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Module Title:	Psychology for Health and Social Care
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APPLYING PSYCHOLOGICAL PERSPECTIVES IN HEALTH AND SOCIAL CARE

Choose any life stage and professional experience

The life stage to be discussed is adolescence, and this is the stage that usually occurs between ages fourteen and eighteen. Some of the physiological changes that occur during this life stage include the development of the reproductive organs together with females beginning to experience menstruation while the boys start experiencing their voice deepening (Frank, 2016). Moreover, the life stage also leads to the growth of the facial and the body hair among adolescents. The girls begin developing breasts. There is also rapid growth and even alterations in body proportions. Moreover, during this stage, it is evident that the young men and even women are majorly concerned with trying to find their identity together with trying to express who they indeed are to the world (Frank, 2016).

Relate any two lifespan psychological theories to the identified life-stage.

The lifespan psychological theories that are to be related to adolescence include the Psychosocial theory of development, and this theory takes emphasis on the social nature of our progress rather than its sexual life. Moreover, according to Erikson, it is evident that personality development takes place throughout the lifespan. Furthermore, he suggested that how individuals interact with each other is what really affects the ego identity (Pitts, 2017). Moreover, considering the theory, it is evident that we encounter a total of eight development stages during our lifespan. Every stage comes with conflict or even a task that needs to be solved. Taking a keen look at adolescents, the children are assured of experiencing the task of identity versus role confusion. Erikson clearly explains that the role of an adolescent is significant in developing a sense of self (Baltes, 2017).

The adolescents try several selves to conclude on a specific one that they fit and are comfortable with. Moreover, it is clearly evident that the particular adolescents who make it to this specific stage are in possession of a strong sense of identity and are in a position to remain faithful to whatever beliefs and values that they possess when it comes to facing problems and even the perspectives of other people. These adolescents are likely to lose self-confidence, together with experiencing role confusion. Moreover, they are confused about the future (Burgess, 2017).

The cognitive theory of development is another lifespan theory that majors the cognitive growth of the children. Moreover, the theory tries to explain that our cognitive abilities are able to develop through specific stages, and furthermore, there is a shift in how we think or even reason as we move from one stage to another. Moreover, according to Piaget, it is evident that the children develop the schemata that aid them in understanding the world, and by the time they reach adulthood, they will have created the schemata for almost everything. Assimilation and even accommodation are the two processes that the children use to adjust their schemata. Considering the adolescents, it is evident that they can deal with the abstract ideas together with hypothetical situations (Bee, 2017). The adolescents are able to use their abstract thinking to solve various problems together with finding alternative. Moreover, it is new egocentrism that occurs when it comes to adolescents.

Discuss human cognition, emotions, and behavior patterns specific to the identified life-stage.

Human cognition involves the might to think of an adolescent growing and even being able to come up with better ideas, and this occurs between the ages of twelve to eighteen. Moreover, during this period, it is evident that adolescents do more complex thinking, and this is

formal logical operations. Moreover, it also includes reasoning from the known principles together with considering the different points of view. Furthermore, this involves comparing or even debating different ideas or even opinions. The adolescents move from concrete thinking to formal logical operations (Kitayama, 2016).

Emotional reactions have proven to be evident in adolescents, and this is major because they are undergoing rapid physical, social, and psychological development. Some of the positive emotions associated with adolescents include happiness, satisfaction, gratitude, concern, surprise, admiration, and even expectation. The negative emotions include anger, bitterness, sadness, anxiety, fear, shame, guilt, and jealousy.

The behavior patterns associated with adolescents are divided into various stages, and the difference is distinct among the different stages of adolescence. The behavior in the early stages of adolescence is different from the late stages, and this is major because a person's role is not clearly known, and they are not aware of how they should behave in the presence of their elders.(Bee, 2017).

Research Studies

According to research study on the Synthesis of Health Studies on adolescents, it is evident that majority of the adolescents live in low or even middle-income countries and this has led to cases of disease outbreaks among the adolescents in the various countries. Moreover, according to research, it is evident that most of the future adult diseases may begin during the second decade of life hence there is need to improve adolescents' health at all cost (Baltes, 2017).

According to research study on adolescents Health Psychology, it is evident that there are various adolescent health risks such as violence, alcohol, sexual health, HIV early pregnancy together with injuries. Most of the adolescents' lack awareness on the various harm that they may be exposing themselves to in their day to day activities and behavior (Kitayama, 2016). Moreover, some of these health risks have proven to be the leading cause of death together with disability among the adolescents. Furthermore, the adolescents in most countries are vulnerable to infections and this keeps their lives at risk.

According to the research study on the social care of adolescents, it is evident that there is need for persistence as well as time when dealing with adolescents and this is majorly because the adolescents have a great sense of urgency and this is because of their independence together with their age. Most of the adolescents are engaged through conversations together with direct work in order to come up with a better solution to whatever challenges they might be facing (Burgess, 2017).

Reference List

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**PSYCHOLOGICAL
PERSPECTIVES IN HEALTH
AND SOCIAL CARE**

LIFE STAGE AND PROFESSIONAL EXPERIENCE

- The life stage to be discussed is adolescence, and this is the stage that usually occurs between ages fourteen and eighteen.
- Some of the physiological changes that occur during this life stage include the development of the reproductive organs together with females beginning to experience menstruation while the boys start experiencing their voice deepening.
- Moreover, the life stage also leads to the growth of the facial and the body hair among adolescents. The girls begin developing breasts. There is also rapid growth and even alterations in body proportions. (Baltes, 2017).

LIFESPAN PSYCHOLOGICAL THEORIES

- The lifespan psychological theories that are to be related to adolescence include the Psychosocial theory of development, and this theory takes emphasis on the social nature of our progress rather than its sexual life.
- Taking a keen look at adolescents, the children are assured of experiencing the task of identity versus role confusion. Erikson clearly explains that the role of an adolescent is significant in developing a sense of self (Baltes, 2017).
- Moreover, it is clearly evident that the particular adolescents who make it to this specific stage are in possession of a strong sense of identity and are in a position to remain faithful to whatever beliefs and values that they possess when it comes to facing problems and even the perspectives of other people. (Bee, 2017).

LIFESPAN PSYCHOLOGICAL THEORIES

- The cognitive theory of development is another lifespan theory that majors the cognitive growth of the children.
- Moreover, the theory tries to explain that our cognitive abilities can develop through specific stages, and furthermore, there is a shift in how we think or even reason as we move from one stage to another.
- Considering the adolescents, it is evident that they are in a position to deal with the abstract ideas together with hypothetical situations (Bee, 2017).
- The adolescents are able to use their abstract thinking to solve various problems together with finding alternative solutions.

HUMAN COGNITION, EMOTIONS, AND BEHAVIOR PATTERNS SPECIFIC TO THE IDENTIFIED LIFE-STAGE

- Human cognition involves the ability to think of an adolescent growing and even being able to come up with better ideas, and this occurs between the ages of twelve to eighteen. Moreover, during this period, it is evident that adolescents do more complex thinking, and this is formal logical operations. The adolescents are in a position to do abstract thinking, which involves thinking about the various possibilities of a challenge or solution.
- Emotional reactions have proven to be evident in adolescents, and this is major because they are undergoing rapid physical, social, and psychological development. Some of the positive emotions associated with adolescents include happiness, satisfaction, gratitude, concern, surprise, admiration, and even expectation (Kitayama, 2016).

HUMAN COGNITION, EMOTIONS, AND BEHAVIOR PATTERNS SPECIFIC TO THE IDENTIFIED LIFE- STAGE

- The behavior patterns associated with adolescents are divided into various stages, and the difference is distinct among the different stages of adolescence. The behavior in the early stages of adolescence is different from the late stages (Bee, 2017).

RECENT RESEARCH STUDIES IN HEALTH AND SOCIAL CARE

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THANK YOU
FOR LISTENING!

ANY
QUESTIONS?