

**Title: Applying Erikson's Psychosocial
Theory to Jenny's Case Study**
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Presentation**
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Introduction

My name is Neringa, and this presentation focuses on human development in Health and Social Care.

- This presentation explores Erikson's psychosocial theory of development and how it can be applied to Jenny's case study.
 - It will outline and apply Erikson's theory's key concepts to Jenny's case study.
 - Over the past five years, Jenny, a teenager, has experienced difficulties that may have affected her identity development and emotional health.
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Overview of Erikson's Psychosocial Theory

- Erikson described human development as occurring through eight psychosocial stages throughout lifespan.
- Each stage presents a developmental challenge that shapes personal growth.
- During adolescence, the key stage is **Identity versus Role Confusion**.
- Successfully resolving this stage leads a clear sense of identity, whereas difficulties may lead to confusion and reduced self-esteem.

(McLeod, 2025)

• Erikson's Identity vs Role Confusion

Overview: Jenny's Situation

Erikson highlights adolescence as a critical stage for forming identity.

- Jenny's long-term responsibilities as a young carer may reduce opportunities to explore her own interests and identity.
- Insufficient emotional and social support can increase the likelihood of role confusion.
- Providing appropriate support can help strengthen emotional well-being and identity development.

(Cherry, 2023)



Practical Interventions Strategies and (Erikson's Theory)

Stage of focus: Identity vs. Role Confusion (Adolescence)

- Referral to Young Carers Service to reduce Jenny's caregiving responsibilities.
- Access to academic flexibility and school/college support.
- Mentoring or counselling to investigate feelings and identity, future goals.
- Jenny's mother will receive home help and respite care.

Link to Erikson's Theory:

- Prevents role confusion by reducing role overload.
- Enables Jenny to concentrate on developing her identity.
- Supports the development of independence, self-assurance, and long-term objectives.

(Erikson, 1950; 1963)

Practical Strategies: Professionals and Agencies

A social worker to assess needs and coordinate Jenny's care plan.

- Organisations for young carers: peer and emotional support.
- Counselling and psychological support are forms of mental health intervention.
- Education providers: learning support and flexible attendance.

Effect on Jenny:

- Supports positive mental health and emotional resilience.
- Promotes healthy adolescent development.
- Helps Jenny achieve a balance between personal development and caring responsibilities.

(Erikson, 1950; 1963)

Nature (Jenny's

vs

Nurture Development)

Environmental influences (Nurture):

- Loss of her father and the emotional impact of bereavement.
- Ongoing caring responsibilities within the family.
- Reduced opportunities for social interaction and personal growth.

Biological influences (Nature):

- Emotional and psychological changes associated with adolescence.
- Increased sensitivity to stress during teenage years.

Impact on support strategies:

- Environmental factors highlight the importance of targeted external support.
- Lowering stress levels may improve the success of planned interventions.

Evaluation: Strengths of Erikson's Theory

- Identifies adolescence as a vital stage for developing identity and independence.
- Long-term caring responsibilities may limit normal teenage social experiences.
- Changes in family roles can significantly influence emotional development.
- Mother's mobility problems, memory loss and low mood increase Jenny's caring burden.
- Caring role may encourage emotional maturity, empathy and resilience.
- Useful for understanding the emotional impact of caring on young people.

Evaluation: Limitations & Alternative Theory (Piaget)

Erikson's theory prioritises emotional and identity development.

- It provides limited explanation of cognitive development and reasoning abilities.
- Does not clearly explain practical management of caring tasks.
- Piaget's theory examines how individuals think and solve problems.
- Jenny is functioning within the Formal Operational stage.
- Particularly useful for understanding cognitive pressures linked to her mother's memory problems.

(Piaget, 1952; Boyd and Bee, 2019)

• Conclusion

Erikson's theory explains emotional and identity development in adolescence.

- Caring responsibilities can significantly affect young people's well-being.
 - Piaget's theory helps explain cognitive coping and decision-making.
 - Considering Jenny and her mother supports a holistic approach.
 - Combining theories strengthens health and social care support planning.
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