



Module Code & Name: BMHP4003 Psychology for Health and Social Care

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Introduction

This academic essay will be focusing on Developmental Psychology with specific overview on stage called adolescence. How two theories such as Eric Erickson's Psychosocial Theory and Kohlberg's Moral Development Theory can reflect with their own view for this specific part of the life span. I will go deep into the Psychology and Developmental Psychology and to make it more interesting for the readers I will discuss more about the human cognition, emotions, and behaviour patterns specific to adolescence life stage. For the final to make the reader more curious I will choose three most common psychology research to Health and Social Care.

Psychology

Psychology is part of one of the biggest research all over the world, which focus on the mind and behaviour of the human. However, American Psychology Association focus on the research, how the mind works, and how it affects the behaviour in all human life stages. They are researching on how the mind works, such as all emotions, memories, dreams, and many that can not be seen with first view for example heart diseases and all type of skin problems. However, psychology is developing all of the theories based on disease called Alzheimer and all kind of people. (Yvette Brazier, 2018)

- "Psychology is the study of behaviour and the mind.
- There are different types of psychology, such as cognitive, forensic, social, and developmental psychology.
- A person with a condition that affects their mental health may benefit from assessment and treatment with a psychologist.
- A psychologist may offer treatment that focuses on behavioural adaptations.
- A psychiatrist is a medical doctor who is more likely to focus on medical management of mental health issues." (Yvette Brazier, 2018)

Developmental psychology

"Developmental psychology is a scientific approach which aims to explain growth, change and consistency through the lifespan. Developmental psychology looks at how thinking, feeling, and behaviour change throughout a person's life." (Dr. Saul Mcleod, 2017)

The development psychology is truly needed for health and social care as you know specially at this areas to understand is the way of helping the patients. To be able to understand the emotion, behaviour, and cognitive processes. This type of psychology have only three goals complete such as describe, explain and to optimise development. (Dr. Saul Mcleod, 2017)

Adolescence

"Adolescence can be a time of both disorientation and discovery. The transitional period can raise questions of independence and identity; as adolescents cultivate their sense of self, they may face difficult choices about academics, friendship, sexuality, gender identity, drugs, and alcohol." (Psychology Today , 2021)

I would like to give you an example with teenagers. How we all know this is a moment when a child becomes an adult, but in the middle of this is still a child looking like an adult. All the choices and the feelings that one teenager can have easily can hurt this sensitive creature. Based on this stage the humans are choosing what can be their future such as gender, drugs, alcohol, ethnic, and also education. (Psychology Today , 2021)

The life stage adolescence can start from earliest when you reach 10 to 14 years old, next is the mid-adolescence starting from age of 15 to 17 years old and the last one is the age from 18 till 24 this is called late adolescence. All this period of the time it comes with different responsibilities, also this is the stage where the child psychologically grows to a young adult ready to take the responsibilities of it self. Also this stage can have pregnancy which can be planned or can be a bad surprise. At moments like this you are drawing your future. That is the reason why I pick this to be the stage I look on. As I'm a person which has been at this stage for not long ago. (Psychology Today , 2021)

Eric Erickson's Psychosocial Theory

"Hope is both the earliest and the most indispensable virtue inherent in the state of being alive. If life is to be sustained hope must remain, even where confidence is wounded, trust impaired."—Erik Erikson, *The Erik Erikson Reader*, 2000" (Very well mind , 2021)

Eric Erickson was born on 15th of June 1902 in Frankfurt, Germany. (Very well mind , 2021) Erickson lived from 1902 till 1994 by this time he was working on his theory. He took Freud's psychosexual theory and adapted his own one called psychosocial theory. Erickson found that the self-image is helping to improve skills such as ideas, attitude, and abilities at every step of the human growth. He created eight stages of how the child can become well being and understand full adult. (D. Ganguly, 2021).

As you know from the beginning of this academic essay I will be focusing on what Erickson's says about the adolescence life span. How you know he created his theory to help the child to become a healthy, educated, and everything that young adults want.

However, Erickson believes that the adolescence starts from (age 12 and finishes at age 18). He mentions few questions that every adolescence asks him self such as "Who am I? and What I want to do with my life?" (D. Ganguly, 2021)

According to his theory the first purpose of that to be adolescence is to learn how to work out in stressful moments. He believes that the good connection with the people at the same age can link too well emotional condition. (J Can Acad Child Adolesc Psychiatry , Spring;25(2) 2016).

Criticisms of Eric Erickson's theory

From my opinion of the life that I lived till now, I would like to say that the hardest part of our life is based exactly at this adolescence life span. I disagree with what Erickson thought of how the peers can help you grow as one perfect adult. For the opinion that I have is ex-

actly opposite. Exactly this peers can lead you to a moment where you understand how you life is pulling apart the front of your face. However, I am not saying that the adolescence would not have friend even if is not the same age , but you should listen first the family that you been born into.

Kohlberg's Moral Development Theory

Lawrence Kohlberg born October 25, 1927 in New York , and died January 17, 1987 in Boston. Hi is known more as American psychologist who develop his theory to something what can be used even in present day , the theory name is Theory of Moral Development (M. Doorey, 2021)

In 1958 Kohlberg's agree with Piaget's theory of Moral Development , but hi wanted to go deep and explore further his own theory. He used stories of any type of people to explain his view of point. For example, one of the cases that we study in class. The story is for one male adult from Europe, which have wife suffering from cancer and need special medication, but once this male reached the pharmacy and asked for this medication realised that the price of it is not something what he can manage to pay. Even after what he explained to the pharmacist did not had the medication. In class I did not said what is my suggestion and recommendation to this person. However , now here I would say , better ask a fried or family for help instead of make some stupid mistake for which you will regret to the rest of your life. (S. Mcleod,2013)

Kohlberg's have 3 levels and for every each of them have 2 stages of his theory, but today as you know we will be mainly focusing on the life span adolescence. He wanted with his theory to help boys between 10 and 16 year old about morality and values. According to Kohlberg the adolescence and start even at early years such as age before 9 years old. He called this early adolescence.

I am going to stop to level 2: Conventional.

Stage 3: Good boy, Nice girl orientation. At the stage the young adolescence want to be approved from the others. However, this lead to good behaviour and people being nice to the other people.

Stage 4: Law and order orientation. At the stage the young adults slowly starting to accept the rules. As we know at this part of our life we believe only to the rules that we create, but at the end every one is supposed to understand how important is for every one. (D. Ganguly, 2021)

Agree to Kohlberg's theory.

From the experience of what I studied I am totally agree with Kohlberg's. The way he explained his view and the way he put everything in practice I believe that is the best way of a child to become important and good understand adult.

Human cognition

Cognition is mental process which include knowledge and comprehension.

This cognitive operation include thinking, knowing, remembering, judging, and not the last problem solving. The brain have very hight levels of remembering such as languages, planing, reproduction and many more. The cognitive psychology is how the people think as a process include cognition.

Have many types of cognitive processes. Let me present you few very important once. First is the attention, this is function that allows as focus in different aspects. Second is language this is ability to understand and communicate with people in different back-

ground. Third is learning this is cognitive process which make you create new thinks and knowledge. Fourth is memory, this is ability that allow as to remember everything includes history. The last that I am going to present is the thought this is part where the people make decisions and solve problems. (Very well mind, 2021)

Human emotions

Human emotions is very big spectre. Everything around as bring emotions into our brain. For example lost of someone , winning the lottery , having the dreamed job, having child and many more.

Human behaviour patterns

“Humans, like other animal species, have a typical life course that consists of successive phases of growth, each of which is characterised by a distinct set of physical, physiological, and behavioural features. These phases are prenatal life, [infancy](#), [childhood](#), [adolescence](#), and [adulthood](#) (including old age).“(Richard M. , 2021)

All the behaviour that we have we learn from the moment that the child is created and end when the life.

Research studies

1. **Research study: Teenage pregnancy** . A teenage to find that is pregnant and this have not been planed can be very very difficult part of the life and the emotion of this sensitive child. Before you start thinking of what to do. First get the pregnancy test and then the best is to speak with an adult.
2. **Research study: How you going to cope after the COVID pandemic over.** Here can have many questions and answers , but the biggest one is when it will finish.
3. **Research study: Domestic Harassment.** Violence can be found every where not only at home or school can be every where around as. Also can be different types. Here is some examples can be physical or on mental level.

Conclusion

To conclude all above. I would like to say to be at the stage adolescence is the hardest part of our life, but with help from the school, friend and the family everything can be much more easier.

Thank you for spending time reading my personal view of the adolescent topic.

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