



PSYCHOLOGY IN HEALTH AND SOCIAL CARE

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Introduction

This academic report is a reflection on Sigmund Freud's psychosexual theory in childhood in the stages of one to three (anal phase) and three to six (phallic phase). It will explore the role as a health care professional in implementing the learnt psychological perspectives, as their duty to care and discuss how they would relate this learning to health and social care practices.

Sigmund Freud's 5 Psychosexual Development Theory

According to Kendra Cherry (March 22, 2021) Sigmund Freud was an Austrian neurologist best recognised for being the father of psychoanalysis. Freud created a set of talk therapy-based therapeutic procedures that included tactics like transference, free association, and dream interpretation. He was best known for being the founder of psychoanalysis, theory of psychosexual development, the id, ego, and superego, dream interpretation, free association.

The term "5 stages of sexual development" was a model developed by Sigmund Freud and refers to several stages during which humans develop and mature. The pleasure their inborn instincts seek is centred on sexual desire and fulfilment, which is achieved by stimulating each sensory organ properly. They then advance to the pinnacle of the psychosexual peak: sexual and psychological maturity, if appropriately aroused. If not, they are trapped in that stage since they are concentrated on that zone. According to Adam Cash (n.d)

Here are the five stages of psychosexual development and an in-depth discussion on the two main stages that was focused on in the presentation.

1. Oral Stage (0–1-year-old)

The psychology notes headquarters (July 04, 2018) states that oral actions such as sucking and tasting provide pleasure to a youngster throughout this psychosexual period. The creation of trust will arise from the successful fulfilment of the child's feeding demands and effective weaning.

2. Anal Stage (2-3 years old)

The Editors of Encyclopaedia Britannica states (July 20, 1998) that the phase of a child's psychosexual development during which the child's major preoccupation are with elimination

processes, according to Freudian psychoanalytic theory. Because the learning of bowel control is seen to be linked to other types of self-discipline, such as cleanliness and orderliness, the anal stage, typically the second and third years of life, is believed to be crucial for the child's subsequent development.

3. Phallic Stage (3-6 years old)

He named the third phase, which lasted from around the fourth to the sixth year, the phallic phase. Because Freud saw male sexuality as the standard of development, his description of this stage drew a lot of criticism, especially because he stated that castration fear was its main preoccupation. He hypothesised that the plot's relevance stems from every male child's desire to sleep with his mother and the need to eliminate the hindrance to that goal, his father. The Oedipus complex, as he subsequently defined it, poses a serious dilemma for the kid, because the unrealized longing at its core triggers a fictitious response from the father: the fear of castration. The Oedipus complex and the castration fear that comes in this stage can be overcome. This can happen if the child ultimately suppresses his sexual desire for the mother, entering a period of so-called latency, and internalises the father's reproachful restriction, making it his own through the formation of the superego, or conscience, as Freud termed it. According to Martin Even Jay (n.d)

4. Latency Stage (6 years to puberty)

The latency stage, which starts from six years until puberty, is the fourth stage of psychosexual development. The libido is inactive at this point, and no further psychosexual development occurs (latent means hidden).

Most sexual urges are suppressed during the latent stage, according to Freud, sexual energy is channelled towards schoolwork, hobbies, and friendships.

Much of the child's energy is directed into learning new skills and expanding his or her knowledge, and play is limited to youngsters of the same gender. According to Saul McLeod (2019)

5. Genital Stage (puberty to adulthood)

The genital stage, which begins at puberty, is the fifth step in Freud's psychosexual development theory. It's a phase of adolescent sexual exploration, with the successful solution being settling down in a loving one-on-one relationship with another person in their twenties.

Unlike during the phallic stage, sexual urge is focused on heterosexual pleasure rather than self-pleasure.

Adults' sexual instincts should be expressed through heterosexual intercourse, according to Freud. Fixation and conflict may hinder this, resulting in the development of sexual perversions. According to Saul McLeod (2019)

Role of health care practitioners

Freud's work on childhood trauma led to thinking about all types of child abuse, from sexual abuse to corporal punishment and neglect in childhood. One of Freud's major findings was that patients improve when they talk to a therapist. Studies today show that talking helps, particularly when the therapist is both listening and involved with the patient. Freud predicted that medications would one day be discovered that would cure mental suffering.

Medications are being used to alleviate conditions which were once viewed as hopeless. The most acute illnesses, the psychoses, and schizophrenias, are being treated with medications. According to MentalHelp.net (n.d)

Reflection

Somebody with a specific emotional issue, as well as those who just wish to discover themselves, might benefit from psychotherapy. Understanding why they are the way they are can lead to feelings of well-being and self-confidence. Psychotherapy is one of the most long-term forms of therapy, however it may be less beneficial for people looking for fast, solution-focused treatments. Psychoanalytic treatment is a long-term procedure, but the benefits are life changing.

Some think that psychoanalytic treatment is more suited to more general concerns such as anxiety, marital difficulties, sexual issues, or poor self-esteem because of the nature of therapy. Phobias, social awkwardness, and sleeping problems are just a few examples of issues that can be effectively addressed with psychoanalytic treatment.

In addition, psychoanalytic therapy may be used in a group context. This is referred to as group analysis. Psychoanalytic approaches are combined with interpersonal functions in this type of treatment. Written by Counselling Directory (n.d)

Conclusion

The relevance of how conflicts among these largely unconscious sectors of the mind form and impact the behaviour and personality is emphasised by Freud's "structural theory" of personality. The Freudian psychosexual theory of development states that personality is acquired and formed during childhood, and that it is crucially moulded via a series of five psychosexual phases. And at each step, the kid is confronted with a struggle between his biological demands and societal expectations. Successfully resolving these internal conflicts

will lead to gradual mastery of each developmental stage, and so to the maturation of a fully developed personality. According to First Discoverers (n.d)

First Discoverers (n.d) also stated that the relevance of unconscious processes is a fundamental aspect of Freudian belief: Freud used the metaphor of an iceberg to indicate that the conscious mind was only the tip of the iceberg, with the unconscious mind symbolised by the immense expanse of ice beneath. Humans are generally ignorant of why they do the things they do, according to Freud.

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Appendix

1. **Behavioural Patterns**

Carolyn Saarni, PHD (September 2011)

Age Group	Expressive Behaviour	Relationship building
Preschool: 2-5 years	In play and teasing, fake expressive conduct is used. The pragmatic knowledge that "false" face expressions might deceive others about one's emotions.	Communication with others elaborates child's understanding of social transactions and expectations for comportment. Sympathetic and prosocial behaviour toward peers. Increasing insight into others' emotions.
Early Elementary School: 5-7 years	With peers, adopting a "cool emotional front."	Coordination of interpersonal skills with one's own and others' emotions is becoming more important. Early recognition of "scripts" of emotion that have been mutually agreed upon.
Middle Childhood: 7-10 years	Appreciation of expressive conduct rules, whether true or fictitious.	Multiple feelings toward the same individual are recognised.

	Modulation of relationship dynamics through expressive conduct (e.g., smiling while reproaching a friend).	Multiple time frames and unique personal facts about another individual are used to help build deep connections.
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