

Psychology in Health and Social Care

BMHP4003

University of Wales Trinity Saint David
Skills for the Workplace (Health and Social Care)

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INTRODUCTION

- ▶ Psychology is a scientific study of human behavior and mental processes.
- ▶ Behaviour is any response or activity of an organism.
- ▶ The goals of psychology are to describe, to explain, to predict and to control behaviours.



MEANING OF LIFESPAN

- ▶ Defined as the period between birth and death.
- ▶ The 80 years between birth and death that people may live is an example of a life span.



COGNITIVE DEVELOPMENTS IN ADULTHOOD

Cognitive Development

- ▶ Information processing
- ▶ Intelligence
- ▶ Reasoning
- ▶ Language development
- ▶ Memory



EMOTIONAL DEVELOPMENTS IN ADULTHOOD

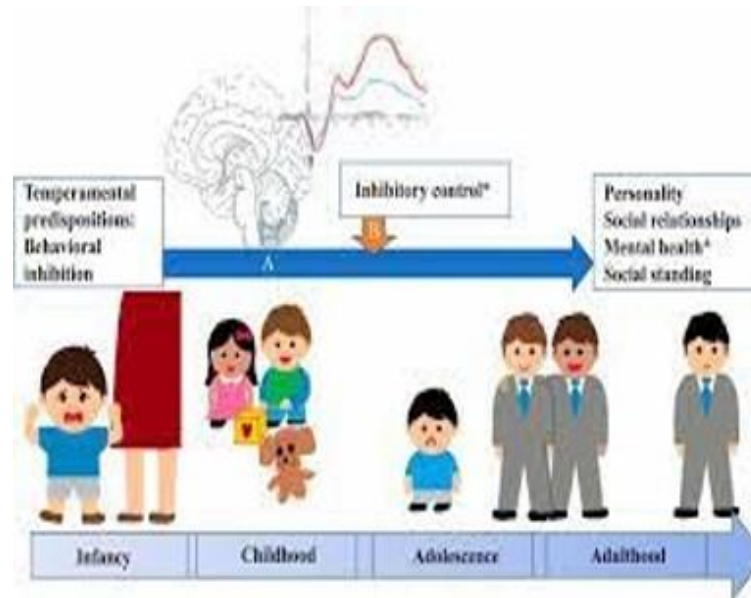
- ▶ Emotion regulation skills appear to increase during adulthood.
- ▶ Bad experiences will affect a person to a higher degree.
- ▶ Emotions are becoming stronger and more intense.



BEHAVIOUR PATTERNS IN ADULTHOOD

Behavioural Patterns

- Anger
- Apathy
- Cluelessness
- Prompting positive behaviour



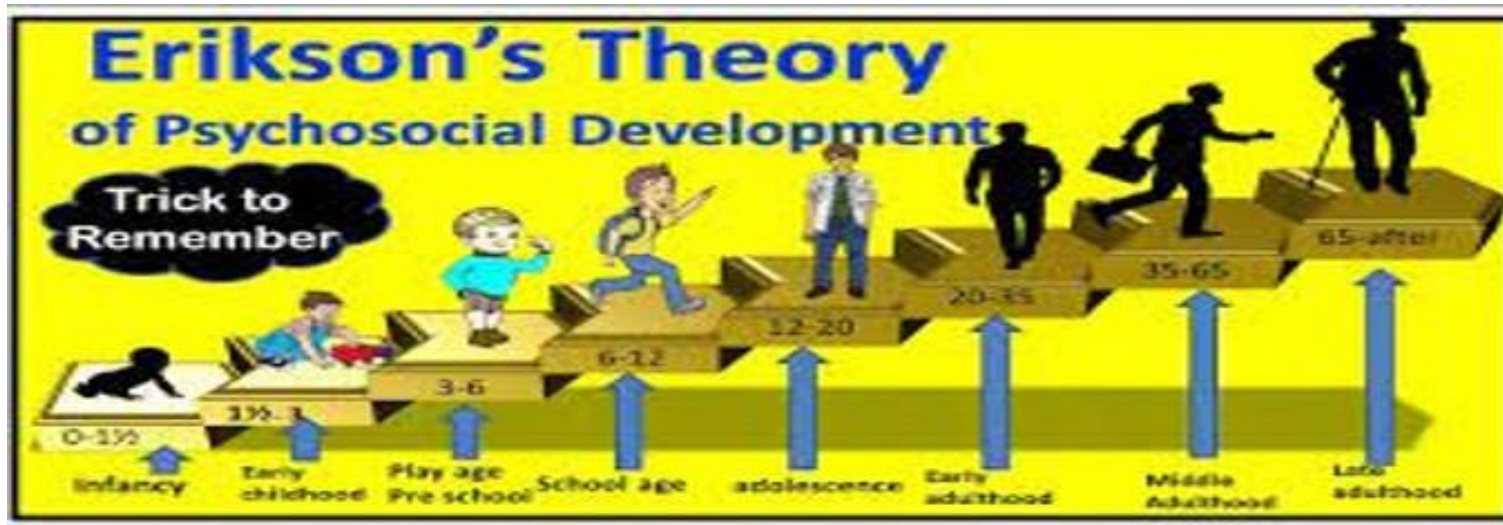
ERIC ERICKSON`S THEORY

- ▶ The theory emphasizes the social nature of development.
- ▶ They are proposed personality development takes place.

12–18	Identity vs. confusion	Experiment with and develop identity and roles
19–29	Intimacy vs. isolation	Establish intimacy and relationships with others
30–64	Generativity vs. stagnation	Contribute to society and be part of a family
65–	Integrity vs. despair	Assess and make sense of life and meaning of contributions

ERIC ERICKSON'S THEORY

- ▶ People in late adulthood reflect on their lives.
- ▶ The feeling of adulthood is creating satisfaction and failure.
- ▶ They are assessing and making sense of life and the meaning of contribution.



EVALUATE ERICKSON'S THEORY

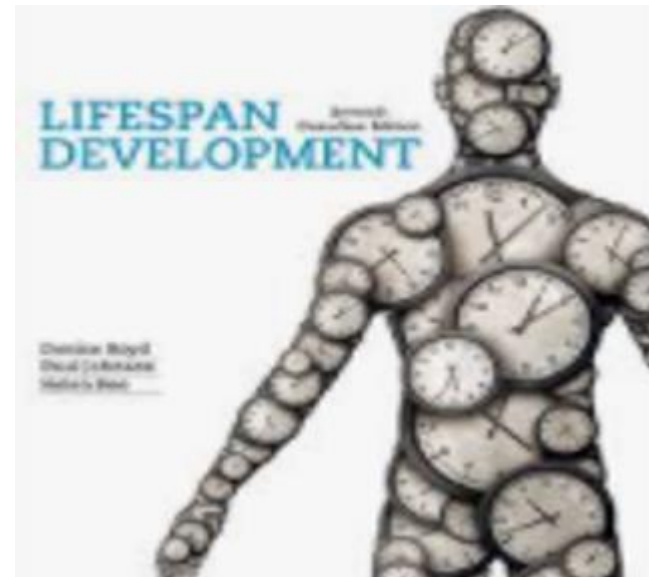
Strengths:

- ▶ It provides a broad framework from which to view development throughout the entire lifespan.
- ▶ It is allow to people for emphasis the social nature of human beings.
- ▶ It is important to influence the social relationship development.

CONCLUSION

From the above presentation, it has been concluded:

- ▶ Lifespan development is essential for people.
- ▶ It has been helpful for human behaviour.
- ▶ To grow in the workplace by using their life's goals and objectives.



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