

Psychology reflection

Student name- Oxana Morozan

Student number- 1817133

Lecture name- Dr Gulnar Ali

**Module name- Psychology for Health and
Social Care**

Module code- BMHP4003_LON

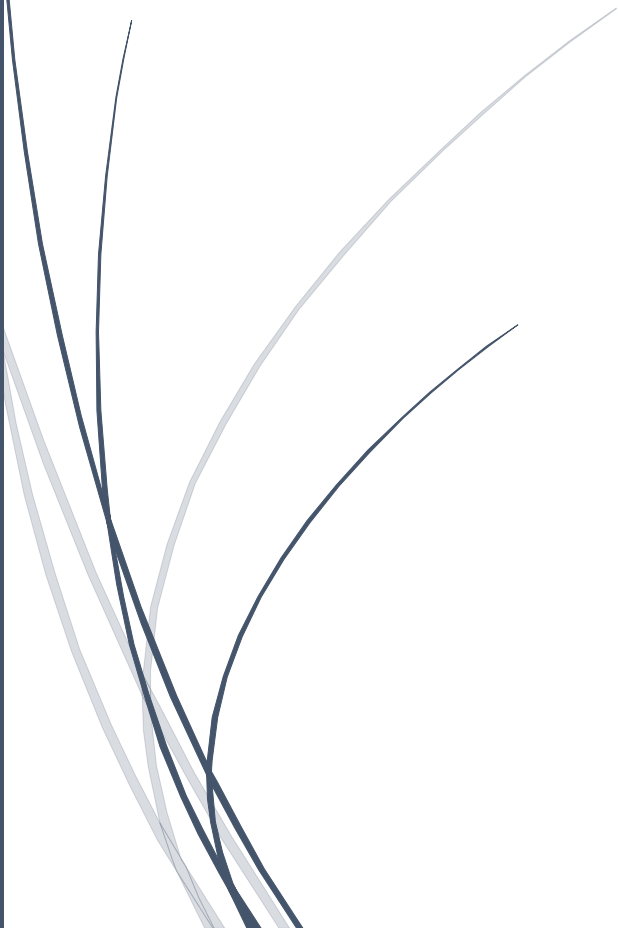


Table of Contents

Introduction	2
Background	2
Feelings	2
Evaluation	3
Analyses	4
Conclusion.....	6
Action plan	6
References	7

Introduction

The purpose of this report is based on my own self-reflection. How the Psychology for Health and Social care Module change my thoughts, ideas and minds through studies. Based on my self-reflection it will be done by reflecting and analysing my own life, and how the Psychology help me to understand and to look at things differently. I will use Gibbs model of reflection. "It is not sufficient to have an experience in order to learn. Without reflecting on this experience, it may quickly be forgotten or, its learning potential lost" (Gibbs 1988).

Background

"Reflection is part of learning and thinking. We reflect in order to learn something or we learn as a result of reflection and the term reflective learning emphasises the intention to learn from current or prior experiences" (Moon 2004). According to Moon (2004) reflection is to think back of a situation or to analyse what was good what was bad, how can be improved or how this can help.

Before I start to learn Psychology for Health and social care my thoughts about psychology were different, how I thought before about my children and about my own thinking about people. Psychology module it was very hard object and it take time to learn and to understand it. Therefore, to understand and to learn psychology was for me a very enjoyable object. I learnt many new things about Theories of life span, about human behaviour, cognitive, psychic development, positive and negative reinforcements, and many more. Because all the world and we faced a very difficult time and we are in lock down because of Covid-19 we must do our lessons online. It was hard to learn and to understand.

Feelings

"Self-efficacy is defined as people's beliefs about their capabilities to produce designated levels of performance that exercise influence over events that affect their lives. Self-efficacy beliefs determine how people feel, think, motivate themselves and behave" (Bandura 2010). By learning self-efficacy this term helps me to understand and to learn about my beliefs, thinking, feeling, emotions and motivation. When I have face to face class is easy for my self to understand

and to be on track with learning. However, when we start to learn online, I was scared, and I felt like I will never understand the themes. Therefore, the bigger problem was because I feel ill. From the first week of online classes when we start, I missed the online classes, because I was ill. On that time, I have thoughts to leave the course. Thoughts about not to do the exams, because anyway we do not know what will happen next. I was scared and panic about the situation that we were, about the Coronavirus. Coronavirus affect me directly, and I cannot control my emotion, fear and I was panicked. With illness that I have I stay two weeks in the bed and after I cover up about five weeks. Everything seems to be very bad and I do not want anything at that time. I have this filling of fear and panic about two weeks. After online lesson Self-efficacy, and after an exercise that we done I start to think about my feelings and my fear. I start to think about my fear of Coronavirus and the performance that influence on my fear. To think why, when, how and where I start to be so fearful. Because, I am not sure if it was Covid-19, I do not have a test. With the all symptoms that I have, which I do not have it before. I have mild symptoms of Covid-19, but anyway it was very hard and depressive time.

Evaluation

Evaluation of my personal believes, fear and fillings were at a very low point at that time. Therefore, I have two children, and I was scared for them, do not to take the virus from me, plus my husband was seek to, and we do not have who to look after kids. Everything start so quick; I do not have time to think about consequence. With temperature, caught and muscle pain I was first day when I start to feel bad than before. In the second day of my illness I call the emergency, because I feel like I cannot breathe. I have lost my smell and taste. My heart was beating hard and I was shaking. I was very scared, and my legs was shaking to. When the emergency come, they take me Queens Hospital. There, doctor make a blood test to see if enough air in my blood and lungs x-ray is to see if the lungs are not affected. There on emergency department on waiting area was people

with a very strong cough. I was before to emergency departments, but this time was very scared time. All this situation makes me sad, and I fill like this is the end. After the results of blood and x-ray come back the doctor call me and tell that my blood is ok, and the lungs are clear and “maybe” this is just a flu. Because of lack of tests for Covid-19 they will not do a test for me said doctor, and he will send me home, because is not reason to stay at hospital. When he told me this I start to panic and to shake. I ask the doctor; how can I go home if my body is shaking and I have a strong beating hart. He answers me, probably because of anxiety. But I don’t pay attention on what doctor said about anxiety. Therefore, doctor observe my fear and ask me to deceide to go home ar to stay in hospital over the night. Also, he said if I will stay in hospital the probability to get infected is to high, but at home is safer. I decide to go home. Doctor give me some antibiotics and told, if I will feel badly that moment to come back. Self-efficacy helps me at that time. I believe in me in my choice and the doctor. The choices that I made, to go home, help me to feel better, close to my family. Effort that I put for this was to believe and to encourage myself that everything will be ok. I cannot say that I was enough confident in what I am doing, because I do not feel well, and decision making was just a new way. Maybe if I decide to remain in hospital it can have a different impact on me and on my emotional state. In hospital you can see different unpleasant things that can have a bad impact on yourself. For example, someone can die, and the dying people is a scared thing for me. I thought all the time about my kids, to be with them.

Analyses

One morning when I wake up, I feel I bit better, and I try to make a tee for myself. My daughter come to me and tell me that she has sore throat and headache. When I heard her, I start to shake and feel like I will lose my control, my heart is start again to beat hard. On that time, I realise that I am in panic and everything about this virus make me to panic and to feel bad. I start do a deep breath and to try to calm down. Because my daughter stays next to me, I must control myself and to explain to her that is nothing to worry about. I talk to her and I explain, and she was ok. At this time, I can apply psychological Mindfulness. I noticed haw I felt when I heard someone from my family is feeling bad or I start to feel badly than last day. The emotion that I felt was fear, panic and uncontrolled emotion by shaking all body. It was normal to react in this way because the fear that I have about virus. And I must accept it. I start to

investigate the emotion all the time when I heard something about this. My emotions were intense and deep. For example, if I heard something about virus that can affect my family, or my kids tell me that they do not feel well. The emotions were long, can be all day. My breathing was hard and deep, and I try to control myself. Therefore, I felt bad and I was ill at that time, and all the information that I perceive make me feel badly. Physically I felt bad, all my body were shaking, and my hart beating hard. I notice that all my thoughts were about bad things, bad emotions and bad final. I try to fight with my bad thoughts and to believe that everything will be ok. With deeply breath I try most of the period to recap my self-efficacy.

The other way that help me with my fear and panic was the news and internet. I read all news about Coronavirus, I navigate on internet about how many people die and how bad is this virus. Before I realise that my fear and panic come for news and internet. This create me a fear, because I was ill in the beginning of the pandemic time and everything I heard about coronavirus, frightened me. Before to go to bed I read every evening the news about virus. After that I cannot sleep, and I have bad dreams. Any way it was hard to sleep because of the illness but after watching the news before bed make it harder. Fear and panic that I fell before, make me more ill. My daughter helps me to understand and to realise that I am in panic when she told me she has sore through and cough. In that minute I understand that I am afraid and panic. I remember the doctor word about anxiety. After that moment when I realise that I have anxiety, I understand that the doctor was correct. It was fifth day of my illness. I start do take some calming tablets, I start from that moment do not to look to any news about coronavirus that can upset me and make to feel bad. I start to think positively, to think if I will continue with bad news and things that make me feel bad, I do not know how this can be finished. Pay more attention to my children's, however we keep the distance, but I start to be more positively with them. before bed I looked at I comedy movie that help me to relax and sleep better. Online lessons were other way that help me to relax and to be concentrated in something interesting. After fourteen days I start to feel little be better, I start to think about exams, haw to do it to pass it. I start to be present at online lessons, but I can not be active. I just listening the lesson and make notes. All those things help me to combat my anxiety and fear. I will not say now I am ok, and I am not afraid. Yes, I am, but not so much like in the beginning. I am not recovered full now. I still have a cough and I feel tired very quick. I wake up every morning with thoughts, what will happen today. I try to enjoy my free time with

my family and often to hug my kids, because when I was to ill, I cannot hug them, and I miss this a lot. The support of family and friends help me be positive.

Conclusion

Looking back to the situation that I was five weeks ago and think about it. There is a big question mark that no one can answer. I do not know exactly what kind of illness this was. Something different like usually. Not a flu like a have before. Psychology module help me to understand and to combat my anxiety and fear. I start to think different, to look at things in other way. Is a very difficult and scary time now for everyone student, teacher, doctor, kids and all population on whole world. No one know what will happen tomorrow and what we can wait for the future. Only thing we all can do just to remain calm and thinking positively. I hope my report will find you healthy and doing well. During this difficult time, we need one another more than ever. Please take in consideration the situation that we are.

Action plan

Action that I can take is to continue to stay home and to be safe. To relax and enjoy the time with the family. To learn more about psychology that will help me in the future job, Health and Social Care.

References

Moon, J., (2004). A handbook of reflecting and experiential learning. Theory and practice.

Gibb's, G., (1988). Learning by doing: a guide to teaching and learning methods. Further education unit. Oxford: oxford Polytechnic.

Bandura, A., 2010. Self-efficacy. *The Corsini encyclopedia of psychology*, pp.1-3.