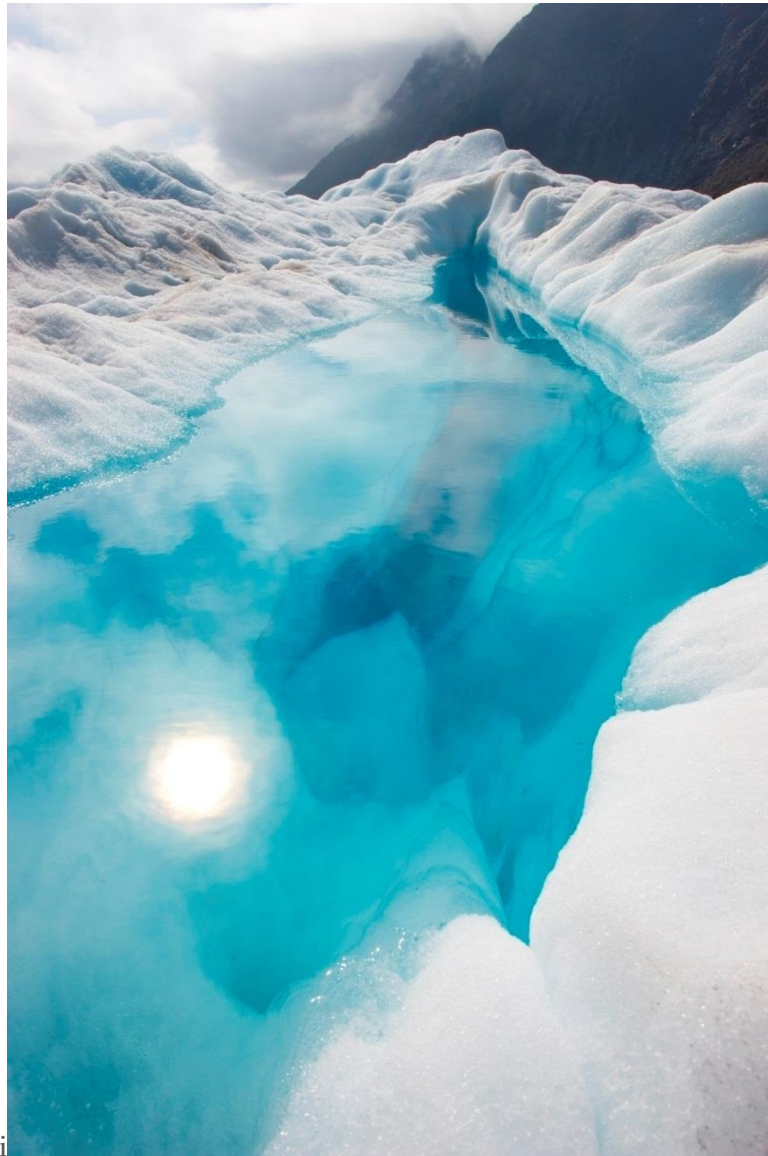




Psychology for Health
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ASSIGNMENT 1

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INTRODUCTION

In this essay I will be focusing on developmental psychology related to elderly life stage. Erik Erickson theory, Kohlberg's theory development, psychosocial development and to investigate relevant research studies to express the role of psychological perspectives in health and social care.

WHAT IS PSYCHOLOGY

Psychology is the investigation of psyche soul feeling and behavior is the use of science. It studies the mental states of people processes and the behaviors in human and other animals. It the study of human behavior and cognitive processes, health, social behavior and clinical (McLeod, 2019).

DEVELOPMENT PSYCHOLOGY

Development of psychology is the study of people and how people grow, they remain the same throughout their lifespan. People change as they grow, developmental psychology study and understand people with mental, emotional, and cognitive growth in human being. Cognitive is the mental that processes the gaining of knowledge and understand, cognitive process remembering, thinking, problem – solving, judging, and knowing. An elderly person shows issue with multi-step verbal information present rapidly the person is showing issues with working memory. If an elderly person is watching a complex activity film, they may not deal with the occasions rapidly enough before the scene changes, or they may prepare the occasions of the subsequent scene, which makes them fail to remember the important things (Cherry, 2020).

PHYSICAL DEVELOPMENT IN ELDERLY PEOPLE

The age of 65 and over is where the elderly people physical bodies changes in. Elderly is a person who has reach the age of 65 years and above he or she is a person need assistance from their family and from the communities.

The aging start in their bodies, final stage of their physical take place which the wrinkles begin to show on their face, eyesight deteriorating by these they start wearing glasses. The two main concerns are the loss of bone, cognitive function, the second one is physical development is diabetes, malnutrition, heart diseases and arthritis due to the inability to absorb nutrients and vitamins *and organs*. (Harcourt, 2020).

ERIKSON THEORY

Eric Erikson belief that personality in human being development is in eight states of psychosocial development. The stages start from age 65 years and end at death. He stages it from one to eight stages. Erikson belief Ego integrity Vs Despair start from age 65 years to death, it is the final stage of the elderly person, the elderly person looks back at their life, think about their failure, successful, decision and the impact of their decision and the outcome on how they desired to perceive their journey in life. When the elderly people look at their life the mistaken and wrong decision taken. These can affect their feeling and bring depression, hopelessness, despair. The elderly people look back at their life an analysis the successful of their life and these lead to wisdom, closure, and satisfaction, which leads to despair, depression, and all things of negative. Erickson's said that people who are happily that has enjoyed themselves can put back in their own depths and despair by these people are effectively rebuilding their life back from the damage of the previous stages. When people have wisdom and renunciation they look back and start thinking of having peace of mind, regret, acceptance, and reconciliation (Chapman, 2020).

The stages that make up his theory are as follows:¹

- **Stage 1:** Trust vs. Mistrust
- **Stage 2:** Autonomy vs. Shame and Doubt
- **Stage 3:** Initiative vs. Guilt
- **Stage 4:** Industry vs. Inferiority
- **Stage 5:** Identity vs. Confusion
- **Stage 6:** Intimacy vs. Isolation
- **Stage 7:** Generativity vs. Stagnation
- **Stage 8:** Integrity vs. Despair (Cherry, 2020).

Erikson said in his theory that life span should continue to old age. Three additional life span stage was included in his theory. Intimacy vs isolation – young adult is looking for companionship and love. Generativity vs Stagnation -adults in their middle age nurture other and gives to the society. Integrity vs Despair – more established older people pounder their lives and think back with feeling of satisfaction (Cherry, 2020).

KOLHBERGS THEORY

Kohlberg's theory is made up of six stages that arranged chronologically in straight tiers of complex it. His moral behaviors are the stage of theory of moral development is known as controversy. According to Kohlberg's theory he relies on the thinking process that determining whether a behavior's is wrong or right. The theoretical stages on well one reply to moral difficulty, not what one does if decided to reply to (Sanders, 2020). At this stage is to do what viewed as best for the public not what is most socially satisfactory. The rule also, laws are tried and are subject to change. Elderly people right and limits characterize profound quality. The guidelines of the public are held in the higher respect the -and-required. Elderly people remember that the rules would not protect them, they know the right and wrong in the laws (Guarino, 2020).

Human cognition, emotion, and behavior patterns

HUMAN COGNITION

Cognition is the decline of memory in elderly people due to their aging. Elderly person who has cognitive decrease processing speed which refers to the person taking his or her time participant in activities task who will follow the instruction given to them and take time do the activities, the elderly people, their cognitive is slow, due to slow processing speed. Their reason is slow, declined in perceptual, they decreased in numeric ability, losses in verbal memory it takes an individual to play out some psychological task. Then again, isolated consideration is your ability to zero in on various things all the while. Age-related memory changes happen because of various reasons including more slow handling speed, diminished utilization of techniques to improve memory and learning and diminished the ability to overlook unimportant information (Vredenburg, 2020).

HUMAN Emotion

Emotions is the happiness that supernatural, cognitive judgment soul and good satisfaction. Emotion are judgements that happen in the current life of an elderly people. The happiness that elderly people perceived is the goals of achievements of giving birth to their children and seeing their grandchildren around them. The way elderly people perceive in their brain is parallel processor in doing many things at the same time, a lot of information to interpretation base on their knowledge. In elderly people brain emotion by

interactively both in judgement in satisfaction in their low perception of their body changes, when elderly people are happy in their brain it processes that is continuing to make them happy and perceived the body, for example someone may be part, or slanted to quick perspective change or over things, they may similarly show up usually, interested in things or motion, or sound they make yet additionally their neurological, neurochemical, and physiological states- including (Solomon, 2018).

Behavior patterns

Elderly people with dementia do not recognize what is sexually or socially to them, some of the elderly people with dementia undressed themselves in front of strangers. They see nothing wrong with that because they cannot remember who they are. They become aggressive or agitated, their behaviors patterns start by not showing any concerns of themselves. Elderly people with dementia would refuse help from people is either they are confused or mistrust people. Some of the elderly people hoard for newspaper or other items, hide them under their cloths or hide the in their chest drawer in their room. They repeat the words or question, it leads to feeling or anxiety afraid. Sleeplessness night is another behaviors pattern that show in elderly people with dementia movement again and again anxiety (NHS, 2018).

RESEARCH STUDIES

FIRST RESEACH

INTRODUCTION

Patients with serious psychological instability are likely to pass on more energetic than everyone. Even though most investigations have zeroed in on more youthful individuals 65years old, expanded mortality in patients with mental problems has as of late been found to reach out to more established people. what is more, an expanded danger. Dementia has been noted in patients with bipolar, turmoil, and insane, issues. The purpose behind this extended treat of death, dementia in patients with mental issues are most certainly not satisfactory yet.

The aim was identified death and incident with people showed patients from the aged of 65 years and single secondary care older are from the psychiatric trust base in United Kingdom.

The result showed groups four of SMI which is N257, these is the extents of patients that the more youthful age classes are from 65-74 which were lower than the present anxiety groups and depression the schizophrenia and bipolar groups.

The outcome of the diagnosis of dementia had also been entered by clinicians with a connected date which addresses of the beginning of the dementia of passage.

CONCLUSION

This examination focuses on the high paces of mortality and of dementia is in a mental auxiliary consideration older populace over a scope gathering, which included patients who present to administrations with tension (Shanquan Chen, 2020).

SECOND RESSEACH

INTRODUCTION

The launch in the power of obstructive rest apnea OSA depicted before supper scenes of upper flight course check, rest breaks and hypoxemia has been found in the old populace. Phycological and genuine change would identify with rest quality, sum, and it is architecture.

The point is to know and repeat the characteristics mature enough related to OSA with clinical uncertainty of rest apnea.

The outcome showed the investigation, older patients demonstrated a critical expansion in ODI and time underneath 90% as contrasted and more youthful subjects.

The result was 2491 patients rest with side effects. OSA recurrence (AHI > 15) in each gathering was 33.2 % in GI; 45.8 in GII and 50.3 in GIII ($p < 0.001$). Regardless of critical expansion in seriousness, bunch detailed less side effects.

The result was incorporated 2491 patients with rest apneas results. OSA repeat (AHI>151) in each social event was in 33.2 % and was in GII ($P<0.001$). despite the basic extension in OSA. The GII was less in detailed for the side effects.

Conclusion

Past of the reports in OSA was regularity in the general populace that was higher than the among old. These was the distinguishing proof of issue in an overall public with weak viewpoint in sign would help with improving quiet association (Finn, 2019).

THIRD RESEACH

INTRODUCTION

In December 2019, the Chinese wellbeing authorities educated the World Health Organization (WHO) of the development of an obscure pneumonia-like ailment, starting from the Hubei area, Wuhan. Following the presence of various cases around the world, the WHO, in March 2020.

The aims were to report that the COVID-19 sickness (COVID-19), brought about by the extreme mature reparatory disorder coronavirus. This pandemic is a worldwide COVID-19 19 death.

These is the outcome, 4531 older patients 14 studies were recorded in these forms likes 10,12,14,18. As per date of publication of individual articles.

The results were prohibited because of topic (psychological examinations, overviews, virological/quality related investigations, instruments, and pathogenesis.

CONCLUSION

The motivation behind this systematic audit was to sum up general clinical image of COVID 19 infection in old people population. A huge assortment of indication introductions can be noticed, including respiratory, gastrointestinal, cardiovascular, and neurological signs (Chojnicki, 2020).

CONCLUSION

Erikson thought is on psychology that has deconceptualized the way life are seen. He said late adulthood are not superfluous, they are as of now presently viewed as huge event of self-awareness. One fundamental shortcoming of psychosocial hypothesis systems for setting conflicts that moving from phase onto following that not around made. The hypothesis to detail to what exactly kinds of involvement are significant at each stage all out adequately settled the disputes and move to the accompanying stage (cherry,2020).

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