



UNIVERSITY OF WALES

**Trinity Saint David  
London**

**Psychology for health and social care**

**Module: BMHP4003**

**Task two**

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## **1. Introduction**

This report will show my understanding that I have gained throughout this module and discuss and reflect on the theory learnt in task one based on our group presentation. This report will further explain how this theory helps not only those working in the healthcare sector but how the theory helps special educational needs teachers in their classroom with their students. Furthermore, this report will focus on the concept of behaviourism and how it is applied among those in the health and social care industry.

According to (Lally, 2020) research has shown psychology is the study of the mind and behaviour a discipline that embraces all aspects of human experiences from child development to care for the elderly. Moreover, psychology also concentrates on how an individual thinks, feels, behaves, and reacts to a situation as well as what stimulates these humans' behaviours such as a person's intelligence, memory, cognition, and motivation.

## **2. Understanding Developmental psychology**

Developmental psychology concentrates on the studies of human development and how it changes across the human lifespan these include physical, cognitive, social, and intellectual, personality and emotional growth. According to the UWTSD library and learning resources (2021), the importance of developmental psychology is the importance of understanding how an individual learn and adapts. Furthermore, developmental psychology studies were used on children however, over the years the theories have extended this to adulthood. Therefore, focuses on every stage of the human growth from infancy to old age.

## **3. Reflection on lifespan psychological theory**

In our group presentation, we focused on Jean Piaget's theory of cognitive development. In class and through our research we learned Jean Piaget focused on children and talks of their development stages. Although, there are many concepts of cognitive development Piaget proposed four different cognitive developmental stage from birth to adolescence.

We discussed in our presentation the four stages of Piaget's theory which discusses the stages/growth of children these are.

- Sensorimotor
- Preoperational
- Concrete operational
- Formal operational

| PIAGET THEORY OF COGNITIVE DEVELOPMENT CHART |                       |                                                                                                                                                                                                                     |
|----------------------------------------------|-----------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Stages                                       | Age Range             | Description                                                                                                                                                                                                         |
| Sensorimotor                                 | From birth to 2 years | <ul style="list-style-type: none"> <li>- Identifies object performance, the object still exists when out of sight</li> <li>- Recognition of ability to control object and acts intentionally</li> </ul>             |
| Preoperational                               | 2 to 7 years          | <ul style="list-style-type: none"> <li>- Begins to use language</li> <li>- Egocentric thinking difficulty seeing things from other viewpoints</li> <li>- Classified objects by single feature i.e. color</li> </ul> |
| Concrete Operational                         | 7 to 11 years         | <ul style="list-style-type: none"> <li>- Logical thinking</li> <li>- Recognizes conservation of numbers, mass and weight</li> <li>- Classifies objects by several features and can place them in order</li> </ul>   |
| Formal Operational                           | 11 years and onward   | <ul style="list-style-type: none"> <li>- Logical thinking about abstract propositions</li> <li>- Concerned with the hypothetical and the future</li> <li>- Create hypotheses and test</li> </ul>                    |

**Source one** (Pinimg.com.2022).

However, as a group we focused on the sensorimotor stage. According to (McLeod,2019). Sensorimotor stage is one of the first stages in Jean Piaget theory. It begins at birth to two years of age; at this stage, the infant goes through a vast period of cognitive growth. furthermore, infants discover an understanding of the world through their senses and motor actions these are seeing, hearing, sucking, reaching, and touching. Also, during this stage (McLeod,2019). States infants' main concept is they discover object permanence at this stage.

I agree with Jean Piaget cognitive developmental theory as it helps to measure the infant's developmental growth. It not only helps the parents but also schools and those working in the health and social care environment to understand what level the child is at through their learning and what rate is normal following Piaget's four stages. According to (Motherhood,2015). Every child learns differently and that not all children learn and grow at the same pace. On the other hand, Jean Piaget theory does not discuss adults in his theory of development. I believe even after the formal operational stage we are still finding, learning, and discovering. (Cherry,2019). Discussed by reaching the formal operational stage it is not clear whether all individuals actually achieve the end goal of Piaget development theory. (Cherry,2019) stated "even as adults' people may struggle to think abstractly about situations". However, Jean Piaget did discuss the whole lifespan.

#### **4. Behaviourism and its impact on professional and personal life**

During week six, we focused and discussed some core concepts of behaviourism. According to (Cherry,K.2018). behaviourism is the theory of human psychology this can be influenced through interactions with the environment whether that shapes what we learn or how we act. Furthermore, the core concept of behaviourism is that actions result through conditioning. In class we discussed a behaviour of operant conditioning; According to (Advergize,2018) operant conditioning is a way of learning that is made possible by using punishment and rewards for behaviour.

##### **4.1 An example of operant conditioning in my personal life.**

I have four boys living at home from junior age to young adults. Their school/colleges broke up for the summer term after the first week our home was beginning to look unorganized with just me to do the chores. However, I created a rewards chart for each of my boys with a list of chores they have to complete each day. Once the chore was complete, they would get a sticker on the chart if they did not complete the task, I would remove a sticker. By the end of the week the child with the most stickers gets to choose an activity for the whole family to do that weekend. Here I reinforced rewards and punishments to shape their behaviours.

I have acknowledged that by applying operant conditioning in my home life by using positive reinforcement the child will be motivated to complete more tasks to gain more rewards. According to (Leeder,2022) Skinner a well know behaviourist suggested that if such behaviours have consequences that are reinforcing, these behaviours are more likely to repeat often. Furthermore, both positive and negative reinforcements aim to strengthen behaviour.



Source two (W.com.2022).

### **5. Applying learnt psychological perspectives in my future career**

Although I have not got much experience working in health and social care or the teaching environment I am, however, a mother to four active children and one of which I am a carer to my child who has autism. Our learning on behaviourism in class and information I have found online and through other resources will become extremely useful in my intended workplace as a special educational need's teacher. As I believe children with needs, need a different approach than those of a normal class. Therefore. Working in a classroom with (Sen children) I would need to give praise for good behaviour furthermore, by completing class activities, sharing, and even walking and holding hands. For example, I could apply positive reinforcement for good behaviour using operant conditioning by using stickers on a reward chart. (Pacey,2016) acknowledged the importance of rewarding as it is important for the child to understand the reasons why he/she is being rewarded as this holds meaning for the child. This way it can encourage more wanted behaviour.

Learning about Jean Piaget theory of cognitive development I have learnt that some children with disabilities learn differently from other children and at a slower pace. (Jaffer, n.d) stated the pace a child with disabilities achieves the stages which new skills are required will depend on the child's intellectual variations then individuals who have normal development rates. I see this first hand with my own child in his school settings.

## **Conclusion**

From a personal perspective I have thoroughly enjoyed my learning on this module psychological for health and social care. It has been interesting to expand my understanding on Jean Piaget developmental theory. Furthermore, I agree with some aspects of Piaget's cognitive theory as explained in this report the theory helps parents, schools and health care workers measure the growth of the children and at what developing stage is normal by following Piaget four stages of development theory.

However, not all children learn the same way or at the same pace as others.

Furthermore, Piaget theory should extend to adulthood as adults are still learning past the operational stage. I found behaviourism to be the most interest of this module, finding ways to apply positive reinforcement the child will want to often complete their task for a reward. Therefore, I feel by applying and behaviourism and using Piaget theory this will help me with my own parenting but also, in my future career setting as a special educational need's teacher.

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