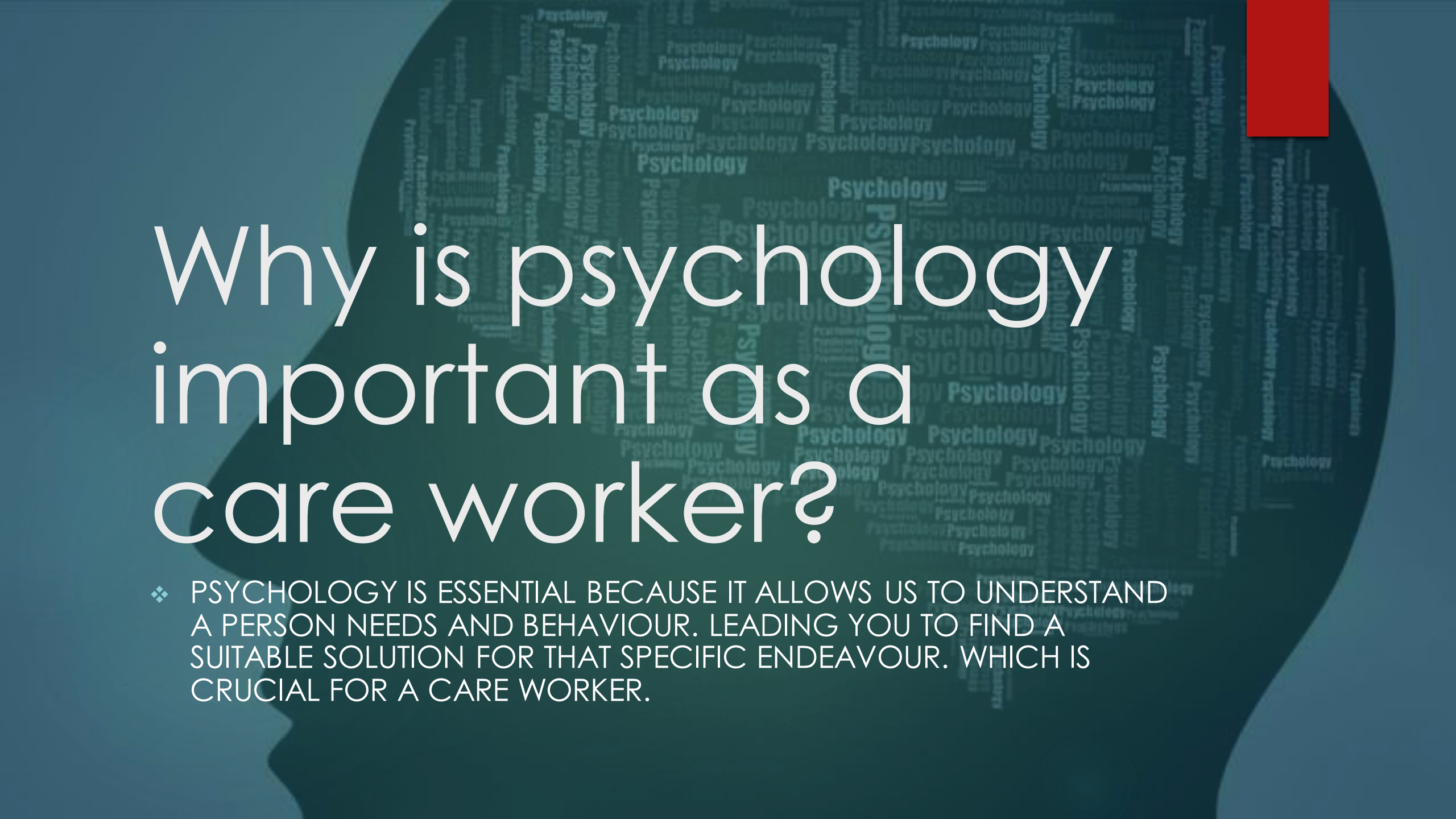


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- ▶ Module code: BMHP4003_BIRM
 - ▶ Module Name: Psychology in Health and Social care
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Why is psychology important as a care worker?

- ❖ PSYCHOLOGY IS ESSENTIAL BECAUSE IT ALLOWS US TO UNDERSTAND A PERSON'S NEEDS AND BEHAVIOUR, LEADING YOU TO FIND A SUITABLE SOLUTION FOR THAT SPECIFIC ENDEAVOUR, WHICH IS CRUCIAL FOR A CARE WORKER.

What's psychological factors is important as a care worker?

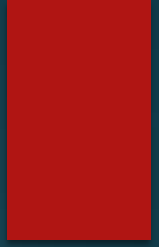
- ▶ **EMPATHY** - IS TO BE SENSITIVE TO OTHERS BY ALWAYS PRESENTING A GENTLE DEMEANOR; OPENNESS. ENABLING A CARE WORKER ENSURES THE SERVICE USER'S NEEDS AND WELL-BEING.
- ▶ **IN ADDITION, I BELIEVE ERIKSON THEORIES IS HEAVILY LINKED BECAUSE IT SHOWS US IN HIS EIGHTH STAGE OF DEVELOPMENT THAT TRUST IS THE MOST IMPORTANT. DUE TO TRUST IS DEVELOPED FROM INFANCY TO ADULthood SO TO REGULARLY EXERCISE WILL BE CRUCIAL FOR LIFE SPAN DEVELOPMENT THE WORKPLACE.**
- ▶ FURTHERMORE, THIS IS IMPORTANT BECAUSE CARE WORKERS NEED A SENSE OF EMPATHY TO PROVIDE SERVICE USER COMFORT; GENTLENESS AT TIMES TO HELP BUILD A STABLE ENVIRONMENT. BY DOING THIS. IT PROMOTES ENDLESS MUTUAL RELATIONSHIPS. THIS IS HEAVILY LINKED WITH ERICSON BECAUSE IT
- ▶ **GOOD LISTENER-** ALLOWS YOU TO BUILD TRUST PROMPTLY. HELPING YOU TO HEAR THE PROBLEMS OF A SERVICE USER AND BRING SOLUTIONS. THAT LEADS TO BUILDING LONG-STANDING UNITY.
- ▶ THAT IS WHY FOR LIFE SPAN DEVELOPMENT IN THE WORKPLACE; SERVICE USER IT WILL TREMENDOUSLY BE SUSTAINABLE ONCE THESE FACTORS ARE CORRECTLY EXERCISED. DUE TO IT WILL LEAD THE ENVIRONMENT TO BE HARMONIOUS AND SUNNY.

What factors are suitable in a working environment for care workers?

- ❖ Flexibility – is the ability to adapt to any working environment and conditions. For instance, the employer changes the typically scheduled work hours for something different. To help accommodate the service users for their specific endeavours such as bringing them out on independence day. That could be every Friday is KFC Day. However, due to the slight moment of change, you could possibly feel fatigued to not do so, but by being adaptable it allows you to take on this task, that also propels sense of character; heighten chances of cemented connections in a work-place

Consequently, flexibility is an essential factor for care workers because it boosts their value and integrity for the workplace and personal development. Due to this attribute is only acquired by a few.

Bibliography



► (Rhona Lewis, 2020) - Erikson's 8 Stages of Psychosocial Development, Explained for Parents

► Erikson establishes that it's essential that parents acknowledge the physical stages from infancy to adulthood; their costly effects. For example, adolescent citizens suffer from the conflict of identity vs role confusion. When a person can find a resolution, it can align with many positives. And once a parent is conscious about the eight stages, it can allow them to become a better parent essentially and understand people even on a surface level. Consequently, the first stage Erikson highlights are that a baby from 12-18 months old develops a feeling of trust or mistrust subconsciously; start to figure out who my parent is. They begin to attach themselves to that parent of warmth, confidence, and tenderness because they can be trusted and responsible through actions. In addition, a parent being reliable and warm to the 12-18 months old child already gears them up for the real world due to the levels of trust and affection given. For example, I believe in the Erikson stages through my personal viewpoint because my son had an identity crisis by loving the whole realms of football; now losing passion after six years and studying law due to his love in criminology. Therefore, in the adolescence stage, it shows identity and role confusion is quite normal. And many other steps.

► (Lesley Furber, 2021) - Care Workers - what are your rights at work?

► Lastly, detailed research outlines the rights of a care worker to avoid things as being overworked. The detailed analysis outlines a care worker's rights to prevent something as overworked. Because the role of a care worker isn't easy and usually requires late shifts, their rights can't be abused, such as working inhumane environments; threatening environments just because they are meant to be assistance to others. Their well-being has to be ensured just as the service users; a common way my rights abused when working for a care company was not having enough social time; family time with my child.

Bibliography

- ▶ **(Saul Mcleod, 2018)- Erik Erikson's Stages of Psychosocial Development**
- ▶ Erikson's theory of psychosocial development gives us a way to view the story of a person through an entire lifespan. In Erikson's approach, they start to gain preoperational understanding from 2-7. That means conservation is beginning to make sense at a particular stage. Due to adolescents starting forming concrete operational conversations from 7-12. Those are some of the findings of Erikson's and Piaget's theories. These are the key stages that take a person right up to adulthood; Erikson's theory shows we learn a lot from each other, and there is a lot we have in common no matter gender or race. I genuinely believe this follows right up to the middle age stage because we become more responsible with family commitments opportunities. He also states that in his research, when a person reaches the age of forty in what's labelled as middle-adulthood, they begin to fight the daily battle of being conflicted with isolation or intimacy.

Bibliography

- ▶ **(Admin, 2018)- 10 Qualities and Skills You Need to Have as a Care Assistant**
- ▶ This reference discusses the qualities you need as a worker, which are the most applicable to a care worker. I truly resonate with this reference because of my personal experience. It highlighted a strong point of having adequate flexibility, crucial for a care worker. It allows you to be adaptable at all times to unforeseen circumstances and work hours. Furthermore, these ten qualities should be used daily in the working environment because many of those traits empower the service users, such as communication and empathy. For example, excellent communication skills are a typical trait that you will need as a care worker to help engage service users in mutual bonds and allow them to communicate their thoughts and feelings essentially. Lastly, I do believe if you can adopt these skills. It will be a positive factor because it leaves a rewarding impact on service users, such as independence, trust, openness through everyday communication and active listening skills.

Bibliography

▶ ~~(James Fairhurst, 2020)- The Power of Care~~

- ▶ The power of care is tremendously important because it gives support and warmth to those who need it, bringing kindness and trust to those in consideration. Working in the care sector gave me a deeper insight into the power of care; why it's the sector for heightened support for service users. I establish that psychology plays a vital role. Therefore, it allowed me to understand the behaviour and pattern of each service user. It also makes me realise no two people are the same and everyone has different preferences and dislikes. So as a support worker, it allowed me to do self-reflection to see how I could be more beneficial in the eyes of the power of care. To benefit the users and establish a satisfactory service for them on a day-day basis.



Bibliography

- ▶ **(Kendra Cherry, 2021) - Erik Erikson's Stages of Psychosocial Development**
- ▶ Erikson's theory of psychosocial development gives us a way to view the story of a person through an entire lifespan. In Erikson's approach, they start to gain preoperational understanding from 2-7. That means conservation is beginning to make sense at a particular stage. Due to adolescents starting forming concrete operational conversations from 7-12. Those are some of the findings of Erikson's and Piaget's theories. These are the key stages that take a person right up to adulthood; Erikson's theory shows we learn a lot from each other, and there is a lot we have in common no matter gender or race. I genuinely believe this follows right up to the middle age stage because we become more responsible with family commitments opportunities. He also states that in his research, when a person reaches the age of forty in what's labelled as middle-adulthood, they begin to fight the daily battle of being conflicted with isolation or intimacy.