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Contents

Introduction.....	3
Reflection on psychological theories from task 1.....	4
My role as a health carer and applying the learnt psychological perspectives, as my duty to care.....	4
What I have learned and how I will use it in health and social care practice.....	5-6
Conclusion.....	7
Reference.....	8

Introduction

Psychology plays its important role in mankind with the power of communication or if misunderstood many things are possible from love to war. We have built an organisation for many years for the wellbeing of people called the National Health Service. We have internationally recognised charity groups such as the British Red Cross, it helps people in crisis, wherever or whenever they may be, there part of a global voluntary community which responds to conflicts and natural disasters according to (BRC Site name, 2020) In this assignment I will be discussing what I have learned and how I will apply it in health care, what my role as a health care profession may be and reflect on my previous task.

Reflection on psychological theories from task 1

In my task one I talk about Erickson psychosocial development the stage of Generativity which happens in middle adulthood during 40 to 65 years of old. Generativity is to make a mark on your community or in your family and friends. Through creating or nurturing things that may outlast or show power in individuals. Through generativity a developed sense of belonging occur, feelings of usefulness and accomplishments are required, while unsuccessfulness lead to feeling disconnected or uninvolved according to (Study.com, 2019). Piaget stage of cognitive development called this group as Formal operational which is when individuals are able to demonstrate ability to think for themselves, they understand the consequences will result of one's own action or choice. From here they realize that consequence result in moral and ethical issues, such as distrust, responsibility, emotional instability, and dishonour I found this information at (Study.com, 2019). Both theories are acclaimable as I have seen these characteristics in family and friends, whereas people younger than that age are still laid back and enjoying life, they take each day as it comes, they don't pounder on the past or over think for the future.

My role as a health carer and applying the learnt psychological perspectives, as my duty to care.

Psychology has become my passion is to understand and provide a service to patients who are in need of psychological help. Individuals do certain things when it comes to health and wellbeing as to their psychological mindset and understanding. The mind and the body are interlinked, for an example stress caused by daily routines or lifestyle can have a detrimental effect on the body's immune system and can lead to serious illness or even mental breakdowns e.g. myself as an example I have two children with special needs I was dedicating myself to their needs so much so that I use to forget to eat, I was not able to sleep or rest due to my fear of not being good enough for the children. All this led to me being extremely week and tired none stop, which then my mental health was affected, and I became depressed, the GP provided me with anti-depressants and counselling therapy. I did not take the tablets but went for the therapy, I learned a lot form the sessions mainly the importance of selfcare and looking after myself first which will then provide me energy to look after my children, it is very important to take a break from my natural duties as a mother, so that I can get some rest, relax and stop over thinking situations that are beyond my control and has not or may not even happen.

Psychologists have found many ways to explain human behaviour. I intend to learn and apply different theories to help people overcome emotional problems and deal with challenging behaviours and cultural/religious beliefs as I have a lot of background and knowledge in some of these areas. The importance of psychological support in health and social care is crucial, psychology can provide answers to the human thoughts, emotions and behaviour. This will help us understand ourselves firstly, then other people who may use our services. By learning different theories of thoughts and behaviour can help me to explain and evaluated in relation and provide a more accurate care service to the public. Some of my duty to care would be to make sure I am, acceptance of individuals choices and beliefs for an example I am a Muslim by religion and it is against my religion to be bisexual, gay or change gender but believe and accept everyone is different and has a choice in what they want to be or do it is there life as long as they are happy and not harming or causing concerns to others it is their choice of living.

What I have learned and how I will use it in health and social care practice.

Psychology can be broken down too many categories starting with cognitive psychology which looks at how mental thinking is processed e.g. study of the mind, how we think, our attention span, memories and along with other brain activity that are complex mental process, I found this information at(Softschools.com, 2020). You observe and try to understand how individuals think, how their naturally behave or is it people controlled e.g. obeying the law. And if they can reach their natural full potential.

Development psychology

This is known for how and why human beings change over period. It tests the influences of how nature and nurture the process of human development, and processes of change across time according to(www.quora.com, 2020)

Social psychology

is when the behaviour is influenced by other people and society in which you may live in, it handles topics that led us to behave in the presence of others. Some will look at conditions under which certain actions and feelings happen. It also looks at behaviour, feelings thoughts, our beliefs, your intentions and goals. Such psychological factors turn and influence our communication with others, this involves us looking at self-concept, mental process, attributions, how society influences, prejudice, discrimination to others, attitudes and stereotypes to name a few I found this information at (Mcleod, 2020).

Cross-cultural & Behavioural genetic psychology

This influences human behaviour there are many aspects of the human mind and behaviour which are universal either by cultural differences or religious beliefs and has led many differences in how individuals' thoughts are processed and how they act. Cultures might believe in sexism men can only do certain acts while women are not aloud, other cultures may place a higher importance on the way you dress. These preferences may play roles in aspects of life. This psychology is also coming through increasingly important topic as researchers try to understand the differences and similarities between people of different cultures throughout the world. The International Association of Cross-Cultural Psychology was established and continues to grow and develop. Its increasing numbers of psychologists investigate how behaviours differs from various cultures I found this useful information at (Verywell Mind, 2020).

Functionalism

Is when the mind makes something a mental state of a type, this does not have to relate on its internal constitution, but rather on how it may function. The role it plays of its system is a part according to(Plato.stanford.edu, 2020). They also look at how humans adjust to their environment for an example my parents are from Bangladesh they dress differently to people in England, my mum would never wear jeans but she has accepted me to wear them but she would wear a modest dress that has long sleeves and covers to her toes from any British shop. Also, it is quite unacceptable for men to cook but a lot of Bangladeshi men are chefs including my dad, so this is how humans adjust to their environments as and when needed

Generation gaps

now this sort of psychology involves separate thoughts expressed by members of many different generations. The generation gap can be used to describe the differences in beliefs, action to tastes displayed by members of different generations. This topic may be vast and varied but includes some of the following's different values, politics or even religion/culture. Some generation gaps have been trending throughout all periods of history, but differences of these gaps have widened in the 20th and 21st centuries. From the history of generation gap was first used in the 1960s. During that time, the younger generation in question—commonly referred to as “baby boomers” they showed a significant difference in their beliefs and opinions compared to that of their parents' generation. Sociologists use terms such as millennials, those individuals born between 1982 and 2002, they are called “technology natives” because they have lived with digital technology during their lives this is all what they have used. On the other hand, the older generational members, known as “digital immigrants,” they try not to be comfortable with personal usage with technology according to (Investopedia, 2020).

Patterns of society and moral conduct

The legal rules and decisions should be understood in context. Law is not outside of the social world but to help equally for everyone, it has embedment with societies interest, help from political and scientists recognize the fundamentally nature of law, with law and society by its side several steps further can be taken by pointing ways in which law is socially and historically pathed, how law both reflects and impacts culture/religion and communities differ for everyone according to (Oxfordhandbooks.com, 2020). This also involves learned behaviour e.g. hair styles, the way you dress it is a mix of choices which then is implemented to suit one's personality and choice of lifestyle.

Challenges in health seeking behaviour

The health seeking behaviour of individuals can show how health services are used and how the health outcomes are for each individual. Factors that prove health behaviour may be physical, socio-economic, cultural/religious or political. Health care prosses may depend on different educational levels, economic factors, cultural beliefs and practices. Other matters include socio-demographic factors, environmental conditions, political judgment, gender issues, and the health care system. In class we discussed many subjects relating to this, for an example some people can have a little period pain for that reason they take paracetamol for comfort and others may just accept that its part of the process and not turn to any solution.

The key to psychology is to learn and understand different aspects and why one is doing what he or she is doing. We as health cares should understand and help our care users, I intend to use what knowledge I have gained, take time in listening to individuals, understand their background without judging and provide as much help as possible through my professional career path when I am fully qualified. I have noticed there is a big gap in the NHS with counselling therapies with people who struggle to speak and understand English. I am multilingual and I believe I can provide a better service instead of having an interrupter present during sessions. Now there is a lot more awareness of mental health issues in a lot of multicultural communities who are looking for help and treatments.

conclusion

In my assignment you can see how beneficial it is to have and be able to understand different psychological aspects, but also keep learning and improve all different types of knowledge. It is wise for employers to invest in new knowledge and training for any reasons, understanding everyone is good and helpful so that you may feel safe and be helpful as and when needed. In all this communication skills are key, to accept and tolerate what we should and to speak out for what is wrong when it comes to mental health issues. When people don not get the right help, they need they sometimes resort to other solutions such as drugs or in worst cases suicide, according to (Maund, Schriek and Tinkler, 2017) they said “And there is no better time or place to use communication than when working together.” And I agree with them.

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