

LEVEL: 4 CERTIFICATES IN HIGHER EDUCATION HEALTH AND SOCIAL CARE

Group Presentation

Assignment 1

Psychology in Health and Social care

BMSW 4003

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WHAT IS PSYCHOLOGY

Psychology is the study of the mind and behaviour, which involves the biological influences, social pressures, and environmental factors that affect how people think, act, and feel. Understanding psychology can help people attain insights into their actions and better recognise other people's behavioural patterns. (Oxford, 2021)

What is Infancy?

Infancy is the term used to describe the first year of Human life and is known as the period with the most rapid growth after birth. For example, most infants use the pincer grasp between seven to eleven months old and are considered a developmental milestone. (Lindenberger, 2001)

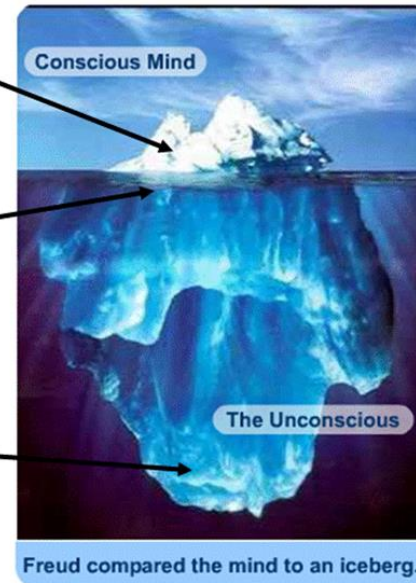
The Unconscious Mind

The conscious. The small amount of mental activity we know about.

The subconscious. Things we could be aware of if we wanted or tried.

The unconscious. Things we are unaware of and can not become aware of.

The **id** is part of the unconscious mind and comprises the two instincts: Eros and Thanatos.



Thoughts
Perceptions

Memories
Stored knowledge

Instincts – Sexual and
Aggressive

Fears
Unacceptable sexual desires
Violent motives
Irrational wishes
Immoral urges
Selfish needs
Shameful experiences
Traumatic experiences

McLeod, 2018

WHAT IS INFANCY DEVELOPMENTAL PSYCHOLOGY?

Those working in infants research expressed that the following aspects are vital components for human growth and progression:

- Cognitive growth
- Linguistic acquisitions
- Social and emotional capacities
- Motor development.

Researchers have expressed that environmental and genetic factors also influence infants' growth in the previously mentioned critical areas.

(Cherry, 2020)



EMOTIONAL DEVELOPMENT OF AN INFANT

Emotional development of an infants during the first years of life can be thrilling and fascinating. Emotion could be referred to as distinct feelings or traits of consciousness that are appealing and openly displayed. As babies' bond with their parents and caregivers, their interactions become more personal and engaging (Healthwise Staff, 2020).

Emotion of an infant could range from happiness, sad, anger, excitement, surprise, interest and disgust. Because they cannot communicate through speeches at this particular stage, they communicate through their behavioural reaction like crying, laughing, smiling, widened eyes and rounded mouth to name but few.

For the purpose of this presentation, we are going to limit ourselves to only few emotional reaction infant displays at the stages between 1 to 12 months after birth. We can all agreed that all babies are unique, and they displayed their own personalities but there are certain emotional and social traits that are common amongst babies as grow.

EMOTIONAL DEVELOPMENT STAGES

- CRYING

One of the common emotional development of a baby or an infant is the crying. This is usually exhibited during the first three to five months after birth. Although the reason for crying may be varied per child, but most common reasons are when the baby is hungry; when the baby is feeling pain, for example male child circumcision; absent of caregiver, in the hands of unfamiliar face to name but few.

- SMILING

Around ages 2 to 3 months, infants started showing a spontaneous “social smile”. According to research, this is a sign that your baby brain development is advancing and their communication skills are on track. By encouraging your baby to smile, you’re helping them develop self-esteem and letting them know that their feelings are important and can affect their surroundings (American Academy of Pediatrics, 2021).

- LAUGHING

Most babies began to laugh between 3 months to 4 months. This can occur when making a funny face, kissing their tummy or making some funny noise or singing. Laughing could be considered as one of the fundamental milestones for a baby as it is a form of communication to the caregiver in an amusing way as compared to crying.

- ANGER

Anger is usually exhibited when the baby is around 6 months old. One common way in which infants vent their frustration is by restricting their movement. If babies want to move and cannot, this often results in desperate cries as a sign of anger. In some cases, some babies have heightened sensory sensitivities that can lead to angry responses. For example, too loud or harsh sound can frustrate them (Honig, 2021).

- FEAR

Fear, one of our core emotions, is a basic part of being human. But in modern times, we often wonder if panic and anxiety are becoming more of a roadblock to thriving than an aid to surviving (Schultz, 2019). Babies started to exhibit fear from the first to the fifth months after birth and some common fears can include loud noises, falling, separation from parents, and in the presence of strangers. During this stage it is difficult for babies to distinguish between objects accurately enough to be scared by just looking at them (Tantry, 2020).

INFANCY COGNITIVE DEVELOPMENT



- Infancy cognition is the first stage of human cognitive development, whereby they learn information through their senses, e.g. sight and sound. (Csibra et al, 2002).
- Cognitive development refers to the learning process of infants through memory, language and thinking. (Thorton, 2002)
- From birth, babies begin to actively learn and are aware of their surroundings. For example they engage in actives such as playing games and by performing simple acts like picking up a toy.
- As babies get older they can imitate actions and understand simple words. They begin to interact with people by copying behaviours. These experiences can stimulate their growing minds and enhance their cognitive development.
- Babies process information differently as they get older and learn new things. For example parents can improve their babies cognitive development by being vocal when presenting new information. Simple actions such as bathing their toddler, and explaining how this helps you feel clean and nice, would link the two ideas together. Babies would then associate bathing with an act that is done to cleanse yourself.

INFANCY COGNITIVE DEVELOPMENT

- Traditionally It was believed that infants were incapable of sensing their environment, as there was a notion that babies were blind at birth. However recent studies have shown that new born infants are excellent discriminators of taste and smell, as they have the ability to detect their own mothers odour. (Lipsitt, 2021)
- Cognitive development is a unique process specific to each infant. Many factors effect cognitive development, including genes, events during pregnancy or birth, and aspects of the child's environment.
- Not only do babies grown physically during the first 2 years of life, but also cognitively (mentally). Infants thinking skills develop as they interact with the world and people around them.
- A major development during the infancy stage is that babies are aware of object permanence, which suggests that they understand that something exists even if it cant be seen. Though before babies believed that when something moved from their sight, it no longer exists. However through games such as "Peek-a-boo", babies learn that objects continue to exist even when they are unable to see as it reappears shortly after.

LIFE SPAN THEORY

SIGMUND FREUD'S PSYCHOSEXUAL THEORY

❑ Introduction:

- Was born on May 6, 1856, in Czechoslovakia. Died 23 September 1939 in London. Founder of psychoanalysis.
- (Martin 2021)

❑ Oral stage – drive for physical pleasure

❑ Anal- Orderliness or Messiness

❑ Phallic/Genital Stage

- (Denise and Helen, 2019)



Strengths and Weaknesses

- **Strengths:** We need to acknowledge that without Freud's theory, modern-day psychoanalytic would not exist.
- It helps patients to understand the motive behind their behavior.
- Freud's theory helped us to understand that our childhood experiences can impact our lives when we grow up as adults
- **Weaknesses:** Many believes that his theory are either bad science or not science at all and that using this theory for psychological treatment is unethical
- Neglect of individual differences when treating patients (David, 2021)



Evaluation of the Psychosexual Theory

Strengths:

1. Freud provided the first acknowledged framework to describe human personality.
2. Freud's theory began Medical treatment for mental health patients.

Limitations:

1. Freud lacked scientific evidence for his psychosexual development theory.
2. Freud's theory of psychosexual development was heavily concentrated on sexual behaviour.

Practical Applications :

Freud's psychoanalysis is focused on childhood experience. Many of his concepts are still part of the fundamental resource on which other theories expand and recognise additional psychology elements.(Gerald Corey,2005)



Conclusion

Sigmund Freud's theories helped form our interpretations of childhood, personality, memory, sexuality, and therapy. Further prominent thinkers have contributed to the work that grew out of Freud's legacy, whilst others have established new concepts challenging his notions. (Cherry, 2020)





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