

Psychology for Health and Social Care

Module code: BMHP4003

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Introduction

Psychology is the study of the mind and behavior, how the mind is working, and how it affects behavior. From infancy to late adulthood psychology cover all the human life experience from the brain functions to the daily human behavior in private and social life. Psychology treats patients through psychotherapy, helps them to understand and cure the issue they face through their own behavior change (Psychology: Definitions, branches, history, and how to become one, 2021). Throughout history, people have been fascinated by how the human mind working and how our brain collects pieces of information from our social, private environment, information that can affect our daily behavior. This study aim is to Reflect on psychological theories and researches I have presented for completing task number one as well as my role as a health care professional in applying the learned psychological perspectives, as a health and care assistant in daily duties and how would relate this learning to health and social care practice.

Reflect about the psychological theories discussed in task 1

Psychology, as a whole, generates numerous ideas and interpretation filtrating each one of us minds. The theories developed over the years by institutions managed to set a baseline of best practices and procedures. “Science of behavior” as people refer to psychology reflects how individuals react to a set of activities. From birth to death throughout life, we go through different stages of mental and physical development. Piaget is based on four stages of cognitive development.

The Sensorimotor Stage	The infant starts to interact with the real world. Infants learn about the environment through basic skills they are more concerned about what they can see, hear, touch.
The Preoperational Stage	Children start to learn how to use words and pictures to make themselves understood by those around them, through the learning process starts to learn new words and the thinking starts to be more creative
The Concrete Operational Stage	At this stage children start to think logical, they begin to understand the concept of conservation. Their thinking becomes more logical and organized, but still very concrete
The Formal Operational Stage	At this stage, abstract thought emerges the adolescent begins to think abstractly and to have their own opinions. Young adults begin to think more about social, philosophical moral, and etc.

(Psychology: Definitions, branches, history, and how to become one, 2021)

Erik Erickson developed his theoretical basis in eight stages. Each stage has its own challenges. As we grow older, the problems that arise become more complex.

Stage	Problems
Infancy 0-1 year	Trust mistrust
Toddlerhood 1-3 years	Autonomy vs. shame and doubt
Preschool 3-6 years	Initiative vs. guilt
Elementary school 6-puberty	Industry vs. inferiority
Adolescence 10-20 years	Identity vs. role confusion
Young adulthood 20-40 years	Intimacy vs. isolation
Middle adulthood 40-60 years	Generativity vs. stagnation
Late adulthood 60- and up	Integrity vs. despair

(Psychology: Definitions, branches, history, and how to become one, 2021)

Throughout the human nature, we evolve from a phase to another. In the previous task, the first

phase was chosen to inspect and observe more information about. Infancy, it's a crucial life stage where the individuals are dependent on the caregivers. Each action they perform and the reaction caused are memorized and learnt from the start. For example, when the newborn pushes an object off the table, the caregiver/parent, picks it up and places it onto another surface. Therefore, the baby understands that own action generation another reaction.

On the other hand, my experience illustrates how the environment and society we live in, changes the way we think about life and our surroundings.

Each element has its own interpretation, and the caregivers/parents direct newborns into the path they think it's suitable for them. As a care worker, the psycho social factor plays a crucial part in everyone's lives no matter what phase they are situated in.

The most used behavior we face on a daily basis occurs as a result of experience and therefore accumulates knowledge. Each individual is exposed to the new situation as an infant, but compared to the early human phase, we can react differently throughout our experience. There are various types of learning perspectives such as observational, classical and visual.

Sigmund Freud's psychoanalysis developed the first 'psychodynamic' theory, where he explained what he meant and why humans act differently throughout their phases. As the author illustrates, human behavior fluctuates between each stage. "Unconscious motives" are directing our action and affect how we perform every daily task. According to Freud, the childhood phase determines how we filter our experiences throughout the education generated by our caregivers (McLeod,2021).

Compared to my experience, *Sigmund Freud's* framework comes exceptionally close to the wanted outcome as if it's applied correctly can rectify issues. Although personally, the author's algorithm mentioned above allowed me to visualize the bigger picture and understand the term psychodynamic as a whole. On the other hand, like any other theory, requires experience and common sense to exercise the best experience and generate the wanted outcome. For example, the author strongly suggests how crucial the infancy phase is and mentions that humans will always inherit the positive and negatives from the first stage. Throughout my experience, I can't entirely agree with the author; for example, society swifts at a high pace. Therefore, with the use of technology and the internet, we can craft our mindset.

"Humanistic Perspective" refers to the ability of setting your mind into achieving free will and other monetary or other aspects of personal awareness. Maslow and Roger developed an theory where they states what the approach means. Throughout my filters, the author tried to show how

the humanistic psychology refers to the ability of visualizing the individual for their uniqueness.

The main points of a humanistic perspective is to set new values for better understanding of human nature and condition whereas expanding the horizon by identifying the unique attributes. Alongside that, the author tried to implement three main criteria. The first assumption is that people have free will which means, everyone is able to choose their path. Second approach was focused and determined by optimism as it illustrates how the humanistic approach helps individuals overcome difficulties and achieve their target. Lastly, the author's mention the humanistic perspective as self-actualization when identifying new targets/standards.

The cognitive perspective related to the process of solving problems, memory capacity and language. Cognitive development it's a term utilised by professional to expose a long-term strategy and their changes. The main characteristic of this scientific approach is the ability to tell the individual towards acknowledging internal mental states such as desire and motivation. Their mind drives everyone; therefore having the ability to control it helps individuals table perceptions and think outside the box.

Explore your role as a health care professionals in applying the learnt psychological perspective

Health care workers/assistants, play a vital role into people's life as they can significantly change their life expectancies. Also known as HCA, the responsibilities coming alongside each qualification and experience it's generated by the employer as each institution have their own practices and policies.

On the other hand, as a generic approach, healthcare assistants are key components of any hospital or doctors therefore automatically they are crucial. Looking after elderly of people in need for help, generates favorable outcome for both sides, the company and the individual's life. The key components of a care assistant's responsibilities are: feeding patients, supplying medication, making beds, toileting, monitoring patient's performance and overall offer their service to make the customer's life better.

Although this might depend on which area you apply for, as for example in a health centre, working closely with the GP, the responsibilities drastically change. Carrying out health checks, take blood samples, re-stocking supplements are the key elements of a health care worker.

Core components of behaviourism, psychodynamic or humanistic theories can be applied over the years as understanding and perfecting the terms the author used take time and require

deep understanding. In the contrary, as a student and practitioner, it's easier to adapt the frameworks based on the theories and go through my filters to achieve the wanted result.

Behaviourism/psychodynamic or humanistic theories can be applied but the crucial part is generating a base line between you and the client. Understand what the patient requires and what works best for them, requires more time than applying the theories.

For example, throughout my experience I have faced various clients and generating a base line and understanding what they want and what is best for them requires time. In this situation, the individual felt extremely low, depression started to exercise it's power against the individual. This is where the education environment helped me overcome the difficulty because I remembered what the behaviorism and other learning approaches taught me.

From that specific experience I have learnt that people are usually over reacting to bad situations whereas when something awesome happens they do not get over excited. Balancing the actions will generate the wanted outcome but throughout my experience there are not a lot of individuals who are able to control their emotions.

According to the learning approaches, they helped me understand the situation but using common sense alongside own experience helped me understand the situation and apply the pressure on the positive side to eliminate the negative impact.

This module introduced me to various approached towards the learning process. Starting with the lectures where the teacher helped me understand how the theories could improve our professional career from applying to them.

Completing this assignment allowed me understand throughout my own filters how the authors and their learning approaches theories improved care worker's society. Each factor now seems such a common sense but as mentioned in the first task, someone must explore the situations and publish the results so the others could benefit from. Applying psychology requires flexible yet strong mindset while absorbing the right information to enable the other features to improve the outcome. Each individual can use psychology to self-inspire in order to develop successful stories. There are multiple positive effects of psychology in both professional and private life. Learning how to select each action improved my emotions and action via various channels. I can comprehend who I am and the difference this assignment had on my it's visible.

According to the prior research and the theories published about psychology, everyone can use the practices to improve their overall situation, that helps to understand the different type of people behaviors and the situations around them. Understanding the situation helps to chose on path and what is best for them.

Conclusion

Throughout this essay, I have analysed psychological factors that drastically influence how we think and co-operate throughout our experience. Individuals studied and researched multiple situations and generated techniques which they stand by. The educational institution backed their strategies and pushed students into analysing the approaches used by various authors. Psychology's such a generic term that describes an amalgam of situations and actions generated by a human. In contrast, throughout this essay, it illustrates how we could craft our behavior.

Understanding and visualizing the bigger picture that comes with the term 'psychology', as a care worker allowed me to learn the significance of each factor and utilise the theories developed by the author mentioned above to perfect my expertise. Since researching this assignment, my vision focused on understanding why individuals act the way they'd do and comprehend how activities generate their benefits.

The conclusion generated by completing this assignment aligns me with the ideas of when we are born, each human comes equipped with a genetic makeup and biological traits. They are a bunch of positive and negative which we later have to have the inner skills and ability to get rid of them or update. However, the self-development process requires the individuals to open up and understand how that self becomes socialized. Our society and parents shape the way we think and act throughout our lives. As the author mentioned in their theories, the socio-cultural factors are embedded into our system throughout our existence and the ability to determine the positives and negatives gradually turns into a nightmare. The answer to a psychological question it's complicated therefore as a care worker, my key attribution it's to open up to the client, place myself in their shoes and to understand their position and help them generate the best outcome possible.

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