

Subject: **Psychology for Health
& Social Care**

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Introduction

Psychology is the study of human behaviour. It employs a few different approaches including biological, psychodynamic, cognitive, behavioural and social theories. In this course, students will learn about key research in each of each field and find answers to questions such as: what does the brain look like? How does it work? What do we think? How do we learn language? How do we remember, and why do we forget? Why do we like to sleep, drink and having sex. Why should we obey and whom should we obey? Why do we not obey? Why and how do we fall in love? How does relationship break down? This course explores the richness of human functioning, unravelling the secrets behind the brain,

revealing its complexity, and answering questions about how and why we behave (misbehave) The course reveals how Psychologists study human behaviour under laboratory conditions and explains some of the difficulties encountered in doing so.

The course is designed for those who wish to understand Psychology as a science, and the contribution of psychologist to the understanding of human behaviour. (University Of Oxford, nd)

2.

Description

I was though about Jean Piaget life span theory by my lecturer. It is really mind blowing because it was my first time to hear about Jean Piaget. I think he done a great job in psychology of his time. He was born in 1896 and died in 1980, he was Swiss psychologist. He was ranked as most influential psychologist of the 20th century.

Feelings

I felt that Jean Piaget was very great innovative in coming out with his life plan theories. I felt that he has done a lot to educate people about child psychology which the whole world never knew of. The theories he brought about are very practical in our everyday lives. I felt that he saved the world by giving us abundant knowledge about psychology, without him the whole world would have lost all this knowledge.

Evaluation

Jean Piaget theories are very practical and adds meaning to what he meant. Among his theories what stood up to me was the Sensorimotor and Concrete Operational.

Sensorimotor: This theory stood up to me very badly for the fact that I saw this theory in my children when they were growing up.

This time the baby puts their 5 senses into action by smelling, hearing, tasting, feeling and seeing.

Concrete Conservation: This theory stood up to me very badly for the fact that I saw this theory also in my children when they were growing up. Is where the child is given the opportunity to be a judge to say which cup is bigger than the other. First, she or he is given 2 equal cups with the same measurement and shape. One of these cups is changed to a tall cup which stands tall as you sit down. If you ask the child now which cup is bigger, she will say the tall cup because it stands tall and looks voluminous than the other cup, so it sounds like the obvious answer but in fact they are of the same volume.

Besides all his great theories he has been on the line of criticism. Some the criticism are as follows:

- ✓ People claim children often acquire skill sooner or later than Piaget considered timeline.
- ✓ People also claim he does not take external factors and circumstances into consideration.
- ✓ People also claim children at the pre-operational stage are not as egocentric as Piaget claims.

Analysis

What might have helped the situation with Jean Piaget is the fact that he was extremely good with his research. Most of his theories do stand out in a practical way, by saying my child went through that.

There are 2 of his theories that stood up to me. They are Sensorimotor and Concrete Conservation.

Sensorimotor: This theory stood up to me very badly for the fact that I saw this theory in my children when they were growing up.

This time the baby puts their 5 senses into action by smelling, hearing, tasting, feeling and seeing.

Concrete Conservation: This theory stood up to me very badly for the fact that I saw this theory also in my children when they were growing up. Is where the child is given the opportunity to be a judge to say which cup is bigger than the other. First, she or he is given 2 equal cups with the same measurement and shape. One of these cups is changed to a tall cup which stands tall as you sit down. If you ask the child now which cup is bigger, she will say the tall cup because it stands tall and looks voluminous than the other cup, so it sounds like the obvious answer but in fact they are of the same volume.

Conclusion

There is a great deal of information to learnt from the Jean Piaget's life span theory. Great deal of information is learnt from how we as human evolve from childbirth till, we die which as humans we should be aware of and more especially our childhood.

Action Plan

Since, this was my first knowing about Jean Piaget and his theories, it really did keep me at the edge of my seat. It was extremely nice to hear it for the first time and would not mind hearing it again. But

hearing it would not keep me at the edge of my seat again, it just keeps me calm and take it all in.

3.

Albert Bandura's Social Experiment

Albert Bandura's social learning theory suggests that observation and modelling play major roles in how and why people learn. Bandura's theory goes beyond the recognition that learning is the result of directly experiencing the environment. According to Bandura, learning can occur simply by observing the behaviour of others.

However, social learning does not happen passively. To benefit from social learning practices, attention, retention, reproduction, and motivation are required. (D. Ganguly, 2022)

This theory made me to understand that whatever happens in your environment can end up been someone thought process, especially, if you have young people growing up. They will end up coping all that was happening in that environment. So, in other words, be careful what is happening within your environment as it could end up been someone reality either good or bad, which could build them or damaged them for life.

For instance, if you are a smoker when your son was growing up. The chances of have your son to be smoker when he grows up is very high. Is the fact that he has seen Daddy smoke all the time and for him also to start smoking will be nothing strange to him.

4.

(A) Social Support

Social support means going out into the community to offer advice, support and guidance to people who are marginalized. It also refers to helping to bridge social divides and change social attitudes by bringing people together.

Social Work

Social workers aim to advance society by addressing social and personal problems. This approach can be micro work, meaning working with at-risk individuals and small groups, or macro work involving entire communities.

Personal Care

These include helping distribute food, hygiene supplies, or generally assisting those struggling financially to earn an income.

Protection & Safety

The initiative aims to reduce poverty, unemployment and other issues that can affect individuals, such as drug addiction or crime. (Coursefinders365, 2020)

(B) Currently I work as a support worker and my job roles are as follows:

Provide physical support, which may include helping with household chores and personal care.

Provide emotional support to individuals and their families.

Support and help with healthcare needs, including routine tests or medications.

Encourage and support the development of personal skills through hobbies and interests.

Teach life skills such as shopping, using public transport and paying bills.

Work with other healthcare professionals to ensure that all care needs are met to the highest possible standard. (Lifeways, 2023)

(C) Research

Conducting research is an important part of many careers, and the ability to discover, organize and draw conclusions from research can be invaluable to employers. Fortunately for psychology students, this skill is also developed and developed in several modules.

Analysis

A large aspect of the study of psychology involves drawing one's own conclusions and arguments based on previous research and theories. So, without you even realizing it, you'll be developing your analytical skills throughout your psychology course.

Communication

Whether you're in the workplace or in the classroom, communication is key. Throughout your degree, you will develop the ability to communicate clearly and precisely as you regularly interact with your tutors and fellow students in discussion forums and question-and-answer sessions.

Reasoning

Applying logic and reasoning to non-quantifiable research and theory is a key part of the analysis required for a psychology degree. With regular practice in your studies, you will develop strong reasoning skills.

Problem-Solving

The ability to logically evaluate a problem and then propose a solution is a valuable advantage that many employers crave. This skill develops naturally throughout the modules of a psychology degree, as each task or assignment presents a specific problem or problem to overcome.

Conclusion

There is an introduction of Psychology which set the tone for this written essay. Gibbs reflection on life span theory did follow up next and there was Albert Bandura social experiment next.

Up next is overview of Health and Social Care practitioners job duties and responsibilities, then discuss briefly about your current job role and finally skills that I have acquire through the concept taught under this module for my future job role which I wish to take up.

References

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