

Module: Psychology in Health and Social Care

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Part A: Annotated Bibliography

Reference: Bandura, A. (1977) *Social Learning Theory*. Englewood Cliffs, N.J.: Prentice-Hall

Key argument: This social learning theory argues that individuals learn new behaviours through the observation and imitation of others, by copying and by watching others and then copying what they do. He shows that role models, and rewards are key to helping individuals gain new skills and feel confident. If a person believes that they could do it, they are more likely to learn. It helps staff to use positive role modelling to encourage residents to learn new healthy behaviours. (Bhandura 1997)

Usefulness: It encourages residents, by watching other residents, and residents feel more confident, motivated to participate in daily activities.

Limitation: This theory can be limited when a resident has dementia, which prevents learning, and it assumes people copy others. It also ignores individual choices; this could impact their health.

Reference: Erdogan, E.G. and Mersin, S. (2025) 'The relationship between the level of satisfaction of Maslow's hierarchy of needs and loneliness, happiness and life satisfaction in elderly individuals', *Journal of Clinical Nursing*, pp.285-298.

Key argument: In this journal article the research argues that meeting basic physical needs, food, shelter is not enough for older aged people. We all need to feel loved and a sense of belonging, when love and belonging's needs are ignored, loneliness sets in. Older adults who feel respected and valued often report better management of their health conditions. Feeling secure in their care environment is important, and the social ties, like keeping in touch with their family. (Ergdon,2025)

Usefulness: It helps staff understand that basic needs are meant to be first, because residents cannot focus on hobbies or socialising, they feel unsafe.

Strengths: This study proves that fulfilling Maslow's needs reduces elderly loneliness. It shows that patients stay happy even when ill, if they feel safe, loved, belonged and respected by their carers.

Limitations: The limitations, including cultural bias, in many cultures' social needs (family and community) are more important than food or safety. Also, residents with advanced dementia

cannot always express their needs, making it difficult for carers to apply this theory to their daily life.

Reference: Erikson, E.H., Erikson, J.M. and Kivnick, H.Q. (1986) *Vital Involvement in old age*. Norton and Comply.

Key Argument: Integrity comes from being, "Vitaly involved" in life, even when life is in an institution. To avoid despair, the elderly must engage in a "life review" which allows them to weave their past experiences into a meaningful whole. The authors argue that the final life stage requires dignified interdependence, rather than total independence. The feeling that life has been meaningful. In a social care setting the care home should provide roles and activities that allow them to remain vitally involved. The core finding is that wisdom is not achieved through isolation, but through a continuous active exchange between the elderly, and their community, in this case the social care setting, which is a care home. (Erikson 1963)

Usefulness: The usefulness of this source is for health and social care setting, is to focus on the psychological well-being rather than just the physical.

Strength: It views old age as a time of development and strength rather than just a medical decline.

Limitation's: The limitation of this source is that it has not included modern cultural diversity. Additionally, emphasis on being active may be difficult to apply when you have people with severe physical disabilities which may make them feel unsuccessful in their ageing process.

Reference: Seligman, M.E.P. (2002) *Authentic happiness: Using the new positive psychology to realize your potential for lasting fulfilment*. New York:Free Press.

In Authentic happiness (2002), Martin Seligman argues that happiness is not just a fleeting emotion or a result of good genes, but a skill that can be cultivated. Happiness is a skill; it's something you can practise and improve. He focuses on strengths, instead of your weaknesses. Find your strengths and focus on them daily. There are three levels of life, a pleasant life, enjoying small pleasures. The good life, preoccupying oneself in hobbies or work, because you're using your skills. A meaningful life, using your skills to help other

people or a bigger cause. Optimism is learned, you can train your brain to stop blaming oneself for bad things, and start seeing challenges as temporary. "Using your signature strengths and virtues in the service of something much larger than you are" Seligman (2002)

Usefulness: It teaches that happiness is a skill that you can build on. By using your strengths to help others you can gain a lasting sense of purpose, and life satisfaction.

Limitations: It makes you feel like your sadness is your fault, ignoring that life's unfair systems and struggles like depression or anxiety regardless of how hard individuals try to stay positive.

Part B: Short report

Introduction:

This report explores why psychological knowledge is needed and is helpful and essential for professionals caring for older adults in a residential care home by using, Ericsson Stage 8 theory, Integrity versus despair. We can see how reflecting on life achievements helps residents find peace. This report will explain the theory and apply to a residential care setting using a real-world example. It also will discuss a specific challenge of this theory and suggest a practical structure to overcome it and end with a conclusion.

Psychology theory: Erikson's psychosocial theory

Erickson's theory is about how people look back on their lives when they get older. This usually happens from age 65 and onwards. Erikson *says we become "life reviewers". We don't just look at the present; we look at our whole life story to see if it makes sense. It's looking back at their whole life, both high and lows, and feeling a sense of peace, and ending their life with dignity and without major regrets. Achieving integrity means you accept life- including the mistakes-as a meaningful journey that happened. This creates a sense of wholeness, you gain wisdom, which can help young people learn from your experiences. Whereas despair happens when someone feels their life was a waste. They focus on past regrets and feel it is too late to change anything. This leads to bitterness and fear, there is no point, because time has run out. Success in this stage is about finding balance, to ensure a feeling of success.*

The key concepts.

1.Integrity. This is a positive outcome. It means a person looks back and feels proud. They accept both the good and the bad parts of their life and feel it has a purpose. This brings them wisdom and peace.

2. Despair. This is a negative outcome. It happens when a person feels a lot of regret. They might feel they have wasted time or missed chances. This can lead to bitterness, sadness, loneliness and a fear of death.

The usefulness of this theory for older adults in a residential care home, staff can listen to their stories, look at old photographs and ask them about their past jobs, listening and valuing their history. This helps them not to fall into despair. Taft (1990)

Case study:

Mr Ram is an 83-year-old man who has lived in the residential care home after the death of his wife. They had been married for 60 years. Her passing away happened six months ago. She left behind the family dog. Mr Ram has struggled with grief, loneliness, a sense of losing his purpose.

In Erikson 8 stage integrity versus despair, Mr Ram could be reflecting on his life. Success leads to integrity and a sense of fulfilment, while failure results in despair.

In his care home, Erickson theory guides the staff to move Mr Ram from despair towards integrity, through person centred support. Care givers can help Mr Ram review his life by encouraging him to share stories of his 60-year marriage, Pictures of his wife and them together, and their dog. We reinforce a sense of lifelong achievement. Kleaver (2013) Additionally, allowing the family dog to visit and maintain a vital link to his past, he used to go into the communal area outside as he and his wife enjoyed time together and playing with the dog, due to the circumstances that came to a halt. By bringing the dog on regular visits this will encourage him to enjoy the communal area once again. These interventions can validate his identity, alleviate loneliness and help find a renewed purpose, ensuring his final stage is defined by wisdom rather than regret and integrity instead of despair.

Challenges:

Staff do not always have the time, because staff are busy doing physical tasks, feeding, and dressing. Without this quality time. It is difficult to help a resident achieve integrity over despair. A way to overcome this challenge is to employ more staff.

Conclusion:

In conclusion, Erikson's theory proves that emotional history is as vital, as important as physical health. By understanding integrity versus despair, staff can have a residence history to help them find peace rather than regret. By applying this psychology in care homes, it ensures residents feel valued as individuals, which is a key to providing compassionate support for older residents in care homes.

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