

Module: Psychology for health and social care

Module code: BMHP4003

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Reflection on the ERICKSON life-span psychological theory.

INTRODUCTION:

This is reflection report I will be discussion what we have learn in the class and my own research. And my experiences after learning about some theories, and how these theories change my day-to-day life. We learn about psychological approaches, personality theories and behaviours perspective and theories. We learn about Freud Psychosexual, Piaget Cognitive, Kohlberg's Theory, Erickson lifespan theory and Albert Bandura's Social learning. I will discuss about my group presentation.

What did you learn in general from the life-span theory?

In the class of [Danguly,D.\(2022\)\)](#). we learn about Erickson psychological theory. I choose Erickson theory because in my group we done presentation about Erickson eight stages. Erickson meet Freud's daughter, Anna, while he was tutoring the children of American couple undergoing psychoanalysis.

Anna Freud encouraged Erickson to study psychoanalysis. Erickson after attending the Vienna psychoanalytic institute commended by Anna Freud's he developed ego psychology theory. He made up eight stages that cover the entire lifespan from birth to old age. Erickson believes that all these eight stages have his own importance. Erickson also believe that all human being has the same basic need and he assume that meeting this basic need development occurs. Erickson believed that our personality continues to take shape throughout out life span as we face these challenges. We will discuss each of these stages in greater detail when we discuss each of these life stage throughout the course. Here is an overview of each stage.

What have you learnt about yourself?

What I have learn about myself in this class is to deal better with my kids. Since I started this course, I have been learning so much especially Erickson theory and Albert Bandura's social learning. Erickson theory thought me so much. I have three daughters age of 10 years old 6 years old and 1 years old. You can imagen they have different personality

My first daughter is very **Trust** person I always tell her anyone can still you from me because she accepts everybody. My second daughter is much different she is very **Mistrust** person for her to accepts you she must observed you very well first. She just accepts family member. My younger daughter her **Trust vs Mistrust** depend on her moods. And what I have learn about social learning is that my daughter copy everything that I do. Didn't notice it. After this modulo I been careful in what I do In front of my kids. Especially having problems with my partner in the house in front of my kids.

Discuss in detail a psychological phenomenon/ Albert Bandura's Social learning:

Albert Bandura in the 1960s, came up with social learning theory at that time dominated by scholar who didn't believe his idea. Bandura argued that learning was always the result of classical and operational conditioning. To prove that children can learn by mere observation. Bandura came up with Bobo doll experiment set of controversial studies. Which involved preschool children, adult models, and a stand-up punch doll. Bandura agrees with the behaviourist learning theories of classical condition and operant conditioning. Bandura emphasizes the importance of observing, and imitation the behaviours, attitudes, the emotional reactions of others and to influences human learning behaviours. Bandura came up with observational learning where he called some children and he put them in one room just to see how individuals going to behave. Bandura came up with Bobo doll experiment, in the first set of experiments, the children were seated alone in corner of the room. From there the children observed and adult actor aggressively kicking and scolding the Bobo doll. After observing the adult behaviour 3 boys were likely to do the same thing that the actor was doing. The boys started to punch the doll Bandura believed that each individual children that are observed in the that room are called models in society, children's surrounded by many influential models such as parents, family, friends, tv, he believes these models provide examples of behaviour the children's imitate everything you do around them. Second people around the children will respond to the behaviours it imitates either reinforcement or punishment. Bandura believes if the children's imitates a model's behaviours and consequences are rewarding the children's likely to continue performing the same behaviours. By [Kendra Cherry](#).



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What did you learn in general?

I learn internal state if my motivation as important a factor influencing my learning. For example, after having my younger daughter I put so much weight, I need someone to influence me to lose my postpartum weight. But I didn't have one. I had to do it by myself, I remember the first day I went for running, I couldn't run for more than 1 minute. I was so sad I ask myself I'm going to stay with 20kg forever. I give up for couple of weeks then I went back again I thought to myself I can do it; I don't want to be like this. I started running again. At this time, I went header I stared with 2minutes an stopped every week I started to run faster and faster. My motivation to run was external.

How can you use what you have learned in your studies, personal life or work:

I learn that I can use this theory in my day-to-day life especial how to deal with my children like Bandura said the children watch and learn, everything I do Infront my children they will imitate. for example, if me and my husband having argument Infront of our children when there grow up and they have their partner if their partner started to do the same thing that they parent use to do they will think is normal and is not. This is we need to be carefully Infront our children's. Since I stared to use this theory with my children's they been behaving different they do what I tell them to do. And I been using this theory in my workplace to improve my team working and how to deal with different situations.

HSC practitioners job duties/responsibilities

HSC work in many places and many areas of public health. There responsibilities are there to care for their patient helping

them with dieting, helping individuals with their health problem. There are also there to protect patient from harm. And to helping patients with their recovering.

Discuss briefly about your current job role

my correct job is to do with driving. I'm not working in health care now. I'm a delivery driver. Most of the people I deliver their shops are elders most of the time I have to help them I take their shopping to the kitchen, and I help them unpack their shopping. Some of them don't have family. Or who lives close to them. This lady I do delivery every week. Every time I go to her house, she wants to sit down with her and have conversation. She always tells me she has a daughter, but her daughter doesn't care about her. What I do every time I go to her house, I make sure have plenty of time for my next deliver so I can sit down with her and keep her company. She always offers me tea.

How does the concepts taught under this module lead you to becoming better at a skill:

This module is teaching me to be a better person as an employer, friend and especially as a mother. Since I started this module my relationship with my kids and family has been grown for good. Now I see the difference I have a friend was suffering depression for a while now and I didn't know how to deal with it, but this module teaches me how to approach the situation. In my work place I was the person who didn't speak with other colleagues I go to work, get to depot get my van and drive out. But now I speak with them I ask them how they are doing.

Conclusion:

I cover everything I have learn in the class I cover my choosing presentation theory, after learning about Erickson 8 stages, and Albert theory. is helping me dealing with my kids. I still have so much to learn about this modulo, Psychology, human's behaviours, and presentation. But since my last presentation I been felling much confident.

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