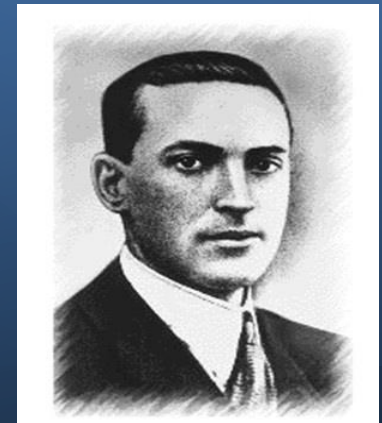


MODULE TITLE: Psychology in Health & Social Care
MODULE NUMBER: LCHS 4010 LON
ASSIGNMENT TASK 1

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Introduction

Lev Vygotsky, born in 1896, developed a strong interest in literature, psychology, and education. His work formed the basis for understanding how thinking develops through social and cultural experiences. He believed children learn best through interaction with more knowledgeable others, such as teachers or peers. Key ideas include the Zone of Proximal Development and the importance of language in shaping thought.

1. Vygotsky's Theory

Vygotsky's theory focuses on learning within a social and cultural environment. In Amira's case, a practitioner can guide her through daily routines, helping her develop communication and practical skills. The theory suggests that social interaction is essential for learning, especially for children who struggle to participate independently.

2. Explaining the Theory

The theory emphasises that children learn through guided participation with more knowledgeable individuals. Learning takes place in the Zone of Proximal Development, where tasks slightly beyond the child's abilities are supported. Language plays a central role in shaping thought and understanding.

3. Applying the Theory to Amira

Amira's anxiety when separated from her caregivers can be understood through her social experiences. Vygotsky's theory views development as shaped by interactions. Supportive relationships can help Amira build emotional regulation, communication, and confidence in group settings.

4. Practical Strategies in the Nursery

Strategies include giving simple two- or three-step instructions, increasing eye contact, offering shared smiles and gentle encouragement, modelling language, and creating a warm and predictable environment. These help Amira develop social and cognitive skills through guided interaction.

5. Nature and Nurture

Both biological (nature) and environmental (nurture) factors affect development. Biological traits influence development, while environmental factors such as family interactions, emotional support, and daily experiences shape behaviour. A positive environment helps children regulate emotions and build confidence.

6. Evaluation of the Theory

Vygotsky's theory is useful because it highlights the importance of relationships, communication, and guided learning. However, limitations include limited resources, service pressures, and slow adoption of new technologies, which can make it challenging to provide consistent support in health and social care settings.

Conclusion



In summary, Vygotsky's theory shows how children learn best through supportive interactions with adults and peers. His ideas help explain Amira's needs, highlighting the importance of guidance, reassurance, and consistent routines in helping her build confidence and communication skills. The practical strategies used in the nursery—such as modelling language and offering clear, simple instructions—demonstrate how his theory can be applied in everyday practice. Although some challenges exist in busy care settings, Vygotsky's approach remains a useful framework for understanding and supporting children's development.

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