

Assignment Number Two

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Introduction

Reflection is always used as a tool in academia to evaluate, what one has learnt and how this knowledge could be used in future. Be it in future education or in one's personal life. This reflective essay will be exploring issues that were discussed in assignment one, such as Erikson's theory of psychosocial development and the disengagement theory. It will further explore the three research articles discussed in assignment one. Some of the Psychological perspectives taught in this module will be highlighted and how these can be applied by me as a healthcare professional.

Erikson's theory of Psychosocial development

Erik Erikson was born in 1902 and raised in Germany (Kivnick and Wells, 2014). Erikson's theory covers all ages and is a very practical theory as Erik Erikson used his children as part of his experiments. This showed his dedication to what he was doing and his theory is greatly respected. (Sokol, 2009) explains that Erikson's theories on development have influenced a lot of research studies. This allows Erikson to be well renowned in this field of psychology, however there are scholars who do not totally agree with this theory.

Cole and Cole (1989) argued that one of the ways Erikson researched his theories was by using influential individuals such as Martin Luther King, this could therefore make this theory quite expensive and not practical to the layman. There are also arguments that conflicts from one stage of the theory to the other are not properly discussed. Cherry, (2020).

The following are the stages which Erikson divided the stages of human beings

Infancy	0 – 1	Trust vs mistrust
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Early childhood	2 – 3	Autonomy vs shame and doubt
Preschool	3 - 5	Initiative vs Guilt
School Age	6 – 11	Industry vs inferiority
Adolescence	12 – 20	Identity vs Role confusion
Young Adult	mid 20s	Intimacy vs Isolation
Adulthood	25 – 60	Generative vs Stagnation
Old Age	60+	Ego integrity vs Despair

Cherry (2020)

The old age stage is the stage where people get to the place in their life where they want to be at peace with themselves. Looking back upon the totality of their lives, should bring them peace and satisfaction that they have done their best and their lives worth copying by the younger generation.

The Disengagement Theory

This is a theory that is specific to the elderly. It explains that at this stage of people's lives it is very common for people to have a limited social contact, as there is the common belief that at this stage the elderly become withdrawn. This could be due to a lot of reasons among these are poor health, limited mobility hence the zeal and the interest to meet new people to socialise becomes less of a priority. Hollis-Sawyer and Dykema-Engblade (2016) argue that 'aging adults experience fewer conflicts in the relationships that they have'. The fact that the elderly are only comfortable with people they are familiar with reduces the issues of their being conflicts in their relationships.

The financial limitation of the elderly is another important point, as at this stage of their lives they depend on their meagre pension and sometimes what their children do for them which makes socialising limited. Nilsson (2015) et al explains that the financial resources of the elderly limit the hobbies, travelling and hobbies that the elderly participate independently.

Research Article 1

Young People with Left-Behind Experiences in Childhood have Higher Levels of Psychological Resilience Lang et al (2017)

In Assignment one this research paper was one of the three papers chosen to focus upon. This was because psychological resilience was one of the topics that were taught during this module and the importance not only as health care professionals but as individuals. Psychological resilience is the ability for people to emotionally or mentally cope with issues in their lives. Southwick (2014) et al agree with this definition and states, that resilience is the process of adapting well in the face of adversity, trauma, tragedy and threats or even significant sources of stress.' The outcome of this paper demonstrated that there was a direct link between the young people with left-behind experiences in childhood having a higher level of psychological resilience.

Research Article 2

Psychological distress in patients with obstructive sleep apnoea: The role of hostility and coping self-efficacy; Timkova (2018)

The second research article that was chosen in assignment one was the above article the reason it was selected is that self-efficacy was also a topic taught during this module. Lopez-Garrido (2020) explains that self -efficacy was first coined by a psychologist named Albert Bandura who was a Canadian- American in 1977. Self-efficacy could be defined as how individuals are able to cope with a variety of situations. As healthcare professionals it is important to understand where patients or clients are coming from, when they feel poorly and are struggling to cope with their health issues. Upon reflection patients need to be seen in a holistic manner as it is not only the disease that needs to be taken into consideration when caring for them, but the emotional, physical and mental aspects of their lives need to be considered.

Research Article 3

Psychological and Mental Illness Among Elder Immigrants from the Former Soviet Union SVETLANA et al (2006)

This is the third research article which was chosen, the reason for its choice is that mental illness is a very important when it comes to the immigrants, this is because the instability of individuals having to be displaced from their familiar habitat. Having to live in a foreign land makes people that have a predisposition to mental health issues to be magnified. Mental health foundation (2015) explain that asylum seekers and refugees are more likely to experience poor mental health then the local population.

Positive and Negative Reinforcement

This was one of the topics that was taught during this module that I found very interesting. Reinforcement could be defined as an action which an individual does and is either not to do it or for the action to be encouraged and repeated.

An example of a positive reinforcement is when a baby is trying to walk and the mother stays at the other end of the room stretching out a cup of juice to encourage the baby to walk to her for the baby to take the cup of juice from her hand. The baby makes the effort to walk to the mother and collect, the cup of juice from the mother. The baby is walking which is what the mother wants, and this action is encouraged and reinforced by the cup of juice which the baby knows awaits him once he gets to his mother which is the positive reinforcement. Ackerman (2020) suggests that positive reinforcement refers to the introduction of a desirable or pleasant stimulus'.

An example of a negative reinforcement is when an alarm is put on the fridge door so that a child is told not to go to the fridge to eat at night. The child is not aware of this and as soon as he goes to open the fridge the alarm goes off. The child is scared and equates opening the fridge at night with a loud alarm. www.parentingforbrain.com (2020) explains that reinforcement and punishment are often used as parenting tools to modify children's behaviour.

Upon reflection I believe as a healthcare professional this is a technique that I can use especially the positive reinforcement. For instance, when working as a staff nurse and caring for the elderly, if the patient does not want to take her medication the nurse can explain to the patient that once she takes her medications an extra cup of tea would be made for her. This would encourage the patient to take her medication, also having an extra cup of tea. This is useful for the patient as she will be able to increase her fluid intake and prevent her from being dehydrated.

Self-Efficacy and Resilience

This is one of the topics that were taught this term in Psychology, upon reflection self-efficacy is believing in one's ability, having a positive mind set. Koseoglu (2015) explains that self-efficacy 'is the trusting in one's abilities and powers'. For a healthcare professional to feel confident for example to give care to patients or clients. It is important for them to be confident with their caregiver as this builds trust, which in turn creates a good working environment for the caregiver and the patient feels comfortable and confident to receive the care given.

Resilience was also one of the topics taught and can be defined as the process of individuals working against all odds and adversities to achieve a particular goal. Fleming and Ledogar (2008) defines resilience as a positive adaptation despite adversity. Healthcare professionals work in occasionally, in situations such as having to work three nights in a row due to shortage of staff. It is paramount that in such situations staff are careful not to make mistakes or to show the stress in front of the patients as this could be detrimental to the care of the patients. In such situations it is important that staff have their regular breaks and make sure the care given to patient is of high standard, even though they are working under pressure.

Self-efficacy and Resilience are one of the topics that will be useful to apply when working as a healthcare professional as it is relevant to building one's self esteem and making sure that against all the obstacles that might happen it is important that good quality care is given to patients.

Conflict Management

This is one of the topics that was taught in psychology. Conflict management is the ability to resolve a problem in a working environment, in such a way that it does not allow problems to escalate. It allows the issue to be sorted out in a peaceful and amicable manner. www.opensourcedworkplace.com (2019) defines 'conflict management as the approach and strategies geared towards achieving a positive outcome and resolution amongst the parties involved in matters that relate to conflicts'. In a working environment there are different kinds of people from various works of life, which have a common goal that is to work and achieve deadlines for a variety of projects as it were.

It is important when forming a team to bear in mind that there will be numerous suggestions and inputs. In a team there will be leaders, those who are introverts, those who are extroverts and those who will be opposing every point that is put forward. This is where conflicts arise and if care is not taking and conflicts resolved properly and effectively it affects the work that needs to be undertaken and sometimes makes the team members demoralised.

Upon reflection conflict management will be a topic which I can use practically when working as a healthcare professional this is because team- work is always needed in hospitals hence there is a possibility in which conflicts will occur the skill that has being taught in Psychology will be useful, as what will be needed as a team leader, my goal will be to get team members on board and explain that the best ideas would be utilised. Those that have suggested ideas which were not used in a particular situation, explaining to them that they are still valued members of the team, but that each member should work together for the best outcome of whatever the task is. Conflict management is a skill, that is a practical and a useful skill, which I look forward to put to use in the near future. The saying that 'we win together and lose together'. This is very relevant when working as a team.

Conclusion

This essay has reflected on the topics that were discussed in assignment one which is the Erikson's theory of Psychosocial development and The Disengagement Theory. The three research articles chosen in assignment one was also revisited and discussed. Positive and negative reinforcements were also focused upon and examples were given. The essay also discussed about self-efficacy and resilience, lastly conflict management was explained and focused upon.

The essay explained how the last three topics would be utilised in the health and social care setting. Each of the topics are practical and can be applied effectively when working in any working environment.

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