

PSYCHOLOGY FOR HEALTH AND SOCIAL CARE

BMHP4003

PSYCHOLOGICAL PERSPECTIVE IN HEALTH AND SOCIAL CARE

MYRNA MORALES

Student ID: 1917110

DIYA GANGULY

Lecturer

Table of Contents

Introduction	Page 1
Human Behavior	2
Stages of Psychosocial Development	3
Cognition	4
Personality	5
Conclusion	6
Appendix	7
References	8

Introduction

In this topic is related about the psychological reflection of the late adulthood of old ages in life span. It is about the human behaviour, social cognition, and emotion. To understand how human brain in stage in adulthood. The future goal to continue and having a diploma in Health and Social Care in Adult care. The Personality, Emotions, Behavioural approach to the old age life span, that can give the proper academic knowledge can be helpful to future, from Classical and Social Conditioning. It is about the human psychologies' theories and personal research in delirium and dementia in Adult Intensive Care Unit (AICU) in hospital where had visualizes and experienced the effect in these times of Covid-19 pandemic situation. Delirium in adulthood which in human role can be supported the different effects inside a person's mind.

Human Behaviour

Today, 5 of Oct 2020, we started again our Virtual Learning classes in PSY with our lecture's Dr Giya. As, overly excited to see again my other co-student, it is still 12:45 was already online connection in HWB Hub. The class started 13:45 in the afternoon. It is indeed an exciting day experienced to meet unfamiliar faces. But the same time also scared at the same kind strange of mix feelings and emotions because of the serious topic of psychology. However, when the time of presentation is not even getting better, because of internet connection and the channel is echoing but the gratefulness of excitement to learn innovative ideas, new emotions, and new responsibilities, to take seriously about this module. The class watched videos to know yourself, to reflect about how to know your personality. We studied the basic information about the meaning of psychology, different fields, different important persons of Psychologist Experts from the past era. Had really needed this topic to understand personal own personality and the correct human behaviour towards others. It is also because of lots in experienced that are not pleasant experiences, not having early educational accomplishment, because of lack of parents. Parents that can sustain in educational needs financially and psychological moral support. Experiences that made me in time that longing desires becomes a dream. Being interested in Health and Social Care Psychology that is connected to the jobs of old age worker and adults' care. To learn more the mental health sector, and anything relevant to the future job. (Bussey&Bandura,1999)

Erikson's Theory of Psychosocial Development-sustained that personality develops in deliberated 8 stages of life span. In which develops from infancy to adulthood. For me, the psychosocial crisis can be results in just two ways positive and negativity depends how the development results occurred in each of the person involved, or that atmosphere of that stages is found the person.

Erikson's Stages of Psychosocial Development

Stage	Age (years)	Crisis
Infancy	0-1	Trust vs Mistrust*
Early Childhood	2-3	Autonomy vs Shame & Doubt
Preschool	3-5	Initiative vs Guilt
School Age	6-11	Industry vs Inferiority
Adolescence	12-20	Identity vs Role Confusion*8
Young Adults	Mid-20s	Intimacy vs Isolation*
Adulthood	25-60	Generativity vs Stagnation*
Old Age	60+	Ego Integrity vs Despair

Emotions- is a complex condition that are arisen to responds to certain experiences in that moment. It has six components: The affective state as subjective experience, the second components are how we react, or responses involving the nervous system for example when you got angry you rise your voice or shout, or the hand tremble, even though do not intend to do it. The third is cognition appraisal, the thoughts, beliefs come to our mind and responsive to the emotions. Facial expression are the components when tasted something bad inside the mouth will become watery and have that disgusting expression without intending to show it. Or when if heard somebody talk about badly back the face will become red. A global reaction to the emotions is the fifth components for example an unpleasant experience may darken your outlook to your environment, or your reactions become evil. And the sixth part is the set of behaviour that people because when experiencing a certain emotion, the tendencies in actions that can be done in instance. For example, danger can become aggression or violence if that person does not know how to deal its own emotions. Happiness-are the emotions of one person when we have to profound sense of satisfaction in his decision or achievement. When someone happy it become contagious, examples when smiling to somebody, met they always smiled back. When you feel happy automatically your body is in relaxation mode. Aristotle (384 B.C.) He is the Ancient Greek philosopher believes that all human being has rational souls. Psychologist biologist, logic, revered as the first teacher among medieval Christians. Concludes that a person wants above all is to be happy and contented. This part comes together to become emotions, none of these components by itself is an emotion, every part can influence each other mechanism.

Social Cognition

During free time in weekdays, always looking to make useful tasks and give myself the happiness by helping others by making them happy too. So, the manager in volunteer team in distributing foods for elderly people in needs, saw the way to be looked and felt happy, feel satisfied that little act of goodness towards other, can already and always fulfil the happiness. It is a volunteer team that never get paid but still willing to served and give foods or anything what they have to others. Being presents in their vulnerable time and this team giving them psychological support, that they will never be alone. Vulnerable people that do not have something to eat, nobody is listening to them, and even just 3 hours be active in their social life that they do not have in the moment that they enter their houses. Small effort that can make an enormous difference to other lives. Human being and as a person need to feel the sense of belonging. Little time to mingled or having lunch with others just being there makes a person psychological aware that someone still taking care of them, 'just be there.' The manager said that she wants to take picture because she sees that joyful in dealing with another person very comprehensive and compassionate to others. However, that is a big compliment and answered that it gives the happiness, as a person, willing to help and in an uncomplicated way that that can. In this category, want and planning to have career in Health and Social Care as a worker. To have the capability and ability to help and especially have the legal right as a SOCIAL WORKER. For studying a lot to have the right knowledge. The Care Act, how to deal with racism, about safeguarding. Working with care plans to adult and families. How to deal the challenging behaviour of a person especially to those adults, or old age stages. Or how to deal the challenging behaviour of a person especially to those vulnerable adults. (Nisbet&Ross,1980)

PERSONALITY

We have our topic in class today, ourselves compassion is about yourself -kindness, mindfulness about what your emotional issues, how to love yourself. For me, it is reflecting how to help myself for not having stress in everything, in environment and in connection with the family. As, in my family we belong to the high pressure genes. So, decided to cope the stress by keeping myself calm. To reflect in last past year of my life, as an alone person. So, decided to study Health and Social Care. For helping older people, to make them cope their last year of their lives. For had planning to work in care home to have the managerial technique properly. Planning to help the older people to support their emotional weaknesses depression, anxiety and having friend to confide to their past experiences. However, found out that older people with dementia always remember their memories even it is traumatic or nice, sweet moments. Had worked as a private guardian in Milan, Italy with a lady in her early stage of dementia. It is heartbroken moments in every single afternoon, seeing the patient behaviour. Punctually, that old lady is waiting for her husband the same time as she always doing when her husband still alive. She is preparing the table settings, the hot tub ready and clean pyjamas. That experienced gives the desired, the eagerness to study in Health and Social Care, especially the Adult Care. Learning that human behaviour, always a big mystery how our own Personality is complicated because of psychosocial development, anywhere. (Goleman D.1996)

In the morning as soon as, woke up to go to work, prepared to drink a glass of warm water and having a hot shower to help and make feel and having energetic vibrations, to start the workday. It is a psychologist addiction, self-cleanliness that if do not have shower, feel easy to irritate and easy to stress in every way. If the manager says something or colleague notice, about the personal outlooked, become already like having electric strike and starts to ruin the day. (Posner&Raichle,1994) Although, have tried always to be calm in that kind of situation so will always to be stay happy and be positive and treating everybody as friends or family, but sometimes do not receive the same reactions from others. The way treats colleagues without expecting to others to be like my social work idea should be, but do for own goods, psychologically. Self-care is that activities that help yourself to growth and roundedness your personal development. Example, when eating well fresh food, it makes humour becomes positives. Checking and getting medical care and having exercise. Napping (when you can) or enough time to sleep. Going physical therapy like massages. Saying yes or no when it needed to take a break for myself peaceful weekend. Set a boundary for a person that unvalued your capacity or excellent quality as human being.

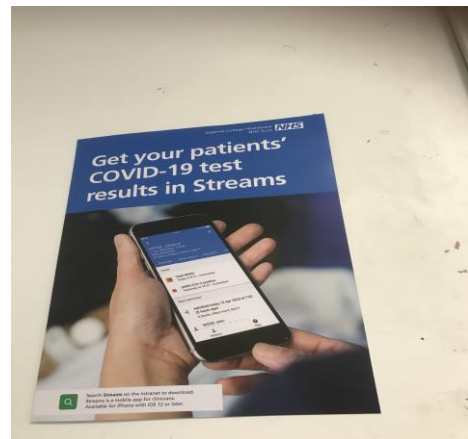
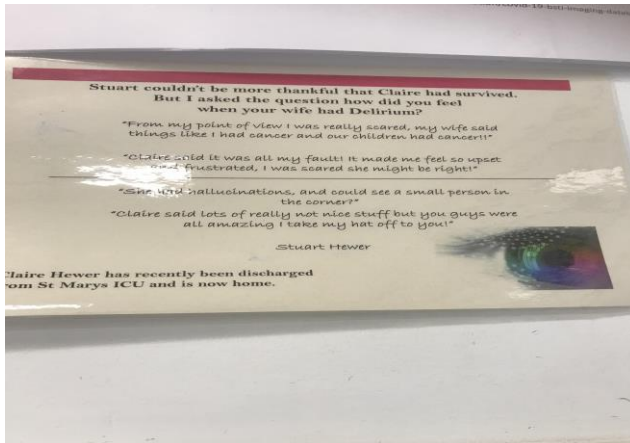
This is the guides to have PERSONAL CARE EVERYDAY PLAN, so this plan helps me to survive the journey. So, can say that will used it too for the SOCIAL WORK job in the future. As for me, as a Social Worker is someone who have right values and behaviours. A person who believes that is important that every person have their own choices and ability to have their own personal support needs. Be focus and will be committed on the strength of a person rather than assessing only for services or as a client. Will be looked first at what people can do, not what they do not do, having sincere conversations and communicate properly even to person having non-verbal communication. All had desired is having this qualification to extend the ability of sharing the love of working and helping other lives be better than they have, especially the older people. (Klein&Loftus1989)

Conclusion

In this module had learned, discovered, and revealed about the personal own psychological strength, weaknesses. It is the most interested module got because had learned also to deal with other people behaviours, why are some acts differently and strange oppressively. And gratefully to widening the comprehension and empathy to old ages. How to prioritizes the personal care, own health care to spreading the knowledge of self-attention, can be a guide to be compassionate to the emotions of other people. To learn and keep learning the advance technique of the professional development in Health and Social Care. Developed the right social cognition towards others.

Appendix

These are the process of Covid19-in Adult Intensive Care Unit (AICU) the system of NHS in preventing and remedial the sickness, of the covid-19. As had hard working staff, the nurse in charge let to have this some pictures that will used as a result for the own researched.



References

Atkinson, R., Atkinson R., Smith, E., Bem, D.&Hoeksema S. (1995) *Hilgard's Introduction to Psychology*. 13th EDITION Hard College Publishers USA

Bandura, A. (1973) *Aggression: A Social Learning Analysis*

<https://www.kobo.com/gb/en/ebook/an-analysis-of-albert-bandura-s-aggression>

In-text: (Covey, Schmid, Douma and Eisenstadt, 2017)

Your Bibliography: Covey, S., Schmid, C., Douma, L. and Eisenstadt, L., (2017). ***Employment Resource Guide***. 17th ed. SAGE Publication London Ltd: SAGE Publication London Ltd, p.128.

In-text: (HBR Handbook, 2017)

HBR Handbook, (2017). ***The 17 Skills Leaders Need to Stand Out***. Harvard Business Review Manager's Handbook. Harvard Business Review Press Boston Massachusetts USA - Bing. [online] Bing.com. Available at:
<<https://www.bing.com/search?q=The+17+Skills+Leaders+Need+to+Stand+Out.+Harvard+Business+Review+Manager%E2%80%99s+Handbook.+Harvard+Business+Review+Press+Boston+Massachusetts+USA&cvid=048967f3388b44a39cafc15ea3fa0ac&FORM=ANAB01&PC=HCTS>> [Accessed 11 November 2020].

In-text: (Morgan, 2017)

Morgan, P. (2017). ***The Business Student's Guide to Study and Employability*** SAGE Publications Ltd. Available at: <<https://uk.sagepub.com/en-gb/eur/the-business-students-guide-to-study-and-employability/book241260>> [Accessed 14 December 2020].

<https://www.harcourtcollege.com>