

**WAYS IN WHICH PSYCHOLOGICAL THEORIES ARE APPLIED TO HEALTH
AND SOCIAL CARE PRACTICE.**

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CONTENTS**PAGE**

1.Intoduction	3
2.Erikson's theory of psychosocial development	3 and 4
3. Role of healthcare professional	5
4. Reflection	5
5.Conclusion	6
6.References	6 and 7

1.INTRODUCTION

Development psychology is a broad approach to the study of human development that seeks to describe growth, modify, as well as over the course of a person's life, there is a sense of continuity. Developmental psychology examines how people's ideas, emotions, and behaviours rebuild throughout their lives

Quite a lot of percentage of this discipline's theories concentrate on development all over infancy, as this is the time in an individual's life when most change takes place.

Research demonstrates biological, social, emotional, and cognitive processes are among the theoretical domains covered. (simplypsychology.org).

Three goals define developmental psychology.: to describe, give explanation, and enhance growth (Baltes et al, 1980). It is necessary to keep both in mind typical Individual growth and changing patterns (normative development) variations in when discussing development, identify patterns of change (that is idiographic development).

Although most people will follow similar dynamics, no parties involved are exactly same.

. Behavioural theories should also try to justify the adjustment they see in terms of procedures of normative and individual differences. However, it is frequently better to identify development than it is to explain how it takes place.

2. ERIKSON'S THEORY OF PSYCHOSOCIAL DEVELOPMENT

I had a group presentation about adolescence, and we used Erikson's theory to discuss the stages. According to Erik Erikson, the main objective of adolescents is to resolve the identity versus role confusion crisis. This stage occurs typically between the ages of 12 and 18.

Erik Erikson, one of the twentieth century's most influential psychoanalysts, was born in the German city of Frankfurt am Main., in 1902. He travelled to Florence after finishing high school to pursue his interest in art, and in 1927 he began teaching art at Dorothy Burlingham and Anna Freud's psychoanalytically enlightened school for children in Vienna.

He died on May 12, 1944, in Rosewood Manor, Harwich, Massachusetts, USA.

(Erikson.edu)

Erikson's theory of psychosocial development starts from infancy to adulthood. Erikson believed that improving and developing oneself helps one gain self-confidence and improves one's communication skills in society. He was interested to know about how human contact and relationships influenced individuals' development and progress, as well as how each stage of life, an individual passes through a psychological dilemma, which can have a positive or adverse impact on the development of their personalities. The eight stages of Erikson's theory and the crises people face from infancy to adulthood are outlined below.

- **Stage 1: Infancy (0-1) Trust vs Mistrust:** When an infant's basic needs are addressed, he or she builds trust in his or her caregivers. Infants who have been neglected or who have not received sufficient care may develop a suspicion of people.
- **Stage 2 - Early Childhood (2-3) Autonomy vs. shame doubt:** They are learning to do things by oneself. When caretakers applaud and promote the child's independence, the kid gains confidence and autonomy.
- **Stage 3 - Preschool Years (3-5) Initiative vs. Guilt:** They are learning to do things on their own. When caregivers encourage and praise as a result of the toddler's independence, he or she gains self-confidence and autonomy.
- **Stage 4 - School Age (6-11) Industry vs. Inferiority:** The child begun his academic year. This is where they will sharpen their abilities. It's also the place where their sphere of influence expands. They may begin to compare themselves to others. If the child decides that they are doing well academically, athletically, in the arts, or socially, they will develop sense of satisfaction and achievement.
- **Stage 5 - Adolescence (12-20) Identity vs. Role confusion:** At this stage of psychosocial development, your child is faced with the difficulty of forming a sense of self. They develop their individuality by exploring their viewpoints, expectations, and values.

- **Stage 6 - Young Adult (mid-20s) Intimacy vs. Isolation:** This will be the time to make a difference in the lives of others. The contemporary psychosocial issue, according to Erikson is to create secure, long-term meaningful connections. When people complete this stage, they are left with relationships that are secure, devoted, and passionate.
- **Stage 7 - Adulthood (25-60) Generativity vs. Stagnation:** This seventh stage is recognised by a desire to provide for others. At home, this includes the responsibility of raising your children. Participating to local charities and events that serve society is another option. The satisfaction of knowing that they are required comes to those who finish this level. They feel they are making a positive impact on their homes, communities, and businesses.
- **Stage 8 - Old Age (60 +) Ego Integrity vs. Despair:** This is the stage of contemplation. In late adulthood, people reflect on their lives, when the pace of life slows down, to assess what they've accomplished. Satisfaction is felt by people who are proud of what they have managed to achieve. Those who did not complete the preceding levels, on the other hand, may feel bereft and regretful. If people believe their lives are unproductive, they feel unhappy and despondent.

In addition to my understanding, Erikson's theories of development are important because they serve as a foundation for subsequent research and theory. The most interesting aspect is that, as an early childhood practitioner, this theory has assisted me in gaining more experience in working with children.

3. ROLE OF HEALTHCARE PROFESSIONAL

Health and wellbeing are maintained by health professionals who employ scientific proof care concepts and practises through evidence-based therapy and compassionate care. Wellbeing, disability, and other physical and mental disorders are studied, diagnosed, treated, and prevented by health professionals based on the requirements of the people they serve. They provide advice on or implement preventative and curative interventions, as well as health promotion, with the purpose of addressing individual and population health needs and expectations, as well as enhancing the health of the population. They also do research and enhance or invent concepts, theories, and operational procedures in order to improve evidence-based health care. According to Gupta et al, (2010).

Additionally, every healthcare provider is bound by a single statute that protects clients from damage, neglect, and abuse. The following are some of the responsibilities of a healthcare professional:

Care: Providing of what is required for someone's health, welfare, upkeep, and protection. To provide care for clients, healthcare workers must be compassionate, empathetic, and self-aware in order to assist clients in recovering by effectively preparing an appropriate strategy for patients.

Care, Compassion, Competence Communication, Courage, and Commitment are the six Cs of care (England.nhs.uk).

Safeguarding: Safeguarding entails ensuring that an individual's health, well-being, and human rights are safeguarded, as well as allowing them to live in a safe environment free of violence, abuse, or neglect. Every person has a unique personality. Because of individual perception, communication amongst healthcare workers must be cautious.

Effective Communication: "Communication is about much more than the words we say," The Royal College of Nursing agrees. (The overall efficiency of any mode of communication is influenced by the tone of voice, body language, gestures, eye contact, writing style, and other aspects.) caredocs.co.uk)

4. REFLECTION

Presently, I am employed as an Early Years Practitioner, but I intend to pursue a career as a social worker after completing my professional studies at university. As a social worker, I want to make a difference in the lives of children, families, adults, and society. Not only do I want to help these people, but I also want to encourage, motivate, and support them.

As a social worker, I must possess qualities such as active listening, empathy, organisation, good communication skills, and self-care.

This module has given me the courage to put the concepts of patient-centered care into practice. Working in social services is demanding, and I need to manage my stress levels in order to maintain and improve my health and well-being to support my clients. One of my key goals as a professional is to seek early intervention with various plans for individuals and families. Because of individual differences, having self-esteem is necessary to persuade clients sometimes. To be able to collect evidence through observations, I need to be a critical thinker as a social worker. I must be able to observe and collaborate with other agencies and colleagues in order to document a report or information.

Reflecting on Erikson's stages of psychosocial development has taught me how people experience psychosocial crises at different points of personal lives, which might influence their personality in a positive or negative way. In order to apply this as a social worker, I must be patient and understand my clients' needs. According to Erikson, a stable and

successful concept of identity is linked to adolescent mental health. As a social worker, encouraging them in exploring their independence and gaining self-confidence is needed.

5. CONCLUSION

Developmental psychology explains way humans develop and continue to do so throughout their lives. Developmental psychology studies how a person's thoughts, feelings, and behaviour change over time. It describes how Erikson applied his theory to explain how people develop and face challenges as they grow from childhood to adulthood.

Implementing and reflecting on his theories to my desired career will allow me to apply my skills to better use in society.

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