



Prifysgol Cymru
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Lecturer: Diya Ganguly

Student name: Ferline Danqua

Student number: 2030736

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Table of Contents

Introduction.....	2
Psychological life span theory.....	3
Psychological phenomenon – Resilience	5
Reflection	6
Conclusion.....	7
References	8

Introduction

This academic report will discuss the concept of psychology and its importance, the psychological life span theory focused on the group presentation, the psychological phenomenon taught under this module and its impact and the reflection about to apply the learnt perspectives in my future career setting.

Psychological life span theory

According to The British Psychological Society (2019), psychology is the study of how the mind works, including how it dictates and influences our behavior in areas such as communication, memory, thought, and emotion. It's about figuring out what makes individuals tick and how that knowledge can help us solve many of society's challenges.

The psychological life span theory chosen on the group presentation was Infancy, Erik Erikson's first stage. Erik Erikson was a stage theorist who adapted Sigmund Freud's contentious idea of psychosexual development as a psychosocial theory. Erikson stressed that the ego contributes to development in a constructive way by mastering attitudes, ideas, and skills at each level of development. This expertise assists children in developing into effective, contributing members of society. There is a psychological conflict that must be effectively overcome during each of Erikson's eight stages in order for a child to develop into a healthy, well-adjusted adult (Lumen Learning, 2008).

Erikson's first stage is Trust versus Mistrust (Infancy) that occurs between birth and 18 months. In this stage, if the caregivers are receptive, the infant develops a basic feeling of trust; if the caregivers are not responding, the infant develops a basic sense of mistrust that can cause anxiety, increased insecurities, and a general sense of mistrust in the world around them.

The second stage is Autonomy versus Shame and Doubt (Early Childhood ages 1–3 years). A sense of autonomy develops in this period as a child's mobility improves and they explore their world, providing the child is suitably led and restricted by caregivers. Willpower/self-control is a psychological strength that can be gained at this stage. On the third stage (Preschool ages 3-5 years), as the child gains the ability to initiate goal-directed acts, success and praise strengthen the child's sense of initiative and psychosocial power of purpose. Industry versus Inferiority (School Age ages 6-11 years) is the fourth stage where children are attempting to hone and master culturally significant abilities. The acquisition of these talents results in a sense of accomplishment as well as a psychosocial sense of competence. The fifth stage, Identity versus Role Confusion (Adolescence 12-18 years), is the most crucial in Erikson's theory. An adolescent is faced with the task of building a feeling of self-continuity in this situation. The psychosocial strength of faithfulness is the product of identity building.

Intimacy versus Isolation (Young Adulthood ages 19-40 years) is the sixth stage, which shows the ability to share and devote to another person, most often in the form of romantic partnerships. Love is a psychological strength that can be developed in the this stage. The seventh stage is Generativity versus Stagnation (Middle Adulthood ages 40-65 years), and the adult is faced with the task of being active and trying to shape the future generation, frequently one's own children, at this stage. Care is the psychosocial strength that is gained. The final stage is Integrity versus Despair (Maturity ages 65 to death), in which the person must reflect on their lives in old age and decide whether they are satisfied or disappointed. Wisdom is the psychosocial power that comes with integrity. The stages build on one another, and how each work is completed has a significant impact on the rest of the development (Dunkel and Sefcek, 2009).

I agree with Erikson's theory because I believe that trust is the basis of a relationship, be it loving, friendly or even professional and, also because the theory gives a wide framework for examining human development over the course of a lifetime. It also draws attention to the fact that humans are fundamentally social beings, and that social ties have a significant impact on growth and development.

Psychological phenomenon – Resilience

Resilience is defined as positive adaptability, or the ability to sustain or regain mental health in the face of adversity (Herrman et al., 2011).

People endure a variety of challenges throughout their lives. Personal crises include illness, the death of a loved one, domestic violence, bullying, job loss, and financial insecurity. Tragic occurrences in the news, such as mass shootings, natural catastrophes, and, of course, the currently Covid-19 pandemic, are a common reality. People must learn to cope with and work through really difficult life situations.

Being resilient does not imply that people are not subjected to stress, emotional turmoil, or suffering. Some individuals confuse resilience with mental fortitude, but exhibiting resilience also includes dealing with emotional anguish and suffering. Resilience is not a set characteristic. People who are flexible, adaptable, and perseverant can tap into their resilience by modifying specific beliefs and behaviors.

People who lack resilience are more prone to feel overwhelmed or helpless, and they are more inclined to resort to negative coping mechanisms such as avoidance, isolation, and self-medication (Hurley, 2019).

Being resilient gives me emotional strength to cope with the stress, adversity and hardship during my daily basis. Most of the time when I set a goal, I always tend to give up because the plan does not always go the way I planned and that's why I end up losing focus.

I understand that moments of turmoil cannot hurt or bring me down, but rather help me become stronger and that events are challenges that need to be overcome. A real opportunity for growth and empowerment.

I was never resilient. I had to develop this skill according to my goals keeping always in mind that I would face the challenges trying to be as flexible as possible, improving my resources to face the problems, asking for help from family and trusted friends, having healthy habits that promote self-care and, most importantly: always remembering that everything in life is fleeting.

Therefore, I believe that resilience is an essential trait for personal and professional success that must be refined and practiced on a regular basis in order to be successful in life.

Reflection

After finishing this course, I would like to become a nurse because in this module I learned that psychology is the science that studies behavior and the mind focusing on all aspects of the human experience.

Nursing practice is predicated on the ability to assess problems correctly and collaborate with the rest of the people involved. Psychology assists nurses in appropriately understanding tough situations as well as persons who are indirectly or directly related to nursing profession. Psychology assists nurses in gaining the cooperation of patients, careers, and colleagues when dealing with patient demands or obligations.

As a future nurse, I will apply the knowledge and techniques acquired under this module, such as reinforcement, which can be positive or negative. However, the most significant aspect is that it will almost always result in a change in a person's behavior.

A desirable stimulus, such as a reward, is introduced as a positive reinforcement to encourage the desired action. For example, I will tell a child if they behave during the injection, I will give them a brave sticker. Negative reinforcement is when a negative stimulus is removed in order to encourage a desired action (Ackerman, 2019). I will also apply Bandura's Social Learning theory which is defined by highlighting the significance of observing, modelling, and imitating other people's behaviors, attitudes, and emotional reactions. Social learning theory takes into account how environmental and cognitive factors interact to influence human learning and behavior (McLeod, 2016). Attention, retention, reproduction, and motivation are the 4 steps of Bandura's theory.

In a nursing role, empathy and compassion are essential for interacting with patients and their families and assisting them in coping with challenges. Understanding and sharing those feelings with the patient and their loved ones is a critical strength for a nurse. Therefore, I will assist people in avoiding mental illnesses by providing suitable leadership in dealing with anxiety, stress, and other issues. Psychology will assist me in appreciating such atypical behavior in a patient and assisting the patient in curing and managing disease.

Conclusion

Under this module, I learnt that psychology is the study of the human mind and behavior, which includes all elements of human experience and cognitive processes and it is important to achieve balance, adequate mental health, and a better quality of life, emotional and behavioral disorders must be resolved.

In the future, this module will help me to have more resilience and self-efficacy and be prepared for eventual challenges.

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