

Psychology in Health and Social Care (LCHS4006_LON)

Assessment 2

Reflective Report

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INTRODUCTION.

This report includes an explanation of the theories learned in the psychology module within the health and social care setting, which for me have been most influential for my personal development and also for my current professional career, and personal reflection about how I can apply these theories on my personal development and on my work.

REFLECTION ABOUT PSYCHOSOCIAL DEVELOPMENT BASED IN ERIKSON'S THEORY

ERIK ERIKSON

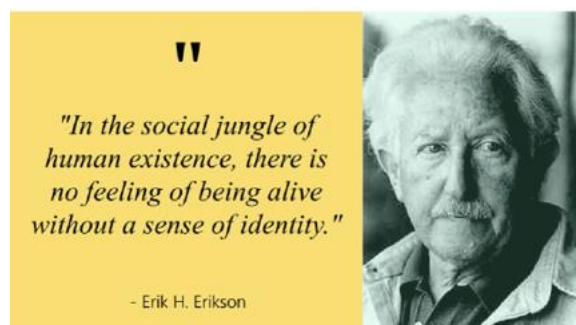
Psychologist and psychoanalyst born in Frankfurt, Germany in 1902. Significantly influenced by Freud, Erikson was one of the most famous psychoanalysts for his theories of human psychosocial development and coining the term "identity crisis."

He was a professor at various academic institutions such as Harvard despite not having obtained a university degree.

Author of publications such as *Childhood and Society*, which he published when it was discovered that Erikson had a son with Down syndrome who had been hospitalized in a clinic for 21 years and who was unknown since he and his wife said that he had died.

After a short period, in 1960 He start working as a teacher in Harvard and spent the rest of his life writing.

Erik Erikson died in Massachusetts on May 12, 1994, because of prostate cancer. (Totally History, 2014).



(www.youtube.com, n.d.)

ERIKSON'S STAGES OF PSYCHOSOCIAL DEVELOPMENT

Erikson's stage theory of psychosocial development was introduced in 1950.

Influenced on Freud's theory drawing parallels in the childhood stage and expanding it including the extent of post-psychosocial development into adulthood and how social dynamics influence development.

It is divided into 8 stages of human development as a consequence of biological, psychological and social factors.

This theory has influenced different gerontology and identity development studies, among others. (Orenstein and Lewis, 2022).

According to Erikson, the psychosocial development of an individual consists of 8 stages that range from infancy to adulthood. The development of the person depends on the outcome of the psychosocial crisis that people experience at each stage of their lives. According to Erikson, these crises involve psychosocial needs and social needs.

According to Erikson's theory, individuals must successfully complete each stage in order to successfully the next stage and thus obtain a healthy personality and acquisition of strengths as a result.

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

(Fenske, 2020).

1. Trust vs. Mistrust

This stage begins at birth and ends at approximately 18 months of age.

At this stage, the baby seeks security in her caregiver, and it is very important that the care that the baby receives be reliable and persistent so that the child develops confidence towards the world and towards himself and avoid consequences such as distrust and anxiety.

Successfully completing this stage will allow the baby to develop trust in others, although it is not good for him to develop an excess of confidence that could generate anxiety in the future.

2. Autonomy Vs. Shame and Doubt

This second stage begins at 18 months of age and ends at approximately 3 years of age. The key point of this stage for children is to develop their physical abilities and independence, if the child successfully develops this stage, the child will trust his ability to survive in the world and will acquire the virtue of will.

At this stage, the child discovers through his physical development that he has more abilities to be independent. Signs such as moving away from the mother to show independence from her are common at this stage of life. Erikson affirms that at this stage it is very important that parents support the baby in his independence and does not pretend to have excessive control, parents should encourage the child to be more independent. It is also very important not to criticize when the child does something wrong.

3. Initiative Vs. Guilt

The key point at this stage is the interaction of children with other children. It is very important that the child is allowed to explore their social skills through play and to allow children to take initiative in these types of activities.

At this stage it is important to generate in the child the balance between guilt and initiative in order to develop the ability of purpose and thus avoid a feeling of guilt in the infant.

4. Industry Vs. Inferiority

This stage occurs between 5 and 12 years of age. At this stage the child will begin to develop skills such as writing or reading by himself and the environment in the educational center is of great importance, involving teachers and colleagues since the child will feel the need for approval from all of them. If the goal of the fourth stage is successfully achieved, the child will develop the virtue of competence.

5. Identity Vs. Role Confusion

It is the transition stage between childhood and adulthood.

In this stage the adolescent begins to explore his identity and to know who he is and who he wants to be, from here arise political, sexual, labour ideas, etc... At

the end of this stage the individual should be clear about all these concepts about himself to Being able to generate the virtue of fidelity by being able to respect and commit to people who have ideas different from yours.

6. Intimacy Vs. Isolation

This stage begins at approximately 18 years of age and ends at 40 years of age.

The key point in this stage are intimate relationships with other people, if this stage is successfully overcome the individual will generate a feeling of commitment and security within a loving relationship thus developing the virtue of love, otherwise the person will develop a feeling of loneliness and isolation.

7. Generativity Vs. Stagnation

This stage develops in middle adulthood, which ranges from 40 to 65 years of age.

In this stage the individual seeks to contribute to society by being productive and creating something that will last over time beyond the individual himself. If this stage is successfully completed, the virtue of caring will develop.

8. Ego Integrity Vs. Despair

This stage begins at 65 years of age. At this stage it is very important to feel that we have achieved our objectives, since at this age the individual usually retires from working life and ceases to be productive.

Success at this stage will lead you to the wisdom that strikes a balance between integrity and despair. (Mcleod, 2023).

CRITICAL REFLECTION

Thanks to Erikson's theory, we have begun to understand that all the stages of our life and everything experienced during these stages are relevant in our present and in our future because, according to Erikson, if we do not successfully complete each stage of our life we will develop bad feelings and we will not be able to acquire some important virtues for a correct psychosocial development throughout our lives.

HUMANISTIC PSYCHOLOGY: MARLOW'S THEORY HIERARCHY OF NEEDS.

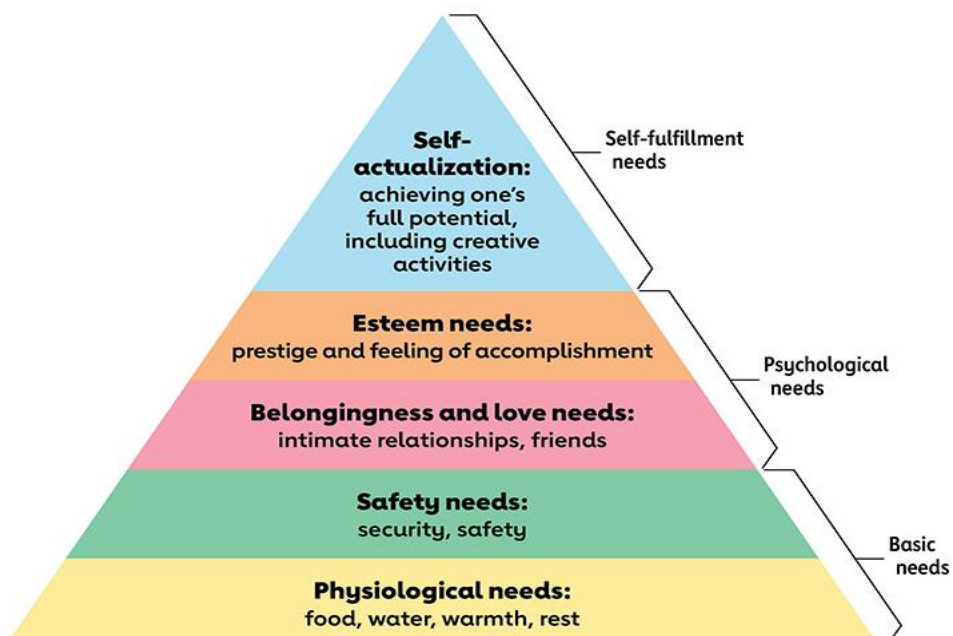
HUMANISTIC PSYCHOLOGY AND HUMAN BEHAVIOR

Humanistic psychology is a global approach based solely on the person. The Intention of this study is to know the reason for our actions or behavior through the experiences that a human being lives. Maslow was the promoter of the first phase of humanistic psychology (1960 - 1080). (Ph.D, 2022).

Human behavior is the reaction to a stimulus. Behavior can be influenced by various factors such as our own nature and the nature of the situation we are experiencing. (Fatima, 2019).

MASLOW'S HIERARCHY OF NEEDS

Maslow's hierarchy of needs is a model represented by a pyramid composed of 5 levels of motivation in human behavior, in which the levels represent different needs that all humans possess. Maslow believed that if humans do not satisfy the needs that are at the bottom level of the pyramid, we will never be able to satisfy the needs that are at the highest level of his pyramid. (West, 2022).



(American Stroke Association, 2021)

The needs included in this pyramid are:

- 1. Physiological needs:** All humans have these basic needs such as eating, breathing, having clothes to wear, having shelter or sleeping.
- 2. Security needs:** We need to feel safe and in control in our lives, E.g. having a job, feeling safe and protected.
- 3. Love and belongingness needs:** This level refers to the need that humans have to have interpersonal and social relationships such as friendship and love.
- 4. Esteem needs:** This level includes needs such as dignity or independence, it is very important for humans to love themselves but also to see themselves rewarded and valued by others.
- 5. Self-actualization needs:** are those included in the last level and include needs such as personal fulfilment and the search for achievement.

PERSONAL REFLECTION.

Learning about what main needs humans have has been very helpful to me. First of all, I have understood many of my reactions and my daily thoughts. Now I understand why, for example, when I have not rested enough, I will have a bad day. because one of my basic needs is not covered then it will be impossible to satisfy the other needs.

It has also been very helpful to learn about this setting for my professional career, since I currently work with 1-year-old children and from studying these issues I have been able to know what children need and why. their behavior and so I can better meet their needs to help them have a proper development. (McLeod, 2023).

APPLYING PSYCHOLOGICAL PERSPECTIVES I LEARNED IN THIS MODULE IN MY FUTURE CAREER AS A HEALTH AND SOCIAL CARE PROFESSIONAL.

Within the health and social care setting, psychology is very important because these professionals treat patients with mental illnesses, support is also provided to people whose physical illness is affecting their mental health and vulnerable people, so psychology is a key factor in order to provide quality care to our patients. (UKessays, 2020).

For me it has been very important to learn about psychosocial and humanistic theories because I am working as an Early Years Educator and I would like to focus

my career on children with special needs, either physical development problems or psychological development problems.

I chose Erikson's theory because I thought it was the right one to apply in my actual job y working with children and also it is very helpful for my future professional career because it helped me better understand that, although caregivers must teach children to be independent, we and their parents also have to satisfy their affective needs, so from birth they will feel confident and secure in the world in which they live and also with themselves. For me it has been very important to know that if a child cries it is not because the child wants attention, this is because the child really needs to feel safe. This is what will allow them to continue developing correctly and not develop insecurity or anxiety problems in the future due to this attention deficit.

Learning more about Maslow's theory has also been important to me because now I can understand the importance of understanding why children behave differently and how the role of a caregiver can influence a child's success in Adult life stage.

CONCLUSION.

This module I have acquired knowledge of great help in my personal development and in my professional development, after studying and understanding the reason for human behavior I have been able to improve in my work as a child educator and I have been able to focus this knowledge on children with behavioral problems in order to help them in a more professional way.

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