

Psychology for health and social care

Assignment title: applying psychological perspectives in health and social care Task 2 (masuma khanom 1914924)

Reflect on psychological theories and researches you have presented for completing task 1

From My previous task I have learnt a lot from piaget theory on children development. Especially on the topic schemas I have learnt that Jean piaget argued that knowledge development in children happens through schemas - cognitive structures which store information. This isn't just information about the outside world, it also includes information about plans, intentions, and what is the right thing to do in some certain situation's children can come across.

After researching and learning about piaget theory on children I believe that young children are very easy to influence for example if I was to use my manners and always say please and thank you if I were to be in school workplace, they would pick up on it and use it at home.

Another example can be a parent reading a book in front of their toddler or their 11-year-old child which can help them to be encouraged to read moreover it can intellectually help them at their English in school.

I have learnt that while toddlers and young children like to observe everything an adult would do so they can learn on how to be in this world. They look at adults and get taught bad and good the key thing is to always assure they are set up to do good and they learn respectable good moral and values from parents and teachers.

However, I have also learnt that in the last century, Jean Piaget proposed one of the most famous theories regarding cognitive development in children. Piaget proposed four cognitive development stages for children, including sensorimotor, preoperational, concrete operational, and the formal operational stage. Although Piaget's theories have had a great impact on development psychology, his notions have not been fully accepted without

critique. Piaget's theory has some shortcomings, including overestimating the ability of adolescence and underestimating infants' capacity. Piaget also neglected cultural and social interaction factors in development of children's cognition and thinking ability. Moreover, in terms of the methodological approach, Piaget's theory had some ethical and bias problems as he studied his own children and transferring cognition into psychology, have had a significant effect on the science of child development.

In my point of view that he should have observed other children as a volunteer in schools instead of just his own. He might be right on some parts of his theories on infants, toddlers, children however they were based on just observing his own children which I think is a lack of resource to back up his theories.

If I were to be in his place, I would become a volunteer in a pre-school where I can observe more children on how they behave, what their learning and how they communicate with teachers and their parents. I believe communication is key to learn and write down how children's mind work and what they want to get out from life and always making sure they have a positive mindset and to do that we as adults whether its teachers or parents must set them a goal in life.

Support for theory

One good outcome from his theory is on qualitative development had an important impact on education. While Piaget did not specifically apply his theory in this way, many educational programs are now built upon the belief that children should be taught at the level for which they are developmentally prepared.

In inclusion to this, several instructional strategies have been acquire from Piaget's work. These strategies include providing a supportive environment, utilizing social interactions and peer teaching, and helping children see fallacies and unpredictability in their thinking.

Problems with research methods

Much of the criticism of piagets work is in the regards to his research methods. A crucial origin of inspiration for the theory was piaget's observations of his own three children. In addition to this, the other children in piaget's small research example were from well educated professionals of high

socioeconomic status. Because of this unrepresentative sample, it is difficult to generalize his findings to a larger population.

Piaget's research methodology is also problematic due to the fact he rarely detailed how his participants were selected. Most of his work includes very little statistical detail about how he arrived at his conclusion.

Lastly another issue lies with Piaget's lack of clearly operationally defined variables. In order to reproduce his observations and objectively measure how one variable leads to changes in another, researchers need to have very specific definitions of each variable. Much of the terminology related to Piaget's theory lacks these operational definitions, so it is very difficult for researchers to accurately replicate his work.

Development variations Exist

Research development Piaget's argument that all children will automatically move to the next stage development as they mature. Some data suggest that environmental factors may play a role in the development of formal operations.

The theory suggests that reaching the formal operational stage is the end of development, yet it is not clear if all people fully achieve the development task that are the hallmark of formal operations. Even as adults, people may struggle to think abstractly about situations, falling back on more concrete operational ways of thinking.

The theory also seems to suggest that intellectual development is largely complete by the age of 12. More recent research demonstrates that the teen and early adult years are period of important cognitive development as well.

The stage approach is viewed as problematic as well. Stage theories have fallen out of popularity in modern-day psychology for several reasons. One of these is that they often fail to accurately capture the many individual variations that exist in development.

The theory underestimated children's abilities

Majority researchers have agreed that children do possess many of the abilities at an earlier age than Piaget suspected. Theory of mind research has found that 4- and 5-year old children have a rather sophisticated understanding of their own mental process as well as those of other people.

For example, children of this age have some ability to take the perspective of another person, meaning they are far less egocentric than piaget believed. Some research has shown that even children as young as age 3 have some ability to understand that other people will have different views of the same scene.

Reference: (<https://www.verywellmind.com/support-and-criticism-of-piagets-stage-theory-2795460>) kendra chery 2019 august 2nd

To summarise this theory, I would have to disagree how piaget was not fair on just choosing a small group of rich educated children to use for this theory. However, he made key points on children development and structured it well, but he could have done better by seeing the difference between working class children and upper-class children on how it's different for them all to achieve high in education.

However, it does not matter whether they are poor or rich children sometimes it depends on parents and teachers on how they support and help their children to adapt to good education and good behaviour for them to become mature, positive adults who can go out their way and make them good citizens and help the world be a better place.

Explore your role as a health care professional in applying the learnt psychological perspective as your duty to care.

My role in the future would be a healthcare assistant for younger children

The responsibility I would have is to communicate and comfort patients who are vulnerable. Observing if they are getting their nutrients and observing their blood pressure and temperature.

This is where young children are in a hospital environment, so it is important to make sure their health and education is been provided while they recover. In this role I know it will benefit me because I know I'm doing something for the community also I will be working alongside nurses and doctors I myself will observe and learn just by working alongside them.

I have another career I'm thinking to do which is to become a nursery nurse.

Nursery nurses provide care for children up to 7 years old helping them to oversee, maintain and organise a clean, tidy child environment, nursery nurses provide supervise activities such as messy play, crafts, cooking, reading, baking, outdoor physical activities. I have a passion to work with kids and I see myself as a caring person who will take responsibility for their development.

If I can reflect on my volunteering experience with reception children, I would say I did great communicating and helping the children get involved with their education and outdoor activities. This experience has encouraged me to work along with children.

The good thing about this role is that I can work for the community or in a hospital environment and I would also work with the children families by visiting them and making sure that their children are happy and safe.

The work of nursery nurses and nursery assistant includes:

- making sure that children are safe, happy and stimulated
- communicating information to children using play
- supporting children during clinical procedures
- encouraging children's development
- using play to maintain a child's level of development during illness
- creating a child friendly environment
- maintaining toys and play equipment
- finding ways to stimulate children particularly those with special and sensory needs
- supporting carers in the parenting of their children

In addition, qualified nursery nurses may

- supervise staff
- coordinate a programme of activities for children
- set up a daily routine for the nursery
- attend meetings
- work with other professionals within and outside the NHS
- support children who have been abused
- promote public health and parenting

Reference: <https://www.healthcareers.nhs.uk/explore-roles/wider-healthcare-team/roles-wider-healthcare-team/corporate-services/nursery-nurse-and-nursery-assistant>

I believe that if I put these actions to my role as a nursery nurse it will show how much I care for children's development and how important it is to me to help and support children with their needs. Moreover, I did some research and found an article by Nina Hathway who interviewed a 21-year-old nursery nurse and I liked how this girl explains how she enjoys this job and how there is an organized routine she has with the children and the parents. She explains how she encourages the babies to eat their breakfast in the morning then she takes the time to have a free play with them which might mean a few minutes of finger painting with them or perhaps letting a baby choose a toy to play with. The 21 year old even mentions how the babies nappies are checked regularly and changed moreover she enjoys snack time with them and going outside to the garden observing them play with one another.

She quoted:

What is the most rewarding part of your day?

“There are rewarding moments throughout the day – a baby in my care might make a new sound or take their first step and it’s wonderful. What I also like is that not only are you helping a child develop but you are building up a relationship with the parents as well. The job satisfaction is enormous.

Reference: <https://www.daynurseries.co.uk/news/article.cfm/id/1565428/a-day-in-the-life>

Discuss how you would relate this learning to health and social care practice.

These two job roles relate to health and social care practice because it’s a rewarding job where you get to work with the NHS, the community with the children. These two roles are a lot to learn from such as communicating, being organised, observing their development in education and their health development. You can inspire other people to do this job role because it’s a job where you helping children become better and happier in life. Being able to visit family and communicate with them ensures safety and making sure they are there for their young children. The result of such support from a health care assistant or nursery nurse encourages healthier lifestyle and aid social and emotional development.

It is important to learn psychological development when it comes to working with children and teaching it to a class can be very important to understand

why observing and communicating with children can be important so we can learn how we can do better to help them when going into this job role.