

Psychology for Health and Social Care

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INTRODUCTION

The stream of science which deals with the behaviour, thoughts, decision-making, and other attributes of cognition and perception are covered under the field of psychology (World Health Organization, 2012). This branch aims to deal with the overall health and well-being of an individual thereby improving their overall thoughts and other related processes which would help them in evolving emotionally and psychologically. Psychology helps in understanding in detail the emotions and thoughts of an individual which eventually affects their current health status and therefore this field is provided immense attention. The majority of the cases across the globe have been reported due to disturbed or altered psychology which affects the overall health of the individual and therefore this needs to be ruled out effectively to provide healthy individuals to the country (World Health Organization, 2012). The field of psychology intervenes into different stages of an individual's life which provides a better understanding of the thoughts and emotional ups and downs experienced by them.

The assignment will discuss any two life stages from the life cycle of an individual. These life stages will be related to the psychological lifespan development theories provided by different authors and will also describe the cognitive, emotional, and specific emotional patterns which will be studied in detail to understand the aspects of psychology in detail.

BODY

The life of a human being is divided into different stages, unlike other organisms. Baltes and Baltes (2014) explains that the other living beings require physical and mental aspects for their growth and development but, for humans, there are other two aspects which make them unique- the emotional and psychological aspects of their life. The child of a human is supposed to go through infancy, toddler, adolescent, adulthood, and old age (Baltes and Baltes., 2014). This describes the level of physical, mental, emotional, and psychological aspects of the latter are life. An individual has a different state of mind in all these stages as things develop gradually with experience and knowledge and then the latter acts accordingly in different instances.

The branch of science which deals with the course of life of an individual and how the latter changes along with the changes in their thought processes are called developmental psychology (Cohen and Cohen., 2013). The psychologists aim at understanding how an individual's thoughts, beliefs, and emotions change and how it affects their lifestyle. Adolescence is the age between 13-19 years where an individual is physically developed and requires further growth and development in the emotional, psychological, and social aspects of life (Cohen and Cohen., 2013). Numerous physical changes have been observed in an adolescent individual which makes them sexually competent and thus they can further reproduce to bring their progeny. Apart from this, different mental, emotional, and psychological changes are observed commonly. The mental changes explain the growth of their memory and thought processes which enables them to make effective decisions. Moreover, they also learn different things through experiences gained from their surroundings. This will help them in competing with the needs and demands of society (World Health Organization, 2012). Emotional changes are another important entity that affects the psychology of an individual. The emotional changes in an individual occur as a result of the feelings which develop in an individual as a result of varied emotions. These emotions make an individual develop a particular perspective regarding another person (Denham et al., 2015). Similarly, the psychological changes are the ones that affect the mentality and other thought processes of the latter and the adolescent age makes an individual psychologically sound and efficient in understanding and making effective decisions for the rest of their lives (World Health Organization, 2012). Moreover, the stress and pressure also build upon in this age, and hence the adolescent individual is bothered about the peer pressure and the peer group (Smith et al., 2013).

On the contrary, older age is the age of 60 years and above where the transformation of an adult is seen in all the aspects of his or her life (Isenberg., 2015). Van der Hart (2016) explains that the individual loses his or her ability to perform things independently due to a lack of strength. Apart from this, the health-associated co-morbidities make it difficult for the individual to keep pace with the surroundings and therefore they start isolating themselves at their places. Moreover, the transformation is also seen in mental and emotional health when an individual loses his or her partner and is left alone. This deprives them morally and therefore it affects their overall health and well-being (Lee et al., 2014). The psychological deprivation is seen in old age where people are anxious and nervous about their illness and health-related issues. The transformation is majorly seen due to the inability of an individual to perform things independently and the inability of their body to work as they used to perform in their adulthood and their adolescent age (Isenberg., 2015). Moreover, social isolation is another factor where the individual is affected the most with the thought of being left alone and socially deprived (Guntrip., 2018).

The above-mentioned stages can be broadly described and understood by explaining the theories of different authors who have been provided literature in this context. Piaget's theory of cognitive development explains the growth of an individual into four stages- schema, assimilation, adaptability, and equilibration (Guntrip., 2018). Luyten et al (2015) explain schema as the knowledge gained through experiences gathered in different instances of an individual's life. Assimilation refers to gathering the information obtained through different schemas and adaptation refers to build the ability to adapt to the changes observed in the environment. Similarly, the final stage of equilibration explains the ability to assess the newest experiences in an individual's life (Luyten et al., 2015). On relating this theory to adolescent age it is observed that an individual develops different schemas in their brain regarding the emotional, physical, social, and psychological changes going in and around them. They gather these experiences and develop a better understanding of how they should deal with the peer. Moreover adapting to the environment and people around them will help them in developing and maintaining equilibrium with the environment (Lee et al., 2014). Similarly, on relating the theory with old age it is observed that all the above-mentioned four stages have an impact on their life too. The process of cognitive development is a never-ending one and the people of old age are found to have reduced cognitive abilities which further enables them to adapt themselves to the environment with available capacities (McRae et al., 2012). The stage of schema helps in developing an attitude of accepting the

things and strength which is available for them and hence using it to the most. The stage of assimilation requires them to gather new knowledge as per their understanding which will enable them to cope with the surroundings and demands of the society (McRae et al., 2012). The stage of adaptation refers to adapting to the limited strength and limited access to resources and hence the stage of equilibration defines the ability to assess newly learnt experiences and make them a part of their lives.

On the other hand, the psychodynamic theory produced by Sigmund Freud explains that the feelings and behaviour of an individual are directly and indirectly affected by their unconscious thought processes (Newman and Newman., 2017). The theory explains that thoughts are governed by an individual's behaviour, judgments, and feelings. Whereas the feelings and emotions are developed as a result of past experiences which make an individual develop a perspective regarding an incident. Williams et al (2012) explain that the feelings and emotions of an individual are a result of their past experiences which makes an individual keep a memory of it which can be bad or good. This eventually leads to developing a personality that is then thought to affect the rest of their lives (Newman and Newman., 2017).

The author describes the psycho-development of an individual into three distinct phases- the identity of the person, ego, and superego (Cohen and Cohen., 2013). Identity helps in providing them with appropriate experiences which they gather in their life through different outcomes and options (Eime et al., 2013). Ego on the other hand is developed at the age of 3 years where the child starts understanding about feelings and emotions and hence works as per their knowledge. Superego is developed after 5 years where the individual is looked upon by others as a person who understands everything and develops feelings and understanding for their peer and support groups (Denham et al., 2015).

On associating the theory of Freud to the adolescents it was observed that the three stages explained by the author were effectively implementing in their lives. The identity provided the individual with an appropriate recognition in the society and hence this provided them with the capability to introduce with others (Shapiro and Margolin., 2014). Similarly, ego helped them in developing their attitude which eventually provided them an insight into behaving with people. The superego, on the contrary, is not possessed by everyone and this usually provokes different mental health issues among people (Eime et al., 2013). The adolescents who managed all the three things perfectly were found to have appropriate balance in their social and psychological lives whereas those who could not maintain a

perfect balance were unable to lead their lives healthily and hence were also found to be disturbed on the grounds of mental issues.

Similarly, on relating the theory to old age it was found that people who focused on their identity found it to be more difficult when they started losing it in society due to lack of competence. Whereas the people with ego and superego were found to have profound mental and psychological issues where they could not accept the fact of their social isolation (Guntrip., 2018). This is how the theories provided by different authors were successful in explaining two transformational stages of an individual's life.

On looking into different aspects of mental and psychological health it is found that emotions, cognition, and behaviour constitute to be other important factors of an individual's life (Winnicott., 2018). These aspects are seen to have different effects on an individual's life, on comparing these aspects to an adolescent it is evident that the individual is in his or her growth and development phase and therefore has a better understanding of all the three aspects. Whereas, on the contrary, for older people, these aspects seem to diminish with age. Shapiro and Margolin (2014) explain that people lose their cognitive abilities as they age and hence they also are not more sensitive towards emotions. Similarly, these changes in their attitude bring an overall change in their behaviour which is one of the important aspects to sustain emotional and psychological health and well-being (Guntrip., 2018). This explains the overall psychological development of an individual throughout their life and hence this provides an understanding of how things transform into different stages of life.

On looking at different evidence-based approaches provided by various authors it was evaluated that the person-centred approach is one of the most valid approaches which can be used in such cases. As the difference in an individual's behaviour can be dealt with this approach only. Isenberg (2015) explains that the change in an individual's behaviour is not necessarily observed in other person and therefore using a person-centred approach will help in looking at things accordingly. Moreover, it is equally important to look after the well-being and maintaining the dignity of older patients who have been admitted to any care home. Siegrist (2012) explains that mental health issues can also result due to exploitation and other such instances that affect an individual's thought process and behaviour.

CONCLUSION

The assignment was successful in explaining the developmental psychology and the different stages of an individual's life. These stages were described along with the physical, mental, emotional, and psychosocial changes which are observed with the process of aging. Moreover, the assignment was also successful in explaining different theories of lifespan development which provided an understanding of different ages and the behavioural change of the individual. The assignment discussed the impact of emotion, cognition, and behaviour on an individual's aging process and these further needs to be studied in detail.

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