

Assessment 2- Bibliography & Report

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Part A: Annotated Bibliography

Source 1 (Erikson's Theory)

Summary: This paper will look at the psychosocial theory of development proposed by Erikson, namely, the ninth stage of development after the eighth stage of ego integrity vs despair in extreme old age. Whether psychological issues in old age demanded a unique model of development, Brown and Lowis explored the qualitative study of older age in their study. They find that elderly people who are in their eighties and above undergo existential challenges such as growing dependence, physical decline and confrontation with the fact of death, which are not suitably handled by Erikson's eight stages. According to it, considering this ninth stage will help better understand the psychological well-being of the oldest-old population.

Critical Evaluation: The source is highly relevant to health and social care practice involving older adults in residential settings. It is an applicable extrapolation of classical philosophy which assists practitioners in examining the emotional and existential problems of extremely elderly residents. Its advantage is that it is empirically grounded on the qualitative data, as it renders the voice of older adults a direct speech. The small sample size limits the generalizability. The essay was written in 2003 and, as a result, more recent studies might provide a new point of view. However, it is still a useful theoretical basis to explain psychological growth in adulthood in care home scenarios.

Source 2 (Activity Theory)

Summary: Havighurst presents and supports his Activity Theory in this seminal paper as a way of explaining successful ageing. According to him, older adults are psychologically healthy and at ease with their lives when they are socially active and engaged in productive activities. Havighurst is not in agreement with the fact that ageing is positive and that the most important aspects of a positive adjustment are activity, production, and social involvement. The essay holds the view that ageing is a dynamic process that is influenced by personal preferences and social opportunities.

Critical Evaluation: This is one of the resources which are fundamental in the discussion of psychological well-being among older adults within any care setting. Its practical implication is that meaningful activities, which have been well programmed, can enhance the quality of life of residents. Activity Theory has also been criticized to ignore individual differences. Not everybody desires to be highly socially active, and forcing the activity on an inactive older adult who likes to stay alone or an individual with mental restrictions might be counterproductive. This piece is a source of gerontological psychology, and it is commonly referred to in health and social care literature.

Source 3 (Attachment Theory)

Summary: The Attachment Theory, developed by Bowlby, assumes that the psychological needs of human beings are to establish intimate emotional attachments with the people who play a significant role in their lives. Bowlby first studied infant-caregiver connections, but he showed that early attachments affect emotional control, mental health, and interpersonal behaviour throughout life. The author discusses the consequences of the loss of attachment to people, which result in anxiety, grief, and psychological distress, and these consequences are remembered even in old adulthood.

Critical Evaluation: When establishing the Attachment Theory, Bowlby did not initially consider the older adults in residential care. However, the Attachment Theory applies to them. Being deprived of a familiar environment, intimate individuals, and patterns at a care facility may cause discomfort associated with attachments. The awareness of these reactions assists the care professionals in providing person-centred emotional support. This source is ineffective due to age and early development interests. It must be used in an interpretive manner with older people. Nevertheless, it is a classic text that forms the basis of a large portion of the later literature on emotional well-being throughout the lifespan.

Source 4 (Positive Ageing)

Summary: Ranzijn, in his research on positive psychology and productive ageing, argues that theories that dwell on the inadequacies that older people have in regard to wisdom, resilience, and emotional control undervalue the psychological capital of older people. The paper applies the positive psychology paradigm proposed by Seligman and Csikszentmihalyi, and it concludes that the well-being of later life can be achieved with the focus on cultivating strength, independence and meaningfulness instead of worrying about loss and decay.

Critical Evaluation: This source presents a new and innovative way to medicalise ageing in health and social care. It focuses on such strategies as current person-centred care, which are strengths-based. This view empowers care home staff to stop giving care passively, but empowers individuals to take part in their care. The drawbacks include the fact that the article is quite theoretical and lacks numerous empirical studies in the field of residential care populations. Nonetheless, its theoretical value in reconsidering professional care with older adults makes it a worthy inclusion into this bibliography.

Part B: Short Report

Introduction

The move to independent living can be highly destabilising to an individual's self, purpose and identity, and thus, psychological health is one of the most significant issues facing older adults in residential care homes. The older generation in residential homes may have difficulties with social isolation, loss of control, past functions depression, and awareness of death (Brown and Lowis, 2003). Devoid of skilled assistance, such experiences might result in despondency, anxiety, and turmoil. These psychological needs should be identified and managed with a good theoretical framework. In this report, Eriksonian psychosocial theory, more particularly, the eighth stage of ego integrity versus despair, will be used to demonstrate how professionals in reflective and person-centred care homes can enhance the psychological well-being of older adult residents.

Theory Explanation

Erikson's psychosocial theory has eight stages of human development, and the main psychosocial conflict that is important to avoid. The eighth and last stage, which is ego integrity vs despair, is mostly relevant to older adults. At this point, the individual analyses his/her life and determines whether it has been good and worthwhile. Ego integrity enables individuals to embrace and be satisfied with their life story with all its flaws. Depressed individuals feel remorseful, angry, and feel that it would be dreadful to die because they believe that they have wasted or are not able to complete their lives (Campbell, 2018).

This is of considerable importance in residential care, as admission to a care facility can tend to improve reflection generally. Seniors can experience death and lack identity and meaning. It implies that care settings that enable reflection of life and affirmation of personal histories are relaxing and psychologically mandating. Lack of formal support may put residents into a state of despair that can be measured in terms of mental health, physical health, and quality of life (Petty, 2026).

Application to Care Practice

To apply the Erikson theory in residential care, life review therapy, which involves older adults recreating, examining, and interpreting their past, may be employed. It may be reached with the assistance of regular, personal, or mutual sessions during which individuals exchange memories, talk about their life events, and think about their successes and idealisations.

Staff can utilise memory boxes with residents' photos, significant objects, and music to do this. Such tools have the ability to remind individuals of their story in life and assist them in rediscovering themselves without being confined to their present status. Cooperation between the staff and the residents can also be made more personal and kind through the development of life story books or collaborative papers in order to record the background, values, and preferences of each resident (Allen, 2021).

Practice is informed by theory as it assists the personnel to concentrate on the psychology of the resident as opposed to merely his physical requirements. A quantitative impact of the storytelling and sharing of life narratives on well-being is that it reduces feelings of worthlessness, self-esteem, and ego integrity. Emotional and relational consequences strengthen the resident-caregiver link as well as provide a basic development requirement.

Real-World Case Scenario

Margaret is a 79-year-old patient who recently joined a residential care facility because she fell at home. Since she relocated there, she has become more antisocial, failing to go to community activities and spending most of her time in her room. She often complains to colleagues that she feels regretting her choices and does not have anything to show how her years went by.

A senior care worker begins his weekly life review by bringing up old photos and her favourite 1960s music with Margaret. After a couple of weeks, Margaret boasts about her four children and sewing profession. Her personalised life book is developed by personnel. Margaret begins to eat at the same table as the rest of the community, begins

smiling more, and claims to feel like herself. This demonstrates that the Erikson model can transform standard care into a real psychological treatment.

Challenge and Solution

Cognitive disability, particularly dementia, may create challenges in applying Erikson's theory in residential care institutions. Language, focus and memory problems might mean that moderate or severe dementia patients cannot participate in a formal spoken life review (Káldi and Babarczy, 2021). This theoretical approach can be of little help to the people who require emotional affirmation the most.

This can be rectified by changing the life review process into non-verbal and sensory interaction. Touchable products, recognisable fragrances, and music allow employees to arouse emotions and identification without speaking. When the staff is trained about dementia-sensitive communication, it is not that care professionals would resist the need to accommodate the cognitive needs of residents. Adding modified techniques to care plans on a regular basis makes them reliable and less personnel dependent.

Conclusion

This research established that the psychosocial theory of Erikson on ego integrity versus despair can be used to ensure that elderly patients in residential homes lead a healthy psychological life. Person-centred remembrance exercises and life review therapy assist caregivers in addressing the needs of the residents to experience their sense of purpose, acceptance, and dignity. Margaret demonstrates that the implementation of the theory in practice can enhance emotional well-being. The latter approach will be facilitated through adapted and training-informed methods that will make it inclusive and successful amongst the local population.

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