

Psychology in Health and Social Care

- **Module title – Psychology in Health and Social Care**
- **Assignment No – ASSIGNMENT 1**
- **Module code - LCHS4010**
- **Lecturer – Lou Wells**



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Introduction

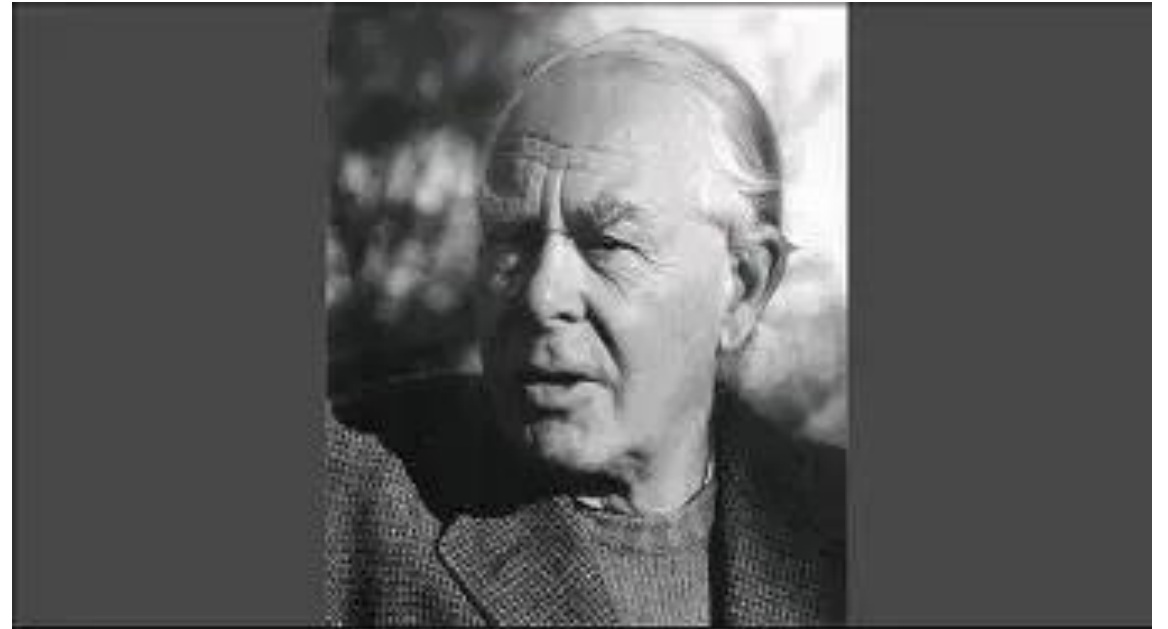
- Jenny's Scenario
- Bowlby's Attachment Theory (1969)
- Bowlby's Attachment Theory to Understand Jenny's Experiences
- Apply the theory to Jenny's experiences
- Nature vs Nurture
- Usefulness and Limitations of Bowlby's Theory

Jenny's Scenario

You are setting up a community support plan for Jenny, who is 16 years old. Jenny has been caring for her mother over the past 5 years, following the death of her father, who used to provide this care. Jenny's mother needs practical help around the home, including cooking, cleaning, and shopping, due to mobility problems. Jenny's mother also needs help with administrative tasks due to memory problems, forgetfulness, and low mood.

Bowlby's Attachment Theory (1969)

- Attachment is an emotional bond between a child and their caregiver
- Children are born with a need to form attachments
- Children develop an “internal working model” of relationships
- Lack of secure attachment can lead to emotional or behaviour difficulties
- expectations about whether others will be supportive and whether they need their care
- According to Bowlby's theory children often shape how people form friendships, relationships and how they can manage their emotion later in life
- Attachment theory explains how early relationships with caregivers provide emotional security and influence a child's development (Bowlby, 1988, pp. 11–22).



Attachment Theory
John Bowlby

Understanding Jenny's Experiences Through Bowlby's Theory

- Explains the impact of loss, separation and changes in caregiving relationships.
- Death of her father, which may have disrupted her sense of security
- Taken on a parent-like caring role for her mother, which can affect normal attachment patterns
- Helps explore emotional well-being, stress, responsibility and the need for supportive relationships.

Apply the theory to Jenny's experiences

Development

- Loss of an attachment figure (father)
- Change in the parent- child relationship
- Impact on future relationships and self-esteem

Well-being

- Emotional stress and responsibility a young age
- Need for secure and supportive relationships

Strategies for Jenny based on Bowlby's Theory

- Provide a trusted adult or mentor for emotional support (Bowlby's Attachment Theory, 1969)
- Access young carers' support services
- Jenny should be given counselling or emotional support
- Practical support for her mother at home
- Encourage educational opportunities – Jenny should have time to focus on school, friendships and her hobbies



Biological and environmental influences

Nature

- Adolescent brain development
- Emotional responses to loss and stress
- Mental health vulnerability

Nurture

- Family circumstances and caring responsibilities
- Loss of parental support
- Social and educational environment

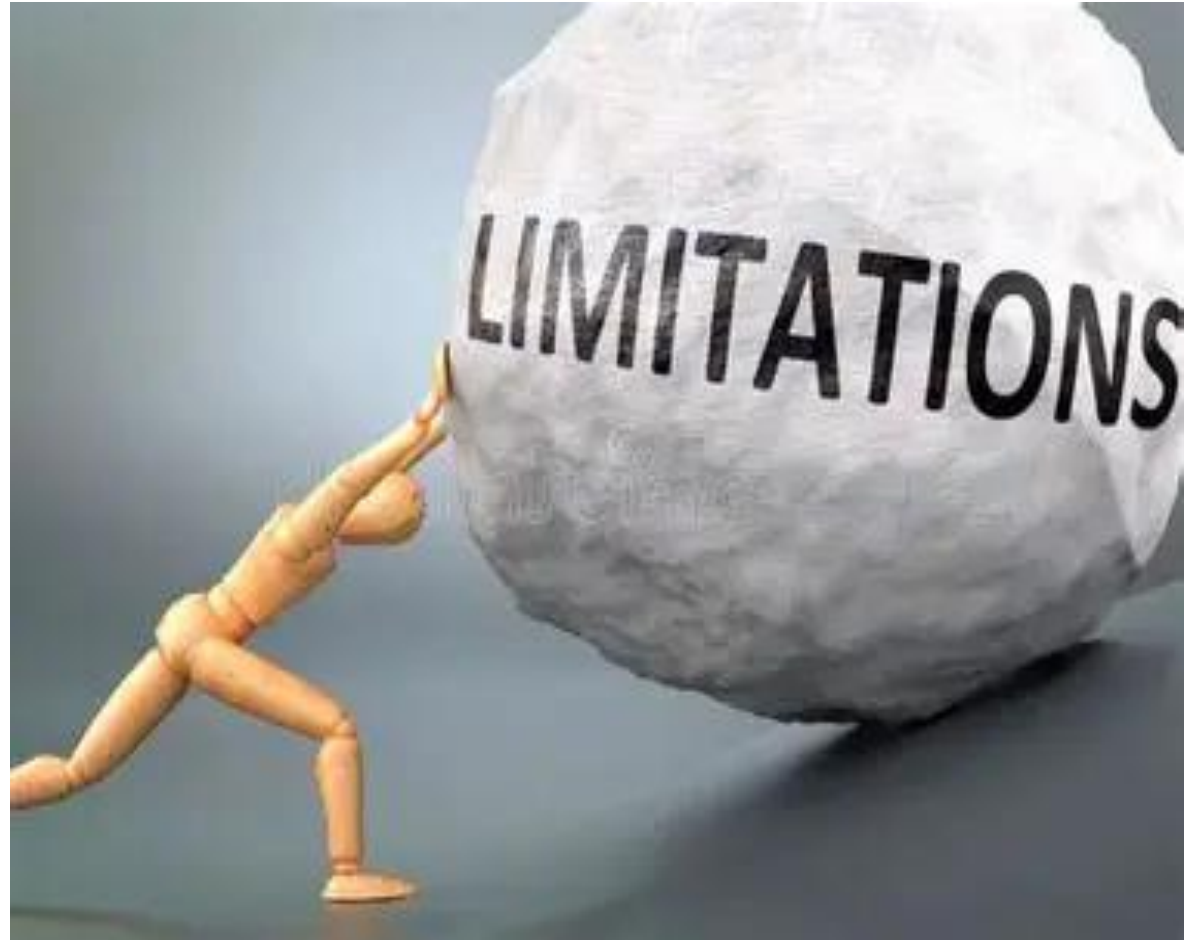
Usefulness of Bowlby's Attachment Theory in Jenny's Situation

- Helps explain the emotional impact of losing a parent
- Highlights the importance of supportive relationships
- Supports the need for emotional and social support services



Limitations of Bowlby's Attachment Theory in Jenny's Situation

- Focuses mainly on early childhood
- Does not fully consider social and environmental factor
- May overlook individual resilience



Conclusion

- Jenny has experienced a significant family loss and taken an incredible responsibility at a young age
- Bowlby's Attachment Theory explains how her situation can have an impact on her life
- Nature and nurture both have influenced Jenny's development
- Overall, support is important for her well-being

References

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