

Table of Contents

Task 1: Academic Essay	
Introduction	
Developmental Psychology	
Infancy	
Piaget's Cognitive Development Theory	
Ecosystem theory	
Impact of Attachment styles on Emotional development.....	
Impact of society Envirommnet on Cognitive development.....	
Role of parents in developing good behaviour for infants	
Conclusion	
References	

NAME--- AMOS OGIERIAKHI

STUDENT NUMBER--- 1908384

**COURSE--- PSYCHOLOGY FOR HEALTH AND SOCIAL
CARE [BMHP4003]**

Psychology for Health and Social Care

Task 1: Academic Essay

Introduction

Human psychological development begins in the newborn period. Infant mental development includes perception, motor, language, cognitive, emotion, personality and social development. Among them, the development of sports and cognition is the most obvious. Cognitive development includes the development of perception, attention, memory, thinking ability, and imagination, and the concept of cognitive function development was first proposed by

Jean Piaget, who believes that the cognitive function of newborns and infants has begun to develop. At present, the assessment of infants' cognitive function mainly focuses on memory, perception, attention and other aspects (Nelson 2017).

In the process of fine motor development, it gradually develops from simple to complex. Generally speaking, the process of motor development is continuous, and gross motor development is slightly earlier than fine motor development (Kopp 2017). Of course, there are differences in the speed of individual development of different babies, and the developmental stages are not completely demarcated.

Developmental Psychology

Developmental psychology mainly includes animal (comparative) psychology, child psychology, middle-aged psychology, and geriatric psychology. It is a discipline that studies the occurrence and development of germline and individual psychology. This article will introduce you to several articles of developmental psychology. The model essay of the thesis, I hope that the following

selected developmental psychology papers will help you understand this kind of psychology. Developmental psychology is a science that embodies the laws of human psychological development. It studies the psychological characteristics of people in the process of growing up, and explores their internal development rules. Human psychology changes with growth, and its changes are affected by living environment and specific practices. Developmental psychology is an important part of psychology (Murray et al., 2016). It focuses on the whole process of human beings from life to death, including their own psychological changes and developmental characteristics. It has important significance for the analysis of human beings and human behavior. Child psychology is a branch of developmental psychology. It uses children's cognitive level and growth source motivation to explore the laws of human psychological development from birth to growth to maturity. It plays a guiding role in children's growth and education.

Infancy

At any stage of birth, babies are born at the fastest growth rate. The infant development rate is also described by the steep rate. For all well-developed people, human childhood is the period when mothers provide full or partial nutrition to their offspring through breastfeeding or socially determined breastfeeding methods. In childhood, deciduous tooth cancer (the so-called deciduous tooth) is released through the gums. When the baby is interrupted from pregnancy, the human baby shuts down, which occurred somewhere between 24 months and 36 months of age in the pre-industrial social order. At this age, all milk teeth fall off, no matter what for the baby. Complementary foods that supplement breast milk are familiar with the baby's diet at some point before the first year of life after birth, but nursing provides the baby with important nutrition, resistance substances, and emotional support (Greene et al., 2018).

Piaget's Cognitive Development Theory

Normal intelligence is an important criterion for measuring individual mental health. Piaget believes that intelligence is the

quality and ability of the body to effectively adapt to the environment to create the best living conditions under objective conditions. The development of individual intelligence occurs under the common control of the four factors of maturity, physical experience, social experience and balance (Landi et al., 2020). Among them, physical maturity is a necessary and insufficient condition for physical and mental development. Maturity provides the possibility for individual development. Only through functional exercises and learned experience can it turn from possibility into reality. With age, The importance of physical environment and social experience in individual development has become increasingly prominent, and balance can be regarded as a key factor in psychological development. A correct understanding and grasp of Piaget's four-stage theory of cognitive development can provide theoretical support for "judge whether children's intellectual development is normal, and take timely educational intervention measures to effectively promote the development of children's mental health (Camargos et al., 2016)". He also creatively proposed the concept of zone of proximal development, which provides a theoretical basis for the development

of mental health teaching to adapt to the current level of physical and mental maturity of students, and to actively guide the development of physical and mental health of students (Kopp 2017).

Ecosystem theory

As mentioned above, as a social animal, the social and cultural environment in which humans live has an important impact on their mental health. Bronfenbrenner described the ecosystem as a set of nested structures with four parts interacting and nesting: the micro system, the intermediate system, the outer system and the macro system. The microsystem is located at the innermost level and is the activity, role, and interpersonal relationship model that individuals directly experience (Erickson, Gartstein & Dotson 2017). From birth to infancy, the micro system is limited to the family. As age grows, kindergartens, schools, and peer relationships, which are beneficial to individuals to improve their problem-solving ability and social knowledge, gradually enter their micro-systems. The mesosystem is the interaction and connection

between two or more microsystems. For example, the interaction between family and school, the connection between family and work unit, etc. The outer system (exosystem) is a system that the individual does not directly participate, but has an impact on the individual. "The impact of parents' occupational environment on children's mental health" has gradually become the focus of researchers (Landi et al., 2020). One of the important research directions is to explore parents' work stress experience. Research in recent years has shown that parents' work stress will affect the quality of family members' interactions, and induce psychological and behavioral problems in children and adolescents. The macrosystem is essentially a broad ideology, which includes the culture, subculture, or other social background patterns in the first three systems. In fact, mental health is a dynamic and complex environmental adaptation problem. It is not only a problem of individual development, but also a microcosm of social development problems (Landi et al., 2020).

Impact of Attachment styles on Emotional development

In relationships, the attachment format is different in terms of security and intimacy, and can be changed with new meetings. The

type of attachment that grows as a child reproduces also varies from culture to culture. For example, German guardians appreciate autonomy, while Japanese mothers are often with their children (Erickson, Gartstein, and Dotson, 2017). Therefore, the rate of unreliable avoidance accessories is higher in Germany, and the rate of unsafe safety accessories is higher in Japan. These differences in any case reflect social differences rather than real weakness (van Ijzendoorn and Sagi, 1999). Remember that the techniques used to estimate additional styles are based on models that reflect the appreciation and translation of working class, Americans. Newer strategies for mapping attachment styles include the use of Q-sorting methods, which record a large number of exercises on cards, and viewers classify the cards to reflect the type of behavior that occurs. According to John Bowlby's theory of adhesion development 1, when the person in question is "arranged to find close contact with a particular person appropriately and to act like this in a particular situation (especially when he is afraid Behave like this under circumstances), the young man "established a connection" with someone. "He noticed that the sensitive guardian (usually the mother,

but generally not the case) and the baby about 6 months to 2 years old. There is a close connection (Greene et al., 2018).

The emotional connection between parents and young people ensures that the two will remain physically close, especially when the child is 8 and a half years old. When a baby is proven to be lighter, even if he does not abandon his parents, he will rely less on the size of his parents to maintain his neighbors. When a child encounters a security officer near this body, he will become bold and stay away from the guardian for investigation. This interesting difficulty, the process from the search for intimacy to the constant transformation from loss, is the center of the fortress theory. In this way, when a child is safely added to his mother and the intimacy is restored, the search for intimacy and intimacy will be reduced, and the child will receive various premiums, and the parent's figure will be morally reduced. As the basis for investigative tasks (Nelson 2017).

Impact of society Envirommnet on Cognitive development

For the development of real object cognition activities, it is necessary to fully explore the impact of real objects on the cognitive development of infants and young children, but also cannot ignore the development of other related abilities. For example, in the activity of knowing bananas, we mobilize children's various senses to let them see, touch, pinch, smell and taste (Kopp 2017). The children are very interested. They not only deepen their understanding of bananas, but also develop their perception, language and hands-on skills. One of the most famous a priori theory is Chomsky's language acquisition mechanism and universal grammar hypothesis (Chomsky 1957; Pinker 1994; Pinker and Bloom 1990). This innate theory proposes that children have inherent language knowledge and syntactic principles, the parameters of which are adjusted through the parents' language experience. In other respects, Leslie (1994) put forward the hypothesis that children have an innate mental theory, and Wynn (1998) believes that children are born with knowledge of mathematical concepts. At the other extreme, empirical theory emphasizes the importance of social and cultural environments in cognitive development. This is part of Vygotsky's (1978)

sociocultural view: the role of adults and peers is crucial when guiding children to explore the space of potential capabilities. Similarly, Bruner's (Bruner and Haste 1987) social cognitive development theory emphasizes the importance of social interaction and interpersonal communication at different stages of learning. Tomasello (2003) proposed an empirical language development theory based on constructivism and emergent development principles, that is, children build their own language expression skills by interacting with other individuals with language ability.

Role of parents in developing good behaviour for infants

Frequent and effective communication between parents and children is beneficial to parents to improve their educational methods, provide emotional support for children, and is beneficial to eliminate and relieve the anxiety, tension, distress, and depression of young people. Mutual understanding and mutual respect between parents and children help children avoid developing unhealthy psychological

characteristics such as timidity, lack of self-confidence, and irritability (Greene et al., 2018).

The reasonable requirements and moderate expectations of parents for their children are conducive to the healthy development of adolescents. Slightly higher than the current level of the child, but it is the expectation that the child can achieve through hard work, and can make the child's mentality in a positive and healthy state. The requirements and expectations of children are too high, so that they can never achieve their goals, and it is easy for children to form inferiority, cowardice, withdrawal, anxiety, depression and other negative psychology. Too low requirements and expectations for a child will make the child lack self-motivated and self-confidence, and hinder him from correctly understanding and realizing his potential (Erickson, Gartstein & Dotson 2017).

A harmonious family relationship has a positive impact on the mental health of young people. The family atmosphere is pleasant and relaxed, which is conducive to relaxing the tension and anxiety of young people. The good marital relationship between parents provides a stable living environment for young people. The consistent way of

discipline between parents enables young people to have correct behavior rules. Family members respect and trust each other, care for and support each other, and help young people get rid of the influence of negative emotions and maintain a happy, optimistic and positive mood (Camargos et al., 2016).

Conclusion

In summary, among the many studies that measure and analyze the environmental factors of babies after birth, most of the studies agree that breastfeeding, especially exclusive breastfeeding, is beneficial to the psycho-motor development of the baby, but it will affect the breastfeeding behavior and the premature birth of the baby. It is rare that related factors such as pregnancy disease and postpartum depression are included in the research scope, and further research is needed. Most scholars have reached a consensus that more activity time and a higher degree of freedom of activity have a positive effect on motor development. However, when studying the baby's activities and the identity of the caregiver, the two can be combined,

considering the correlation between the two influencing factors, and controlling the confounding factors. In addition, the investigation of infants' sleep conditions mostly focused on sleep time and patterns, and the main focus was on the outcome of physical development without involving the infant's neuropsychological development.

References

- Aatsinki, A.K., Keskitalo, A., Laitinen, V., Munukka, E., Uusitupa, H.M., Lahti, L., Kortessluoma, S., Mustonen, P., Rodrigues, A.J., Coimbra, B. and Huovinen, P., 2020. Maternal prenatal psychological distress and hair cortisol levels associate with infant fecal microbiota composition at 2.5 months of age.
- Camargos, A.C.R., Mendonca, V.A., de Andrade, C.A., Oliveira, K.S.C. and Lacerda, A.C.R., 2016. Overweight and obese infants present lower cognitive and motor development scores than normal-weight peers.

Erickson, N.L., Gartstein, M.A. and Dotson, J.A.W., 2017. Review of prenatal maternal mental health and the development of infant temperament.

Greene, M.M., Rossman, B., Meier, P. and Patra, K., 2018. Elevated maternal anxiety in the NICU predicts worse fine motor outcome in VLBW infants.

Kopp, C.B., 2017. Perspectives on infant motor system development.