Application of Psychological Theories to Health and Social Care

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Introduction

Psychology is a multidimensional discipline and consists of many sub-fields of study such as human growth, sports, health, clinical, social behaviour, and cognitive processes. Psychology is the scientific study of thoughts and behaviour. (Dr, Saul, 2019)

In this report, I will be writing a detailed analysis of Sigmund Freud's theory of psychology and reflecting on the knowledge I have gained in this Moodle and how it could help me develop my current and future career development.

This is a report reflecting on what I am going to do in the future.

Sigmund Freud's Theory

Sigmond Freud was an Austrian psychologist or psychoanalyst. Born on the 6th of May 1856. He was a Neurologist and founder of psychoanalysis. His psychological theories are well known all over the world. His most controversial thought on early childhood was that children are attracted to sexual feelings to the opposite-sex parent. He was an influential scholar of his age. He died on 23 September 1939 in London (Martin, 2021)

Most of the ideas Sigmund Freud got about development was his work with a childhood experience of adults with serious mental disorders. He maintains that behaviour is governed by both conscious and unconscious processes is an internal drive for physical pleasure which he called the **Libido.** According to him, libido is the motivating force behind most behaviour.

He strongly believed that there are three parts of the personality each of which contributes to the functioning of personality in a unique way. (Denise and Helen, 2019)

There are five psychosexual stages of Freud's theory, oral, anal, phallic, latent, and genital stages. You can be guaranteed a healthy personality if the psychosexual stages are completed successfully.

The Oral Stage: Age birth to 1

During the oral stage, the infant's principal source of interplay happens through the mouth, rooting and sucking are mainly vital. The mouth is essential for eating, and infants derive pleasure from oral stimulation through sucking and tasting. The child also develops a sense of trust because they depend entirely on caretakers.

The Anal Stage: Age 1 to 3

The main attention at this stage is centered around the libido which controls the bladder and bowel movements. The major issue at this stage is toilet training. If parents can train their kids to control their needs leads to a sense of accomplishment and independence.

According to Freud, success at this stage is based upon the way in which parents approach bathroom training. Parents who utilize a reward for the usage of the toilet at an appropriate time inspire high-quality effects and help kids feel capable and productive.

However, some parents do not encourage, or support infants need during this stage. They sometimes punish ridicule or shame kids for the accident. Freud suggested that an anal-explosive personality could be messy, wasteful, or destructive personality and an anal-retentive personality could be stringent, orderly, rigid, and obsessive.

The Phallic Stage: Age 3 to 6

when children desire for sexual drive starts and that the primary focus of the libido is on the genitals. They become attracted to opposite-sex parents and are aware of anatomical sex differences. As we all know, this is the most controversial idea of Sigmund Freud's theory.

Freud also believed that it is at this stage boys begin to view themselves as rivals for the mother's affection.

The Latent Period: Age 6 to puberty

It is at this stage children develop values, relationships, social skills with peers and adults outside of their family. The latent period is a time of exploration in which the sexual energy is repressed or dormant. The energy is nevertheless present but is sublimated into different areas such as mental pursuit and social interactions. Fixation at this stage can lead to immaturity and the inability of proper relationships as an adult.

The genital stage: puberty to death

During this final stage of psychosexual development, there is a strong sexual interest in the opposite sex. It begins during puberty until death. If the other psychosexual stages are completed successfully, the individual at this stage should be caring, warm, and well-balanced. At this stage, the welfare of others grows, unlike other stages, where the focus is on individual needs. (Kendra, 2020)

Although I have worked on this theory, I do have some reservations about psychosexual theory. His theory is based entirely on male development with little focus on female psychosexual development.

Scholars believed that his theory is not research-based and therefore cannot be scientifically proven. Concepts such as libido cannot be tested or measured. Many are of the opinion that there is little or no connection between childhood experience and adult behaviour.

His theory is based on case research and the principle of his recollection of adult patients, not the study of children or actual observation. They also argued that it was not based on quantitative or experimental research. Linking childhood experiences and adult personality or behaviour as a form of professional psychological treatment is unethical

Sigmund Freud's theory also neglects individual differences in patients. Using the same psychoanalysis for every patient is not an effective way for mental health treatment. (David, 2021)

However, today's updated methods by science and research are all from Freud's psychological theory. Psychoanalysis helps patients to know the motive of their behaviour and helps to understand what drives human behaviour. According to Freud's theory, our childhood experiences can greatly impact our adult lives.

Role of Healthcare Practitioners

Healthcare professionals play a vital role in the healthcare system to prevent and control common and serious health conditions. They also guide and recommend patients to take the appropriate treatment depending on the illness or symptoms that they may have.

The first point of medical contact for a patient is primary care who provides you with health counseling, health promotion, health education, preventive health, diagnosis, and treatment of illness. (Yolanda, 2022)

There are various healthcare practitioners categories that differ according to their background, education, experience, and the services which they provide.

Primary care physicians are vital for improving health outcomes. They do the following:

- Encouraging patients to take initiative measures for their health by advising them to stop smoking exercise regularly and consume a healthy diet.
- Promoting health initiatives to enhance affected person health.
- Screening patients for early symptoms of heart disease or cancer.
- Educating patients about their fitness and presenting applicable facts about illness and treatments.
- Counselling patients about their fitness and giving appropriate recommendations when applicable.
- Diagnosing and treating patients according to their symptoms and relevant guidelines.

Healthcare practitioners must take their ethical role and responsibility very seriously, to protect patients, colleagues, and the facility where they work. To provide quality patient care, ethical behaviour is required for positive work relationships and to show others respect. They also need to be honest, truthful, trustworthy, sincere, and respectful to others and most importantly treat patients with dignity. To show kindness and patience and project a positive attitude, be loyal to patients, and respect their privacy. (Nathaniel, 2014)

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Reflection

After the completion of this course, I would like to work as a manager in a care setting. This course has thought me a lot about leadership style and qualities

I am currently working as a security officer; however, I am studying this course for my personal career development. I have been working in the security sector for the past four years, but it is not compatible with my future career goals and aspirations.

I chose this course because of its relevance to me. Working with and helping people is just not a job but it is something I am strongly passionate about, and it gives the opportunity to make an impact on the most vulnerable people in society. There is no better way to get satisfaction than putting a smile on someone's face. (University of Bolton, 2020)

Before now, I have little or no knowledge about health and social care. I have been putting hard work and commitment to where I am currently. I have got a pretty good knowledge about life span development through this course.

I have set myself an end-goals approach and mentality to achieve my dream career, which is, becoming a social care administrator. I cannot achieve this dream without the required qualification, training needed. Over the past few months, I have been able to boost my confidence through the presentation we did. My biggest challenge before was talking in front of people. In today's job market and leadership roles, presentation or to be able to speak in front of people is a must requirement.

I have also learned a lot in this course and done extensive research to prepare myself to take up a leadership role when I could have completed my BSc course.

Conclusion

The knowledge and experience I have gained in this course will help me greatly in my future career. The benefits are huge, and I am going to take advantage of them. My confidence level, experience, communication skills, and plan to be an effective and ethical communicator by further educating myself in this course.

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