

Psychology for Health and social care

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“Understanding psychological development across the lifespan”



Introduction

The understanding of lifespan development provides basic knowledge about the psychological process or stages of development. Different types of theory provide an understanding of the personal psychological or mental development in a lifetime (Bee and Boyd, 2019). The stages of Erikson's personal development and Piaget's Cognitive development have been considered for comparison which provides effective knowledge in lifespan development and its importance in health and social care.

Psychological Theories and Understanding of Psychological development

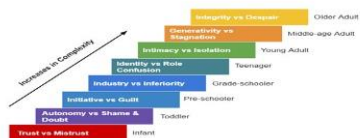
Erikson's Theory of Personal Development

The psychological development of personality maintains a systematic flow. Erikson's theory of personal development helped to understand the series of stages of personality. Social interaction and its relationship have been considered by Erikson in the growth of human beings (Hogg and Vaughan, 2014). The theory provides the order or predetermined order of personality development through eight stages. The stages of development may be positive and negative for personal growth.



- There are eight stages of psychological development which starts from birth to the older adult stage. It considers the psychological development of people starts with the infant.
- The infant stage is the first stage of psychological development. In the stage, from birth to 12 months, infants learn to develop trust with others. For meeting the basic needs, infants develop the psychological aspects which lead to the next stage of development.
- Toddler aged 1 to 3 years old develops psychological aspect related to autonomy, shame or doubt.
- Pre-school children aged 3-6 where it focused on initiative vs guilt (Gross, 2015). In this stage, children start to develop taking initiatives and acknowledging their guilt. Children develop the psychology of feeling guilt and responsible in the stage.
- The next stage considers the elementary school stage children aged 6-12 where children face industry vs inferiority. The feeling of inferiority and pride starts to develop in the stage of personal development.
- The personal development in grade school children aged 12-18 faces the task of role confusion and identity. The identity of children starts to develop in the stage with higher psychological growth (Gillibrand, Lam and O'Donnel, 2016). However, a feeling of confusion is seen on the stage. This stage is called teenager where children get confused about their development and creating identity.

Stages of Psychosocial Development



Piaget's Theory of Cognitive Development

Piaget's theory of cognitive development considers psychological development divided into four stages. It provides an understanding of the mental or psychological development of people. There are four stages of psychological development according to this theory where Erikson's theory focused on the right stage.



The theory considers the development of knowledge and understanding into four different stages.

- The sensorimotor stage considers the development of children from birth to 2 years of age. The stage examines the infant's view of sensations or movements. Besides, children learn basic activities and develop an understanding of their actions.
- In the case of Erikson's psychological development, it considers that children develop their understanding of trust and mistrust.
- The second stage of Piaget's model known as the preoperational stage where children aged 2 to 7. In this stage, children develop major characteristic changes and development changes (Brown, 2006). Children develop language skills, interactions, understanding which provide the psychological development for any operations.

Piaget's Periods of Cognitive Development			
Birth to 2 years	Sensorimotor	Uses senses and motor skills, items known by use	Object permanence learned
2-6 yrs	Pre-operational	Symbolic thinking, language used; egocentric thinking	Imagination/experience grow, child de-centers
7-11 yrs	Concrete operational	Logic applied, has objective/rational interpretations	Conservation, numbers, ideas, classifications
12 yrs to adulthood	Formal operational	Thinks abstractly, hypothetical ideas (broader issues)	Ethics, politics, social/moral issues explored

Practical Activity Ideas

- The health and social care staffs have diverse options in supporting the older adults in health and social care environment and placement.
- In supporting people with dementia, the staffs need to consider their lifespan for understanding the basic need and needs of healthcare.
- Erikson's personal development promotes higher wisdom in the stage where people gets understanding about their success of the lifespan.
- Effective support from healthcare staffs improves the understanding of older people.
- The psychological development of dementia affected patients gets impacted by the disease.
- The development considers the flow of supports which are logically provided by health and social care staffs according to 8th stage of Erikson's model.

“Kohlberg identified pre-conventional, conventional, and post-conventional levels of moral reasoning. Each level is associated with increasingly complex stages of moral development in older adults supports.”

Conclusion

Piaget's cognitive development theory provides less effective theoretical supports in the psychological development of human lifespan than Erikson's stages of psychological development. The understanding of lifespan development improves the quality of health and social care practice.

References

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Task 1: Poster

“Understanding psychological development across the lifespan”

Introduction

The understanding of lifespan development provides basic knowledge about the psychological process or stages of development. Different types of theory provide an understanding of the personal psychological or mental development in a lifetime (Bee and Boyd, 2019). The stages of Erikson’s personal development and Piaget’s Cognitive development have been considered for comparison which provides effective knowledge in lifespan development and its importance in health and social care.

Psychological Theories and Understanding of Psychological development

Erikson’s Theory of Personal Development

The psychological development of personality maintains a systematic flow. Erikson’s theory of personal development helped to understand the series of stages of personality. Social interaction and its relationship have been considered by Erikson in the growth of human beings (Hogg and Vaughan, 2014). The theory provides the order or predetermined order of personality development through eight stages. The stages of development may be positive and negative for personal growth.

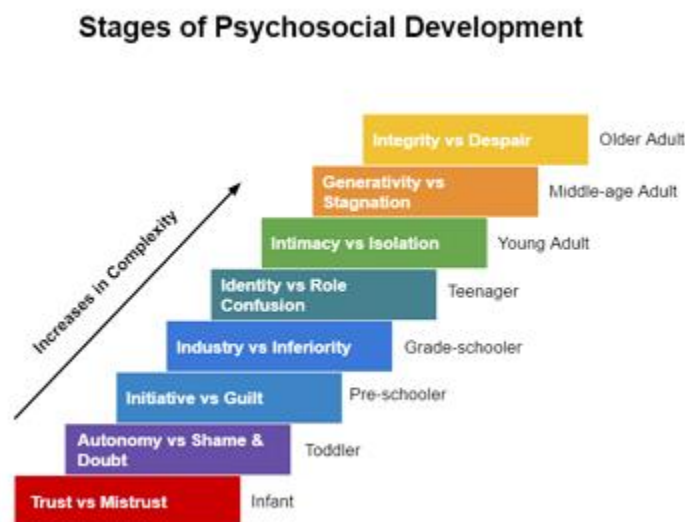


Figure 1: Erikson’s Psychological Development

Source: (Erber, 2013)

There are eight stages of psychological development which starts from birth to the older adult stage. It considers the psychological development of people starts with the infant. The infant stage is the first stage of psychological development. In the stage, from birth to 12 months, infants learn to develop trust with others. For meeting the basic needs, infants develop the psychological aspects which lead to the next stage of development. Toddler aged 1 to 3 years old develops psychological aspect related to autonomy, shame or doubt. Pre-school children aged 3-6 where it focused on initiative vs guilt (Gross, 2015). In this stage, children start to develop taking initiatives and acknowledging their guilt. Children develop the psychology of feeling guilt and responsible in the stage. The next stage considers the elementary school stage children aged 6-12 where children face industry vs inferiority. The feeling of inferiority and pride starts to develop in the stage of personal development. The personal development in grade school children aged 12-18 faces the task of role confusion and identity. The identity of children starts to develop in the stage with higher psychological growth (Gillibrand, Lam and O'Donnel, 2016). However, a feeling of confusion is seen on the stage. This stage is called teenager where children get confused about their development and creating identity. Young adults develop psychologically in early adulthood aged 19-39. In this stage, personal development concerned with intimacy and isolation. Besides, the stage helps people develop their sense of adulthood. The seventh stage of psychological development considered in middle-aged adult. The stage considers generation and stagnation Above 40 age people. In the stage, the development considers related to findings of life work, it helps to develop a greater understanding of life including experience of raising children. It leads to psychological development where to provide the scope of developing next-generation (Griggs and Jackson, 2012). The last stage of Erikson's stages of psychological development considers aged 60 to end of life. It is also known as late adulthood where creates a sense of integrity. Besides, the stage helps people understand their success or failure in life. The stages of lifespan development need to consider for effective health and social care practice.

Piaget's Theory of Cognitive Development

Piaget's theory of cognitive development considers psychological development divided into four stages. It provides an understanding of the mental or psychological development of people.

There are four stages of psychological development according to this theory where Erikson's theory focused on the right stage.

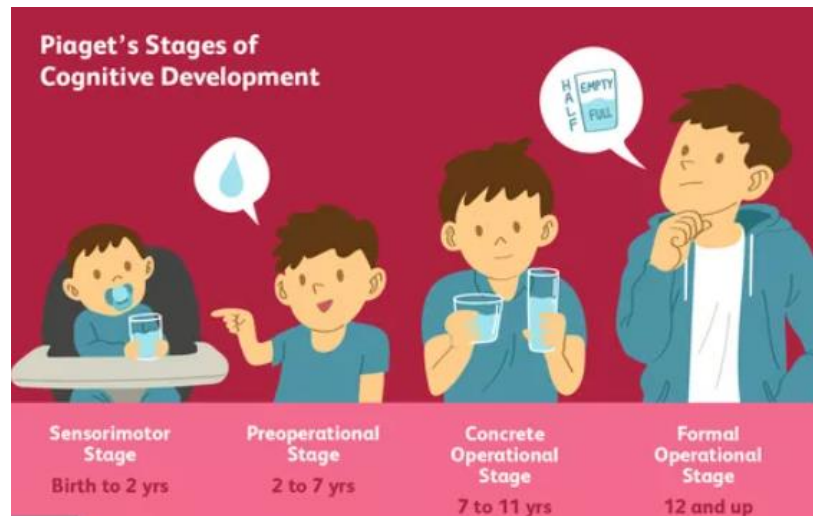


Figure 2: Piaget's Stages of Cognitive Development

Source: (Morrison and Bennett, 2009)

The theory considers the development of knowledge and understanding into four different stages. The sensorimotor stage considers the development of children from birth to 2 years of age. The stage examines the infant's view of sensations or movements. Besides, children learn basic activities and develop an understanding of their actions. In the case of Erikson's psychological development, it considers that children develop their understanding of trust and mistrust. The second stage of Piaget's model known as the preoperational stage where children aged 2 to 7. In this stage, children develop major characteristical changes and development changes (Brown, 2006). Children develop language skills, interactions, understanding which provide the psychological development for any operations. The third stage considered as a concrete operational stage where 7-11 years of children or adolescents develops psychologically. The logical understanding, team working and socialism development gets higher focus in the stage. The last stage of cognitive development considers as the formal operational stage where children or adolescents start developing different types of knowledge and understanding.

Practical Activity Ideas

The health and social care staffs have diverse options in supporting the older adults in health and social care environment and placement. In supporting people with dementia, the staffs need to consider their lifespan for understanding the basic need and needs of healthcare. Erikson's personal development promotes higher wisdom in the stage where people gets understanding

about their success of the lifespan. Effective support from healthcare staffs improves the understanding of older people. The psychological development of dementia affected patients gets impacted by the disease. The development considers the flow of supports which are logically provided by health and social care staffs.

Conclusion

Piaget's cognitive development theory provides less effective theoretical supports in the psychological development of human lifespan than Erikson's stages of psychological development. The understanding of lifespan development improves the quality of health and social care practice.

References

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- Morrison, V. and Bennett, P., 2009. *An Introduction to Health Psychology*. London: Pearson Education Limited.

Task- 2: Annotated Bibliography

Introduction

The resources used in the poster titled “Understanding psychological development across the lifespan” are reliable and valid. The annotated bibliography focused on the sources where the knowledge and understanding about the sources were used. The annotated bibliography used book-based references. The poster has used these sources to increase the value and acknowledgement of the sources.

Bibliography Source 01

Bee, H. and Boyd, D., 2019. *Lifespan development*. 8th ed. Harlow, England: Pearson, p.Total Pages 598.

The book is about lifespan development that shows the process of human development from conception to death. This book helps to get a better understanding of physiological changes, social changes, cognitive changes and emotional changes. It helps to understand the changes that occur in different stages of life. The behaviour of a person changes as they grow up. The book helped to gather psychology-related knowledge and understanding. This source is valid for psychology related professionals because it provides extensive knowledge about the human development process including psychological development. This book has been published by Pearson which is a reputed or renowned publisher. This source helped to develop the poster providing knowledge about the psychological development of a person throughout the lifespan. It provides knowledge about the normal developmental changes of a person that makes changes in psychological behaviour. Thus, it helps to create the poster by giving valuable information about the psychological process across the lifespan.

Bibliography Source 02

Brown, C., 2006. *Social Psychology*. 1st ed. London: SAGE.

The book is about the psychological changes of an individual in a social context. The book highlights that societal factors that make changes in the behaviour of an individual. It mainly provides knowledge about three major areas which are social influence, social thinking and social behaviour. This source is reliable because it was published by SAGE publications and the authors are reputable in the field. It identifies social factors that

cause psychological changes which increase its credibility. The source assisted in preparing the poster by giving information about social factors or problems that affects physical behaviour in different stages of life.

Bibliography Source 03

Erber, J., 2013. *Aging & older adulthood*. 3rd ed. Chichester, West Sussex, U.K: Willey-Blackwell, p.505.

The book has been published by Willey in 2013 that shows physical, psychological and social changes of a person among aging & older adulthood. It highlights the changes that occur during the transmission period of adulthood to older adulthood. This source identifies the physical and psychological changes that occur among older adults. It also provides knowledge about various psychological problems including loss of memory, cognitive deterioration, anxiety disorders, etc. In the poster, the information of psychological changes and theories has been focused on or inspired from the source.

Bibliography Source 04

Gillibrand, R., Lam, V. and O'Donnel, V., 2016. *Developmental Psychology*. 2nd ed. Harlow, England: Pearson, p.623.

This source is completely focused on the psychological development process of individuals in different stages. It shows how psychological changes occur from birth to death. It describes various scientific approach or theories that ensures growth, consistency and change across the lifespan. This source is credible because this was published by a famous publication named Pearson. From this source, Erikson's theory of psychosocial development has been used in this poster. This provides valuable information on how this psychosocial development theory works through the lifespan.

Bibliography Source 05

Griggs, R. and Jackson, S., 2012. *Psychology: a concise introduction*. 3rd ed. New York: Worth.

This book source look at behavioural psychology that focuses on the emotions, thoughts, feelings, and behaviour of an individual. This gives knowledge about how individuals grow and adapt in different stages of life like childhood, adulthood, etc. This book was published in 2012 by famous psychologists named Ryan Giggs and James S. Jackson. This source delivers a deep understanding of the psychological development that helped poster development. This source also highlights knowledge on how an individual can

overcome their psychological development challenges in different life stages. Moreover, it also delivers brief information about various theories that support the poster.

Bibliography Source 06

Gross, R., 2015. *Psychology: the science of mind and behaviour*. 7th ed. London [England]: Hodder Education, p.1001.

The source is a book about psychology focusing on the human mind and behaviour. This book source examines the relationship between the mind and behaviour. It provides knowledge on how various factors affects the behaviour of an individual. This book is reliable as the author has a higher reputation in psychology. The information about psychological development in the book published by Hodder Education, a reputed publication company. The poster has used practical information or theoretical information about the research issue. The poster also used information from behaviour and mental processes like emotion, intelligence, attention, cognition, interpersonal relationship, psychological resilience, etc.

Bibliography Source 07

Hogg, M. and Vaughan, G., 2014. *Social psychology*. 7th ed. Harlow, England: Pearson, p.781 Pages.

This source examines the relationship between society and the individual. It also provides information about how social factors influence the behaviour of individuals. This source discusses various theories and Vygotsky's theory of social constructivism is one of them. This book was published by Pearson Education in 2014 as the 7th edition and the information that had used in this book is accurate and reliable. The poster has applied Vygotsky's theory of social constructivism to get a better understanding of social psychology. It also examines the social factors that affect an individual's behaviour.

Bibliography Source 08

Morrison, V. and Bennett, P., 2009. *An Introduction to Health Psychology*. London: Pearson Education Limited.

The book is about health psychology that focuses on health wellbeing and prevents illness. It describes behavioural and contextual factors that influence the health and wellbeing of an individual. This book defines biological factors, psychological factors and social factors that influence the health and wellbeing of individuals. It emphasizes

how psychological factors influence the health and illness of individuals. The theoretical knowledge and understanding show the linkage of psychological factors with health and illness. It also focuses on how psychological development affects health and wellbeing. It was published in 2009 by Pearson Education and the book contains accurate information about health psychology that helps to successfully develop the poster. This book was published by two famous psychologists who are Morrison, V. and Bennett, P. The book is based on well-reasoned theory as well as strong evidence through accurate information. In the poster, Erikson's theory of psychosocial development and other theoretical knowledge has been an influence. From this source, the information about psychology and health-wellbeing has been used to ensure the effectiveness of the poster by adding valuable information.

Conclusion

The annotated bibliography considered the range of sources which were used to develop the poster. The listed sources or books provided psychology-related knowledge and understanding enriched the knowledge and understanding. The annotated bibliography help maintain the reliability and validity of the information sources.

Appendix

Poster



“Understanding psychological development across the lifespan”



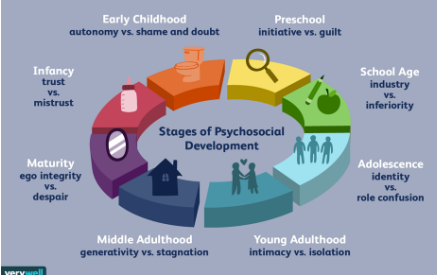
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Stages of Psychosocial Development



Practical Activity Ideas

- ❖ The health and social care staffs have diverse options in supporting the older adults in health and social care environment and placement.
- ❖ In supporting people with dementia, the staffs need to consider their lifespan for understanding the basic need and needs of healthcare.
- ❖ Erikson's personal development promotes higher wisdom in the stage where people gets understanding about their success of the lifespan.
- ❖ Effective support from healthcare staffs improves the understanding of older people.
- ❖ The psychological development of dementia affected patients gets impacted by the disease.
- ❖ The development considers the flow of supports which are logically provided by health and social care staffs according to 8th stage of Erikson's model.

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Conclusion

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