

PSYCHOLOGY IN HEALTH AND SOCIAL CARE

MODULE: LCHS4010

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INTROCDUCTION TO HUMAN BEHAVIOUR PSYCHOLOGY

- Psychology influences human behaviour
- Focuses on the study of the mind and behaviour
- Provides insights on thoughts, feeling and action
- Helps us understanding the complexity

THE AIMS

- Examine key psychological factors
- Their influences at each stages of life
- The application to health and social care

LIFESPAN OVERVIEW

- Infancy and early childhood (0-5)
- Childhood (6-12)
- Adolescence (13-18)
- Adulthood (19-64)
- Other adulthood (65+)



PHYCOLOGICAL FACTORS INFLUENCING BEHAVIOUR

- Cognitive development (Piaget's stages
- Memory learning)
- Emotional regulation (Bowlby, Ainsworth)
- Personality and temperament (Big Five
– Heredity vs Environment)
- Social and environmental influences (family, culture, social)
- Motivation and needs (Marlow's Hierarchy)
- Mental health (stress responses)

INFANCY AND EARLY CHILDHOOD (0-5)

PSYCHOLOGICAL FACTORS

- Cognitive, emotional development
- Attachment patterns
- Early socialisation

APPLICATION IN CARE

- Developmental milestone focusing on delay
- Secure attachment by responsive caring
- Play – interventions to enhance cognitive and emotional growth



CHILDHOOD (6-12)

PSYCHOLOGICAL FACTORS

- Cognitive leaning abilities
- Moral development
- Self concept
- Social skills

APPLICATION IN CARE

- Implement educational support programs
- Emotional wellbeing via mentoring/counselling
- Understand families planning interventions

ADOLESCENCE (13-18)

PSYCHOLOGICAL FACTORS

- Identity formation
- Peer influence
- Risk taking
- Emotional regulation

APPLICATION IN CARE

- Assess mental health
- Support the adolescent (Like Jenny case study)
- Access mentoring and coping skills

Jenny may require counselling to manage stress.

ADULTHOOD (19 – 64)

PSYCHOLOGICAL FACTORS

- Life transition
- Occupational stress
- Family responsibilities

APPLICATION IN CARE

- Stress management programs
- Cognitive approach to anxiety
- Support for caregiver roles

ADULTHOOD (65+)

PSYCHOLOGICAL FACTORS

- Cognitive decline
- Social isolation
- Dependence
- Mood disorder

APPLICATION IN CARE

- Cognitive stimulation therapy
- Promote social engagement
- Tailored interventions for mood disorders (depression)

REFERENCES

- <https://www.verywellmind.com/piagets-stages-of-cognitive-development->
- <https://www.simplypsychology.org/bowlby.html>
- <https://www.bitesizelearning.co.uk/resources/maslows-hierarchy-of-needs-theory>