



Psychology in Health and Social Care (LCHS4006_LON)

Assessment 2

Reflective Report

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Introduction

The main base of “psychological life span theory” is that improvement of psychology is not completed at a mature age. Rather, the process of developing psychology is an ongoing process, which may continue for a whole life span. One can take lessons from the previous mistake and can improve the psychological strategy for the next move. Developmental psychology, “*is the scientific study of systematic psychological changes that occur in human beings over the course of the life span*”. It studies the physical, emotional, cognitive, and social growth and development of human beings. Life span development deals with the “study of Ontogenesis”. Various theories of a lifespan development deal with different aspects of human life.



1 Reflection on the psychological life span theory: Erik Erikson theory

The Erik Erikson theory states that individuals can take lessons from their previous actions and can perform their next move better (Shin and Gyeong, 2023). I followed the theory in my life and I developed my decision-making strategy. Using the Kolbe's reflection cycle I have pointed out my learning. Once I had taken too much pressure at the time of the exam and could not study well, due to which I failed. However, in the next exam I made myself understand that failures are a part of life and they are inevitable. I started studying with zero stress henceforth and I learnt from it that, studying more would help me to pass and not the tension.

By Erikson's theory, "ego identity" can be developed well. "Ego identity" is mainly developed by social interaction. Erikson explained that "ego identity" varies in different life stages and changes on the basis of new life experiences and social backgrounds. He also described that "ego identity" is based on a competency sense that motivates personal behaviour and his next action. In the age group between 30 and 60 that is mid-adulthood a personality conflict occurs between "intimacy vs. isolation" and the relationship competency happens. In this age group, people need love and intimacy, and if they feel neglected then they might isolate themselves and suffers from depression, frustration, etc. On the contrary, between the age group of 45 to 60, personality conflicts occur between "Generativity vs Stagnation". Basically, a person finds themselves in a sandwich situation in work and parenting. At this stage, the adults feel pressurized in a situation where they are involved in a rat race. To overcome this situation, they need to nurture their relationships by spending quality time.

2 Discuss a psychological phenomenon/framework that you find most exciting and relate the same to your life to reflect how it has impacted you.

The behavioral aspects help the child to undergo certain mental development in their growing age. It has been proved that a child certainly absorbs whatever they see, hear and thinks during their early to late growing phase.



During the Second World War, the renowned psychologist “Erik Erikson” took many samples individually for running his psychology-related research analysis, where he found out that different lifespan introduces different type of personality traits. On the other hand, an argumentative study shows that human developmental psychology gradually takes place, but these gradual steps cannot be elucidated by the Erikson theory well. There is a difference in the opinions between Freud’s theory and “Erikson’s theory”, where Freud explained five stages and Erikson explained eight stages. According to them, they both were correct. According to the “Humanistic Approach,” everyone should contribute to society and this positive contribution to society makes a person good and likeable to all people (Sargeant and Yoxall, 2023). As for me, I used to like a person who had a knack for dogs in our area. Every day she would feed them. She would also take care of the injured dog and maybe that is the reason the people with positive thinking in society loved him. I personally followed her moves and grew likeliness towards her behaviours. In my opinion, she has been my real-life hero.

“Psychosocial theories of development’, explains the relationship between an individual and his/her society and the components in it. Erikson generated eight stages of development, where each stage shows a psychosocial crisis which is an innate conflict. Individuals face challenges in sexual and physical growth with social changes. In every stage, they have to accomplish a psychosocial task that will sharpen their personality.



Erikson's Stages of Psychosocial Development

Approximate Age	Psychosocial Crisis/Task	Virtue Developed
Infant - 18 months	Trust vs Mistrust	Hope
18 months - 3 years	Autonomy vs Shame/Doubt	Will
3 - 5 years	Initiative vs Guilt	Purpose
5 -13 years	Industry vs Inferiority	Competency
13 -21 years	Identity vs Confusion	Fidelity
21- 39 years	Intimacy vs Isolation	Love
40 - 65 years	Generativity vs Stagnation	Care
65 and older	Integrity vs Despair	Wisdom

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The first stage is trusting vs mistrust where infants seek trust from their primary caregivers. In stage 2 “autonomy vs shame” toddlers try to explore the environment without the help of their caregivers. In stage 3 “initiative vs guilt”, children convey their needs to others and initiate goals. In stage 4 “industry vs inferiority”, children show an ability to perform various tasks. In stage 5 “identity vs role confusion” occurs during adolescence to develop identity. In stage 6 “intimacy vs isolation” young adult seeking for intimacy in various relationships. In stage 7 “generativity vs stagnation” adults focus on the betterment of society. In stage 8 “integrity vs despair” occurs in late adulthood when individuals focus on career



This theory states the comparison between generativity and stagnation of the adult person. It involves people from age 30 to 60. Adult individuals set certain goals of positivity that results in parental as well as social responsibility. In contrast will be the stagnation where the individual doesn't have certain perspective of thoughts.

The cognitive theory of development in the health and social care context of older people reveals that the cognitive mental health treatment process promotes delays in normal cognitive ageing among older people allowing them a better opportunity for information processing and psychomotor ability. First stage of the development focusses on the early birth stage that continues to 18 months from birth. Infants completely depend on their parents. At this stage an infant develops hope and in contrast to this comes the mistrust, fear and anxiety. However, late adults already develop the capabilities to overcome these fear. Secondary stage occurs between 1 to 3 years during which a child develops self-confidence and their brain starts developing. Adults are less observing in nature and the tendency to absorb the experiences is much less compared to children.

A child from 5 to 12 years' starts comparing themselves with their peers and develop skills in sports and social activities. However, adults, especially at the later stages of life, lost such capabilities and willingness.

3Critically discuss

The behaviour of that woman affected positively my psychological behaviours. As all the members of our society love her and also give respect to her, I want to become like her. I also want to do some contribution to my society. I want to be also a loveable person to everyone (Sallay et al. 2023). And after my move, many of my younger will also follow my strategy and they will also contribute something to their society. People around the whole world try to change their lifestyles very first throughout their life period. In every spare of life, they changed themselves in education, behaviour, and learning also. Every organism in our world tries to develop and evaluate itself with the natural



changes of life. Not only the child but also adults are changed their lifestyles. It creates a great effect on the world socially. They also try to develop their education and learning as much as possible. The development is gone on through gain and losses but the generation will never give up their hopes. They tried till their old age of life. On the hand, German psychologist Paul Balts is the main expert on the development theory of lifespan. He approaches the development study which is called lifespan perspective. Its main information is development occurs throughout the lifespan of every living organism. It can be found several development theories about lifespan. It is distributed into five levels. They are microsystem, macro system as well as mesosystem, exosystemic, and chronosystem.

Conclusion

It might be concluded that everyone should follow proper social psychological strategies to improve their psychological thinking. The improvement in psychological strategy helps a person to survive better by taking proper decision. In the whole world, people are developing themselves. The development is gone on through gain and losses but the generation will never give up their hopes. They tried till their old age of life. It is distributed into five levels. They are microsystem, macro system as well as mesosystem, ecosystem, and chronosystem.

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