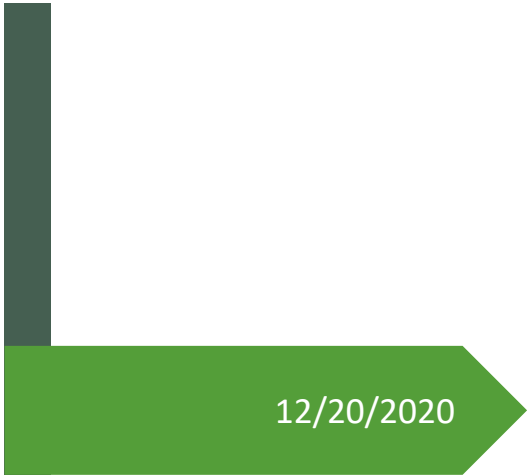


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12/20/2020

PSYCHOLOGY FOR HEALTH AND SOCIAL CARE

BMHP 4003

TASK 2: REFLECTIVE ESSAY

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MICHAEL ABAK 1917009

DIYA GANGULY LECTURER

INTRODUCTION

This is a reflective essay with emphases on the methods in which psychological theories are applied in health and social care practice with emphasis on my career goal as a social worker. Furthermore, psychological theories and research findings mentioned in task one will be analysed in detail, moreover the application of perspectives learnt through this module in relation to my role as a social worker will be discussed. **Developmental psychology** studies how thinking, behaviour and feelings change or is altered through human lifetime. It involves continuity against discontinuity, nature versus nurture, stability versus change etc. (McLeod, 2017)

REFLECTION ON PSYCHOLOGICAL THEORIES AND RESEARCH PROJECTS IN TASK ONE

UNDERSTANDING OF PSYCHOSEXUAL, PSYCHOSOCIAL, PSYCHODYNAMIC AND BEHAVIOURISM APPROACHES.

Psychosexual theory was proposed by Sigmund Freud who said that a child's psychological development takes place in five stages which he described as psychosexual. The stages are oral, anal, phallic, latency, and genital. He proposed that each stage represented the fixation of the libido on alternate parts of the body. (McLeod, 2019). The compound adjective that was **psychosocial** was initially used by academic psychologist's in the 1890s (Hayward, 2012) but was made popular by Erik Erickson through his stages of psychosocial development. He stated that the human personality was developed through an established order of psychosocial development through 8 stages from infancy to adulthood. The stages start from trust vs mistrust which begins at birth to about 18 months, the second stage is autonomy vs shame which starts at 18 months and ends around 3 years of age. Initiative vs. Guilt 3-5 years, Industry vs. Inferiority 5-12 years, Identity vs. Role Confusion 12-18 years, Intimacy vs. Isolation 18-40, Generativity vs. Stagnation 40-65 and Ego Integrity vs. Despair over 65 years (McLeod, 2018). **The psychodynamic approach** has origins from the work of Freud. This approach proposes that human functioning is based on the interaction of forces and drives inside the person, and that events that occurred in our childhood have an important influence on adulthood (McLeod, 2020). **The behaviourism approach** states that all human learning is achieved through interaction with our environment called conditioning and that behaviour is simply a response to stimuli.

HOW FAR I AGREE OR DISAGREE

I **strongly disagree** with Freud as regards his views on childhood sexuality, according to Bronislaw Malinowski in his book 'sex and repression in savage society' he said it was not correct for Freud to state that Oedipus complex was universal, he believes that the concept only corresponds to Patrilineal societies. **I believe it was wrong** for Freud to generalise because he wrote a letter to his friend telling him of how he fell in love with his mother and became jealous of his father (Simkin, 2020), proof that he was wrong is that I admired and respected my mother, but I was never in love with my mother. These feelings are not universal and does not represent all males even if it represented Freud's feelings at that point in time. He was also sexist about his penis envy (Yadav, 2018) view about young girls, but I

agree that harsh toilet training might have negative effects on adult personality, but oral fixation (Legg and Nunez, 2020) effects depend on each person.

I disagree with Piaget's theory as regards the stages because he might have been wrong in the stages because of his underestimation of children and their development because individual differences in children of the same ages may cause variation in the stages. The children in his research were from well- educated and professional homes which makes his small sample unrepresentative of the population therefore he cannot generalise. Other criticisms were minute statistical data, unclear operationally defined variables etc. **I agree** that his theory has had a great impact on educational programs and has assisted in evolving strategies like making use of social interactions, making available a supportive environment, peer teaching, and assisting children in identifying fallacies and inconsistencies in their line of thinking (McLeod, 2017).

IMPACT ON HEALTH AND SOCIAL CARE DAY -TO- DAY PRACTICE.

Piaget's cognitive theory helps care practitioners understand how children think, their problem-solving ways and disposition, understanding of their ego and level of understanding (Fink, 1976). The building of identity and knowledge as being based on stages assists in the explanation of intellectual growth in children of different ages. **Piaget's theory** delved into how a child builds a mental model related to his or her world. Piaget accepted that intelligence was a fixed characteristic, he also said the child's mental or cognitive development followed a process that happens as a result of the child being mature biologically and through interaction with the environment. (McLeod, 2018).

Freud impacts health and social care practice because his psychosexual theory placed emphasis on the importance of early experiences in connection with the development of personality which can influence adult behaviour, in effect the past experiences of a patient can assist the health care practitioner in understanding the scope of the problem and what approach to resolve it. His work stressed the fact that not all mental illnesses are a result of physiological reasons and he provided evidence that culture differences have effect on behaviour. Negative childhood experiences and rearing can potentially increase the risk of mental illnesses, multi-organ medical diseases and addictions (Zarse et al., 2019).

REFLECTION OF RESEARCH THEORIES IN TASK ONE

Firstly, my reflection would be on the research carried out to judge **the impact of the coronavirus lockdown on feeding practices of new mothers in the United Kingdom** (Vazquez-Vazquez et al., 2020). The research delved into the delivery experiences of new mothers before and during the start of lockdown. **The sample** involved over 18-year-old mothers with infants less than 12 months old and data collected was about the type of delivery, skin-to-skin mother to baby contact and breastfeeding. The **conclusion** signalled that lockdown had impacted negatively on maternal experiences and caused a lot of distress to the participants. **I chose** this research in order to become more enlightened about the effects of stress on mothers as a result of this pandemic and it will also assist health care practitioners in patient diagnosis. The research has **significance in health and social care** since a distressed mother might be less responsive to an infant's cues and the insensitive care giving can be stressful to infants. There is ample evidence that a mother's psychiatric

disorder can have a deleterious effect on the development of the infant. (Murray and Cooper, 1997). There has been an increase in maternal depression and anxiety during the pandemic which is harmful to the wellbeing of the infant and the mother (Davenport et al., 2020). Cognitive delays have been linked to parental stress (Golfenshtein et al., 2020). **I decided to write on this topic** because the topic needs more attention and further studies of this subject would be beneficial to healthcare professionals in understanding and tackling stress. Although I believe **the research should have taken into greater consideration** the effects of not having enough social support and immediate family support. The family context and community support should be taken into consideration by health care practitioners who wish to impact lives positively (Premji et al., 2014).

The **second** research article is **the effect of maternal after birth psychiatric symptoms and infant temperament on infant bonding** (Nolvi et al., 2016). The purpose of the research was to investigate the relationship that exists between infant temperament and the infants bonding while bearing in mind the influence of the mother's anxiety and depression signs. **The sample** was carried out with Finnish families and a total of 203 families were sent questionnaires of which 147 men also participated. A total of 66.7% of mothers returned the questionnaires while 42.2% was sent back by the fathers. The mothers that dropped out and did not complete the questionnaire had a higher depressive symptom points and they had lower education but there was no significant difference in the fathers that completed the study. **The results** obtained seemed to validate the fact that there was a relationship between the temperament of the infant and subsequent bonding between mother and child in the first year after childbirth. **I selected this research** article so I can gain more knowledge about infant bonding and what can harm infant's development and this topic is very important to health care practitioners in assessing patients and to be aware that psychiatric symptoms are an ongoing condition. **I disagree with the research** methodology because it was carried out through questionnaires, questionnaires are known to be a cheap and rapid research tool utilised by medical researchers to investigate disease and health issues, but questionnaires can be easily constructed and utilised without training therefore this method is not highly respected (Eaden et al., 1999).

The **third** research is **the perspective of patients and providers on reducing the risk of suffering harm while in primary care: a study in Sweden carried out through questionnaires** (Fernholm et al., 2020). This research **was about** the exploration of the reasons why and how patients had suffered harm while in care, also it was about the extent of providers understanding of harm and how it can be prevented. **The sample** involved 22 patients who had suffered harm while in primary care, practice managers and primary care providers, including 20 nurses, 15 physicians and 24 practice managers. The **main outcome** was categories and broad themes derived from the qualitative analysis. **The results** highlighted three categories that were significant in preventing harm which are continuity of care, competence and communication. **The conclusion** obtained demonstrated that the participants in the research understood the risks involved in patient care and how to prevent it in relation to communication, continuity of care and competence, moreover, focussing on this would benefit primary health care in the future. **This research holds accountability and importance to health care students and professionals because** the safety of patients is fundamental to the delivering of good quality health care services. While I accept the importance of the research, I do not agree with the methodology because there have been

several documented biased influences on responses obtained through questionnaires which affects the validity of the overall results of the research in short, the mode of research can have serious effects on the quality of data (Bowling, 2005).

EXPLORING MY ROLE AS A HEALTH CARE PROFESSIONAL

I currently work in the retail industry which involves working with people from diverse backgrounds, although some of the perspectives and ideas I have learnt from this module can be applied in my present employment, however in my future role which I aspire to be a social worker I would be asked to work with people, I have to build empathy, visit people's homes, give advice on available government assistance, support individuals and households through trying times, take steps to protect vulnerable adults and children from harm, keep professional relationship with people, working with adults who have physical disabilities and mental health needs.. Day to day activities include the assessment of the needs of people, working with families, taking decisions on recommendations and referrals to other agencies while keeping accurate records. If working with children services then may work with young offenders, children at risk of harm etc. (BASW, 2018).

Behavioural theory states that behaviour is a response to stimuli. It could be applied in anger management situations; it could also be applied in assessing the problems of a service user in order to identify the appropriate action to take. Operant conditioning can also be used in seeking to change unwanted behaviour through rewards and punishment etc. (Cherry, 2020)

Psychodynamic theory is useful to the social worker as it assists clients to understand their unconscious behaviour pattern and emotions through conversing this emotion with a social worker, service users get to know themselves better and can make informed decisions about their lives. **Humanistic theory** looks at the person completely and takes into consideration concepts like free will, self-actualisation and self-efficacy (Cherry, 2006). It promotes the exploration of personal identity and interpersonal relationships, (Tomar, 2019).

RELATING TO HEALTH AND SOCIAL CARE PRACTICE.

I have learned several applicable **concepts** such as mindfulness, self-compassion, kindness, human connectiveness, improvement systems, conflict management, knowledge of personality, knowledge of the different psychological theories, knowledge of the impact of personality due to birth order etc. I **hope to apply this learning** to my duty of care, and this will assist me in identifying and utilising the best technique to follow to solve problems of service users. I hope to be a social worker soon, social work is a holistic and evidence-based practice that uses theories of human behaviour and takes the individual and his or her environment into consideration. Freudian psychoanalysis or id psychology would assist me if I were working with an individual who has been confirmed as being abusive to his children, and he says his children deserve being beaten, but with the application of Freudian theories it became clear that the individual hated his boss and his abusive father, his manager reminds him of his abusive father. I **hope to apply** psychodynamic theory in offering service users insights into their internal conflicts that may be responsible for their problems and with this knowledge change their behaviour and feelings.

Psychosocial theories learnt will assist me in my future role. For example, Erickson's theory gives a timetable that helps in knowing one's maturity. I hope to use the stages of Erickson as a reference point in order to pinpoint at what stage in the maturity cycle is the person and use that knowledge to apply the appropriate stage solutions to address the concerns and issues. (Gilbert, 2019).

CONCLUSION

This reflective essay emphasised on how psychological theories can be applied to health and social care practice with emphasis on my career goal to be a social worker. Psychological theories and research presented in task one was discussed, the application of the psychological perspectives learnt was explored and how I would relate this learning to my future role as a social worker was also analysed.

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