

Psychology in Health and Social Care (LCHS4006_LON)

Assessment 2

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Reflection on Erikson theory in my life

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A Reflection on the Group Presentation That Served as an Introduction to Erik Erikson's Psychosocial Theory

Within the discipline of psychology, Erik Erikson's psychosocial theory is one of the most well-known and extensively researched theories. It suggests that human development takes place in eight stages, each of which is accompanied by a distinct psychosocial conflict that, in order to ensure healthy psychological development, must be successfully resolved (Erikson, E.H. and Erikson, J.M., 1998).. My group gave a presentation on Erikson's theory not too long ago, and during the presentation, each member discussed a different facet of the theory. In this reflection, I will discuss what it was that I picked up from listening to the presentations of each individual.

The presentation that Jumilia gave served as a wonderful foundation for the remainder of our presentation. She talked about the stages of human lifespan development and provided an overview of Erikson's theory and its eight stages as she did so. It was helpful that she emphasised the significance of successfully resolving the conflict that arose at each stage in order to promote healthy psychological development (Newman,. and Newman, 2017).

The presentation that Segun gave on developmental psychology was very illuminating. He explained how the field of developmental psychology can shed light on how people evolve and grow over the course of their lives. In addition to that, he linked Erikson's theory to developmental psychology, which aided me in comprehending the significance of Erikson's theory in the study of psychology.

The presentation that Nora gave centred on the significance of taking into account an individual's stage of development whenever attempting to comprehend their actions or experiences. She provided a comprehensive explanation of the developmental tasks that are associated with each stage as well as how successfully resolving the conflicts that are associated with each stage can prepare an individual for the subsequent stage of development.

During my presentation, I discussed how Erikson's theory predicts that people will experience a variety of psychosocial conflicts at various stages of their lives. I also discussed how having an understanding of the stage of development that an individual is in can help us understand the struggles or challenges that they face. In the process of preparing for my presentation, I gained a more in-depth understanding of the ways in which Erikson's theory can be implemented in real-world situations (Bradley, and Marcia., 1998).

During her presentation, Blandine talked about lifespan psychological theory and how Erikson's theory is an example of a psychological theory that can be applied

across a lifespan. In discussing how an individual's development is shaped, she placed a strong emphasis on the role that cultural and social factors play (Sheldon, and Kasser,2001).

The presentation given by Oludotun brought to light both the positive and negative aspects of Erikson's theory of psychosocial development. He emphasised the positive aspects of Erikson's theory, such as the way it places an emphasis on the significance of social and cultural influences in the process of shaping the development of an individual. In addition to this, he discussed a number of objections to Erikson's theory, including its lack of support from empirical evidence and the possibility that it is too deterministic (Syed,and McLean,2017).

The presentation that our group gave on Erik Erikson's psychosocial theory was, all things considered, a fruitful educational opportunity. I was able to gain a more in-depth understanding of Erikson's theory thanks to the unique insights that each of the other members of our group shared with us. I feel that I have a more in-depth comprehension of Erikson's theory and its significance in the study of psychology thanks to the information that you provided (McLeod,2013)..

The Influence of Albert Bandura's Social Learning Theory on My Life

In the field of psychology, Albert Bandura's Social Learning Theory is widely recognised and esteemed for its emphasis on learning through observation and modelling the behaviour of others. As I consider this theory, I recognise its relevance in my own life, particularly in the manner in which I dress and present myself to others, which is influenced by my five brothers (Grusec,1994).

According to Bandura's theory, individuals learn by observing the behaviour of others and the results of their actions. This process of learning requires focus, retention, reproduction, and motivation. Attention refers to a person's degree of concentration on the observed behaviour. Retention involves storing in memory the observed behaviour. Reproduction is the capacity to replicate the observed behaviour, whereas motivation is the desire to perform the behaviour (Allan,2017).

Growing up with five brothers who were always concerned with their appearance and attire had a profound effect on me. I recall seeing them put on clothes, spend time in front of a mirror, and take care of their appearance. Initially, I paid little attention to their behaviour, but as time passed, I became increasingly intrigued by it. I began to focus more on how they dressed and groomed themselves. I would observe them and attempt to imitate their behaviour. I would attempt to mimic their hairstyles, clothing, and accessories.

I learned how to dress and present myself in a way that would make me stand out through observation and modelling. I realised that my attire and appearance affected how others perceived me, and I desired to make a favourable impression. Consequently, I began to devote more time and effort to my appearance. I began experimenting with various hairstyles, clothing, and accessories.

In the learning process, Bandura's theory emphasises the importance of reinforcement. In my case, the positive feedback I received for my improved appearance encouraged me to continue investing in my appearance. People began to pay me more attention, compliment my appearance, and treat me differently. My increased confidence and self-assurance reinforced my behaviour.

However, my behaviour also had some negative consequences. I became more superficial and egocentric as I became more concerned with my appearance. I began to evaluate others based on their appearance and criticise those who did not meet my standards. I realised that my actions were not always advantageous and that I needed to be more cognizant of their effects on others.

Overall, Bandura's theory of social learning has helped me comprehend the role of observation and modelling in my behaviour. I learned how to dress and present myself in a way that would make me stand out by observing my brothers. Nonetheless, I've learned that this behaviour can have negative repercussions and that I must be mindful of how it affects others. As I continue to learn and develop, I will apply the principles of Bandura's theory to reflect on my behaviour and implement positive changes in my life (Bandura, and Hall, 2018)..

The application of theories learnt in this module to my current and future job

Throughout the course of this module, I have acquired new and useful insights into the field of health and social care, specifically with regard to the application of various psychological perspectives. Because of these different viewpoints, I now have a more in-depth comprehension of human behaviour, mental health, and the factors that influence the outcomes of various health conditions. Because I work in health and social care, I believe that putting these points of view into practise in both my current and future places of employment will be extremely important.

The cognitive-behavioural perspective is one of the most important psychological viewpoints that I've become familiar with over the course of my studies. This viewpoint places a strong emphasis on the power that one's thoughts and beliefs have over their actions as well as their mental health. Because I have an understanding of this perspective, I am better able to assist patients in recognising and challenging the unhelpful thoughts and beliefs that are contributing to their mental health issues. I am also capable of developing interventions that target specific behaviours, such as increasing one's level of physical activity or improving one's sleep hygiene.

The psychodynamic perspective is yet another school of thought within psychology that I'm familiar with thanks to my studies. The unconscious mind and the role that experiences had in early childhood play in the formation of personality and behaviour are the focal points of this perspective. In the clinical settings in which I will work in the future, I will be able to apply this perspective when I am working with patients who may have been exposed to traumatic or adverse childhood experiences. Because I understand the effect that these events have on the unconscious mind, I am able to guide patients through the process of identifying and working through their feelings in an atmosphere that is both safe and encouraging.

The humanistic perspective is yet another school of thought within the field of psychology, as I've discovered through the course of this module. This viewpoint places a strong emphasis on the role that empathy, authenticity, and unconditional positive regard play in the process of fostering personal growth and development. As a professional in the field of health and social care, I am able to put this perspective into practise by cultivating meaningful relationships with patients and acting towards them with respect and dignity. I've found that if I make the space friendly and encouraging for my patients, they are more likely to feel at ease talking about their concerns and making progress towards their objectives.

Last but not least, from a psychological point of view, the social-cognitive perspective is one that I believe will be particularly useful to me in both my current and future professional settings. This viewpoint places a strong emphasis on the part that social factors, such as culture, family, and community, play in the formation of behaviour and the outcomes of mental health. Because I am familiar with the social-cognitive perspective, I am able to collaborate with patients to recognise and address social determinants of health that may be adding to the patients' existing health issues. I am also able to use this perspective to develop interventions that are individualised to meet the specific requirements of individual patients while also taking into account their cultural backgrounds (McCreaddie, and Wiggins, 2008).

Conclusion

In conclusion, the psychological perspectives that I've learned throughout the course of this module will be extremely useful in both my current and future work settings as a professional in the fields of health and social care. Because of the application of these viewpoints, I will be able to provide patients with care that is both comprehensive and individualised. I believe that the knowledge and skills I have gained from this module will be invaluable in helping me to achieve my professional goals and make a meaningful impact in the lives of my patients. Whether it be working with patients to address negative thoughts and beliefs, processing trauma and adverse childhood experiences, creating a warm and supportive environment, or addressing social determinants of health, I believe that these are all areas in which I will be able to apply the knowledge and skills I have gained (De Vries, J. and Timmins, F., 2016)

I now comprehend a variety of psychological perspectives on health and social care. This allows me to provide my patients with individualised and effective care. I am eager to continue my education and professional growth in this field.

The theory of social learning developed by Albert Bandura has taught me the significance of self-discipline, motivation, and consequences. This helps me maintain my focus on achieving my objectives.

The group's discussion of Erik Erikson's psychosocial theory was insightful, but it has limitations. By analysing various theories, our understanding of human development and psychology can be expanded.

This module has provided me with a solid foundation for compassionate and effective patient care. My practise will continue to be informed and enhanced by my understanding of psychological perspectives and theories.

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