



Psychology in Health and Social Care.

Task 2 Report.

BMHP4003.

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Table of contents.

Introduction.....	p.2
Theory (Eric Erickson)	p.2-5
Role of health care practitioners.....	p.2-5
Basic trust vs mistrust.....	p.3
Autonomy vs shame and doubt.....	p.3
Initiative vs. Guilt.....	p.4
Industry vs. Inferiority.....	p.4
Identity vs. Role Confusion.....	p.4
Intimacy vs. Isolation.....	p.5
Generativity vs. Stagnation.....	p.5
Ego Integrity vs. Despair.....	p.5-6
Reflection.....	p.6
Impact of healthcare practitioners.....	p.6-7
Duties of a healthcare practitioner.....	p.7
Conclusion.....	p.7
References.....	p.8-9

Introduction

Psychological theories are priceless for managing practice in mental health, education, business, and other arenas. They avail answers to interesting questions regarding diverse ways of thinking including emotion, perception, problem-solving, and learning (Thagard, 2017). According to Merriam Webster, psychology is the “science of mind and behaviour” as well as the “mental or behavioural characteristic of any individual or group”. (Merriam-Webster, 2021).

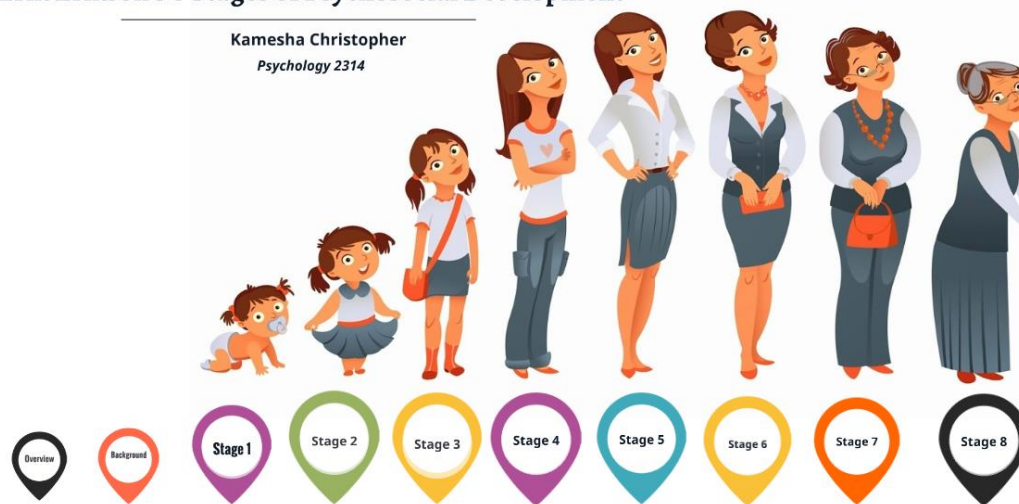
This report will be discussing psychology and how this science can impact health and social care. The theory that will be accessed is Erick Erikson’s psychosocial theory to health and social care, the impacts and how this may shape my future career in health care.

Erik Erikson carried out studies that influenced psychological models by diversifying the five phases of development by Sigmund Freud. Erikson made an emphasis on the environment playing a crucial part in adjustment, identity, human development, and self-awareness (Good Therapy, 2015).

Erikson’s Stages of Psychosocial Development

Approximate Age	Psychosocial Crisis/Task	Virtue Developed
Infant - 18 months	Trust vs Mistrust	Hope
18 months - 3 years	Autonomy vs Shame/Doubt	Will
3 - 5 years	Initiative vs Guilt	Purpose
5 -13 years	Industry vs Inferiority	Competency
13 -21 years	Identity vs Confusion	Fidelity
21- 39 years	Intimacy vs Isolation	Love
40 - 65 years	Generativity vs Stagnation	Care
65 and older	Integrity vs Despair	Wisdom

(Psychology Notes, 2021)



(Christopher, 2019)

Basic Trust Vs Mistrust

The first crisis that occurs according to Erickson is basic trust versus mistrust from age 0 to 18 months. Children at this age mainly develop a trust for their parents or care givers. This is a result of the baby needing constant care as adults ensure that their basic needs are met. However, if adults or carers are not present to provide basic support the child will develop mistrust.

Role Of Health Care Practitioners (ROHCP)

Therefore, in healthcare it is important at this stage that support to a child is present, consistent and focus on primary care. Erickson explains when children develop trust, they also develop the virtue of hope. However, if the crisis fails children develop fear, anxiety, and low self-confidence.

Autonomy Vs Shame and Doubt

Autonomy versus shame and doubt then occur from 18 months to 3 years. In this stage children become ready to stand on their own two feet. For example, they want to use the toilet on their own and eat independently. "The stronger the will the more they undertake". If the adult allows the child to make mistakes and learn they will develop a sense of autonomy and lead to the virtue of will. However, if they overstep and are cautioned or criticized, they may revert to "lack of self-confidence that end in shame and doubt of capabilities". (Erickson, 1997, p.89)

ROHCP.

Children build confidence and autonomy when they are given positive reinforcement, carers should give them the space to make mistakes, take risks, and make mistakes all while still sticking to a predictable consistent care given in the ages from birth.

Initiative Vs Guilt

The next crisis stage is Initiative versus guilt from 3 to 5 years. Children take initiative at this age, it is “brave and valiant” however if it goes wrong a sense of guilt will follow.

(Erickson, 1997, p.90)

ROHCP

Carers must be reassuring those mistakes are inevitable for them to develop the virtue of purpose.

Industry vs Inferiority.

Industry versus inferiority from 5 years to 13 years. At this age children learn it important to be competent to excel in our world of industry and even if one has smart ideas without being competent to communicate that they will be deemed inferior. (Erickson, 1997, p.90)

ROHCP

Children must be presented with opportunities to develop new skills and will develop the virtue of competency to learn and live in the industrious world we have created. Healthcare practisers are to encourage and set activities on their passions and abilities.

Identity Vs Role Confusion

Identity versus identity confusion years 13 to 21 years. At this age of adolescence people explore the genuine sense of who they are. Such as the use of costumes and makeup. (Erickson, 1997, p.91) They start to ask questions such as ‘who am I’, ‘what purpose do I have’, ‘what role I have to play’. A transition of childhood to adulthood. Adolescents figure out the careers and what they desire in the future. In this crisis the virtue developed is that of fidelity. Fidelity means “faithful or loyal”. They are loyal to their faith but also understand that others will have different beliefs. However, a failure can lead to confusion. With confusion comes experiments till they find the right answer.

ROHCP

Health carers must support adolescents to express themselves. However, having a good role model around will guide them into mimicking good decisions without forcing and implicating your own views onto them. (Bush, A. et al, 2001, p.29)

Intimacy Vs Isolation

Intimacy versus isolation occurs ages 21 to 40 and are the years of intimacy. Full of love, However, not everyone is lucky enough. For those unlucky there is isolation and loss of love. (Erickson, 1997, p.91-92) As stated already some are successful in finding love and therefore will have a rich fulfilment.

ROHCP

However, caring for those who are unsuccessful and may feel isolated it is important for carers to give them all the love they may feel is missing from their life to avoid any feelings of isolation.

Generativity Vs Stagnation

40 to 60 years is the period of generativity vs stagnation. At this stage life can be wonderful as most people have their careers, a family, a community and generally cohesion. In adults at this stage if there is no need for caretaking or usefulness stagnation may occur.

(Erickson, 1997, p.93) The virtue that is developed is care. Erickson states care as “the care to do something, to care for somebody or something, to take care of that which needs protection and attention, and to take care not to do something destructive”. (Goldstein and Naglieri, 2011, p. 695)

ROHCP

Therefore, allowing them in this stage to be protective and caring for people or objects is important to avoid stagnation. Those who have a strong sense of generativity are dedicated to something they believe is essential and desirable. The healthcare providers must provide them with activities that they will be able to work hard at and believe to be important and worthwhile. (Slater, 2003, p.7)

Ego Integrity Vs Despair

Lastly there is the stage of ego integrity versus despair which is 60 years to end of life. They start to deteriorate physically and at this stage they start to think back on their life history. An adult that has no regrets will feel a sense of integrity and if they have regrets will be in despair. (Erickson, 1997, p.94) (Munley, 1975, p.314) Regrets and despair may lead to feelings of unhappiness, depression and unsatisfaction. If this step is completed successfully, it will lead to the virtue of wisdom. Wisdom is defined as “having experience, knowledge and good judgement; the quality of being wise”. (Oxford dictionary, 2021)

ROHCP

Carer's must support individuals in their end of life without feelings of regret and keep them focused on positive achievements.

Reflection

Jane (not her real name) was a disturbed teenager brought into hospital after a failed suicide attempt. Jane was battling severe depression, was obese and had low self-esteem. She was an orphan living with her alcoholic grandmother. She had not been attending school as she claimed to have no friends and her only relative, the grandmother, kept on abusing her. She did not want to be kept at a hospital and did not talk to anyone at the beginning. A lot of counselling was needed here not only for Jane but also for her grandmother who saw no meaning in her life and was in fact waiting for death to put her to rest.

Having learnt about psychosocial theories and especially Erikson's theory of development, I was able to identify the issues bothering my teenage patient. She was at the stage where social relationships were crucial to her, and her self-esteem issues were worsening her situation. Based on (Newman and Newman, 2020) report on *Theories of Adolescent Development* I was therefore able to:

- Manage the above psychosocial crises when they arise
- Identify stages of development and how to handle individuals at each stage
- Predict psychosocial crises before they happen
- Identify the fundamental psychosocial process for resolving the crises
- The adaptive ego qualities

Building trust between myself and my patient Jane was not easy, but it had to be done as it is my responsibility to ensure my patient's needs are met and they are comfortable, which is a sure way to ease their burden and help them recuperate. In building trust, confidentiality is key. It is therefore my goal to treat all my patients with compassion regardless of their age, ethnicity, religion, or attitude.

Impact Of Healthcare Practitioners

Understanding Erikson's theory gives healthcare practitioners information about the traits, behaviours and social settings surrounding them. It allows healthcare practitioners to provide the best possible care available and ensures a smooth-running environment by helping healthcare practitioners to describe, explain, predict, and control human behaviours of all stage of life.

Erikson's theory ensures that healthcare practitioners look at patients holistically. This includes physical, intellectual, emotional, and social support for the individual while caring out my general duties as a health care practitioner. (Erikson, 2021).

General Duties Of A Healthcare Practitioner

- Advise clients and families on alterations to the living conditions
- Offering personal hygiene assistance
- Maintaining a record and preparing records on progress of a patient
- Administering medication and treatment
- Home based care for patients
- Educate patients on how to manage an illness
- Pediatric care for infants
- Support healthy lifestyle programs.

(NHS, 2021).

Conclusion

This report has demonstrated ways we can apply and use Eric Erikson's theory of life development to assist health care workers to provide the best quality of care and service. This highlights the eight developmental stages whilst using them as an example to organise activities. Allocating and devising a care plan to the specific needs of each life span stage is vital. These practises harness learning as well as understanding the ways infants, children adults respond to challenges in their daily lives and transitions.

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