

Psychology in Health and Social Care (LCHS4006_LON)

Assessment 2

Reflective Report

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Introduction

In this report I will talk about the theory of development of piaget, this being the theory chosen by my group to present the work, I will deepen about the age group we have chosen and explain about the impact of the discipline on my day.

Reflection on Jean Piaget psychosocial theory

Developmental Psychology is a discipline that is dedicated to studying the changes or lack thereof that affect people in the course of their lives.

Piaget's theory: the theory of learning in early childhood education.

Piaget's theory, called the Piagetian theory, focuses on child development and is therefore called developmental theory. According to him: Childhood is the time of greatest creativity in the life of a human being.

In my group we chose the age group of 0-2 years, the sensorimotor period that begins with birth and extends to about two years of age.

Early in life, babies restrict themselves to performing reflex movements, such as sucking, so that they can feed.

But over time, they improve their movements and incorporate other objects, besides the mother's breast, into their sucking routine, indicating differentiation between their body and the outside world.

The impact of social learning Theory on my life.

Behaviourism is a psychological theory that aims to study psychology through the observation of behaviour, based on objective and scientific methodology based on experimental evidence, and not through subjective and theoretical concepts of the mind such as sensation, perception, emotion and feelings.

THEORIST B.F. Skinner

This approach considers that observable behaviours were external manifestations of invisible mental processes, such as self-control, thinking, among others.

He means that emotions do not give rise to our conduct, because they are also part of the way we act. That is, behaviour is not a consequence of free will, but rather of the consequences of one's actions, whether positive or negative.

For Skinner, behaviour is reinforced through its own consequences. Starting from the premise that the individual seeks to survive, protect himself, self-perform, among other actions that they feel the need, as they reach their goal, the behaviour would be repeated. This mechanism of repetition is called operant, and if it is followed by a positive reinforcement or negative reinforcement, the probability of it repeating itself increases. Whereas if it is followed by a punishment, the likelihood of the behaviour being repeated decreases.

In other words, this theory proposes that for a desired behaviour to be achieved, it should be incentivized through a reward if it was acting correctly, and if it was acting wrong, it would receive a punishment.

Reinforcement (positive or negative) and Punishment

The reinforcements are divided into positive or negative, both have the objective of stimulating the repetition of behaviours that have as a consequence a positive award.

Positive reinforcement: when something good is added, for example food falls into the box, to teach a new behaviour.

Negative reinforcement: when something bad is removed, for example, an electric current is interrupted, to teach a new behaviour.

Punishments, on the other hand, have the objective of ceasing or decreasing the frequency of a behaviour, because its consequence is something bad.

Punishment: When something bad is added, for example, traffic ticket, to teach how to stop a behaviour.

This type of approach was used a lot in my childhood.

In which often the punishment was always applied When I responded a more serious tone to my parents or even when I got low grades or when at school the teachers always complained about my bad behaviour with the classmates. And the same kind of behaviourism I use also with my nephews to be able to discipline when they behave badly.

But just as she was punished for her bad deeds, she was very well rewarded for her good deeds.

For good grades, when he did a good deed, when he helped those who needed it most. In a way this kind of education helped me a lot to realize that I needed balance, I became a very responsible adult and aware of what was good and bad in my day-to-day.

The application of theories learnt in this module to my current and future job

The social environment contributes immensely to the formation of who we are. All the time we receive influences from our family, friends, from the groups in which we are inserted and from all kinds of social contact that we maintain. This means that, without a doubt, the social environment in which we live contributes greatly to the development of our learning.

In my day at work social learning has helped a lot my colleagues who are older who have more difficulty adapting to new challenges that are proposed in the workplace. What's more, the benefits it brings to us, such as: self-knowledge, self-management, social awareness, relationship skills, decision-making.

Social learning linked to the labour market is extremely relevant for personal and professional development. The individual becomes more aware of the consequences of his actions, of the reality of the society in which he is inserted and of his desires or emotions.

As for professional development, he becomes an adaptable, dynamic, creative, aware, flexible and ethical collaborator. In this way, their employability increases, and the person earns respect from both leaders and co-workers. After all, everyone will rely on the wisdom of those who are able to empathize and understand those around them.

Conclusion

Piaget's Theory, in addition to explaining very fully the different stages of children's development, also describes the magic of children, with their egocentric thinking, their curiosity for the world around them and their innocence, and this tells us that it could make We reflect that we adults must learn to understand children, support them, stimulate them and appreciate them at every stage.

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