

MODULE: BMHP4003

ESSAY

**PSYCHOLOGICAL PERSPECTIVES IN HEALTH AND
SOCIAL CARE**

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Introduction

Psychology is a vital field in contemporary times since it enables individuals to understand various dynamics in quarters within society. In human societies, there are various issues that take place and through the application of skills from the field of psychology, relevant authorities are capable of finding solutions. In health and social care, psychology is a useful discipline that provides health care providers with the perspective of understanding complications and health-seeking behaviors among society members. There are various psychological theories in the discipline that are applied in different areas such as health care for the purposes of unraveling some behaviors and conditions that are found among patients. In human societies, there are various psychological processes related to health and illness and it could be vital to apply some models to understand their causation and ways of prevention. Psychological models such as Social Learning Theory and Psychosexual Childhood Developments Theory are vital in understanding development stages among children. These models are vital since they explore issues within human societies, and could be employed in health and social care to explore various dynamics among children.

Psychological theories are some of the models which can be applied in contemporary society to explain various issues which could be troubling humanity. Health and social care is an area that requires a holistic analysis for the purposes of designing a lasting solution. The health of an individual is influenced by a variety of factors such as psychological, cultural, behavioral, and understanding the ideal cause of the condition, it could be vital to establish a specialized response (Braungart, 2018, 4). Health and social care is an area related to societal, biological, environmental, and psychological issues and through the use of psychological models, health care professionals could devise a specialized treatment. The Psychosexual Theory by Sigmund Freud, suggests that the behaviors and cognitive development among young people is influenced by experiences they encountered during their childhood

(McCleod, 2019, par 3). Sometimes, these experiences could affect the emotions in children and could lead to mental complications that can affect their adult life. The Social Learning Theory by Albert Bandura suggests that the environment plays a major role in influencing the behaviors of young people and has impacts on their health and social life (Bandura, 2019, par 4). The behaviors showcased by children, such as learning, emotions, and health-seeking behaviors are influenced by their social environment, and social care should be achieved through investigating their environment.

Bandura's theory

Bandura's Social Learning Theory is a popular psychological model that is used by psychologists to explain various issues within society. The theory suggests that the social environment in which a person is raised plays a major role in defining their behaviors, and conditions that influence their later life (Bandura, 1971, 4). The environment acts as conditioning that influences the learning process among young people such as human behaviors. During the age of 1 to 5 years, young people in societies learn various issues from their environment especially through the process of observation. According to Health Community Capacity Collaborative (2013), a child is able to learn some behaviors explicated by the adults and those around, and incorporate the traits in her behavior (2). Young people are capable of absorbing some traits through modeling play, and which influences the conduct of these young people. The behavior is learned through habituation and influences some cognitive processes such as memory and attention (Wayne, 2019, 7). The situation explains the reasons why behaviors and information possessed by a child in a given environment could be different from others in a different environment since they are exposed to varying conditioning.

Bandura notes that children are likely to learn through observing the actions of their parents, and the case can impact the child's mental development and impact the impact of their cognition. Sometimes the behaviors the young people observe are positive, and other times negative, and influence their conduct and behaviors in the future (HCCC, 2013, 2). Sometimes, if parents showcased negative traits, children are likely to make observations and borrow such aspects and incorporate them as their behaviors (Kılınç et al (2018, 133). Children who are raised in a violent environment are likely to borrow various aspects of behaviors from the social environment and chances are that they could develop behaviors related to aggressiveness or violence in life. Furthermore, the process of handling emotions is a vital concept that young people are likely to learn from those in their surroundings. Parents possessing good morals and emotions such as kindness could influence the behaviors of the young ones towards at school or in different areas.

Freud theory

The Psychosexual Theory by Sigmund Freud is a popular model that could be employed to understand some health conditions found in people. The model suggests that the development among children happens through a series of stages that aim at dissimilar pleasure sections of the individual's body. The growth and development process among young people is composed of various stages which influence their later life. During the stages of growth, there are various types of conflicts that people are expected to deal with and which serve as points of development (Kenny, 2019, par 3). When a person is in a position to solve the conflicts successfully, they are able to develop a psychosocial that is associated with that stage. However, if the child is not able to handle the conflict associated with the given stage, they may develop some complication that affects their later stages in life (McCleod, 2019, par 3). The caregivers have a role to play to ensure that they can support the developmental needs of children in each stage that could enable them to handle the conflict in the right way.

According to Freud, there are various troubles that are found in these stages and influence the course of growth (Kenny, 2019, par 3). Libido is an area of focus in the Psychosexual model, and Freud notes that its energy influences dissimilar erogenous areas at particular stages of growth. Failure in one stage has implications on the later life such as abnormal erection and mental illness (Suri, 2016, 3). However, if a child can complete these stages, they are likely to develop a healthy adulthood personality, and emotion management capabilities (McCleod, 2019, par 3). The individuals around the children should support them in the right way to ensure that they manage their cognition, emotions, and behavior. These early stages shape one's growth and the assistance could be vital in relation to the psychology of health and social care.

In contemporary times, there is an increase in health complications among many people especially the youth. Cases of mental illness are on the rise, and health care practitioners have duties to play to understand these underlying conditions and provide ideal solutions. Such cases such as mental complications among young people could be understood through analyzing their experiences during early ages. According to the Psychosexual Model by Freud, the growth process is composed of various stages which play a role in the later life of a child (McCleod, 2019, par 4). In each stage, there are various conflicts and difficulties which a young person could encounter, and which may plunge them into stress situations making it difficult for the child to handle the conflict. The health care practitioner has a duty of ensuring that they understand some of the experiences young people encountered and ways through which they managed such stages of growth (Berry et al., 2018, 6). If a child did not get adequate psychological support during the transition from one stage in life to the other, they are likely to develop mental complications during later age. As a health care practitioner, I have a right to investigate some of the difficulties children encounter and provide an adequate approach to their conditions.

Besides, there is an increase in personality complication issues among young people in contemporary times. The application of psychological models such as Psychosexual by Freud could enable health care providers to understand some developmental issues that the child encountered. Freud suggested that the life of an individual is built around factors such as tension and pleasure (Kenny, 2019, par 3). The tension comes from the buildup of the libido, while the pleasure comes from the discharge and could be used to explain personality development. Through the model, an individual can understand that the sexual energy of the id is accumulated generally through thoughts and pleasurable actions. Such information is vital since the health care provider could use it to explain various dynamics related to personality disorders and design an ideal approach (McCleod, 2019, par 4). The model is vital and equips one with relevant information, which could be used to give pieces of advice to mothers with young children as a way of supporting their kids. In the first few years, the id should be controlled through the adequate support of caregivers in order to satisfy social demand.

In modern society, there are increasing cases of aggressiveness and violence among young people which could be explained through understanding their childhood life. The experiences young people encounter at an early age such as exposure to violence, mistreatment could explain various ways a child is behaving in a certain way. If a child was raised in a stressful and disturbing background where they were exposed to punishment, there is a higher chance of developing some characteristic related to aggressiveness (McCleod, 2019, par 4). If a health care provider understands the experiences of young people, they could derive some responses such as motivations that could be employed to solve such conditions (Berry et al., 2018, 6). In many cases, the majority of parents would think that punishment is an ideal way of solving problems among young people who have some deviant behaviors but through the help of a health care provider who employs the psychological

theories ideal solutions could be designed. As a healthcare provider, I could employ such knowledge from theories to give pieces of advice to parents with children and enable them to understand ways of handling children.

The learning in class is vital and could be related to the social care practice in various ways such as guiding parents and other caregivers to support the needs of young people in the right way. Health care professionals have a duty to play in the growth and development of many people in societies and could achieve that through the application of psychological perspectives. Psychology is a field that revolves around behaviors, and it is through the understanding of behaviors that a health care provider could understand health and social care (Berry et al., 2018, 4). The health of people is influenced by various factors such as environmental, biological, and societal which could be analyzed through the psychological points of view (HCCC, 2013, 1). As a healthcare provider, it is essential to understand psychological factors that could be responsible for various health conditions among people. Through the understanding of the factors as a health care practitioner, I can derive the ideal approaches which could provide tailored solutions. As a healthcare provider, I have a duty to care and I should employ some knowledge from the psychological models.

According to the social learning theory, young people are in a position to learn through observation some behaviors that adults around them possess. If adults and other caregivers around a child possess negative behaviors such as violence, poor anger management, and bad emotions means that a child is likely to learn such conditions through observation (Bandura, 2019, par 5). When the parents seek the assistance of a health care provider concerning aggressive behaviors of their young ones, as a person who understands these models I would engage the parents and offer counseling services in relation to their anger management behaviors (Deaton, 2015, 4). I would provide the parents with adequate information about the environment in which the child is raised and various ways through

which they can modify their environment, and thus impact the behavior of the child (Berry et al., 2018, 6). Some of the ways I could propose during the counseling session include adjusting some tough rules, and behaving in a peaceful manner while in the company of children. Some other ways include self-regulation, self-observation, and judgment. I could emphasize these measures to parents and a way of correcting some of their behavior traits as a way of influencing their behaviors and thus impacting the behaviors of children.

Conclusion

The psychological theories are vital perspectives that could be employed to understand various issues related to health and social care. The health of individuals is influenced by psychological factors such as biological, environmental, and culture, and these could be solved through the employment of psychological models. The experiences young people encounter at younger ages play a major role in influencing their cognition, personality, and emotions, and therefore could be ideal if they get the right assistance according to their needs. The environment in which one is raised plays a major role in influencing their behaviors since the young ones can learn through observation. Through creating a supportive environment and with the help of health care providers the parents can influence the behaviors of their children the right way.

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