

UNIVERSITY OF WALES TRINITY SAINT DAVID

**Applying Psychological perspectives in Health and
Social Care
Assignment 2**

Module: Psychology for Health and Social Care

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Reflective essay

This essay is written to reflect on different theories related to the psychology and will provide a reflective on what the different has discussed in the previous task. Overall detailed discussion on all the relevant areas of previous work and their reflective understanding is provided in the essay. First will be discuss about the Infancy, it is an indispensable and foremost phase of development psychology (Bailey & Simeonsson, 2008).

It is important because the fact that it occupies the area in the whole lifespan which is regarded as a foundation to the rest of the phases of lifespan. It is like building a house, if it does not have sound foundations, it will not be stable and could be destroyed in the future. Infancy turns out as foremost as well as delicate stages of life. This means that if child has experienced distrust during his early experiences then it is probable that he feels distress when initializing a relationship in the later stages of lifespan (Bailey & Simeonsson, 2008).

The theories which have depicted the delicacy of the stage infancy extensively are validated by the scientifically proven theories time to time, therefore these theories can be considered as authentication source of knowledge with regard to elaborating infancy in the lifespan. These authentic theories include Piaget's theory of cognitive development, Harlow's theory of attachment, Kohlberg's theory of moral development, attachment styles theory, Erikson's theory of psychosocial stages. These theories have asserted the functional changes occur in infancy and extensively combined the overt experiences of infancy into a scientifically proven theory. Some of these theories encompass the behavioural approach to psychological understanding which function on the anticipation of reward and punishments followed by strengthening and weakening the behaviour. These theories include Harlow's theory of attachment, attachment styles theory and Kohlberg's theory of moral development (Baltes et al., 2019).

According to Kohlberg's theory of moral development, an infant fall onto the preconvention stage of morality in which an infant is oriented toward what is right and what is wrong. This is called right and wrong orientation determined by punishment and rewards. Apart from these theories, famous psychoanalyst called

Sigmund Freud and Erik Erikson have depicted infancy in their particular view. Freud discussed infancy in his psychosexual stage of development in which he associated infancy with deriving pressure from oral activities such as sucking and children like to put anything in their mouth. Freud followed their theories based on the school of thought called psychoanalysis which assert the importance of messages sent by the caregivers to the unconscious and subconscious mind of an infant. The validity of these theories with regard to infancy has been tested time to time, it can be asserted that infancy is a stage of lifespan which is a baseline in terms of emotional, cognitive, social, physical and psychological development to the rest of the stages of lifespan (Baltes et al., 2019).

These theories can be applied to the practise in health and social care not because of its consistency across the time. Infancy with respect to these theories can be better acknowledged in the health care sector because of the fact that these areas of applications still lack awareness of the significance of developmental features of infancy. It is of foremost significance for the health care professionals to pull of such decisions which offer physicians with some principles and strategies to facilitate the developmental or initial care of newly born ones (Carlson et al., 2019).

For this purpose, it is highly acknowledgeable to conduct modern researches with regard to innovation in the field of medical treatment among infants and psychotherapy among parents of infants for the better care of infants. However, those infants who are born with physically or mentally impairments need to be taken care equitably or even more. Their intrinsic value claim to respect, protection and medical treatment must be served in the best interest of these infants. Social Health care professionals should primarily consider it significantly to cater the developmental and medical needs of infants regardless of the fact that mothers physical and mental health have also undergone anomalies but the trauma that the infant has faced is enormously hideous as mentioned in Otto rank's theory of birth trauma, considering this fact infants should be catered immediately before anyone else in terms of fulfilling medical or developmental needs (Carlson et al., 2019).

Socials care sector's work comes afterwards. They need to stabilize the way of creating awareness related to the social care of infants. This means that establishing a system necessary for the care of social needs of an infant in the light of modern

research. Health care professionals should be serving in governmental as well as non-governmental organizations in order to reach out the targeted Population of newly married couple and to be parents to create awareness related to the social needs of an infants or toddler. These social needs include educatory system, infants ecosystem in which he will work, language development. These social and medical needs are simultaneous to the attachment needs of an infant. As Harlow mentioned in his theory of attachment that an infant makes association in his mother's womb of the voices that he heard in the womb and lately attach to such voices with regard to the association that he has made. This shows that attachment is of importance to be concern about (Eyer, 2014).

Physical makeup of the body is also examined in the lifespan development phase and considered as one of the key areas in physical development. It covers different aspects as nervous system, brain system, muscles and senses of the human body as well as the necessities of human like food and rest and sleep, we can state that it involve the procedures related to the intellectual growth and development of a person and it influence the behaviour of the person through changing the mental situation and capabilities. While social development is different from this and it is related to the social behaviour of an individual with others in the society and his interactions with them. These changes are always with the time in the human and grow over the time and necessary for the growth as well. Personality development could be stated as that it involves the traits in a person which differentiate a person from others over the lifespan. This helps the children's especially to access and experience different type of problems and biological and social issues which children's normally face (Eyer, 2014).

Personality development involves the ways that are enduring characteristics that differentiate one person from another change over the lifespan. To access that treat a wide range of biological, psychological and social problems that children may experience in their personal lives. Social care professionals should be working to educate the parents of the significance of the bonding of them with their children in their early as well as later life. According to their school behaviourism, children learn by making association. Behaviourist's consider attachment as a learned experienced happens when a child make a smile of mother's soft voice with comfort, this comfort them turns out into attachment after successive associated. However, those parent

who somewhat neglect the needs of their infant, this may hinder the process of attachment in them as mentioned in the theory of attachment style. Social care professionals and health care professionals should also take the concept of temperament into account. This temperament in infants is first observed by health care professionals in the labour room. This should be overlooked and should be made parents awareness of which of the behavioural patterns have been seen in the infant and which of the parenting style would work with that infant (Swanson & Gore, 2010).

As a health care professional, I will ensure that the best decision are made for children, decision should be made jointly by members of the Healthcare team, the child or adolescent parents. All infant, children – regardless of physical or mental disability have dignity, intrinsic value and a claim to respect, protection and medical treatment that serve their best interests. As a health care professional, the most important role for newborn baby's measuring weight, length and head circumferences, checking baby's temperature, watching skin colour and new born activity these things are to be considered for infants Health care (Swanson & Gore, 2010).

The role of social care professional in encouraging parents about strong bonding with children because bonding is the intense attachment that develops between parents and their baby. Scientist are still learning a lot about bonding. They know that the strong ties between parents and their child provide the baby's first model for intimate relationship and foster a sense of security and positive self-esteem. Some parents feel an intense attachment within the first minute or days after their baby birth. For others it may take a bit longer. Bonding is a complex, personal experience that takes time. There is no magic formula and it cannot be forced (Young et al., 2019).

Social care professionals are ought to create awareness among parents with regard to temperaments among infants and desired parenting style to cater the developmental need of the infant. Moreover, immediate caregivers of infants should also be influence onto the sign of cognitive development and usage of language among infants by social care professionals as infants who get enough opportunities to discover and explore the outer world are ought to be cognitively developed.

Similarly, those who are given enough exploration of language vocabulary develop language clearly and swiftly. This awareness is necessary to be provided by social care professionals to the targeted population (Young et al., 2019).

All these 'ought to's' come with important responsibilities for social and health care professionals which include monitoring the safety of children in their care, helping children to keep up good developmental milestones, allowing children to learn and explore the outer world and lastly comforting children by providing adaptable environments to the children. In a nutshell, it can be concluded that physical, mental, social, emotional, cognitive and spiritual development of a child during infancy is influenced by numerous associations, practices and styles which are commonly overlooked. They seem to be trivial, these are the patterns which decide the later perception of experiences formed by the child as this is a time where it is all founded. It is a common table that children are like plants who need compassion and care to grow as to plants need sunlight and water. It is important for all bodies whether parents, medical professionals, social care professionals or mental health professionals to take the dismissed matters into consideration for infants' developmental and medical needs because all they want love, care and a bit of attention as it said "compassion can be powerful catalyst for healing" (Young et al., 2019).

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