

Conclusion

[REFLECTIVE REPORT]

INTRODUCTION:

Health psychology focuses on the interactions between biology, psychology, behavior, and social variables relating to health and illness. The terms health psychology and other words like medical psychology and behavioral medicine are occasionally used synonymously.

DESCRIBING THE PSYCHOSEXUAL THEORY: According to Sigmund Freud's psychosexual theory, a person must successfully pass through five phases of development before they may have a healthy personality. A kid experiences conflict arising from their sexual urge and social expectations during the oral, anal, phallic, latent, and genital stages, which are listed as oral, anal, phallic, and genital. The human mind, which is split into the id, ego, and superego, is related to these stages. Over the five developmental stages, these three are always at odds. The ego and superego, who act on truth and morality principles respectively, control the id, which is irrational, and acts based on the pleasure principle.

A successful traversal of the phases with sufficient conflict. According to Sigmund Freud's psychosexual theory, there are five stages of development that must be passed through to produce a fully developed, mature personality. Conversely, if a person exhibits neuroses, it indicates that there was unresolved conflict during the developmental stages, which led to fixation. For instance, fixation from the oral stage of development results in aggressive or overly reliant personalities, whereas fixation from the anal stage results in control-seeking or organization-obsessed personalities.

THE REFLECTION OF PSYCHOSEXUAL THEORY FOCUSING ON AGE 3 TO 6

The phallic stage of psychosexual development, which lasts from ages 3 to 6, is characterized by children's increased interest in their genitalia. According to Freud's theory, children experience eroticism towards the parent of the opposite gender as the phallic stage comes to an end. As the Oedipal Complex (in boys) or Electra Complex (in girls) is resolved, children identify with the same-gender parent to deal with the internal mental problems resulting from this attraction (girls). The phallic stage is when most kids masturbate. Parents should be aware that children frequently masturbate. Apart from shame and other unfavorable emotions brought on by other people's reactions, there is no scientific evidence to support the idea that masturbation is damaging in any manner. The discovery that their children

masturbate may startle parents, but the youngsters may eventually experience psychological harm if the activity is outright forbidden. Instead, parents should teach their kids more about how to use their genitalia in socially acceptable ways.

Along with developing an interest in their own bodies, toddlers start to wonder about the bodies of their siblings and playmates, particularly the disparities between boy and girl bodies. It is really concerning that ladies lack a penis while boys do. This insatiable curiosity may result in countless inquiries, doctoring games, peer touching and probing, and peer urination observation. Parents need to know that these routine activities are anticipated when done in moderation and with kids of the same age. Also, parents need to be on the lookout for the risk of older siblings and kids abusing younger kids sexually.

There is no proof that peer sex play or sex play with youngsters of the same gender increases homosexuality or early sexual activity. Putting restrictions on non-punitive and nonjudgmental manners reduces the likelihood that the youngster may have confusion, guilt, or later sexual issues.

Because their parents are their primary role models, children's perceptions of love are influenced by their parents' displays of affection. It is possible to trace how youngsters eventually understand and demonstrate love and affection to their parents' observations. Also, parents want to support their kids in growing up to be balanced, content, and functional people. Positive or negative attitudes towards sex and romantic relationships in children's kids. who never experience or see love in their homes typically reflect the level of compassion and love that parents show for one another and there may find it difficult to show love as an adult



This is a piece of the Freud Sigmund Museum's desk and library.

Freud completed his professional physiology job here.

Before his death, Freud spent a year living in his Hampstead home with his wife Anna Sigmund.

Discuss a psychological phenomenon/framework that you find most exciting and relate the same to your life to reflect how it has impacted you.

A psychological theory known as behaviorism centers on comprehending observable behavior. According to the hypothesis, changing or altering a subject's surroundings will cause them to respond in observable ways. According to behaviorists, learning is something that happens to the subject rather than them actively participating in it. In addition to serving as a tool for behavior management, behaviorism plays a role in education by helping teachers understand how the environment influences students' behavior (1).]

[The effect that behaviorism had on my life; I was raised with an extraordinarily strong cultural background; I come from a middle-class family; I attended boarding houses as a young girl up until my university level; during my time in secondary school and university, I was thought of manners, etiquette, and moral behavior; my school is a mixture of girls' and boys' schools and is highly disciplinary. With all the instruction, education, and knowledge of how to coexist with others, copy with many cultures, and adapt to the situation. I am now capable of handling any challenges head-on and I know how to act around friends and coworkers.

[The work of Sigmund Freud served as the inspiration for the psychodynamic viewpoint. To understand human behavior and treat mental diseases, this perspective on psychology and behavior places special emphasis on the unconscious mind, early experiences, and interpersonal interactions.}

Critically discuss How as a health and social care professional, I will be applying the learnt psychological perspectives taught under this module, in my current or future job settings.

In conclusion, it would be oversimplified to ask whether social determinants of health have a greater impact on an individual's health than psychological aspects. The measurable evidence presented above demonstrates unequivocally that it would be foolish to separate social determinants from psychological aspects because they indubitably interact to affect health and illness. Research frequently demonstrates how psychological and social factors interact to influence healthy behavior, sometimes via physiological mechanisms. A single social determinant's influence on health and vice versa for psychological variables cannot be adequately explained by focusing on it alone without considering associated confounding variables. Therefore, the influence of either social or psychological elements alone cannot explain health habits; rather, a mixture of both can. Social and psychological influences on health practices cannot be described by the impact of either element alone, but rather by the interaction of the two (psychosocial influences) on an individual's health and potential sickness.



This is his favorite Cushing, and the museum is called Freud Sigmund Resident Museum in Hampstead.

{“Psychoanalysis rose to prominence as one of psychology’s early significant forces due to Freud’s contributions and influence. The id, ego, and superego were considered the three main components of Freud’s theory of the mind.”}

Conclusion

The area of the psyche that contains all basic and unconscious desires is known as the id.

The part of the psyche that must deal with the demands of the outside world is the ego.

The management of all our internalized principles, standards, and ideals falls under the purview of the superego, the last aspect of the psyche to mature.

{Although the psychodynamic viewpoint is less common now, it is nonetheless a helpful psychotherapy tool.}

Reference list

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Anon, (n.d.). Kendra Cherry The 'Everything Psychology Book (2nd Edition)' and dozens of other articles on various psychological subjects are authored by Kendra Cherry, MS. With a focus on educational psychology, Kendra holds a master's degree in education from Boise State University. She also has a bachelor's degree in psychology from Idaho State University, where she took courses in case management and substance abuse.

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