

Psychological theories in health and social care

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INTRODUCTION

Health & social care is based on the sector which consists of an enterprise which provides health related service to the people. It is concerned about helping vulnerable people in the community and providing them with strong support so that they will improve their lifestyle. This report will discuss about the psychological theories, role of healthcare professional in applying the learning opportunities in context of psychological perspectives. It will discuss the impact of theory on health & well-being of individual, and also settings services. Moreover, it will identify the significant role of health care practitioners which mainly supported to inspire or motivate individuals towards health and care services.

MAIN BODY

Discuss about the Psychological Theories

Psychological theories are defined as framework for understanding human behaviour, beliefs, assumption, thoughts and development. By having a broad base of understanding about how people can behave, develop better understanding towards perception (Marks and et.al., 2021). In context of health and social care, every psychological theories are considered as dynamic and always changing. As new discoveries are made, it has been applied theories of modification and adapted to account new information regarding health & social care.

Freud theory–

This kind of theory is related to personality of individual people and also represented the behaviour of human being. Freud believed that dreams are essentially a kind of wish for every person. By taking unconscious thoughts, desire, feeling and transformation into less threatening. Many people are able to minimise the egos, anxiety.

In context of health and social care, Freud theory is majorly contributed towards mental health condition, identify that patient improve when they were interacting with therapist. Generally, Freud theory plays an important role for identify psychological behaviour, attitude and personality of patient in proper manner (Michie, Yardley and Greaves, 2017). In most of cases, healthcare professionals are using Freud's theory of psychological development from

infancy to adulthood. Every experts, professionals are thinking in context of development phase with regards to children.

For Example- by using Freud theory, it pay attention towards complicated phase of growth and development from birth to adulthood. This is revolution which is mainly occurred in human life. The power impact in particular areas where it is impossible to understand children at the time of development schema.

Cognitive theory-

It is the most commonly used in context of health & social care. It revolves around the notion that if an individual person want to know what they makes people. Different psychologists are used this kind of theory in order to identify the mental act and process of people through knowledge (Moore and Evans, 2017). Usually, Cognitive perspectives are majorly focused on the mental functions such as perception, attention, and memory and so on. This is the view of people as being similar to computer in the way, it can be processed. Cognitive theory plays an important role in health & social care, used by healthcare professionals to influence individual experiences, actions, environmental factors.

For Example- Cognitive psychology theory will be supporting in the Emotional and behaviour development in infancy. This is why because of development stages, influencing a human from children to adulthood. It would be developed the self –efficacy, beliefs that individual has controlled their emotions. It is able to execute a behaviour, attitude of individual people.

Role of health practitioners

Health professionals play an important role in which improving access and quality of healthcare services. It provide essential services that promote health, prevent disease and deliver excellent quality of treatment facilities. Medical professionals take care of their patient with application related evidence based practice. EBP is one of the medical decision making process that help to identify relevant data or information. Many experts, professionals are used the Evidence based practices and then examine, diagnose, treat, prevent injuries or illness.

Overall, Psychologists, health care practitioners are using social cognitive, Freud as psychological theories. This is because it can easily identify behavioural health condition. It is one of the key aspect in term of understanding the concept of health and illness. By using psychological theories, it is always promote the healthy behaviour, preventing diseases and improving patient's quality life (Ntoumanis and et.al., 2021). Usually, The role of health care practitioners are examined the psychological behaviour towards health & social care. Therefore, it is clearly identify the positive as well as negative affect the body by stating that life-styles, bad behaviour and life events. Sometimes, it is directly related to the health & illness, directly impact on the health condition of individual people.

Healthcare providers play an indispensable role in healthcare system to prevent and manage common health condition. It might have provided the guidance for patients to make healthy decisions, recommend treatment depending the illness. The significant role is particularly important in early development stage. Psychologists are establishing a strong collaboration with patients and give a better suggestion. The role of health practitioners are unique style in which that they can provide health services to their patient.

Nowadays, it has been rapidly increasingly the demand of psychological theories as therapy approach in context of health & social care. Different healthcare professionals are focused on the hospitals, medical settings which have dramatically increased. Clinical health psychology has become one of the important disciplines in healthcare.

Health Care practitioners are playing an important role to influence individual towards social, psychological factors related health & social care.

Social factors in physical and mental health-

In early life experience, it is important aspect to identify mental as well as physical health condition of individual people. Healthcare practitioner are performed the role in the adverse childhood events, examine the experiences associated with increased risk of poor health in adult life (Wallston and Wallston, 2020). However, it has been used the psychological theory such as Cognitive to recognise the experience of people. Usually, factors associated with the resilience at the time of past years, such as feeling loved, having an adult in house-hold who cares about the children's education. Social support is the critical aspect which enabling individual to manage and control difficulty or stressful circumstances.

Psychological Factors in stress and health behaviour-

Stress is one of the most important factor in context of psychological manner. In particularly in relation to work. It can be estimated that many people affected by depression, anxiety and un-manageable stress. Health practitioners are used the Freud psychological theory to identify the health related behaviour of people (Wallston and Wallston, 2020). However, Stress is a complex, multi-faceted issues, through its implications for mental health condition. Sometimes, it also effecting the physical health condition. At that time, healthcare practitioner plays an important role to understand psychological factors in term of stress and behaviour changed.

Reflection

On the basis of evaluation, I have been examined the psychological theories related health & social care. This evaluation has inspired or motivated me to establish career in healthcare areas. But sometimes, I thoughts that it has become complex and controversial. Making the right career choice that would keep adolescents relevant in the activities. Career psychologists in health & social care work individually and other instructor to meet the actual developmental needs of people. Usually, I always tried to interact or communicate with different people who have

already suffering from disabilities. Significantly, I have focused on academic, career and personal development including those with special demands. On the basis of experience, I have realised that inconsistencies in roles of practicing guidance for psychologists have caused different specialists in education. Especially with respect to achieve growth and success in career development. Since, I am very excited to share my career choice and understand the specific roles, responsibilities (Wallston and Wallston, 2020). I have learn different psychology theories such as Cognitive, Freud. These are basically representing the behaviour, attitude and mental or physical condition of individual people. On the basis of study, I have found that these kind of theories used by health care practitioners where they can easily identify the individual needs. Sometimes, psychological theories are directly impacts on the positive health and well-being. It is always supports to generate better result or outcome.

Taking into consideration career enhancement, it is considered to be a life-long process but it is very complex than I have used in before. To achieve a great success in career, it is important for me to understand the actual meaning of psychological behaviour of individual people and used the right theories in positive result or outcome.

CONCLUSION

From above discussion, it has concluded that healthcare facilities and services are important factors which is mainly helping to fulfil all essential need or requirement for individual people. in this report, it is mainly focused on the healthcare services and identifying the importance in in the community and providing them with strong support so that it can be improved their lifestyle.

On the basis of analysis, it has been summarised about the psychological theories, role of healthcare professional in applying the learning opportunities in context of psychological perspectives. Analysing the significant impact of theory on health & well-being of individual, and also settings services. Moreover, it can be determined the significant role of health care practitioners which mainly supported to inspire or motivate individuals towards health and care services.

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