

Psychology in Health and Social Care

Assessment 2: Annotated Bibliography and Report

Module Code: LCHS4010

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Part A:

Erikson's Psychosocial Theory

Reference: Erikson, E.H. (1963) *Childhood and Society*. 2nd edn. New York: Norton.

Summary: Erikson's psychosocial theory explains development across eight stages of life. In later adulthood, the key stage is ego integrity versus despair. This stage focuses on how older adults reflect on their lives. If they feel satisfied with their achievements, they develop a sense of integrity. However, if they experience regret, they may feel despair.

Critical Comment: This theory is useful in health and social care because it highlights the emotional needs of older adults, especially the importance of life reflection. Care workers can support this by encouraging conversations about past experiences. However, the theory is quite broad and does not fully consider differences in culture or individual life experiences.

Havighurst's Activity

Reference: Havighurst, R.J. (1961) 'Successful ageing', *The Gerontologist*, 1(1), pp. 8–13.

Summary: Activity theory suggests that staying active and socially engaged leads to higher levels of happiness in older age. It argues that older adults should continue participating in activities and roles similar to those they had earlier in life to maintain wellbeing.

Critical Comment: This theory is highly relevant in care settings as it encourages participation and social interaction. It can help reduce loneliness and improve mental health. However, it assumes all individuals are able to remain active, which may not be realistic for those with physical or cognitive limitations.

Bowlby's Attachment Theory

Reference: Bowlby, J. (1988) *A Secure Base: Parent-Child Attachment and Healthy Human Development*. London: Routledge.

Bowlby's attachment theory focuses on the importance of emotional bonds and secure relationships. Although it mainly focuses on early life, attachment continues to influence individuals throughout adulthood, including in older age.

This theory is important in care environments because older adults may rely on carers for emotional support. Building trust and strong relationships can improve wellbeing. However, the theory mainly focuses on childhood and may not fully explain the complexities of relationships in later life.

Positive Psychology and Ageing

Reference: Seligman, M.E.P. (2011) *Flourish*. New York: Free Press.

Positive psychology focuses on strengths, happiness and overall wellbeing rather than just illness. In relation to ageing, it promotes ideas such as finding meaning in life, maintaining relationships and staying engaged in enjoyable activities.

This approach is useful because it encourages a more holistic view of care, focusing on improving quality of life rather than just treating health problems. However, it can sometimes overlook serious mental health conditions by focusing too much on positive thinking.

Part B:

Applying Activity Theory to Improve Wellbeing in Older Adults

Psychological wellbeing is an important aspect of care for older adults, especially those living in residential care homes. One theory that can be applied to support wellbeing is Havighurst's Activity Theory. This theory suggests that staying active and socially engaged can improve life satisfaction in later life.

Activity Theory can be applied in care homes by encouraging residents to take part in meaningful activities. These activities should be based on the individual's interests and past experiences. For example, group activities such as games, music sessions or exercise classes can help residents stay socially connected. In addition, maintaining a routine can give older adults a sense of structure and purpose.

For example, a resident who previously enjoyed cooking could be involved in simple kitchen-related activities, such as helping to prepare ingredients or sharing recipes with staff and other residents. This allows them to stay engaged in something familiar and meaningful, which can improve both mood and confidence.

One challenge of applying Activity Theory is that not all residents are able or willing to participate. Some individuals may have mobility issues, dementia or low motivation, which can make it difficult for them to engage in activities.

To overcome this, care staff should use a person-centred approach. Activities can be adapted to suit each individual's needs and abilities. For example, if a resident cannot take part in physical activities, they could be involved in quieter activities such as listening to music or looking through photo albums.

In conclusion, Activity Theory is a useful approach for improving the wellbeing of older adults in care settings. Although there are challenges in its application, these can be addressed through personalised care and flexible activity planning.

Reference List

Erikson, E.H. (1963) *Childhood and Society*. 2nd edn. New York: Norton.

Havighurst, R.J. (1961) 'Successful ageing', *The Gerontologist*, 1(1), pp. 8–13.

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