

Module Code & Name: BMHP4003 Psychology for Health and Social Care

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Report

What is reflection?

Reflection is the process by which you deepen your understanding of any experience. It is a form of analysis that helps you produce useful outcomes. Therefore, as an extension of listening skills, you need to develop the ability to reflect words and feelings and explain that you have understood them correctly.

Reflection is an important part of learning. By reflecting on experiences, we bring our learning to a higher level. We reflect to recall the good and bad elements, critically review something, for revision purposes and to make decisions. Reflection helps you become a better learner (TeachThought, 2020)

This report is about my reflection on Jean Piaget's theory and what I have captured and learned during this module and how this will help me in my healthcare career.

Reflection on Jean Piaget's theory

Jean Piaget (August 9, 1896 – September 16, 1980) was a Swiss psychologist known for his work on child development. Piaget's 1936 theory of cognitive development and the epistemological view are collectively called "genetic epistemology." (Cherry, 2022)

Piaget's theory of cognitive development explains how the child constructs a mental model of the world. He disagrees with the idea that intelligence is a constant trait. Piaget considered cognitive development to be a process that occurs as a result of biological maturation and interaction with the environment. He believed it was important to allow children to explore on their own, so that they could learn the ability to understand, think and solve problems. This exploration affects their cognitive development.

There are four stages of Piaget's development:

- Sensory-motor stage (0 to 2 years)
- Preoperative phase (from 2 to 7 years of age)
- Stage of concrete operations (from seven to eleven years)
- Stage of formal operations (from the age of eleven)

(Mcleod, 2022)

Aspects I agree with

- the influence of Piaget's ideas in developmental psychology has been enormous. It has changed the way people perceive the world of the child and their methods of studying children. many educational programs are now built upon the belief that children should be taught at the level for which they are developmentally prepared.
- He was an inspiration to many who came after and took up his ideas., Piaget's ideas generated a huge amount of research that increased our understanding of cognitive development.
- Intelligence changes with the development of children. The cognitive development of the child is not only the acquisition of knowledge, but the child must also develop or construct a mental model of the world.

Aspects I disagree with

- Although Jean Piaget's theory of stages of cognitive development was a fundamental element of Developmental Psychology and had a great influence, today I consider it outdated. Children are brighter and smarter than ever because of things like digital exposure. Working with children, I am constantly surprised by their intellect.
- Piaget focused on the universal stages of cognitive development and biological maturation, he did not consider the impact that the social environment and culture can have on cognitive development. He has heavily undervalued the influence the environment has on children
- Piaget underestimated children's abilities because his tests were sometimes confusing or difficult to understand. His theory is not so applicable.

Psychological Phenomenon – Personality

The topic I found most interesting during this term is personality traits. Personality traits are a set of traits related to the psychological side of a person, which make up his character (and indirectly personality) and distinguish him from other people. We can know and understand them through behaviour, approach to life or acting in a specific situation. I found this especially interesting because understanding and knowing your own character traits and personality traits can help you in your career, relationships with others, and with yourself.

The main task of personality theory is to explain and predict our behaviour. This, in turn, can be useful, e.g., in the search for opportunities for personal and professional development. There are many different (though in some ways similar) theories of personality. However, they can be divided into 4 main groups:

- **id** – the part responsible for our original drives. Enjoying pleasure is the most important thing for her.
- **ego** – tries to reconcile id drives with the limitations imposed on us by reality. His task is also to deal with reality, control himself, evaluate.
- **superego** – always looking for perfection, allows us to act in accordance with our values and norms. Indicates what can be done and what cannot be done.

(Mcleod, 2014)

This topic especially interested me, because I was able to gain a better understanding of my thought process, feelings and how they are shaped by interactions and the environment. I feel that being introduced to this subject; I have gained a better knowledge of how to plan my day activities for my children to capture their curiosity. My attitude has become less judgemental, the fore I have become more open minded, and this allows me to choose the best route and move forward in any situation.

A group at work/school should work like a machine and, like a machine, a great team group consists of different parts. A group of people with different personalities to gel and understand their own strengths and weaknesses may take longer, but ultimately it can surpass teams consisting of people with similar personalities. For example, an effective team may have a dominant personality. (leader), artistic (creative), thinker (ideas) and on the organizer (detail). If each member is aware of their own role in the team, they can act better and have less friction. This will help me in my studies, as I am aware we have plenty of group projects ahead of us.

Psychological Perspectives used in Health and Social Care

The healthcare industry has a wide number of jobs, including doctors, nurses, assistants and office staff. In the healthcare industry, it is important to place the patient and the overall health of the patient first. With any type of healthcare career, there are responsibilities to be completed in order to provide the best possible care for patients. Healthcare professionals have a mission to keep people healthy and away from suffering. They play a big part in society, because they make us feel safe. Some of the core responsibilities of health professionals are: taking care of patients in need, educating people about healthy lifestyles,

Psychology has an important role to play in the education of healthcare professionals, promoting a patient focused approach that improves the patient's quality of life and makes it easier for them to make autonomous decisions about their own health. The way doctors, nurses and other healthcare professionals interact with a patient can have a significant impact on their response to illness and treatment. (Collier, 2021)

To have a better understanding of yourself, people and surroundings, gives you a better understanding of patients. This makes you a better care giver because you are more aware of what is happening and why? For healthcare professionals the goal of psychology could be to improve the well-being and quality of life of others. Psychology studies the behaviour of people and knowledge acquired by this subject can be applied to many fields in healthcare. This knowledge can be used to manage conflict, choosing the best possible route to move forward and deal with difficult situations in healthcare, which we face every day, such as, mental health and challenging behaviour.

The concepts learned in this module have given me a better understanding of people and I have gained knowledge on what is seen as normal and abnormal behaviour. I can analyse more thoroughly, and this gives me an idea of why people behave in certain ways and what factors contribute to this. I am more compassionate, which gives me a better idea of what is happening in one's situation and how they are feeling, and I ask myself, how can I help them?

Working as a tutor and being a full-time mum, gives me plenty of opportunities to polish the skills I have captured. I can organise more creative lessons for my students, tailored to capture their interest and engage in lesson. I find it easier to monitor their progress to meet their educational needs and abilities. I am even more passionate about helping people and my attitude has become non-judgemental because I am more empathetic. I have become a more confident parent and feel less guilty, because I am more aware of why my children are behaving in a specific way and I can predict when, why and how this will happen again, and how to change this cycle. We have implemented lasting changes in our home, and I feel more accomplished as a parent.

Conclusion

Learning a lot of fascinating research and different approaches, I know that curiosity and an open mind is the way to enter the study of psychology. This module has given me a comparison of various theories that I will include in my future healthcare career.

References

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