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

TASK 1: ACADEMIC ESSAY

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Introduction

The present essay attempts to identify a specific phase of lifespan which is selected as adolescence presently for which two distinguished theories are applied to explain their developmental course of action. By Piaget's cognitive development and Erikson's emotional socio-psychological patterns are indicated during adolescence. With research studies on these issues understanding with insight is created. Three development of cognitive, behavioral and emotional explained effectually.

Two lifespan psychological theories related to adolescence

Adolescence is regarded as by far the most crucial life span stage where the future orientation of the individual gets determined. It is that phase of transition where the person is confused as they neither fit themselves in children category or in adulthood category. Typically a person aging from 10 to 19 years is considered to define within adolescence stage. Cognitively and psychosocially people within this life span show tremendous growth and development (Sa'ngadah et al., 2020). The two theories that relevantly discuss about this stage of life span enunciate about their cognitive evolution process and their emotional growth through psycho-social theoretical discussion. The prior is explained with Jean Piaget's cognitive development theory and the later with Erikson's psycho-social theory.

Jean Piaget from 1896 to 1980 – Cognitive Theory

Rather than focusing upon the psycho-social or psycho-analytical perspective, Jean Piaget attended to cognitive evolution of individuals from a lifespan of children till later stages in life. While defining adolescence through his theory, Jean Piaget explained on aspects of keenness through natural sense of inquisitiveness and development of mind and intellect as the central theme of discussion. as per Piaget, adolescence is marked as that remarkable span of life where the child moves towards youth where the mental capability grows to a limitless tangent (Bos et al., 2020). The ability to develop higher order thinking, creating abstraction and reasoning are operationally optimized. The mental frame or scope that is unattended and unexplored by as a child is possible for adolescents to comprehend. The events which were neglected, ignored or unnoticed through lack of understanding now become clear at this stage of life span. Jean Piaget

terms individuals undergoing the stage of adolescence lifespan recognized as within the Formal Operational stage of his theory.

The operations which lacked formalization of operations are attained at this stage. Abstract logic is that aspect of higher order cognitive growth which begins from the age of 11 typically, the start of adolescence. Creating a definite sense of utilizing that abstract reasoning for any form of moral reasoning and logical construct is possible to be processed through higher order cognitive development. Piaget proved through his experiment of letting adolescents solve hypothetical situation problems where abstract reasoning with logical solutions was provided. This experimental result is utilized for substantiating his theory. Furthermore, Piaget observed that a renewed sense of egocentrism gets emerged ever since the individual steps into the life span of adolescence. For a 15 year old, a small pimple on the face is considered to be a huge deal which is highlighted with incredible visibility. People within adolescence period are under the misconception of having the impression that everyone would have a perception of their own on that appearance change. Problem solving strategies are developed in much better formalized way where less of disagreements and more of thinking gets involved as a growth from childhood to adolescence (Bos et al., 2020).

Erik Erikson's theory of Socio-Emotional or Psycho-Social Development theory

Adopting an individual's psychological growth with the social environments is the ability that gets expressed through Erik Erikson's Psycho-Social developmental stages. His theory is a modified and evolved form of Freud's theory of developmental psychology. The emotional changes shape the personality of an individual to shape it from childhood to adolescence to finally reach adulthood. Erikson stated that it is the changing forms of interaction to the world that makes developmental changes in one's mind throughout the lifespan (Sa'ngadah et al., 2020). It is from his suggestion that one gets to grow their sense of self in course of interaction to get a definite ego identity. It is through Erikson's developmental psychology theory that one's growth in motivation needs for achieving competence across different dimensions of lives is expressed. Creation of healthy personality with a successful sense of completion to overcome feelings and emotions of inadequacies from failures are overcome.

Erikson classifies individuals from the age of 12 to 18 as the stage of adolescence where the developmental span is denoted as identity versus role confusion. It is by this span in life that a person develops the sense of self in concrete form. However, adolescents often encounter with the struggle to question their identity. They often subject the question as to “Who I am?” and also feel perplexed by stating “What do I want to do in my life?” It is the adolescents who create success with a strong sensibility with identity which makes the values and beliefs strong to overcome the issues faced. It is from the theoretical perspective of Erikson that a definite difference in identity of selves is identified in distinguished manners. It is found that adolescents often tend to represent an apathetic sense where the conscious search of their identity is lost or unfound. There are some adolescents who tend to oppose the parental idea of sense of identity and some adolescents who tend to conform to the normative behavior affirming to parental suggestion (Del Boca et al., 2017). It is due to the weak sense of identity typically endowing a formation stage of self where the teens in their adolescence life span experience intense sense of role confusion. They are not only confused about their identity and the orientation they must adapt but are equally confused with what to shape like in the future. The stage is well justified with explanation which is termed by Erikson as the identity versus role confusion concerning the adolescence life span.

Human cognition, emotion and behavioral patterns specific to adolescence life-stage

Adolescence is the selected life span tenure endowing developmental psychology where most theorists identify it as the highest critical stage of life where most transitions in terms of diverse developments take place. be it in terms of motor, mind, thought process, behavioral or emotional and psychological, this stage is typically undergone through maximum significant changes in an individual three of the most significant aspects where development is starkly noticeable during the life-stage of adolescence include, emotional, cognitive and behavioral. Each stage is distinctively explained as follows:

Emotional developments during adolescence:

As adolescence is that stage attributed to individuals attaining age 11 to 19 years, the emotional growth is at a mature yet formation stage. Emotional changes are quite intense during this phase

of life. As the feelings of sexuality emerge through puberty attainment, the development of strong feels as love, passion, compassion and aggression, self doubt and belongingness become intensified and strongly vivid. The mood changes are frequent and starkly evident with strong outward reactions. They become highly unpredictable. The emotional boundaries become blurred where they flow of a stronger outburst of love, hatred, anger or determination (Blake et al., 2017). As the child to adult transition is passed through this stage of adolescence the brain functions are yet not completely evolved and under control. The expressions of the emotions tend to incline in a mature way whereas the brain functioning and rationale process to satisfy the needs are prone to childishness. Hence, this becomes the most vulnerable stage where emotions create a stage of uncontrolled bound where the balance is somewhere missing. The changes are crucial to determine the emotional build up that one follows by and carried throughout their adulthood stage as well. Interactions at this stage become limited and scope of independent feelings become amplified during adolescence.

Cognitive developments during adolescence:

Adolescence is marked by the span of life where tremendous transition takes place from childhood to adulthood that impact through the course evolution of brain capacity and functional abilities. The progress and advancement in cognitive skills with higher intellectual growth determines the aptitude and ability of the individuals. It is through the advancement in skills, reasoning capabilities and thinking potentials that develop in a stronger conformity with the inherent possibility to find solutions to complicated problems (Gaesser and Karan, 2017). The advancement in growth precursor from childhood capacity where the reasoning behind the action or the intent behind the process of action were not processed by the brain, are understood on attaining the adolescence stage of life. For example, the punishment that parents provided to children for their wrong doing was seen as mere actions of disapproval during childhood phase. However, out of abstract thinking capability and reasoning ability development in adolescence stage, the same person understands the inner intent and reasoning of making him or her into a better human being to realize what is good and what is not by the act of punishment. This makes the cognitive potential development to be able to integrate diverse abstract thinking as well which do not possess concrete meaning. The gesture of love, care, concern is readily understood by adolescents which were previously mere outward expressions. The solution of higher

complex mathematics by application of multiple layered formulae are now easily applied and resolved with the possibility of right answer derivation.

Behavioral developments during adolescence:

During the lifespan of adolescence stage, behavioral development is a significant attribute where the multidisciplinary functional patterns get reflected. During the change in decision making pattern, the adolescents tend to adapt to high capacity of brain developed orientation (García-Escalera et al., 2016). The sense of logic and reasoning makes them judge what is wrong and what is right to select the accurate step. However, the transition phase lets them decide on contradictory paths due to the role confusions. Behaving according to parental norms by conforming to their disciplines and virtues show how much adolescents value the power of superego to dominate and orient their behavioral inclination. In order to prove ideal, good and socially acceptable, adolescents often take the parental guidance to shape their personality. It does not necessarily make them dependent but helps choose the rationale with logical solution. Sometimes adolescents choose the divergent path contrasting to parents and behave in oppositional way where the self logic stands out stronger against to parents'. This is how role confusion and changing patterns of interactions create behavioral transitions among the adolescents.

Three recent research studies in health and social care as support evidences

1st: Parental and Child Time Investments and the Cognitive Development of Adolescents

<https://www.journals.uchicago.edu/doi/abs/10.1086/689479>

This study paper focuses upon impact of the parental intervention upon child's cognitive development process. It is through cognitive production functions that the value added model contributes to augmentation of adolescence characteristics (Malti and Noam, 2016). The application of mother's supervision makes the formative activities by which the cognitive development of children gets determined. The family structure and parental influence has strong impact on children's cognitive ability.

2nd: Gadgets addiction behavior towards social development in adolescents

<http://ejubios.org/download/gadgets-addiction-behavior-towards-social-development-in-adolescents-7845.pdf>

Behavior of adolescents is exceedingly inclined towards gadget usage and application of technologies across the modern lifestyle (Blake et al., 2017). Spending a significant amount of time with video games, social media sites, picture uploading activities and seeking reviews of social approval through virtual medium addictions are behavioral changes and developments that this paper discusses about.

3rd: Distinct and similar patterns of emotional development in adolescents and young adults

<https://onlinelibrary.wiley.com/doi/abs/10.1002/dev.21942>

It is through this paper study that enhanced sensitivity through social emotional events is acknowledged through adolescents where emotions of fear, happiness or love are indicated through facial expressions (Soenens and Vansteenkiste, 2020). Creating longer response patterns evolve adolescence across the vulnerabilities of varied events and attributes.

Conclusion

The expectation and actual outflow of emotions of sadness, disbelief, love, anger and hatred tend to become stressors and pressure creators. Adolescents at this stage tend to be highly indecisive in their beliefs and standpoints where the identity of self is yet to be built in a strong and concrete way and the judgment of parents tend to contradict their point of views. This creates a sense of intensified emotional turmoil among adolescents through role confusion where some succumb to the situation by orienting their emotion as per parental beliefs and some stick to theirs by revolting against the parental normative viewpoint.

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