

Reflective essay: Importance of Freud's and Piaget theory for health and social care sector

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Introduction:

In the past several decades, researchers demonstrate that cognitive, emotional and behaviourism is coming from a living environment. This has been widely adopted in the field of Freudian Theory of Psychosexual development and Piaget's theory of cognitive development. These theories are relevant for health and social care sector because it helps to develop a patient, positive and healthy society.

This field of study is sometimes referred to as how the theory is working, and how its mind is involved in practice some of the ideas for avoiding some bad circumstances. This has been widely summarised in the field of how communication between child and parents mind be increased and disease prevented. Moreover, which consulting can be reinforcing for creating a secured environment and how the problems from kids' family mind are deposite.

Interpretation of theories

On the first task, the Freudian Theory of Psychosexual Development and Piaget's Theory of Cognitive Development was described. After examining the stage of childhood development, we found that the living environment has a huge impact on the child's development. This study aims to identify the role of positive emotions, knowledge, and behaviour for the developmental stage of childhood. Therefore, by following a few rules at home, at school and outdoors, can be helpful for creating a healthy society. It was found that theories help significantly developed knowledge about how babies react to their pleasure in childhood. After experiencing the role-play, the story of a child with such a problem in our communication, we found a middle ground. In addition, she becomes more organized, more creative, and closer. After reading about children's love for the opposite sex and the same sex for a parent, it was found that parents should be very careful with their emotional, cognitive, and behavioural state.

Taking into account, the basic factors demonstrates that the cognitive stage of Piaget's development is focused on communicating with our child. This suggests that parents should be curious and talk as much as possible with their child to understand their perception, sensations, feelings. That is why it is relevant for them to develop imagination, to learn how to share information, to develop skills through play. Most importantly, I learned that parents need to know about their needs, how they think, interact, and how to prevent future illness. Previously, we noticed that the negative factors that cause infant anxiety, persecution, less memory, chronic pain, depression, irritable bowel syndrome, stress, death of neurons from the frontal lobe to the occipital lobe (Ishida, 2019). The mind of avoidant attachment develops chronic back pain and sore throats, frequent and severe headaches, chronic pain and ulcers, myocardial infarction, hypertension, increased disability related to pain, anxiety, stress (McWilliams & Bailey, 2010 quoted from Chambers, 2017).

It is observed that for creating an educated society it is recommendable to understand the child's needs and thinking carefully how to effectively create communication with them. Moreover, it is believed by knowing the child expectancy it

is easier to understand them and learn how to play with them, how to make them responsible, the recommendable game for their age etc. in order to avoid the future impediments. As a statement above indicates, the future disorder for children's minds is prevented. Obstructions of the child should be avoided by strengthening the child for correction, encouraging positive behaviour by creating seminars, attending social care courses, sharing useful videos, consulting a therapist, encouraging effective learning. This adds that social workers can see the impediments when the child is agitated, anxious, nervous, hyperactive, have a high tone of voice, attention deficit, etc. and creates a safe environment for them. This review critically examines the fact that, following the theory of metacognition, the social worker must know in detail the people, tasks, strategies and then suggest how to regulate their emotion, knowledge or behaviour effectively through planning, monitoring, regular control and evaluation (see appendix) (McCord, 2020).

Importance of secured environment for health

On the first task, it was described the Freudian Theory of Psychosexual development and Piaget's theory of cognitive development. Having examined the infancy stage of development it was deposite that living environment has a huge impact on the child. The aims of this study are to identify the role of positive emotions, cognition, and behaviourism for infancy stage of development. Therefore, by following some rules at home, school and road mind be helpful for creating a healthy society.

As a statement above indicate the future disorder for kids' mind is prevented. The infancy impediments mind be avoided by reinforcing the child for correcting, encouraging the positive behaviourism by creating seminars, following social care courses, sharing useful videos, consult a therapist, encouraging effective learning it is recommendable. This adds to my proposition that social workers can see the impediments when the child are agitated, anxious, nervous, hyperactive, have a high tone of voice, attention deficit etc. and create a safe environment for them. As an employee in education knowing the impacts of an insecure environment is essential. The central contributes to preventing the unsecured environment is to the following theory of metacognition. Therefore, the social worker has to know in detail persons, tasks, strategies and then suggest how to regulate their emotion, cognition or

behaviourism effectively by planning, monitoring, controlling periodically and evaluating (see appendix) (McCord, 2020).

Having examined neurosis Freud considered an impact of specified problem mind is specified on the 22-year-old patient who had infantile traumas. As a result, that effect is man memory, observations, and destructive aggression (Metim, 2016). Therefore, her future mind becomes toxic and the adult becomes a victim of a bad relationship, eating disorders, smoking or alcohol addiction or feel like a victim. In consequence, it is believed a personality who like to use others to meet his needs, a recalcitrant, selfish, aggressive, or angry person had a bad influence from the oral stage of live (Psychology of happiness, 2019).

To understand the role of environment for child development the psychotherapist is answering such a question for disputing the psychosocial feelings of the child. The history of child intelligence has also a lot of influence from an adult's life, friends, cartoons, story etc. Therefore, the child is presuming their responses through the invention of the story - fabulation, or when the questions are new for child and he responds after reflection – persuaded suggested, or when the child has the answer already and was inspired from adult – spontaneous beliefs, or when the suggested beliefs through the questions. The adult mind encourages the child to be curious. It was found that by asking such as questions like: Why the bears have four legs? (fabulation), Where the night comes from? What the sun is doing when you are walking? (spontaneous beliefs), What does it mean thinking? Does the doll have pain when she felt down? etc. are increasing their communication, effort and are learning to overcome obstacles (Piaget, 2012).

How to create a secured environment for infant and prevent future impediments

The researchers sustain that using Bloom Model the information used mind be more clearly for personalities in the process of creating a safe environment. The information mind is translated, interpreted, or explored. Next is coming application (resolving the real problem), analysis (breaking down into parts to understand how the parts relate or organised and the highest level of evaluation (Murtonen, et al, 2017).

Having discussed how behaviourism mind influence parent's, child's health, and development it is relevant to say how this is working. This suggestion demonstrates that infant responds to the stimulus (S-R) such as object, fact, event, or situation which had an impact in their life. Inherent to this conception is the understanding that infants have born us a "tabula rasa" and the behaviour is learned from the environment, though, verbal attitude and verbal behaviour. Therefore, mental disorder, such as aggressiveness, inadequate social interaction and using a bad language is related to the environment. The strength of such an approach is that rats like a human developing fear through strong noise and that conducted to anxiety (YaleCourses, 2013).

That why it is relevant to say that for maintaining an effective brain for learning this mind have melatonin and serotonin. In detail, it can bespeak how it is important for an infant to have a good sleep, healthy food and positive emotions. The discussed study is important for me as a practitioner, because by creating a positive lifestyle with exercise and encouraging the child's progress and disease mind be prevented. Researchers sustain that human behaviour is determined by the consequences of past behaviour and strongly influence future behaviour. During the investigations has been demonstrated an efficient potential of action, imitation, representation, and language prelate from their parents and teachers. The scientific create some mechanisms for developing and creating efficient support for perceptual behaviours. Anyway, for good parenting it is important to understand the impact of our behaviourism. In view of creating powerful parenting and reducing the impact of emotional attachment, psychologists are proposing to reflect such a question: How I can be a positive parent? How I can help them to make the decisions? What I must do for knowing better my child? How I should speak with the child about my frustrations? How I should do to overcome their respect? etc. (Miller, 2012).

In my roles as a teacher, it is believed that learning cognitive, emotional and child behaviourism at infancy stage mind be explain to families the future circumstances. It is relevant a health and social worker to inform parents with such as storytelling, seminars, courses about specified cases for avoiding impediments for children with ADHD. To understand the role of positive behaviourism in forming personality the future studies aims to provide an understanding of the factors that contribute to improving child with ADHD to create a better relationship by increasing

self-esteem and efficiency social skills. Well defined it is relevant to suggest that it is recommendable to developing and evaluating study programs frequently. Therefore, by implements some innovation in teaching, learning and assessments methods (for ex. Self-Evaluation) and implement some projects, methods, and therapies for supports the goals (Murtonen, et al, 2017).

Kids with ADHD are agitated, get angry for nothing, it is hard for them to sleep, he cannot control their motor activity, cannot stay calm, is feeling sad and frustrated, tired, irritable, anxious, with heart rate level. Therefore, it is recommendable to practise child's patience when he is speaking, learn them to speak calmer, listening and wait when they want to express their self. For improving their skills, it is recommendable to consult a learning specialist, education teacher, social worker, therapist etc. and encourage parents to follow a winning attitude with less judgment and agitation and positive people around them (Sante mentale, 2014). It is believe that exercise, peaceful environment with aspect of nature where they have opportunity to explore and create, where they feel loved and safe mind be a opportunity for them to increase their skills, knowledge and growth their brain (Edutopia, 2019). The specialist's mind is proposing some programs, plays and activities for preventing or overcoming self-esteem and increase the ability to decide, problem-solving, control their negative emotions into positive one etc. The information proposed for parent's mind be useful for increasing child concentration and behaviour.

Conclusion:

The findings of this study can be understood as a reflection about how positive environments mind prevent child future disease. This research contributes to knowledge about how it is useful to create a stronger society by improving cognition, emotions, and behaviourism. It is evident that by increasing communication, creativity, organisation the relationship between parents and child mind be better.

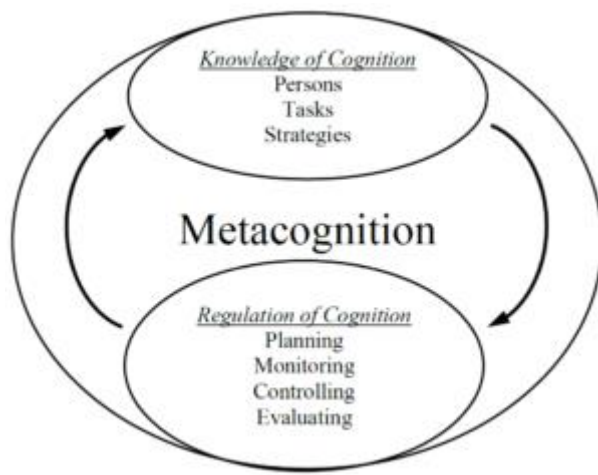
Remaining issues are subject of future research because for increasing the quality of metacognition the problems mind be planning, monitoring, and evaluating their environment and capacity frequently.

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Appendix:



M	Title	Purpose
1	What is metacognition and why should I care? (Overview)	Introduce students to the metacognition framework and argues for the importance of metacognitive knowledge and regulation
2	Knowing about Thinking (Knowledge of Cognition)	Focus on metacognitive knowledge of self, tasks and strategies
3	Reflecting on Our Thinking (Evaluating)	Introduce students to the idea of assessing a learning experience to determine what worked and what did not

4	Planning for Our Thinking (Planning)	Introduces students to the idea of focusing on tasks that are part of a big project and part of important goals rather than tasks that are distractions
5	Optimizing Our Thinking (Monitoring & Controlling)	Introduces students to monitoring and controlling their learning during a learning experience, operationalized through Kolb’s experiential learning cycle.
6	Thinking Back and Thinking Ahead (Summary & Extension)	Serves as a summary that asks students to reflect on topics from the prior weeks and think about how they can apply what they have learned going forward