

Psychology in Health and Social Care

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1.Introduction

Since our presentation in this term's module was about the developmental stages of the humans, my group and I decided to choose the Erikson Theory since it contains all the stages. From birth to Death. The specific stage we chose was young Adolescence in which Erickson believed that the main goal of early adulthood is to establish intimate relationships and not feel isolated from others. This does not necessarily imply an intimate romance; This includes worrying about the other person and dividing yourself without losing yourself. This "rapprochement versus isolation" crisis development was influenced by the way the adolescent "identity and role-mixing" crisis was resolved (as well as the way the crisis promoted development that was previously addressed in childhood). and children's medical). Young people may be afraid to bond with others and lose their sense of self, or young people may define themselves differently. Intimacy is harder if you're still struggling with identity. Achieving a sense of identity is a long process, but there are periods of crisis of identity and stability, and, according to Erikson, having a certain sense of identity is necessary for a relationship, a friendly system. they could identify themselves through their husbands and marriages, or through today's Eastern cultures, which value interdependence over independence. (*Lumen Learning, no date*)

2. Introduction to the Erikson Theory

The theory of psychosocial development is a continuation of Sigmund Freud's five early stages of development. Erik Erikson, a twentieth-century psychologist and psychoanalyst, developed the theory of the eight stages of the life cycle in 1959, based on the assumption that the environment plays an important role in a person's self-perception, regulation and development, development, and identity. (McLeod 2020) In his psychosocial theory, Erickson contends that self-identification is achieved by confronting goals and problems throughout the life cycle's eight developmental stages. There is a crisis to be resolved. Each crisis must be overcome as quickly as possible, otherwise the human psyche is in danger. (*Vinney, no date*) However, the successful resolution of the conflict leads to a healthy personality and the achievement of basic virtue. The ego uses this personality's strengths to deal with later crises. (What is psychosocial development theory? - social work theories & approaches, no date) These are the eight stages which Erikson is introducing:

1. Trust and Distrust

Erikson's psychosocial development begins at birth and lasts approximately 18 months. The main task is to believe rather than not believe. Because newborns are completely reliant

on their caregivers, having caregivers who are responsive to the child's needs can aid in the development of trust. Inadequate childcare that does not meet the needs of the child can lead to feelings of anxiety, fear, mistrust, and a perception of the world as unpredictable. Hope is developed as a basic virtue.

2. Autonomy against shame and doubt

The second stage lasts one and a half to three years; allowing children to develop at their own pace during this time allows them to develop self-confidence and self-esteem. Children may question their ability to control themselves and the world if their parents are inconsistent, overly critical, or overprotective. Develop a core virtue, such as willpower.

3. Initiative Against Guilt

At the age of 3.5, the third of Erickson's eight psychosocial stages begins in preschool. Through social interaction, as well as planning and initiating games and other activities, the child can develop initiative. When you fail or are criticised, you may experience feelings of doubt and guilt. Purpose is the primary virtue that has been developed.

4. Industriousness versus incompetence

Between the ages of 5 and 12, the child begins to compare himself to his peers, learns to be productive, agrees to appreciate his efforts, and thus has the opportunity to grow. A sense of accomplishment and pride in academics, sports, community service, and family life. Above, a sense of inferiority, inferiority can develop. A fundamental virtue develops: competence.

5. Identity and Role-mixing

The fifth stage of psychosocial development was characterised by an adolescent identity crisis. A person's sense of self develops between the ages of 12 and 18 by experimenting with various social roles. Those who strive for a cohesive and positive identity will have a strong sense of identity, whereas those who do not strive for a positive identity will not. They can become confused about their roles and develop a weakened sense of self as a result of identity or identity pressure. Fidelity is the primary developed virtue.

6. Intimacy and Isolation

Late adolescence to early middle age, ages 18 to 40; It is necessary to develop a strong sense of self-esteem during adolescence in order to build close relationships with other people during this period. Adults with low self-esteem may be socially isolated or emotionally lonely. People must learn not to get caught up in business and caring for others in order to

avoid feeling isolated or lonely. A strong personal identity allows for true intimacy, whereas spreading your identity can be difficult. Create a core quality: love.

7. Genetic ability to resist stagnation

Between the ages of 40 and 65, the seventh stage of Erickson's theory of psychosocial development, also known as heredity and self-perception, occurs. People in their forties and fifties set positive developmental goals for themselves. and social responsibility. This is diametrically opposed to self-interest or selfishness. He cultivates a fundamental virtue: concern.

8. Wisdom against despair

The final stage of psychosocial development in old age (65+) is when a person reflects on his or her life. Feelings of fulfilment in life can develop and allow a person to approach death peacefully, or they can cause feelings of despair over missed opportunities and wasted time, making a person fearful of death. Wisdom develops as a fundamental virtue. (What is a theory of psychosocial development? Social work theories and approaches, no date).

This theory has only a few advantages and disadvantages. To begin with the strengths, one of them is the ability to connect significant psychosocial changes in a person's life. This method takes a practical approach to personality development. However, Erikson's theory of psychosocial development has a major flaw in that Erikson himself admits that it does not explain how and why development occurs. Another strength of the psychosocial development theory is that it demonstrates that middle and late adulthood are periods of significant and active personal development, whereas other theories regard both stages as irrelevant. Erikson does not explain how the outcome of one psychosocial stage affects a person's personality at a later stage. In addition to the strengths of the theory, people can relate to different stages through their own experiences. The theory does not offer a universal method for resolving the crisis. Unlike Freud's psychoanalytic approach, which is based on the theory of psychosocial development, Erikson offers a broader and more complete view of man. This theory is outdated because it does not consider the impact of single parent families on the child. (*Lumen Learning, no date*)

3. Impact of the theory in Health and Social care

The impact in nursing of the Erikson Stages of Psychosocial Development helps you analyse a patient's symptomatic behaviour in the context of past traumatic experiences and current developmental challenges. the ability to repeat early development through a relationship with a therapist. (*Theory of psychosocial development - Erik H. Erikson, no date*) In the therapeutic sector there is a specific stage mostly important. In clinics it is being

used Erik Erikson's theory of psychosocial development to develop a comprehensive and holistic treatment plan for the patients. The different phases of Erik Erikson are easy to understand and easy to use for all ages. Stage identity versus role confusion is a perfect fit for teenagers because it is evident that they struggle to fit in with family, peers, and society. Those who receive the right support and encouragement become independent and develop a strong sense of who they are, while teenagers who don't become unsure and confused about their future. There are many adolescent girls arriving disguised as men who actually identify as men who have not yet found happiness, who lack identity, and who are unable to develop real relationships with their peers. This inability to build relationships will cause more complications in the next stage of intimacy versus isolation. Building a therapeutic relationship is one of the most important parts of therapy. Building trust can be difficult as many customers are suspicious of this they perceive to be "in power". Sometimes the client may refuse to work on developing a relationship with the therapist because they are not ready for help. Very often it is also recognizable that accidentally admitted patients experience anger and betrayal are perceived as a person rather than a diagnosis and feel part of their therapy team. For those unable to build trusting relationships, there are no perceived benefits from therapy. *(Application of Erikson's psychosocial development theory in patient care plan, no date)*

4. Reflection based on my future career

My future career I planned to be as an Occupational Therapist. In his theory of psychosocial development, Eric Erikson proposed a possible framework by which occupational therapists can assess and evaluate adaptation to dysfunction. Occupational therapists are familiar with Erickson's application of the eight stages to developmental problems. The authors submit proposals for the application of this method. A theory of a wide range of psychosocial and physical dysfunctions affecting mental health. These problems may lead to the need to solve Erickson's crises at a later time, rather than looking at each crisis from a purely age-specific developmental point of view. Occupational therapy skills can provide new approaches to therapists. *(Zemke and Gratz, 1983)*

5. Conclusion

Achieving a sense of identity is a long process, but there are periods of crisis of identity and stability, and, according to Erikson, having a certain sense of identity is necessary for a relationship, a friendly system. They could identify themselves through their husbands and marriages, or through today's Eastern cultures, which value interdependence over independence. Erikson, a 20th century psychologist and psychoanalyst, formulated the theory of the eight stages of the life cycle in 1959, based on the assumption that the

environment plays an important role in self-perception, regulation and development, development and identity of a person. Erickson argues in his psychosocial theory that self-identification is achieved by confronting goals and problems throughout the eight developmental stages of the entire life cycle. In clinics it is being used Erik Erikson's theory of psychosocial development to develop a comprehensive and holistic treatment plan for the patients.

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