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**PSYCHOLOGY FOR HEALTH AND SOCIAL CARE (ASSIGNMENT 1)
SEMESTER 3**

BMHP4003

MAY, 2020.

APPLYING PSYCHOLOGICAL PESPECTIVE IN HEALTH AND SOCIAL CARE.

MAY, 2020.

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Introduction

Old age is a very crucial stage when the older adults seek for mental support, and this is the time when their psychological wellbeing disrupts to some considerable extent. They are being sent to residential aged care and being provided with sufficient care. By elaborating their individual needs and mental urge, the social and healthcare professionals make them realize that being elderly is not a curse and is a normal process in life. With the help of this study, physical and mental wellbeing and their communication skill can easily be detected. Cognitive, social, physical like motor skills, sitting, walking of the older people, and their physical developments. Sitting, crawling, walking, standing are the physical developments which gradually develop in the case of elderly people

Identification of Life Stage

Elderly Life Stage

Elderly is a period when the old people seek for mental support from their relatives and children. It is a crucial part of life stages. In the period of life stages, older adults are trying to learn how to be mentally stable and extroverted, and communicate skills. It is the first stage of human development. Many physical milestones have occurred in this life stage as elderly people build up the capabilities to control their mental and physical stability. Elderly people are trusting upon other people to meet the required needs. It is an essential time for elderly people to build up growth, health. It is time to develop them full of potential (Sandmoe and Hjemdal, 2017). this development can take place if they are given adequate nutrition.

Importance of Elderly Life stage

Old Age is an important period of life for growing mental development in human beings. It is the ideal time for learning new things. Old people are kept trust and communicated with their relatives. Old people are very pure in soul and motivated by many things. Old people are attracted by natural objects and interesting things.

Life is the most unpredictable process which moves through childhood, adolescence, adulthood and old days. From adulthood to going through up to old days it is a long journey and a crucial part of life stages. The abusive behavior, sexual abuse, and mental abuse must not be given to the old people as it may hamper their psychological wellbeing. They must be provided with the utmost care and importance. By this period, old ages are passing through with the simplicity, honesty, stages of life (Dingdong *et al.* 2019).

Relate any two lifespan psychological theories to the identified life-stage

Erikson's Psychosocial Developmental Theory

Erikson developed the theory of psychosocial development, where Erikson describes that personality develops in a predetermined order through eight stages of psychosocial development, from adulthood to old ages. The stages includes: Basic trust versus mistrust; Autonomy versus shame and doubt; Preschool age: initiative versus guilt; Industry versus inferiority; Adolescence: identity versus identity confusion; Young adulthood: intimacy versus isolation; Middle age: generativity versus stagnation; and Older adulthood: integrity versus despair (Huguley *et al.* 2019). It is not an unlikely fact that aged and elderly people in different social and health care often face abusive behavior from the health and social care staff. With the help of Erikson's psychosocial development theory, it can be noted that the elderly people are often detached from the outer world, and they become unable to understand their self-importance. According to this theory, it can be said that people above age 60 + are known as a late adult. This is the age when people reflect their skills, positive skills and negative factors in their life. People above age 60 + has ability to sense things which will last and things which will not.



Figure 2: Erikson's theory of psychosocial development

(Source: Huguley *et al.* 2019)

The first stage in Erikson's theory of psychosocial development is Trust vs. mistrust. This period begins from older and continues to approximately 75 years of age. During this stage, the elder is uncertain about the outer world, and wholly depends on the caregivers for food, care, and love. In this stage, either older learn to trust that their caregivers will meet their basic needs and they will develop a sense of trust which will carry with them to other relationships, and they will be able to feel secure even when threatened, or, if basic needs are not consistently met, the older may learn to react out of mistrust and suspicion, and may develop strong anxiety. For this kind of circumstance, the older feels a lack of confidence or capability to influence events when he grows up.

Kohlberg Psychology Of Moral Development

Kohlberg's theory is regarded said to be a rationalist theory, and this is solely because the theory assumes that the primary determinant of moral judgment is the process of rational thinking. However, it is thought that the emotional or intuitive processes are also involved (at least in part of the moral judgment). Kohlberg's theory assumes that there are three levels (in a total of six stages) of moral development in order of hierarchy. The three levels follow a consistent sequence but qualitatively agree to different types of moral reasoning. The first level (pre-conventional morality), which includes two stages, entails (obedience and punishment; individual interests). The individual at the first stage has no clue that other people can have the same desires and wishes as theirs. Therefore the person at this stage acts in an egoist manner. In the second level, which is conventional morality, the individual begins to realize that he can differentiate his desires from the wishes of others and those of authority figures. The second level includes the third and fourth stages (interpersonal; authority). The general motivation of the individuals at second level is being accepted and socially approved by others and to fulfil the commands of those who are superior. At this level, people begin to define interpersonal relations by their place in society. At the last/third (the post-conventional morality) level, the individual develops an autonomous moral conception. In moral judgment, she regularly refers to a broad set of principles (example justice and fairness). According to Kohlberg, moral superiority is characterized as reaching this stage. The person in this final stage sees morality as an end and not as a means. (Onurcan et al. 2019)

Comparison

Erik Erikson and Lawrence Kohlberg are well-known theorists who have contributed immensely to the nursing profession. Erikson's theory is about psychosocial development and, on the other

hand, Kohlberg's theory on moral development. Erikson's theory has eight stages, that he believed were accomplished at different stages of life, Kohlberg theory has three levels and a total of six stages.

The first and most striking stage of Erikson's theory that is similar to stages of Kohlberg's theory is identity versus identity confusion where the adolescent beings to learn and understand the essence of living, what makes them who they really are and the kind of individual they would be. Kohlberg' similar stages are the conventional stage of moral boy/girl stage where the school-aged child abide by rules and regulations so as to be accepted by people around them.

Another similar stage is the post- conventional stage of social contract orientation, where the teenager will begin to follow society customs for the benefit of others. This stage is closely related to a person's identity as the norms/customs of society mostly shape people.

The final similarity between the two theories is Erikson's stage of generativity versus stagnation. In this stage, the middle-aged adult improves/shift their concern from themselves to the community and world, and Kohlberg's post-conventional stage of universal ethical principles where adult's actions are determined by their moral principles and standards of behavior. These two stages go hand in hand as an individual cannot have concerns for the community and world if they do not have their own beliefs and values as a foundation.

Discuss human cognition, emotions and behavior patterns of Old People

Emotions in Elderly People

Three distinct emotions like anger, joy, and fear are present in the elderly stage of life, which is revealed by the facial expressions only. Cognitive things are not capable of growing emotional responses during this time. Older adults are showing a social smile around the age of 60 to 70. It may be extended up to 75 years. The older people often become unable to express anger, sadness, and fear between ages 60 to 75. Other secondary emotions like embarrassment, guilt, and shame are usually expressed in the age of 75yr. Elders are susceptible to emotions. If any situation is not suitable and appropriate for them, they can show the discomfort visibly (Hofmann *et al.* 2019). It is very often when they face abuse from social and health care professionals.

Human Cognition specific to identified Life Stage

Human cognition is defined as the conscious and unconscious concrete and conceptual knowledge. It holds the information which processes by a series of stages (Broyd et al., 2016). Particularly with the internal mental process, this human cognition begins. It is a process where the brain is necessary because it controls and regulates a person's behavior. Sustained attention, speed of information processing, working memory, recognition of pattern, and control of the flexibility of human cognition are the cores of cognitive capacities. The abusive behavior, sexual abuse, and mental abuse must not be given to the old people as it may hamper their psychological wellbeing. The elders understand the emotions and can carry some physiological responses like trembling, sweating, and tensing of muscles. They must be provided with the utmost care and importance. Through this study, it has been known that reflexive attention influences the multiplayer stages of information processing. Human cognition is a process of thinking where knowledge can be understood or perceived (Cai and Chaplin, 2019).

Emotional changes

Sadness, anxiety, lowered self-esteem, and loneliness are the negative emotions that arise in old age and turn lead to social apathy. They have different ways to cope with their changes in life. Older people have more negative emotions than adulthood. They quickly lose their temper and experience various changes in terms of social, environmental, spiritual, intellectual, psychological, and physical changes. One of the most common diseases in old age is depression and anxiety. Dementia is a disease where this disease results in memory loss, language loss, overthinking, problem-solving, and many more. Alzheimer's can be said as the most common disease of dementia (Vo and Shah, 2019).

Behavior patterns in the old age period

It is a period where an old person is going through with the most rapid mental sickness. Between midnight and 4:00, am most sleeping occurs. In feeding behavior there is a progressive fall in the average duration by week. Fuses are mostly noted at that time. Sometimes the elders experience irregular breathing. Motor development is a stage in a child's ss life where muscles, ability, and bones get habituated with the surrounding—motor development which occurs spontaneously; every normal healthy older proceeds through this. When an old person is around 70 years old, he or she can believe. By approaching the central emotional feat, they try to establish emotional bonds with their family members or other people.

Case 1: I have faced a situation where a woman's son died a few months ago due to a car accident. She used to ask for her son now and then. However, I consoled her by saying his son will come soon to meet her. After that, she used to get trust in me.

Case 2: There was a situation where a certain woman will constantly cry for her son and husband, and what I will do is to send out some comforting words and give her the motivation she needs.

Case 3: This is a situation of an old man where their son has left them in the care home. Due to over thinking and memory loss sometime he used to search for her wife and son who left him and he used to urge for going home. In this case, we used to comfort him by saying they will take him home soon.

Present at least three recent research studies in health and social care, as supporting evidence

Risk of Earlier Puberty

Pubertal status was characterized among the older adults and adolescence, which give a mixed-effects linear model to examine the individual changes in pubertal status. This research says that an initial sensitive period in old people calibrates to the harsh environmental conditions. By the help of this result it has been known that this study provides an evidence of pubertal recalibration. By the adoption these evidences of recalibration will generalize beyond situations. For the change in the post institutionalization this pubertal development opens a window of opportunity. During the pubertal period there will be some mental health disorder. During puberty the ability to recalibrate the axis towards the typical functioning can promote a high risk in older people, because they experience the adversity of life and some mental health problems (Cai and Chaplin, 2019).

Why is a good family necessary for the Old people?

Social skills, which are lifelong tasks, cumulative are the consequences which may influence the generations. One of the strongest determinants of mental and physical health is the availability and quality of a person's relationship (Day *et al.* 2017). In old age it has been seen that learning to be a great parent starts and continues as a cyclical process, which also a multi-generational process is. Elders always show the path to adulthood which will help them to shape their future.

Family interactions

By the help of this study one can easily understand the interactions between old parents and their close family members like son, son in law or daughter in law etc with high and low risk of autism spectrum disorder. This prospective study provides opportunities to learn about the signs of abnormalities which develop earlier (McCarthy, Campbell and Penhale, 2017). Old people with autism spectrum disorder have a risk or a variety of vulnerabilities and other psychiatric concerns. In early social and language development parent child interaction between adulthood and the older play a critical role (Gan, 2019). Old people are often being abused in the nursing care setting where they face negligence.

Conclusion

From this research, it has been concluded that from Kohlberg ethical behaviour of a person depends on their moral reasoning and state of mind. Progress is observed from cognitive development mainly in elderly people. These two theories have helped to enlighten/ through more light on the reasoning and state of mind of the aged and also help in understanding the theories behind the behavior of the old or elderly so as to develop unique care methods to suit their pattern of reasoning and morality.

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