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Introduction

This properly formatted report will critically examine the way psychological theories are used in health and social care practise. It will critically examine the psychosexual life span hypothesis that we covered in our group presentation. It will cover a psychological concept or framework that excites me the most and apply it to my experience to show how it has affected me and a reflection and application of new views in my work as a health assistant currently.

Reflection on Sigmund Freud's Psychosexual life span theory

In our group presentation we worked on psychosexual theory by Sigmund Freud. I personally had a chance to learn more about the Freud and His Theories. I really enjoyed the topic and I relate it on myself and my son at different stages most especially on my son as I understand him more and his attachment to me more than his dad.

We learnt that one of Freud's theories on psychosexual development was his developmental theory in his early attempts to incorporate the same in psychology scientific framework and methodologies as a form of treatment. This union was first made conceivable by describing how sexual development occurs normally in humans. According to Freud, the psychosexual growth process involves five distinct phases. Each stage is a representation of the libido's or instincts' attention on a particular area of the body. A fully developed adult competent. Each stage of the psychosexual development must be gone through in turn. The young person feels lacking and inadequate when libidinal urges are suppressed or not completely satisfied. This sadness is what Freud called obsession. Any level of focus would result in worry, which in later life might take the form of neurosis. The theoretical basis for Freud's psychoanalytic theory of sexual drive was this connection. (Sarah & Sagarika 2021).

I also got to learn that Freud lived and worked in an exceedingly restrictive "Victorian" atmosphere where Sexual inclinations of women were suppressed. As a consequence, frequently some variant of neurotic disorder. Freud wanted to examine his patients' sexual history in order to comprehend the source and variety of these disorders. A study of sexual encounters per se was not the focus of this work. The patient's goals and aspirations, as well as how they dealt with their intense feelings of love, hate, guilt, shame, and fear, were far more significant (McLeod, 2018). This also help me a lot not to be so judgmental when dealing with my patients and other people when I see similar behaviours. At least now I have more understanding.

I personally agree with Freud's Psychosexual Theory because I have seen and witnessed in many occasions children get on better with their opposite sex parents. Me myself I have always got on better with my dad than my mum although this theory is disregarded for interpersonal relationships, personal identity, and lifelong adaptation (Simply Psychology, 2020)

A comprehensive discussion on a psychological phenomenon/framework taught under this module and its impact on my lives.

The psychological phenomenon taught under this module that I have enjoyed most and chosen is social learning theory. I have remembered that we learn by the people around us and start believing their opinion and let it shape us. For example, I grew up in a small village with my grandmother, she would never see a woman put on tight jeans or short skirts and not have a negative opinion about it. All mini skirts and tight jeans in her opinions are for prostitutes. I moved to London and got to learn that its just fashion but up to now when I go to visit my grandmother, I will put on a long dress just to show her my respect and so that she doesn't think of me as a prostitute.

Albert Bandura's social learning theory places a high emphasis on the value of observing, modelling, and imitating other people's behaviours, attitudes, and emotional responses. The social learning hypothesis considers the interactions between cognitive and environmental elements that influence human cognition and behaviour.

Albert Bandura (1977) agreed with the behaviourist learning theories of classical conditioning and operant conditioning regarding the social learning theory. He does, however, offer two crucial concepts.

- Between cues and reactions, mediating acts occur.
- Through the process of observational learning, behaviour is learned from the environment. Mr. S. A. McLeod (2016).

The social learning strategy recognizes the importance of mental processes in choosing whether to copy an action. SLT thus provides a more thorough description of human learning while simultaneously acknowledging the significance of mediational mechanisms.

Comparing learning theories based on straightforward reinforcement, the Social Learning Theory, for instance, is able to describe a much wider spectrum of complicated social behaviors (such as gender roles and moral behaviour).

Reflection

A Health and Social Care worker is an individual who offers practical assistance to help individuals manage their daily lives. They could work as home health aides or in nursing facilities. Working with seniors, kids, families, and people with disabilities are just a few of the many employments available (NHS Data Model and Dictionary, 2022).

When you work in health and social care, you are responsible for looking after individuals, promoting their wellness, and protecting them from anything that could be harmful. This legal duty of care must always be upheld by you.

It is a moral and ethical requirement to exercise care to keep others safe when they are under your care, utilizing your services, or acting in a manner consistent with you. This entails always behaving in their best interests, refraining from activities that would put them in risk, and only taking on duties that are relevant to your field of expertise.

You are obligated to behave responsibly and cannot opt out of that obligation. The requirement, which typically relates to your job description, the code of behaviour for adult social workers and healthcare assistants in the field of health and social care. This shows how crucial it is to be aware of your duties and possess the knowledge, skills, and abilities necessary to carry them out in your position Collier, (2022).

Some of the duties you may have each day: assisting a resident of a care facility to dress, clean up, and eat, offering entertainment: chit-chatting and news-sharing, Participation in creating care plans for residents, Information about the care plan being provided to family members, making sure the resident's requirements and desires are fulfilled, collaborating with other medical and social workers to deliver comprehensive treatment, capturing and accurately relaying crucial information in the clients' regular reports (mechanisms for communication, treatment and health monitoring, and reports on accidents and incidents), administering medication in a monitored setting (according to the specifics of their personal medication administration record) encouraging people to engage in leisure activities subtly while giving health and social care providers feedback. (The Fremantle Trust, n.d).

Psychology is essential in health and social care since the caregiver must interact with the patients and promote excellent health and care at the same time. We can better understand our interactions with clients by using psychology, which also enables us to understand why different clients react differently from one another. Being a caregiver requires interaction with clients that can differ based on age, gender, religion, culture, and background. It is crucial to comprehend and use psychology in a methodical and organised way. It is crucial to recognise that studies are not always applicable to everyone because clients can come from

diverse cultures and backgrounds. This is partly because psychology studies have been dominated by western philosophers (Sunuwar, 2018).

Currently am working as a Health Care Assistant and this course has really helped me understand my patients more and deal with them better with an understanding of different behaviours and characters. It has also helped me to be mind, kind and more compassionate to my patients.

Conclusion

This report has helped me to reflect on what I did in the past and helped me learn a lot of theories and relate it to my life and others. I have learnt to understand people more and know that there is always a reason as to why they behave the way they do.

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