

BMHP4003

Professional Career Development



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Task 2 – Report

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1. Introduction

In this assignment, I examine Erickson's theory of psychosocial development, on which our group presentation was based in the previous assignment. I will investigate my job as a health care practitioner through the use of the psychological perspectives that I have learned, as well as how to put them into practice.

2. Theory

In my presentation we discussed Erikson's Stages of Psychosocial Development which is a hypothesis that Erick Erikson proposed in the year 1950. It expanded on Freud's psychosexual development theory by drawing analogies in childhood stages and adding the effect of social dynamics as well as the extension of psychosocial development into adulthood. It proposes eight stages of individual human development that are influenced by biological, psychological, and social influences during the course of someone's life.

There are six stages in the theory which are;

1. Infancy

Within this period of time, Infants must learn that the adults surrounding him are to be trusted, this happens from birth to 12 months old. This essentially happens when the adults around him provide the child's with his basic survival needs. Because infants are completely reliant on their parents, if the parents are responsive and sensitive to their infant's needs, their baby will build trust and see the world as a secure place.

2. Early childhood

Toddlers between the ages of one and three years old start exploring their surroundings and discover that they can control their activities and act on their surroundings to achieve different goals. They start to show definite preferences for specific aspects of the environment, such as what they eat, what they play with and

what they wear. The major job of a toddler is to overcome the conflict between autonomy and shame and they do so by attempting to build independence.

3. Preschool age

Children between the ages of 3 and 6 are capable of starting activities and expressing control over their environment through social interactions and play after they enter the preschool stage.

4. School age

Children in primary school, between the ages of 6 and 12, are confronted with the problem of industry vs. inferiority. Children will start looking at their peers and see how they compare. They can feel in two possible manners, either they will feel pride in their homework or their friends and family lives, or they feel inadequate and insufficient towards these, children can feel like they are not enough. This can continue on to the later stages.

5. Adolescence

Children encounter identity vs. role uncertainty during adolescence, which occurs between the ages of 12 and 18. The major duty of an adolescent, as per Erikson, is to create a sense of one's self. They begin to question who they are and what do they want from life. Most adolescents put on a variety of personalities or phases to see which ones feel like being for the rest of their lives, they do this in order to find out who they will be when they are adults.

6. Early adulthood

People during the stage of early adulthood that occurs between the ages of 20 and 40, are focused on intimacy vs. isolation. It is a time when they are ready to share their lives with others once they have formed a sense of who they are during adolescence.

7. Adulthood

Middle-aged adults, aged 40 and up, begin to contribute towards to the next generation during this period, mostly through having children and the caring of others. They might also engage in meaningful and productive activities that benefits the community. Those who fail to master this activity may feel stuck and as if they aren't making a meaningful impact on the world; they may have little interest in productivity or self-improvement. According to Erickson, adults at this time face the challenge of "generativity vs stagnation".

8. Late adulthood

Late adulthood refers to the era of development that occurs between the mid-60s and the end of a person's life. "Integrity vs. Despair" is Erikson's current task. He claims that when people in their late twenties and thirties reflect on their lives, they are either satisfied or disappointed. People who are happy of their achievements have a strong feeling of self-worth and have few regrets in their lives. People who do not succeed at this period of their lives, on the other hand, may feel as if their lives have been lost. They start to think on what might have been and they start to drift from what is important which is the present. With anger, and despair they will confront the conclusion of their lives.

3. Role of health care practitioners

Health care practitioners provide treatment to patients by using evidence-based practice. Evidence-based practice is a medical decision-making method that relies on research and existing concepts. These specialists inspect, diagnose, treat, and prevent injuries, diseases, and other impairments. In order to be successful in their careers, healthcare workers need to possess a good set of skills and characteristics that will help achieve their duties in a manner that is good and efficient. A healthcare worker must have good problem solving skills to combat any issues that may arise in the workplace with calmness and serenity, they must also be equipped with a good emotional stability as this job can be very stressful and having this skill will help a lot along the way.

Health care practitioners play an important role in the workforce and can have a significant impact on the health and well-being of people. They operate in a wide range of settings such as the NHS and local government as well as privately, they work with people to help them cope through issues such as health problems, mental disorders, disabilities, and nutrition. Thousands of health care practitioners work across the UK to safeguard and promote the health and well being of individuals. As a healthcare practitioner, you should assist individuals with their problems in the manner that is most appropriate for each individual in order to assist them in overcoming the barriers that they face. They should work with policies and procedures to understand what they should do when they are struggling to overcome the problems. It is critical to work following the procedures given because they provide the ability to do things in the right manner. Policies and procedures also provide advice for decision making. Procedures can assist a practitioner in determining the cause of disability, what actions should be taken, and emergency procedures. There will never be policies and procedures for every scenario that a health care practitioner faces but this should assist you in making your own choices and find the best solution for any problem.

Academic studies and research teams are largely interested in practical empirical research and not theory development. This widely held belief incorporates multiple assumptions, including the thought that research and facts can be separated from theory, thinking about theories is not always useful or beneficial and that thinking about theories takes away from the practical part. However, theories are fundamental to practicing healthcare. Theories are involved in all forms of thinking and it is not required to read academic writings about theories before employing them, any more than it is necessary to read texts on caring for someone when you are going to care for somebody. In the field of psychology which is the career that I am aiming towards, theory is just as important and maybe even more so than practice is.

4. The application of theory with the field Child psychology

A multitude of psychological theories are employed to explain and predict a wide range of behaviors. Theory is truly a fundamental part of being a child psychologist as it allows you to have a better understanding of a child is going through and what steps you can take to help that child. Theories give an insight for comprehending

human cognition, behavior, and growth. We can comprehend ourselves with much ease as well as comprehend others if we have a wide understanding of the reasons for our behavior. Not everybody is the same but these theories will allow you to use your own critical thinking and decision making into them as well.

5. Conclusion

To summarize what I have mentioned in this report, I believe that theories are fundamental within the field of social care and psychology. They will give you an understanding towards figuring out what the issue a person is facing and why but they should not be used to the letter as everybody is different and we should use these theories and our own critical thinking when working in this field of work.

6. References

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