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CERTIFICATE OF HIGHER EDUCATION IN SKILLS FOR THE WORKPLACE (HEALTH AND SOCIAL CARE)

Psychology in Health and Social Care

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Trawsnewid Addysg; Trawsnewid Bywydau
Transforming Education; Transforming Lives

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PSYCHOSOCIAL DEVELOPMENT

Samira Alimatu Soares Bangora (2020998) – Topic:
Introduction, life-stage definition, characters and attributes.

Sandra Johanna Jimenez Vergara (2024741) – Topic: Human
cognition, emotions and behaviour patterns.

Rashid Ahmed (2015092) – Topic: lifespan theory, criticism and
conclusion.

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INTRODUCTION

Psychology is the science of studying the human mind, including conscious and unconscious emotions and thoughts (What is Psychology? | BPS, 2021).

Psychology has various fields such as clinical psychology, social psychology, and developmental psychology (Psychology: Definitions, branches, history, and how to become one, 2021).

Developmental psychology is the field of studying human growth in a holistic way, including physical, social and cognitive skills at different stages of life.

This presentation addresses the most important aspects of Erikson's theory of adolescent psychosocial development.

Psychology is the scientific study of the mind, studying how the mind determines and influences our behavior, from communication and memory to thoughts and emotions. It's about understanding what drives people and how that understanding can help address many of the problems and problems of today's society. As a science, psychology thrives, devoting itself to the study of human behavior and the thoughts, emotions, and motives behind it through observations, measurements, and tests to draw conclusions based on solid scientific methodologies. It serves as both an academic discipline and an important professional practice (What is Psychology? | BPS, 2021).

Psychology branch there are different types of psychology that serve different purposes. There is no difficult and fast way to classify them, but here are some common types. Clinical Psychology Clinical psychology integrates science, theory, and practice to understand, predict, and mitigate coordination, disability, and discomfort issues. It promotes adaptation, coordination and personal development. Clinical psychologists focus on the intellectual, emotional, biological, psychological, social and behavioral aspects of human performance throughout a person's life, beyond cultural and socio-economic levels.

LIFE STAGE

DEFINITION

- ◆ The adolescence phase starts with a transition from the childhood phase to adolescence, which can occur as early as 11 years old.
- ◆ The adolescence phase can be broken into 3 parts: Early adolescence, middle adolescence and late adolescence.
- ◆ The intellectual and personality development of a teenager starts to, unwind instantly making them feel all types of emotions.

CHARACTERS

The five characteristics of the adolescence phase are:

- ◆ The increase in making decisions.
- ◆ An undefined status , which means they don't really know Who they are yet.
- ◆ Increase pressures.
- ◆ The search for "self".
- ◆ The biological growth and development
(Access anytime Anywhere, Cleveland Clinic,2021)

The development of sexual thoughts, desires and feelings starts at this age , by this age teenagers began to feel attraction for the opposite sex/gender. Developing deep concern about their physical appearance changes (body size and body shape) can make them do crazy things to get attention by others.

ATTRIBUTES

- ◆ For the teen age girls the hormonal stage experience can bring ,fatigue , discomfort ,pain , restlessness and spurt growth duo to the early signs of menstruation .
 - ◆ The primary sex characteristics are related to the reproductive organs that females have like : uterus and ovaries . Those are vital and very important organs in a female body witch have to be talk about at this age to prevent teen pregnancies.
 - ◆ Most teens prefer to manifest their feelings with actions .
 - ◆ Teens always prioritise their friend for various reasons: it's easier to share , thoughts, secrets or approval from friends most feel judged or miss understood by their own parents .
 - ◆ At this life stage they think that parents are often enemies duo to the pressure that comes from this new life phase.
- (Access anytime Anywhere, Cleveland Clinic,2021)

COGNITION IN ADOLESCENCE

- ◆ Do abstract thinking.
- ◆ Reasons from known principles.
- ◆ Consider many perspectives.
- ◆ Thinking process.



(Adler, L. and Turley, R., 2021)

Children mature at their own pace between the ages of 12 and 18. From concrete thinking to formal logical procedures, you progress. It's crucial to remember the following: Each youngster develops his or her ability to think more complexly at his or her own rate. Every child's viewpoint evolves throughout time. Some kids can employ logical operations in school before they can use them to solve personal difficulties. Emotional issues might interfere with a child's capacity to think critically. The capacity to examine options and facts can have an impact on decision-making. This can be done in either a positive or bad way.

Early Adolescence

Use more complex thinking focused on personal decision-making at school or at home Begin to show the use of formal logical manipulation in school homework Begin to question authority and social standards Self A subject that many people form and express when they begin to express their thoughts. You can hear your child talk about which sport or group they like, what personal appearance is attractive, and which parental rules should be changed.

Adolescence in the Middle

Working with more complicated thought processes is a plus.

EMOTIONS IN ADOLESCENCE

- ◆ Complex experiences, sensations, behaviour.
- ◆ Creating their own identities, gaining independence, and putting their talents to the test.
- ◆ Negative effect (reflected more in girls rather than boys)
- ◆ Social, economic and cultural changes have an impact in adolescences emotions.
- ◆ Positive and supportive peer relationship during adolescence promote health mental.

(Colom Bauzá, J. and Fernández Bennassar, M., 2021)

It's typical for teens to feel upbeat and enthusiastic on some days and down, flat, depressed, or sad on others. It's also common for teens to desire more solitude or alone time.

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Creating their own identities, gaining independence, and putting their talents to the test.

Feelings and moods

Your child's moods may be unpredictable, and they may express powerful sensations and emotional emotions. Part of the reason for your child's emotional ups and downs is that his or her brain is still learning how to manage and express emotions in a mature manner.

BEHAVIOURS PATTERNS

- ◆ Sleep soundly and long.
- ◆ As he/she explores various identities.
- ◆ As he/she begins to try new things, his/her abilities in some areas are improving.
- ◆ As he adjusts to his new physique, he may experience some physical discomfort. .

•(HowStuffWorks et al., 2021)



Adolescents have a reputation for being obnoxious, uncommunicative, moody, argumentative, and flippant - sometimes all at once! Because being an adolescent is difficult, these behaviours may be natural for teens when they occur from time to time. So you might want to learn more about the common underlying reasons of these less appealing teen characteristics.

To begin with, your teen will attempt to attain independence, which may result in challenges to parental or school authority. Second, your adolescent is experiencing an identity crisis as he or she struggles to find out who they want to be. Even more significantly, you should understand that your adolescent is terrified of falling short. Keep these considerations in mind as you try to comprehend some of the other common behaviours.

Selfishness and a certain amount of self-absorption

Looking for new role models (as opposed to you, the parent)

When determining what is usual for your kid, bear in mind his or her unique personality.

BEHAVIOURS PATTERNS

- ◆ More time spent with friends and less time with family
- ◆ Examine his or her peers to obtain a sense of what is "normal" in terms of clothing, music, values, and attitudes.
- ◆ Sudden mood changes.
- ◆ Building of self-esteem .



•(HowStuffWorks et al., 2021)

Young people are characterized by rebellious attitudes and physical changes in their bodies; however, social and psychological reactions are still being studied, and some can even be explained scientifically.

1. Why are they always tired and eat large portions?

As puberty approaches, the body's need for nutrients increases due to rapid growth. Fatigue may be caused by hormonal changes, adjustment problems, and overexertion. Sleep rhythms may also be affected by a delay in the biological clock. During puberty, children live in a continuous jet lag, which causes them to wake up two hours earlier than usual. A lack of energy and a feeling of grogginess are the result.

2 Why the zombie face?

The cause of difficulty sleeping is a change in the circadian rhythm. As a result, adolescents' biological clocks are reversed compared to childhood and adulthood, so their bodies tell them to sleep later and wake up later. The result is a permanent jet lag. In addition, melatonin production, which signals the body's need for sleep, is delayed by a

ERIKSON'S THEORY OF PSYCHOSOCIAL DEVELOPMENT

Lifespan theory :

- ◆ Who is Erik Erikson
- ◆ Identity and Role Confusion
- ◆ What is Identity
- ◆ What is Role Confusion



(Gillibrand R, Lam V, O'Donnell V., 2010)

Erik Homburger Erikson was a renowned Psychoanalyst who drew on Freud's Psychoanalytic theory. However, he is best known as the father of Psychosocial Development. He was born in Frankfurt, Germany on the 15th June 1902. He was raised by his single mother Karla Abrahamson until the age of 3. His mother then married his step father Dr Theodore Homberger. Erik grew up thinking that Homberger was his biological father, but became somewhat lost and confused upon learning that this was not the case. In Erikson's obituary, it was said "The closely guarded fact was that he was his mother's child from an extramarital union" whilst married to his biological father. (According to the New York Times dated 13, May, 1994) Having been born in Germany, with Nordic biological parentage. He was also brought up with the Jewish faith by his step-father. As a teen he was rejected by his friends at the Synagogue and mocked at school by his anti-semitic friends.

These experiences fueled his interest in identity formation, so much so that he later traveled about Europe with his friends in much thought about his identity. These days we see many adolescents taking a gap year out of studies and travelling in order to "find themselves". He studied with Sigmund Freud's daughter Anna and subsequently became her patient for three years, with which the analysis proved very beneficial to him, as the analysis allowed him to get to

ERIKSON'S STRENGTHS-LIMITATIONS AND PRACTICAL IMPLEMENTATION

↑ + Psychosocial theory is that it gives a wide framework from which to examine development across the lifetime.

↑ + Emphasize human beings' social nature and the importance of social interactions in their development.

↓ -Erikson has been criticized for advocating a narrow perspective of human development.

↓ -Cultural irrelevancy of theories surrounding the adolescent stage.

ERIKSON'S STRENGTHS-LIMITATIONS AND PRACTICAL IMPLEMENTATION

- Allow youngsters to pick their own activities for a portion of the day.
- Erikson's theory, as well as how they may be applied to dementia care.
- The efficacy of a training programme based on Erikson's theory in helping individuals with learning difficulties gain autonomous skills.

CONCLUSIONS

- ✓ The teen age years are the most complicated time of life because, is at this age years that we will discover and experience everything that in the future will make us good or bad adults.
- ✓ Erikson's theory of psycho-social development is unique in that it does indeed extend across all life stages from birth to old age.
- ✓ Identity is where self-esteem meets societal expectations/norms and when an individual makes sense of their morality and prior learning to understand how they fit into society.
- ✓ However, this is based on Western notions of "stages" of development which may not be valid in other cultures and societies.
- ✓ It could also be argued that Erikson's theory of identity/role confusion undervalues the regulation and agency of that individual.

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