



MODULE:
PSYCHOLOGY IN
HEALTH AND SOCIAL
CARE

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TITLE: ASSESSMENT
1:
INDIVIDUAL
PRESENTATION

PSYCHOLOGY



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Introduction

Using Bowlby's Attachment Theory as the primary framework for lifespan development, this presentation will look at how long-term caregiving duties affect Jenny's psychological growth and well-being. This theory will be applied to understand how Jenny's emotional and social development may have been influenced by role reversal, mourning, and continuing caregiving obligations. It will also use the same theoretical framework to suggest evidence-based community support options to address Jenny's present needs.

Case overview:

Jenny is a 16-year-old young person who has been providing care for her mother for the past five years following the death of her father, who previously fulfilled this role. Due to her mother's mobility difficulties, memory problems, and low mood, Jenny has taken on substantial practical and administrative responsibilities within the home. These ongoing caregiving responsibilities put Jenny at risk for emotional, social, and developmental problems at a crucial juncture in her adolescence.

Overview of theory

In accordance with John Bowlby's attachment theory, children develop strong emotional ties with their primary caregivers out of a natural tendency to feel safe, supported, and protected (Bowlby, 1969). A loving, receptive, and consistent caregiver increases the likelihood that the child will feel safe and secure. These early encounters, in Bowlby's opinion, have a lasting impact on social and emotional development.

Bowlby referred to these views about oneself and other people as **internal working models**, which are formed over time by early relationships. A child who is consistently cared for, for instance, might grow up to feel important and trustworthy. But insecure attachment patterns might appear if care is irregular, emotionally unavailable, or if the child must assume adult responsibilities (Bowlby, 1988).

In addition, Bowlby clarified that significant changes like parent loss or chronic stress can impact emotional growth, especially at critical phases like puberty. This is relevant to Jenny's case since she may have received less emotional support as a result of her father's passing and her duties as a caregiver, which could have affected her sense of safety and wellbeing throughout her adolescence.

Attachment theory is highly relevant to Jenny because:

- She experienced the **death of her father at age 11**.
- She transitioned from being cared for to becoming a **young carer**.
- Her mother's low mood and memory difficulties may have reduced emotional availability.

Secure attachment
develops when caregivers are responsive and consistent, leading to emotional security.

Key concepts

Separation and loss
prolonged separation or loss of a caregiver can impact emotional regulation and future relationships.

Internal Working Model
a mental framework formed in childhood that influences expectations of self and others in later relationships.

Insecure attachment
Caregiving that is inconsistent, unavailable, or unpredictable can lead to insecure attachment (avoidant, ambivalent, disorganized).

Explaining key concepts

Experiences

A significant emotional shock was caused by Jenny's father's passing. Studies show that the loss of a parent during childhood can raise the likelihood of anxiety, despair, and problems adjusting to new circumstances (Melhem et al., 2008).

Jenny experienced this loss at a vulnerable point in her life this as a result will influence how she views relationships in the future.

Jenny took over the role of caregiver for her mother following the loss of her father.

Parentification is the process by which a youngster assumes adult duties. According to studies, prolonged parentification can lead to emotional strain and stress, particularly if the child's needs are not met (Hooper et al., 2011).

Development

Because adolescence is a time when young people start to construct their identities, form strong connections, and become more independent, attachment theory is relevant to understanding Jenny's development as a teenager. Teens still require emotional support and stability from their caretakers despite their desire for independence (Bowlby, 1969). After losing her father and taking on the role of caregiver, Jenny might have come to believe that she must constantly be in charge or that her needs are less significant. These early experiences create internal working models that impact relationships and self-esteem, according to Bowlby (1988).

Therefore, Jenny's loss and caregiver position may have an impact on her identity, relationships, and emotional health during adolescence, which is explained by attachment theory.

Impact on Jenny's wellbeing

According to attachment theory, Jenny's experiences might have had an impact on her wellbeing. To feel safe, young kids need emotionally available and dependable caretakers (Ainsworth et al., 1978). It's possible that the death of her father and the continuous struggles of her mother reduced this sense of stability, making her more emotionally vulnerable.

According to attachment studies, early interactions influence people's perceptions of their own value and other people's support (Bretherton, 1992). Jenny may become more stressed and have a poorer sense of self-worth if she has learned to put responsibilities above her own needs. According to Allen and Tan (2016), prolonged caring during adolescence is also associated with increased risks of anxiety and depression.

Overall, according to attachment theory, Jenny's mental health may suffer from interrupted emotional support and continuous stress, but her wellbeing may be safeguarded by supportive and friendly interactions.

Practical strategies to support Jenny

According to attachment theory, in order for teenagers to feel safe and grow up in a healthy way, they require relationships that are both strong and emotionally responsive (Ainsworth et al., 1978). Given Jenny's history of grief and the burden of long-term caring, help should concentrate on restoring emotional stability and reducing unnecessary responsibility.

1. Lessen the burden of caregiving

Approach:

- Set up a Young Carer's Evaluation.
- Use Adult Social Care to offer helpful home assistance.

Why (Attachment Link): Children experience more emotional stress as they adopt adult responsibilities. Reducing parentification promotes healthy growth and safeguards mental health (Aldridge and Becker, 2003).

Professionals include occupational therapists, social workers, and young carers services.

2. Offer a Reliable Adult Support

Approach:

Assign a key worker or school mentor to conduct routine check-ins.

Why (Attachment Link): Jenny can feel appreciated and supported when a trustworthy adult gives her a safe haven (Bowlby, 1988).

Professionals: youth worker, safeguarding team, and school counseling.

3. Seek out counseling or bereavement assistance

Approach:

Consult a bereavement service or CAMHS.

Why (Attachment Link): Jenny can process stress and sadness and feel emotionally safe in a therapy partnership (Allen and Tan, 2016).

Professionals: general practitioner, school counselor, and CAMHS practitioner.

4. Promote peer assistance

Approach:

Engage Jenny in clubs or peer groups for young carers.

Why (Attachment Link): According to Allen and Tan (2016), healthy peer interactions aid in the development of an adolescent's identity and emotional control.

The overall goal

These techniques aim to lessen stress, promote healthy adolescent development, and regain emotional stability. According to attachment theory, Jenny's well-being and mental health can be safeguarded by stable, encouraging connections.

Nature versus nurture influences

Hormonal changes associated with adolescence impact mood and emotional control

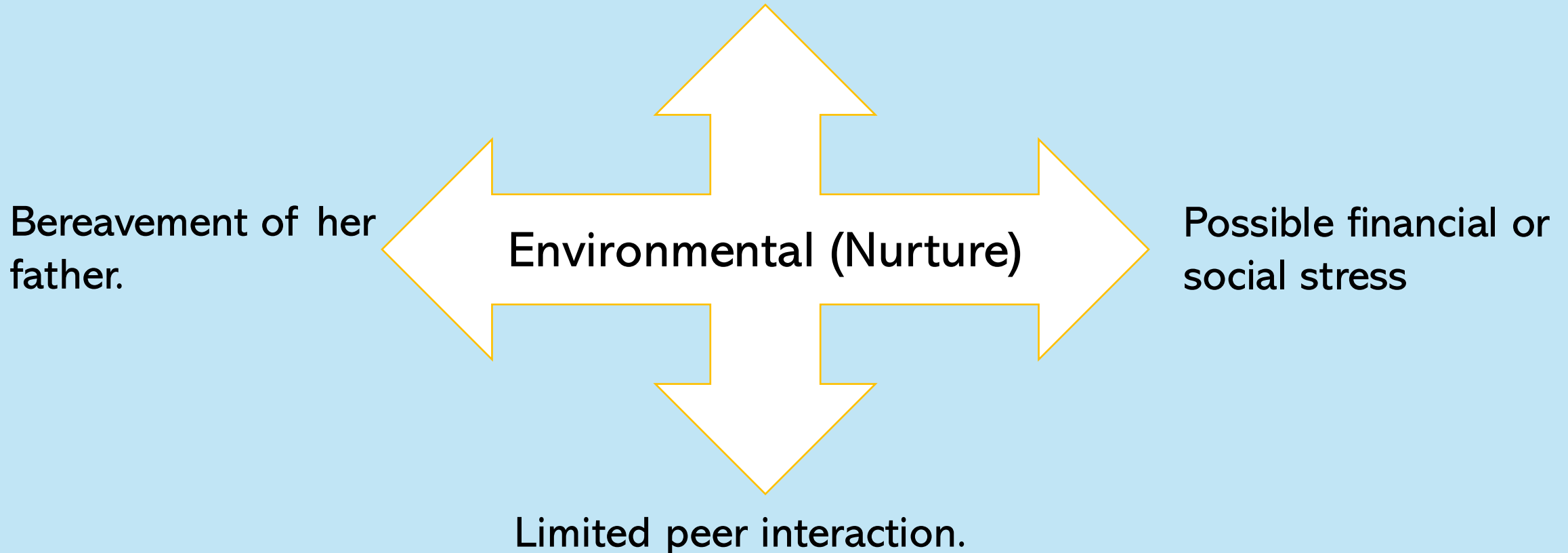
Anxiety or depression vulnerability may be influenced by genetic predisposition.

Biological (Nature)

Mental health and cortisol levels may be affected by ongoing stress from caregiving.

Attachment theory integrates both nature (innate need for attachment) and nurture (quality of caregiving environment).

Ongoing caregiving responsibilities.



Evaluation

Strengths and Limitations of Attachment Theory in Jenny's Case

Strengths

According to attachment theory, early attachments have an impact on mental health and emotional stability (Ainsworth et al., 1978). It clarifies how Jenny's health may be impacted by losing her father and taking care of her mother, raising her risk of anxiety or depression (Mikulincer and Shaver, 2007).

Relationship-based interventions, including assigning a mentor or counselor to serve as a safe basis, are also supported by the idea. It is therefore helpful in the practice of health and social care.

Limitations

However, attachment theory may ignore broader factors like peer connections, social policies, and schools because it primarily concentrates on early caregiver relationships. Family attachment alone does not shape adolescence (Steinberg, 2017).

Additionally, despite the fact that attachment styles can evolve over time, it might place too much importance on early experiences (Fraley, 2002).

Alternative theory: Erikson Psychosocial Theory

The Psychosocial Theory of Erik Erikson offers an alternative explanation for Jenny's circumstances.

Adolescence, according to Erikson (1968), is the Identity vs. Role Confusion stage, during which time young people discover their selves and grow more independent. A strong sense of identity results from successful development, whereas confusion and low self-esteem might arise from challenges.

Given Jenny's age of 16, this stage is quite important. Opportunities to socialise, pursue interests, and concentrate on her own future may be restricted by her caregiving responsibilities. Her inability to manage her responsibilities as a caretaker and a teenager may make role confusion more likely.

Due to its direct focus on teenage identity and independence, Erikson's theory may be more helpful than attachment theory. Supporting career planning, fostering peer relationships, and fostering autonomy are examples of practical initiatives that it promotes.

Overall, Erikson's theory offers a compelling framework for comprehending how Jenny's obligations might impact the formation of her identity at this critical juncture in her life.

CONCLUSION

In summary, Jenny's circumstances can be meaningfully and substantially understood via the lens of Bowlby's attachment theory. In a crucial period of adolescence, it clarifies how her emotional stability, self-beliefs, and general well-being would have been impacted by the death of her father and her ongoing caregiving duties. When it comes to stressing the value of consistent, sustaining relationships and the dangers of role reversal and disturbed attachment, the theory is helpful.

However, while attachment theory offers important insight into Jenny's emotional development, it should not be used in isolation. Her experiences are also shaped by wider social, educational and environmental factors. Therefore, the theory is most effective when applied as part of a broader, holistic approach within health and social care practice.

All things considered, this case shows that psychological theories are more than just theoretical concepts; they offer useful instruments for comprehending behavior, identifying risk, and offering efficient support. The main conclusion is that psychology is essential to health and social care because it enables practitioners to identify basic emotional needs, foster resilience, and create interventions that actually enhance the lives of young people.

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