

MODULE CODE/ COD Y MODIWL: BMHP4003

**PROGRAMME: PSYCHOLOGY FOR HEALTH AND SOCIAL
CARE**

**ASSIGNMENT TITLE: APPLYING PSYCHOLOGICAL
PERSPECTIVES IN HEALTH AND SOCIAL CARE**

TASK 2: WRITTEN ASSIGNMENT

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“PSYCHOLOGICAL FACTORS WHICH INFLUENCE HUMAN BEHAVIOUR THROUGHOUT THE LIFESPAN AND HOW THESE APPLY TO HEALTH AND SOCIAL CARE SETTINGS”

Introduction

A detailed study of varied theories and explanations on psychology enables the understanding about the relevance in acknowledging the lifespan developments. Each theoretical model provides us with a definite aspect of development milestones with age growth to be achieved effectually. In the previous task a definite lifespan stage was required to be selected for which different cognitive, behavioral and emotional development precursors were detailed (Herzog and Schmahl, 2018). Two of the theories that made most relevant associated with the course of development in the particular life span helped in creating greater insight into the processes undergone for age-wise growth in individual beings. With the application of Jean Piaget theory, we get to acknowledge the fact that cognitive development through growth measures undertake. It gives us the impression that change in brain functioning with intellectual capacity growth helps to indicate the attitude of questioning frequently, the nature of inquisitiveness in an effectual manner. We often wonder how the stages of development change the manners of behavior through the mental growth with evolution of our schemata.

Psychological theories and researches you have presented for completing task 01.

There are human experiments conducted through theories and models where a person's complex thinking processes are acknowledged. From the memory based development there is weak sense of operations across beginning age with adolescent stage. People who grow in the normal course of cognitive stages the attention in deeper sense is created through effective orientation (Lomas et al., 2016). It brings us to Jean Piaget's formal operation stage where the person reaches 11 year from which complex decision making, intricate problem solving and rationalized abstract thinking are effectually performed. From this theoretical build up the prominent language usage and cognitive psychology effectiveness gets established where our life span stages can be explained inevitably.

We also acknowledge from this operant conditioning learning theory that continued and consistent exposure to one situation of learning helps to develop consolidated sense of learning. This also helps to develop us to understand that a sense of distinguishing what is right and what is wrong are invariably taught with multiple exposures to continued reinforcement. It makes us believe that life learning like taking bigger decisions in life help to get oriented when the justified rationale gets engrained within the person from the fundamental stages of yearly development in behavioral front. It makes us prone to feared responses as behavior when our actions lead to some negative consequence which either hurts us, causes fear, or distress (Kim et al., 2018). It is through Pavlovian theory of classical conditioning that we learn to acknowledge that unconditional stimuli coupled with conditional stimuli generate same or similar responses from us. It made us realize how food is that unconditional stimulus for a dog to be salivating. However, it also made us understand that ringing of the bell associated with service of food is that conditioning effect on account of which dogs learn to salivate similarly. From this experimental study we tend to observe things that actually take place in reality that can be defined in this manner. Just because going close to the bear cage in zoo made the child fearful of any woolen object, it has similar feared response even for woolen toys which non active in real life. With continued exposure to the stimuli with little small steps help a systematic desensitization to be created where we find that the fear of the child from woolen objects gets disappeared.

Feelings of phobia fear develop through condition where its effective extinction is also possible to be established through behavioral learning in our modified mechanism. When pleasantness will be associated to our conditioning of feared object the child will gradually relearn the new behavior of showing fear free behavior. Just as positive reinforcement helps us to create behavioral dimension in socially adaptive behavior, the negative reinforcement refrains and prevents us from behaving in negative or unaccepted ways of society (van Wijngaarden-Cremers, 2019). It is through time out practices that parental figures help us to indicate that enjoying independence within limitation is advice for our good. John getting punishment of doing extra homework gives us a sense that learning new behavior through effective exposures is important. From each of the covered theories and their roles in explaining each aspect of developmental stages with passage of each year from childhood to adolescence and finally reaching adulthood gives us a sense of insightful journey to find the reasons behind our doings.

Psychosocial theory of development stages enunciated by Erik Erikson gives us the holistic viewpoint how our emotional growth with interaction to surrounding society helps in creating mature perception of ourselves and others. In the stage of adolescence during 11 to 19 years we often find a dilemma in taking decisions effectually and lack the mental control. The mature thinking that is absent when we are children gradually comes at verge of building our identity and also enduring the confusion of role to play either as a child or as an adult. With maturity our emotions get stability and feelings of intimacy and developing self in isolation take shape where our egocentrism also gets developed.

Role as a health care professional in applying the learnt psychological perspectives, as your duty to care

As a health professional it would be important for me to understand the age based developmental stage in which the care needs to be provided. If a toddler approaches healthcare center it would be significant to identify their issues with crying behavior, blurred speech and create a trust based bond. Leaving the child of one year alone would not be suggested by me as a healthcare professional as I know that would result in developing a strong sense of mistrust in the child that can hinder their relationship bonds in future (Hulteen et al., 2018). It would be significant for me to keep the learning from Erikson's psychosocial development as base reference to understand the needs, modify my behavioral approach towards care seekers in varied age groups. I would create a balance between child's independence to develop the sense of autonomy in them from the early childhood stage. However, I would also take care that they are supervised or monitored even to control the autonomy to a certain level.

As my duty of care it would be my responsibility to manage a child of pre-school age of 3 to 5 where I would have to encourage their initiatives as a care provider. Participating in activities and making them enjoy the autonomy and social interaction helps the guilt free effectiveness to be carried out. I have to take note of the inferiority built up within children and find out that reason. It could be due to younger sibling that the elder one feels neglected from parental care and affection (Horn et al., 2020). Such senses have to be monitored by me as a professional care giver. It would also be my extended responsibility note down all their small statements of the development are created effectually. With the help of Piaget's cognitive development theory, I

have to refer my professional journey of treating people with mental problems by assessing their intellectual capacity level. As a healthcare professional, it would be significant for me identify the category of intellectual quotient of the person to determine their normalcy in developmental milestone attainment process. I will have to carry out an I.Q test upon any children, adolescent or adult to classify them normally only then will I be able to acknowledge the cognitive level of maturity through their behavior, thinking and ability to solve critical and complex problems. This brings me the point where I would have to ask straight questions where the lower level intelligence capacity would be assessed f the individual seeking care.

Relating learning to health and social care practice

Learning from each theory and model of varied developmental stages get reflected in proper use of healthcare and social care practices. Age related developmental issues and guidance are offered at healthcare services. In case of old age people, the developmental decays and regressive behaviors are evident facts (Ekkekakis, 2017). The physical growth processes ceases and results in restricted behavioral functions. Libidinal urges get ceased at this age above 70 years, the bodily strength gets weaker and mobility issues with muscle loosening, bone density loss and lower vision and other abilities take place. Care and support to help carry out heavy activities to remain fit and avoid physical exertion are guided with proper mobility, yoga, and movements in limited forms. In adolescence, the issues like frequent mood changes, excessive emotional outbursts leading to aggressive actions and over involving love affairs need proper control through therapeutic guidance.

Just as cognitive evolution brings up the concept of our evolution in higher order thinking and complex problem solving using mental schemata, the growth of a person gets most prominently reflected through their behaviors. It makes me as a professional healthcare worker to acknowledge how with each stage of development in years of growth the behavioral approaches tend to manifest through learning, and better reinforcements (Wickramasinghe et al., 2010). With the application of human behavioral growth precursor the most common question that we tend to cross over is whether a person's behavioral pattern get directed through innate mechanism or through learnt or acquired forms. In order to get the answer right the theoretical model enunciated through B. F. Skinner theory where the operational conditioning is indicated. We see

certain behaviors performed by children where they conduct wrongful behavior. There is reinforcement associated as parental feedback and suggestions. On receiving the strict comments like “what are you doing, stop playing with that, do not go near the water fall” give a strong sense to children at younger age to be guided under parental pressure and instruction. Punishing children for a wrongful act of pushing a play mate or stopping from getting hurt in any behavior is that negative reinforcement that helps the development of behavioral choices in a positive orientation. With operant theory of learning we get to learn how a supervision and guidance figure helps the growing individual to encompass the understanding as to what is right and what is wrong. This realization is gradually created into the behavioral patterns of children when they adapt new learning through behavioral trials and errors. We understand that human behavior is subjected to modification adapting to new experiences.

Conclusion

As a professional only after the care seeker is able to answer the questions correctly in preliminary level would I go further to ask the critical and increase the difficulty level. In this case I would be interested to examine the abstract intelligence and configuration of logical thinking processes of the person with complex puzzles and indirect questions (Ramya and Ali, 2016). This would help me to examine the level of higher order mental schema of the person whether the individual carries a higher score on cognitive development stage or not would be my aim of study as a professional. In case of a person carrying cognitive disturbance and difficulty, it would be indicated with a low I.Q score where the higher order complex problems asked of greater difficulty will not be able to be solved by them. They will find it incapable of their potential to find logical reasoning and abstract thinking to create solution for the problem I subjected them with. This can help me as a professional healthcare worker to process my examination of development stage of the person with suitable tests and observation process.

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