during the phallic stage, the infant boy starts the Oedipus phase, where he starts experiencing fear and being afraid of his father as well as castration while also fantasizing about sexual relations with his own mother. For infant girls, on the other hand, they enter the Electra phase. Following the phallic stage is a more extended period of latency, where sexual development comes to a plateau. And lastly, the genital step, where the sexual function gets wholly organized and the coordination of sexual needs towards satisfaction, is finished. He moreover believed that some errors that occur in this development of sexual function could potentially result in homosexuality and sexual perversions. Sigmund Freud thought that personality develops during early childhood. For him, childhood experiences shaped one's characters as well as behaviour as adults. He also viewed development as discontinuous, and he thought that each of us must pass through a series of stages during childhood.

Moreover, if we do not have enough nurturance as well as parenting in a specific step in those mentioned by him, he concluded that one might get attached/ fixated in that stage, this is something I agree with, and my personal opinion is that because as many researches back this up (for example, sucking fingers as adults if during infancy one was left to overdo it for too long) it is incredibly relevant. Freud's stages have named the stages of psychosexual growth. According to Freud, children's pleasure-seeking urges are centred on a distinct body region, which remains identified by the title of an erogenous zone. While most of Freud's ideas, as I previously mentioned, do not find support in current research, in my opinion, it is not correct, and we cannot disregard the participation that Freud has made in psychology. Psychologists today still debate Freud's psychosexual stages as a legitimate explanation for how one's personality develops. Still, in my opinion, we can most likely take away from Freud's approach because the character is shaped some part by events we have in childhood.

In my personal opinion, I believe that Freud's psychosexual theory is hugely controversial, and it is very known to have been exceptionally thoroughly criticized by many individuals. I think that even though Freud's stages are mostly related to infants, he actually relied most of his theory and research on the work he has done with troubled adults. I don't think, therefore, that his approach is backed up correctly as he actually, in fact, never worked with children. Secondly, in my personal opinion, I think his work was too focused on human sexuality and that his focus on the Oedipus complex as well as children's sexual desire for parents is hugely controversial. Upon some research I have carried out, I have found out that some critics of Freud actually believe that the memories, as well as fantasies of childhood seduction he reported, were not actually real memories. Still, he actually made those things up that he not only created but also forced them on his patients. As a feminist myself, I also believe that his theory is exceptionally sexist as it is significantly and overly reliant on a male perspective. I have come to this belief after understanding that his idea as well as view is that girls actually develop sexual libido due to 'penis envy.

Erik Erikson, a distinct stage theorist, used Freud's theory and modified it into psychosocial theory. Erikson's psychosocial evolution theory highlights the social nature of our evolution rather than its sexual nature. While Freud considered that personality is shaped only in childhood, Erikson suggested that personality development occurs during the lifespan, which I agree with the most. Erikson recommended that how we associate with others is what changes our sense of self, or what he called the ego identity. The reason why I agree with this is that even though we can be impacted during infancy by those around us, I believe the environment we grow up in, not only during infancy but through childhood, adolescence and adulthood, as well as the people we exposed ourselves too, all have an impact and shape our personalities.

Erikson asserted that we are driven by a need to achieve capability in some stages of our lives. According to psychosocial theory, we encounter eight stages of development over our lifespan, from infancy through late adulthood. At each of these, there is a struggle or duty that we need to resolve. Victorious achievement of each developmental task ends in the feeling of capability and a strong personality. Failure to learn these

tasks ends in feelings of inadequacy. Erikson, like Freud, was primarily concerned with how personality and behaviour are influenced after birth and especially during childhood. In the nature versus nurture debate, Erikson was known to firmly be focused on nurture as well as experience, which is something I definitely agree with. Erikson's concept included cultural as well as social aspects of Freud's biological as well as sexually-oriented theory, which I am particularly more fond of. Erikson had the power and ability to do this not only because of his intense interest and compassion for people but also because he primarily worked with young people, which means he had the first-hand experience, making me more fond of Freud's theory. His research was done among human societies far removed from the more inward-looking world of the psychoanalyst's couch, which was essentially Freud's approach. I believe that his theory is reasonably accessible as well as relevant to modern life from several and different perspectives. This is mainly because of how his view and beliefs successfully show understanding and explain how personality and behaviour develop in people. In addition to that, I believe that Erikson's theory is therefore constructive for teaching self-awareness, managing, parenting, as well as/ or coaching, dealing with conflict as well as being able to understand one's self and others.

These are really relevant to what I am aiming to work towards in the future. The career I am seeking to pursue is becoming a paediatric nurse; therefore infancy life stage is most relevant to this career role. Pediatric nurses implement health and medical care for infants from birth throughout their late teens. As a caretaker, I would provide specialist care to the infant while also operating with the family to address their concerns, anxieties, difficulties, and choices. This means that while taking care of infants, both Erikson's, as well as Freud's theories are relevant to the matter. As a pediatric nurse, I will have diverse responsibilities depending on the work setting I would be in, such as a hospital, doctor's office, surgical centre, clinic, or another healthcare setting. In all of the areas mentioned the most important tasks I would be responsible for as a paediatric nurse which are incorporated in a generic pediatric nurse's job specification and are identified in a study managed by the National Certification Board of Pediatric Nurse Practitioners and Nurses (NCBPNP/N), include the following: to determine any changes in a child's signs and symptoms and intervene in emergent situations (where the

theories become relevant as in infants, in order to assess those changes you would have to pay attention to the infant's behavior as well as facial expression) ; to Maintain privacy as well as confidentiality in nurse as well as child or child's family relationships; to also be able to understand the differences between normal and abnormal physical findings (the theories also apply here as the paediatric nurse has to be able to identify those and be able to pay attention to details; to moreover, take place in activities to manage an infant's pain; to also identify and to anticipate pathophysiological issues and determine any changes in the infant's status; to also give medication by respecting and using appropriate guidelines for the specific age ; and to finally be able to see an infant's needs coming from pain management as well as be able to identify if a child shows any signs or symptoms of abuse. These all make the paediatric nurse an essential individual in the infant's life. To be successful at doing the job correctly, in my opinion, as I agree with both Erikson's and Freud's theories to some extent, I would need to gain the infant's trust and give them the ideal treatment for my actions to have a positive impact as well as reflect positively in their personality later, in their adulthood.

In my opinion, to conclude all of the above, Erikson's theory is more ideal and can be used in today's context more successfully. However, to some extent, both Freud and Erikson gave extremely fundamental ideas which we have to acknowledge. Both of these researches are incredibly relevant to infancy as a life stage. To work as a health and social care worker or, more specifically, as a paediatric nurse, I believe studying those theories is crucial.

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