

PSYCHOLOGY FOR HEALTH AND SOCIAL CARE

MODULE NO: BMH4003

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Task 1.

Introduction

In the context of the assessment, the age group of the adolescent period and the psychological and emotional developments of the individuals have been determined from the theoretical overview. The definition and discussion of the different stages of the age group have been discussed and the cognitive behaviour of the individuals has been determined. Different literature has been assessed and analyzed based on the behaviour and emotions of adolescent people. The different stages of the age group have been analyzed and according to that, the applications of theories have been developed. Choose any life-stage such as infancy, adolescence, old-age as per your interest and professional experience

The chosen life stage in the context of the discussion is adolescence and the different psychological aspects that affect the health and social life of the individuals going through the stage of life, are to be discussed in the context. According to the definition of adolescence described by WHO, the individuals from 10 to 21 years are fallen under the adolescence age group and in this period of life, the individuals go through different physical and psychological changes which are required to be analyzed and assessed in the present context.

Definition of developmental psychology

The developmental psychology is referred to the approach where the growth, consistency, and changes in terms of different aspects of individuals which determines how they would behave at the different stages of life. The different aspects can be subjected to age, gender, and the environment they live in. The study of developmental psychology deals with the changes developed in a person's thinking, behaviour, and feeling in terms of changes throughout the life of the individual (Ellis *et al.* 2020, p. 177). The study is developed based on the several factors and a wide range of theoretical areas are required to be covered for the effective assessment of the behaviour of the individuals. The areas this study covers are processes of biological, emotional, social, and cognitive aspects. Hence, the psychological traits are required to be assessed in different terms and a wide range of specifications must be acknowledged by the specialists. The definition

of developmental psychology can also be described in terms of the study of human behaviour and its changes based on different stages of life.

Define and Discuss extensively on adolescence life stage

In the present context, the adolescence period of an individual is required to be discussed in terms of the developmental psychology aspect. Adolescence can be defined as the age group of 10 to 21 years and this period is termed as the middle stage of childhood and adulthood. The adolescence can be divided into three stages according to Ellis *et al.* (2020, p. 177), which are early adolescence, middle adolescence, and late adolescence. The divisions are not distinct and there are different views on the age group of different stages of adolescence.

The early adolescence usually refers to the age group of 10 to 14 and in this stage of life; the individuals go through massive physical and psychological changes. The changes are often shown in behaviour by worrying about physical appearances. Some of the behavioural changes observed are shyness, modesty, blushing, and utmost requests of privacy. In this age, the possibility of growing bad habits like smoking and alcohol is quite high which requires attention. Due to the physical changes, the individuals often show sexual curiosity, and this is expressed by admiring celebrities. In this age, most of the individuals are subjected to be closer to friends than family and they have this idea developed in them that their parents are not fallible and this is often observed in their acting-out behaviour.

The age group of 15 to 17 is referred to as the middle adolescence period and in this stage, the individuals are unusually worried about their physical appearances and it is observed in the behaviour of grooming and exercising for improving their physical appearances. In this stage, the individuals also develop consciousness of their sexual attractiveness and this shows in their behaviours (Delamater *et al.* 2018, p. 249). The habit of not bathing and not cleaning the rooms and desperately asking for privacy can be observed and they often complain about a lack of privacy.

The late adolescence falling under the age group of 18 to 21 develops rapid physical changes in the individuals and this is the result of triggering hormones. The psychological and behavioural changes can be observed in terms of sexual maturity and feelings. This heavily triggers the attitude

of the individuals. The relationship with the parent's changes and the individual develops a sense of having their own identity. They try to develop a settlement with their lives and take responsibilities which provide them with maturity in later ages.

Relate any two lifespan psychological theories to the identified life-stage

In the context of the adolescence life stage, the discussions of theoretical aspects are important and in the present reference, Piaget's Cognitive Developmental Theory and Eric Erickson's Psychosocial Theory are two applicable theories (Sherr *et al.* 2018, p. 101).

According to **Piaget's Cognitive Developmental Theory**, there are three basic components of different behaviour based on the changes in human behaviour at the different stages of life and those are, Schemas, Adaptation Process, and Stages of cognitive development. The schemas are not applicable in the specific discussion on the adolescence period. The adaptation process can be related to adolescence and the process can be described by five stages as assimilation, equilibration, new situation, disequilibrium, and accommodation.

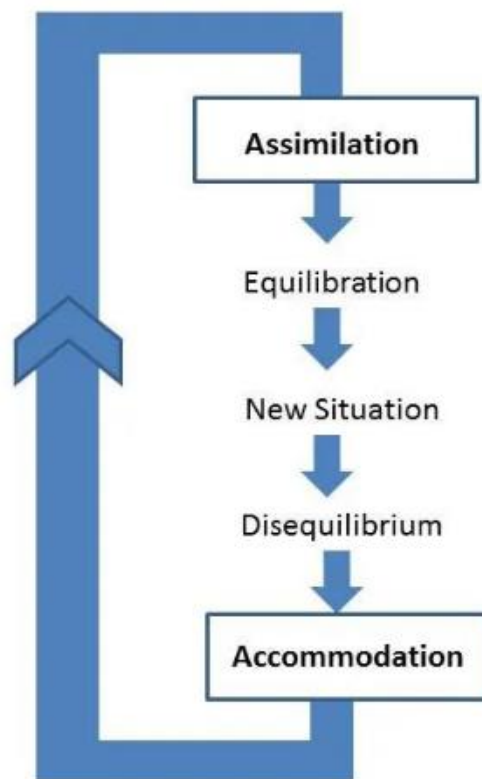


Figure 1: Stage 2 of Piaget's Cognitive Developmental Theory

(Source: Sherr *et al.* 2018, p. 101)

These stages refer to the process of adapting to changes that may be physical or psychological. This can be helpful to the development of the individuals going through the changes of adolescence and hence applicable in this life span. The third aspect of the theory is the cognitive development and this finds a major application in the adolescence stage of an individual. The stages in cognitive development are sensorimotor, preoperational, concrete operational, and formal operational. The last stage of formal operations refers to adolescence to adulthood. In this stage, the individuals can think abstract concepts and they can also apply their logic into it for the development of a process.

1. Sensorimotor: Birth to ages 18-24 months.
2. Preoperational: Toddlerhood (18-24 months) through early childhood (age 7).
3. Concrete operational: Ages 7 to 11 years.
4. Formal operational: Adolescence to adulthood.

Figure 2: Stage 3 of Piaget's Cognitive Developmental Theory

(Source: Spivey and Edwards-Leeper, 2019, p. 356)

Eric Erickson's Psychosocial Theory has direct application to the different stages of life and in this context, different psychological crises have been assessed and the positive aspects of those ages have been developed. The theory develops on the fact that dealing with the psychological crises, the individual develops virtue in their attitude. This theory can be effectively applied in terms of the adolescence period of life and the following describes all the stages of life arranged according to Eric Erickson's Psychosocial Theory.

Stage	Psychosocial Crisis	Basic Virtue	Age
1.	Trust vs. Mistrust	Hope	0 - 1½
2.	Autonomy vs. Shame	Will	1½ - 3
3.	Initiative vs. Guilt	Purpose	3 - 5
4.	Industry vs. Inferiority	Competency	5 - 12
5.	Identity vs. Role Confusion	Fidelity	12 - 18
6.	Intimacy vs. Isolation	Love	18 - 40
7.	Generativity vs. Stagnation	Care	40 - 65
8.	Ego Integrity vs. Despair	Wisdom	65+

Figure 3: Traits of Eric Erickson's Psychosocial Theory

(Source: McNicol and Thorsteinsson, 2017, p. 304)

The eight stages cover the complete life of an individual and between the adolescence period of 10 to 21 years of age, there are four stages implied in this term, which are stage 4 (5-12), stage 5 (12-18), and stage 6 (18-40). In the first stage, from the age group 10 to 12 of the adolescence period, the crisis of industry vs. inferiority has been quite solved by the individual and they acquire competency at this stage. By the end of this stage, identity and role confusions crisis are started and this whole period acquires a high chance of instability among the individual. After the successful implementation of the right attitude, the individual develops the positive aspect of fidelity (Spivey and Edwards-Leeper, 2019, p. 356). At the later stage of 18 to 21, the crisis of intimacy vs. isolation is started and this continues until at the later stages of the mature age group helps, they develop a sense of love. Hence, the complete adolescence period can be effectively implied with the application of the theory of Eric Erickson's Psychosocial Theory.

Discuss human cognition, emotions, and behaviour patterns specific to the identified life-stage

In the context of the discussion on the adolescence period of life-stage, the different behavioural aspects can be analyzed with the help of human cognition, emotions, and behaviour patterns specified to the stages. The theories have been developed in terms of the age group and Piaget's Cognitive Developmental Theory has described especially the cognitive development of the individuals. The overall theory has described that the formal and operational aspects have been helpful in the growth of an individual going through adolescence to a mature person. The detailed description of the different crises faced by the individual has been described in Erickson's Psychosocial Theory. The cognitive development of the adolescence to a mature person has been assessed in four different stages for a different age group.

The emotional aspects have been developed in the context of the development of effective behaviour during adolescence. It has been previously discussed that during the age group, the individual goes through some major physical and psychological changes. This fact implies that there is an emotional development obvious in terms of an individual going through adolescence stage and the development can be both negative and positive. The prime motive of the care providers who take care of those individuals can be subjected to motivating them towards the positive aspects of the emotion according to the research of Fuligni (2019, p. 343). On the other hand, research by Twenge *et al.* (2018, p. 756) showed that the individual should also be learnt to deal with the negative aspects of the emotions that will help them to provide support towards becoming a mature person. In this context, the behavioural aspect of the adolescent individual must be maintained so that they express themselves effectively and learn to behave in front of society. This will help establish the character of the individual in the later stage of life.

Present at least three recent research studies in health and social care, as supporting evidence.

Research Study 1: Adolescent trust and primary care: Help-seeking for emotional and psychological difficulties. Dagmar Anna S. Corry and Gerard Leavey

In terms of the care given to the adolescent, there have been effective developments assessed with the help of this research and it describes that irrespective of facing emotional and psychological difficulties, only one-third of those individuals need professional help. In this research, 54 adolescents, between the age group of 13 to 16, have been acquired in the surveys (Corry and Leavey, 2017, p. 8). Those results have described that the individuals find it difficult to trust unknown people at the care centres and the base of trust is different between male and female. The challenges regarding the age group that is most troubled have been assessed and effective results have been observed.

Research Study 2: Toward Dynamic Adaptation of Psychological Interventions for Child and Adolescent Development and Mental Health. Tina Malti, Gil G. Noam, Andreas Beelmann, and Simon Sommer

In this research, the psychological interventions toward dynamic adaptation have been assessed with the development of mental health. The research depicts the necessity of new developments for adapting the adolescent child toward emotional and psychological development in an overall context (Malti *et al.* 2016, p. 836). The article has provided evidence-based research based on the practices to the emotional development of the individuals. This help provides the evidence that special care is needed to be provided to the adolescent individual and those imply on the development of the emotional and sociological aspects of the individuals.

Research Study 3: The impact of online social networking on adolescent psychological well-being (WB): a population-level analysis of Korean school-aged children. Harris Hyun-soo Kim

The article has been developed based on the impact of online social networks on the behaviour of the individuals. In this research, the practical data have been collected from field research and surveys over a long period. The results have described that at the different stages of adolescence, there are different impacts observed on the individuals due to the social networks (Kim, 2017, p. 376). The advantages and disadvantages of social media have been assessed in terms of the emotional and psychological developments and wellbeing. The evidence-based research has

described the longitudinal data on the cross-section area of the previous and next stage of adolescent age group.

Conclusion

Conclusively, the essay has been effective in the development of detailed ideas on the adolescent age group and the study of developmental psychology that have been helpful in the assessment of the emotional development of the individuals. Different theories and analysis have been developed based on those theories. Piaget's Cognitive Developmental Theory and Eric Erickson's Psychosocial Theory have been helpful in the assessment of different traits of the emotional and physical development in the adolescent individual. The personality development of the individual and the development of maturity from childhood have been assessed. The challenges that the individuals face from the others and their attitude have also been discussed.

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