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PSYCHOLOGY IN HEALTH AND SOCIAL CARE

Assessment two



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INTRODUCTION

In this assignment I will describe Freud's theory, psychosexual, talking about its characteristics, and its phases. According to S. McLeod "Freud proposed that personality development in childhood takes place during five psychosexual stages, which are the oral, anal, phallic, latency, and genital stages. During each stage sexual energy (libido) is expressed in diverse ways and through distinct parts of the body." It helps us understand how issues in childhood development can affect adult lives, which is why it is so important.

I will also reflect on its development and how we can use it in our lives today and in the health and social care sector. I will demonstrate how this theory will help me in my future career in the health sector.

According to The Scientific World "Psychology is the study of people's behaviour, cognitive attitude, performance, and mental functioning. It is used to better understand and help people with psychological disorders, treat mental health problems and improve the education system, workplace behaviour, and relationships."

LIFE-SPAN PSYCHOLOGY THEORY (PSYCHOSEXUAL)

Freud believed that adult personality problems were the result of early life experiences. He believed that we go through five stages of psychosexual development and at each stage of development we experience more pleasure in some parts of the body than in other parts.

Each "healthy" child develops through five different stages:

- Oral (Birth-1 Year)
- Anal (1 year-3 Years)
- Phallic (3 Years-6 Years)
- Latent (6 Years-Puberty)
- Genital (Puberty-Death)

Each stage is assigned to a specific part of the body, more precisely the erogenous zone. Each zone is a source of entertainment and conflict in each phase.

"A child's ability to resolve that conflict determines whether or not they were able to move onto the next stage," explains licensed professional counsellor Dr Mark Mayfield, founder, and CEO of Mayfield Counselling Centres.

The following summary below provides a brief overview of the stages of psychological development, approximate age levels for each stage and main conflict face at every step.

Oral stage (from birth to 1 year old) - A child's primary interaction with the world is through the mouth. Mouth is especially important for eating and babies obtain pleasure from oral stimulation by pleasing activities such as tasting and sucking. If this need is not encountered, the child may develop oral fixation later in life.

Anal stage (1 to 3 years)- Freud believed that the focus of libido was to control bladder and bowel movements. Toilet training is a top priority for children and parents. Too much pressure can result in excessive need for order and cleanliness in later life. On the other hand, too little parental pressure can lead to nasty or destructive behaviour later in life.

Phallic stage (3-6 years) Freud suggested that the focus of id's energy is on the genitals. According to Freud, the boy's experience is the Oedipus complex, and the girl's experience is the Electra complex, or attraction to parents of the other sex. To resolve this conflict, children adopt the values and characteristics of same-sex parents and form a super-ego.

Latent stage (6 years-Puberty) During this stage, the superego continues to develop while the energy of the id is suppressed. Children develop social skills, values, and relationships with non-family members and adults.

Genital (Puberty-Death) When puberty begins, libido becomes active again. At this stage, people are extremely interested in the opposite. If development has been successful to this point, the individual will continue to develop into a well-balanced person.

Psychosexual theory has several strengths that explain its continued relevance in modern psychological thought. First, the influence of childhood on the personality and mental health of adults must be considered. Second, it explores the innate motivations that drive our behaviour. This is how psychodynamic theory accounts for both sides of the essence/nurturing debate. On the one hand, it shows how the unconscious mental processes people are born with influence their thoughts, feelings, and behaviour. On the other hand, it emphasizes the influence of childhood relationships and experiences on later development.

Despite its strengths, psychodynamic theory also has some weaknesses. First, critics often blame it for being overly deterministic, thereby denying that humans can exercise conscious free will. In other words, psychodynamic theory suggests that behaviour is pre-determined

by emphasizing the unconscious and personality roots in childhood experiences, and it is possible that people have personal agents.

Psychodynamic theory has also been criticized for being unscientific and non-counterfeit-it is impossible to prove that the theory is wrong. Much of Freud's theory is based on isolated cases observed in treatment and remains difficult to evaluate. For example, there is no way to empirically explore the unconscious. Nevertheless, there are some psychodynamic theories that can be examined, which leads to scientific evidence supporting some of their beliefs.

ROLE OF HEALTH CARE PRACTITIONERS

According to Freud, the main goal of therapy is to bring the patient's repressed thoughts and memories to a conscious level, where they can be recognized and processed. For many of his patients, the treatment was successful; thus, encourage them to refer their friends to Freud.

One of Freud's major contributions to mental health was the discovery that patients were better off talking to the therapists. He was part of psychosexual and developed a special conversational technique called free association.

Freud believed that the unconscious conflict in your head caused anxiety, mood swings, depressed thoughts, annoying personality traits, and difficulty maintaining relationships. He believed that these issues were rooted in experience and relationships and revolutionized the understanding and treatment of mental illness. He created the psychosexual theory of personality. But beyond that, he fundamentally changed our understanding of humanity, thought and culture.

Psychosexual is the use of targeted counselling or long-term psychotherapy to solve sexual problems. Talking treatments do not require a touch like a massage. Importantly, psychosexual problems are emotional and / or psychological. However, they can or can be caused by physical problems.

According to Karin Blak "Psychosexual therapy is a specialised therapy. The therapist will be trained not only in a therapeutic discipline but will have a knowledge of how our bodies function and the medical conditions that can affect our sexual performance and will be educated in the research focused on sex, sexuality, and intimacy." It is a method of treatment for people who suffer and suffer emotionally. It provides a unique form of help for people who have tried to cope with their difficulties but have found they cannot do it on their own and have had limited success with other treatments.

REFLECTION

This topic turned out to be interesting because I want to get a degree in psychology and understand certain things about which I did not know.

Freud only showed us that much of the trauma that people experience in adulthood can be the result of uncomfortable situations that have occurred in the past. Many depressions occur when people are unable to overcome what happened in childhood, or even in previous relationships. While studying this theory, in some cases, speaking, knowledge of the patient's past was of immense help in solving problems and encouraging them to pursue treatment.

CONCLUSION

In summary, Sigmund Freud was recognized as the father of psychoanalysis, which relied on creating a completely different approach based on an understanding of human character. Much of his theory has been used by many psychologists who have chosen to follow his legacy in psychosexual therapy. This therapy aims to create a situation of self-discovery to ask each person about their unconscious urges and to help improve their current state of mind. I learned more about subjects I already knew, such as dream analysis, psychosexual development stages, defense mechanisms, and overall psychosexual.

Overall, much of his theory has been distrusted, but he learned how Freud changed the world of psychology. He has influenced many psychologists today, and many of his other theories, such as "talk therapy," are still in use today. This theory during the Victorian era was very radical. People of that age need to suppress their emotions and pretend they are not doing anything wrong. Another factor that I was interested in was that during this period the children were considered innocent and punished if they knew anything about sex. This is different from today. Because today's "norm" is for parents to talk to their children about sex and learn more about it to avoid pregnancy and illness.

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