

PSYCHOLOGY FOR HEALTH AND SOCIAL CARE BMHP4003
REFLECTIVE ESSAY-TASK 2

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INTRODUCTION.

This is reflection essay which reflecting under psychological perspective explore my future career aspiration in the field of health and social care. Reflection defined as a technique of rational thinking that allows the people to evaluate and assess their personality and mindset to put into practice (Shand, 2018). It is very important skills within the social care sector because it allows care workers to examine and improve their existing knowledge, chance for learning, and increasing the chance of not making mistake in future (Royal College of Nursing, 2012)

REFLECTION ON PSYCHOLOGICAL THEORIES I HAVE PRESENTED FOR COMPLETING TASK 01.

Freud's Psychosexual Theory of Development.

Freud believed on conscious and unconscious (id, ego, and superego) mind, he argued that people are conscious of a slight amount of their brain's actions, but most part of their mind have hidden in their unconscious. And without their knowledge the information in their unconscious can affect their behaviour, that is why childhood experiences can form adulthood behaviours. According to him children grow through five stages (oral, anal, phallic, latent, and genital) connected to erogenous zones, and as the formation of children's personality occurred within their first five years of life, the parents play an important role in controlling their children's zones to determine their proper development. But if the children have not received suitable nurturing, they can get fixated, which can take the lead to a conflicted personality in their adulthood (Dahl, 2016).

I agree with the Freud that the parents are playing an important role on the children development because the most important part of the parent is to guardianship and set their children as independent adult. The children are depending on their parents because their parents are their first role models. In their first six years of life, the children have unconscious minds, but their parents slowly formed them in their own images and made them who they are and how they will become adulthood. However, some children when they grow up and contact with the new experiences this mind can be changed, but most of them will remain as the same as their parents formed them (Shin and Teresa, 2006).

Therefore, their development reflects on how their parents treated them. If the parent treats them with love and respect, they will grow with high level of confidence and self-esteem. But if they treat them without love and respect by beating or shouting them then they will have aggressive adulthood. I used to watch the television program called 'Fake tear of the crime' aired by the Quest Red every Saturday at 10pm, it is evident that some of the criminal behaviour have been influenced by the parent, some people become criminal because in childhood their parent used to beat them that led to develop criminal mind of theft, and then become evil killer because they lost sense of humanity (Kaiser, 2020).

Piaget's theory of cognitive development.

Piaget's suggested that cognitive development starts at birth and lasts through adulthood. He believed that development happened in stages (Sensorimotor, Preoperational, Concrete operational, and Formal operational) that are based on the child's age and maturity level. According to him development is endless process, so all the children have the same progression of cognitive development. However, not everyone reaches optimal cognitive and moral development because

each stage they entered facing challenges which make their cognitive roles to become complex and dynamic. (Wadsworth, 1979)

Though his theory has a huge effect on developmental psychology, but it overlooked social and cultural aspects on the development of children's cognition. He did not focus on different societal background, instead he focused on examining children from western society. Thus, he forgot that every society has its own activities that influence the cognitive development of the children. (Lilienfeld et al, 2011)

Through his cognitive stages, Piaget discovered interaction and deal with physical objects was the most important aspect for children development, but he ignored the important role of the life patterns and cultural background. For instance, children age 5 to 11 years old from non-western society, like nomadic tribe such as Hausa tribe in Nigeria, who they are not familiar with education and schooling, they cannot deal with numbers properly as conservation task. Therefore, the children developing cognitive stages vary between these societies, because while other societies children remain in the concrete operational stage, other they get towards the formal operational stage (Franzoi, 2011).

REFLECTION ON RESEARCH I HAVE PRESENTED FOR COMPLETING TASK 01.

1. 'Strategies used to cope with stress by emergency and critical care nurses' (Qarima et al, 2019).

The nurses are risk group with high rate of stress, during COVID-19 outbreak they are facing more stress especially those who work in Intensive Care Unit (ICU) and emergency department (Mitchell, 2019)

Globally, in 2019 health care systems have come to be horrified because of the COVID-19 outbreak which causing stress on nurses who works in ICU where serious patients with COVID-19 have been treated. Due to the high demand of service, whereby most of the patients require advanced life support such as constant emergency treatment the front-line nurses face workload, patient's death frustration, fears to contact deadly virus, and exhaustion. Therefore, all these have generated stress among nurses especially the unexperienced young nurses by causing them trouble to get a sleep, fatigue, frequent crying, nervousness, and committing suicide (Dalglish, 2020).

Despite of availability of several stress coping strategies, most of the nurse used problem-oriented strategies and the positive reappraisal (emotional appraisal). To prevent unnecessary anxiety and panic, the hospitals have been providing enough knowledge about the virus, distributing proper Personal Protective Equipment (PPE) and proving training on how to use them, provide education on medical waste and occupational exposure management, hand hygiene, ward disinfection, and advised them to get more psychologist support if they fell stress which hard for them to alleviate (Jiang, 2020).

Also, they reassured them that normal for not stop thinking about unpleasant events and advise them to express their emotions by talking with their colleagues, taking a deep breath which will ease their anxiety and tension, and singing (Jiang, 2020). Recently BBC and Sky News aired the programme that show nurses and doctors have group dancing at the hospital hall.

2. 'Links between the organization of the family home environment and child obesity: a systematic review' (Bates et al, 2018)

I totally agreed with this research because the role of nurture is very important in children development. The children from birth built trust with their parents and believe everything they say and do is the right and best for them. So, if parents teach their children on how they look and think at their food (either good or bad) that they follow up to rest of their life (Kaiser, 2020)

Many of the overweight children are emotional eater, they use food as a mechanism to comfort themselves from stress that commonly caused by parental separation, divorce, physical or mental mistreatment, and abuse. I am a fan of a television programme aired by TLC every Wednesday at 10;00pm called 'My 600-lbs Life', which show some peoples who weighting more than 600lbs and most of them claimed they become that way because of the abusive live they were facing in their childhood (such as raped, sexually harassed, and mistreated) from their biological or step parents, or close family members after their parent separation or divorced which led them to use food as a mean to comfort them and they become addicted to it in their adulthood (Whitaker et al, 2007).

Obesity children may experience many psychosocial problems such as weakened their self-esteem, depression, social isolation, teasing, and behavioural challenges. Therefore, the parent must be a good role-modelling to their children by maintaining healthy family routines, buying healthy foods for family use, spending enough quality time with them, and making sure that if they go for divorce are not traumatize them (Spear et all, 2007).

3. ‘Evolution and effects of COVID-19 outbreaks in care homes: a population analysis in 189 care homes in one geographical region of the UK’ (Burton et all, 2020)

It is not only about the Scotland but the rest of United Kingdom, and recently the UK have identified a new COVID-19 variant that more infectious than before and more sixty-six percent of care homes have suffered. As the Prime Minister Boris Johnson on his Dawn Street briefing on Monday 04/01/2021 at 8pm announced the new virus are 60-70 percent more spreadable than April COVID-19 outbreak. (Karmakar, 2020)

Recently to prevent the spread of COVID-19 at care homes, the government put forward the legislation to banned care homes to employ workers who worked on multiple care homes, as the indication that the April outbreak instigated by these workers. So, this will leave care homes with shortage of workers that can cause the closure of those homes. (Parsle, 2020).

Furthermore, the government provide the national guidelines that the care homes in England have hit by the 28 days lockdown when residents or workers tests positive that is twice the standard isolation. And it can shut for more than 28 days because every time when the members tested positive, they will increase more 28 days. It means care homes in England

hit by consecutive outbreaks have been shut for months which causing heartbreak for residents and their relatives because the relative are not allowed to visit their loved one expect for exceptional circumstances like end of life (Beckford and Hayward, 2020).

Despite of the growth of new variant, in December 2020 the UK is the first western country to approving Pfizer and Oxford Astrazeneca vaccines and administering to the care home residents and workers. About half of the residents in 22 Renfrewshire care homes had administered their first Pfizer jab. However, there are some shortcoming of these vaccine because they take 14 days to take effect chich will be easier for the one who administered to catch virus while waiting for the vaccine to take effect. For instance, Hunterhill and Paisley care home residents and workers who received Pfizer job have tested COVID-19 just days after administering the jab (Kenealy, 2021)

MY ROLE AS A HEALTH CARE PROFESSIONAL IN APPLYING THE LEARNT PSYCHOLOGICAL PERSPECTIVES, AS MY DUTY TO CARE.

Few years ago, I used to work as volunteer in care home with people in the end of their life stage, and I saw lots of restlessness, confusion, and bitterness. As a care worker I tried to apply different strategies such as defence mechanisms and coping strategies to their care services.

I remember I was looking after lady that had breast cancer for six years, reminded me of my sisters who died of breast cancer. I was kind of being in this situation for the second time, and I felt I must do something, at the first situation with my sister I was too young, and I escaped because I was scared, and I did not support and assist her until the end. After she dies, it was very difficult for me because of the emotion and I think of what kind of assist I could give her. But after I met that lady, it transforms me a lot and it is absolutely a move further to point to a situation I had denied

Because I was dealing with the end of the life people, I had to support them up to the end which I depraved because death frightened me, I was scared by the physical contact with dead body. Hence, when they were on their last breath, I was nervous and without gloves I did not leave my hand connected to their last breath. However, at the time went, I got used to it very quickly, then I did comfort them until their last breath and when they died, without wore gloves, I did put my hand on them, and I did not scare with died body anymore.

Additionally, one day I massaged one of women with oil. I am not an expert on massage, but I tried my best because she complained of lots of pain. It comforted and calmed her down a lot, and quietly she went to sleep. But even if she went into sleep, I still see myself care her that it became useful to her because she was frightened and instinctively. Therefore, I did what I thought without a doubt.

HOW WOULD I RELATE THIS LEARNING TO THE HEALTH AND SOCIAL CARE PRACTICE

I have learned about mindfulness; the mindfulness is just about giving awareness to day-to-day life and the issues we usually run out of. Hence, it is about put down the volume in my mind by reaching to the body (Carroll and Shaw, 2013). So, when I feel stress or when I will have conflict with my supervisor or senior manager in a team, I would use breathing exercise taught in class and try to get some inner peace.

Through personality theory, I know my behaviour as introverted and I am intuitive person which I go by intuition to decide, so this module help me to reflect myself and know my personality. Moreover, this module helps me to know about different personalities can clash but there is different conflict management approach. So, when there are a conflict, clash, or people have different responses and reaction on same ideas or same policies I know this perhaps because of their personality differences because nobody will see a particular idea the same way as other would do (Society for Personality Social Psychology, 1997). That is how this module would teach me, how I will be appreciated and be tolerated with others with different personalities.

Nonetheless, this model gives me an example of social observation theory like BANDURA theory. The theory suggested that if people have role model, when they watch them and appreciate them, they feel confidence about themselves then they want to be and perform like them (Bandura, 1997). So, this is something that is very key knowledge for the practice. In my future career If I will inspire by somebody behaviour, I will pay attention and observed on them and I will try to perform my job like them.

Conclusion

This is a reflection essay that explain about the learning experience that I have got from this model and how I will apply and reflect on my future workplace and in my everyday life.

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