

PSYCHOLOGY FOR HEALTH AND SOCIAL CARE

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TASK 2

Reflective Essay

Introduction

In any healthcare setting, reflective practice is responsible for allowing a person to identify personal strengths and weaknesses. This identification is helpful as this acts as a guide for on-going learning. By reflection, an individual develops the skills in learning directing by self and hence improves motivation. Additionally, this is responsible for improving the care quality that is going to be provided in the health care setting. Reflective practice has the potential to increase self-awareness that is a key component for emotional intelligence and develops a better understanding of others. The study here discusses the importance of reflective practice in a healthcare setting and relates it to a healthcare professional.

Reflecting on the psychological theories and research

Adolescence is said to be a crucial time that poses a great change within the youngsters when physical changes are continuously occurring rapidly. But this is not just the physical change; young people also experience social/emotional, cognitive, and interpersonal changes. Over time, several external factors are present that affects young people like religion, school, surrounding, media, culture, etc. There are different psychological theories presented by different researchers such as Piaget's cognitive development theory, Erikson's psychosocial theory, Freud psychological theory that put a significant role in the adolescent stage (Galutira, 2018, p. 51). Both theories present different context on this matter. It is true that each teenager has a unique personality, likes, and dislikes and special interests, but there are numerous issues with their development faced during the early, middle, and late years of adolescence. Both normal feelings and behaviours of the middle and high school adolescent can be classified into areas such as forwarding towards independence, development of cognitive values and future interests, sexuality, self-direction, and ethics (Goulet *et al.* 2016, p. 139).

Here, Piaget's cognitive development theory and Erikson's psychosocial theory have been chosen for the adolescent stage. From Piaget's theory, I learned how the transition occurs from infancy to adult. According to Piaget, cognitive development is the re-organisation of mental processes progressively and this is said to be the result of maturation and environmental experiences. From this, I learned that schema is the building block for intelligent behaviours.

Emphasis on schema must be given for developing the cognitive mind. Piaget stated four stages of development that further helped me in knowing about the transition. I found that in adolescent, the last two stages that are concrete operational stage and formal operational stage play a vital role. The former stage is said to be the major turning point in the cognitive development of any child as this is marked as the beginning of both operational and logical thought. On the other hand, the later stage usually begins when the child is of eleven years and lasts into adulthood (Bono-Neri, 2019, p. 105). During this period, people start developing the ability to think for the abstract concepts and test the hypothesis logically. Hence, I further developed the impact of ideas produced by Piaget in developing psychology has always been enormous, that changed the view of children's world and methods to study them. In the field of education, his ideas have been the best.

At the same time, Erik Erikson's theory has also been considered here. Through this theory, I came to know the importance of culture in parenting practices. This has been cleared by the help of three stages involved in the development of an adult. I learned about eight stages that are somehow associated with psychosocial tasks for accomplishing the tasks. I also found how Erikson denoted the adolescence stage. The researcher stated that in this stage, teenagers try to gain a sense of identity by experimenting with different roles, ideas, and beliefs (Schlein, 2016. p. 31). Hence, this theory allowed me to provide a broad framework that allowed me to look at the development process. Furthermore, I also learned that social relationships play a major role in development. Along with that, with the help of this theory, I also came to know that different conditions must be fulfilled by any parent to develop their child positively. A single mistake in the parenting activity can result in the negative development of the child (Sobh, 2020, p. 12). Thus, being a nurse practitioner in HSC sector, knowing these theories were important for me that further allowed me to identify the lifestyle, culture, etc. of the child, so that, I can provide them with the best facility.

Self-role in applying psychological perspectives as a duty to care

Being a nurse practitioner, I always try to work directly with the patients. Moreover, I also work with children and diagnose their illnesses. Apart from that, I have recently got training for performing physical examinations and hence interpreting the diagnostic tests. I am not only working for a single hospital, but I also work in a clinic. Moreover, I am also responsible for performing an important task to educate the patients about the prescribed treatments and also preventive care. I have also received an award from the hospital for working with dedication;

hence I can say that I am a renowned employee in my workplace. To treat the patients and diagnose them properly, it was important for me to develop my skills and transform my weaknesses into strengths. For my role, three things are important to be considered: Advocacy, optimism and enthusiasm. I have always tried to develop my nursing skills and for that, I found that developing critical thinking was crucial. In today's world, where modernization and globalization have conquered the world, there, I found getting a friend with technology can be beneficial. Therefore, I also increased my certification that hence shows that I am technically skilled. Becoming skilled in technology has allowed me to treat the patient efficiently and rapidly. Not only this but, I also developed that effective communication could support both young people and old people in getting treated soon with proper care. Effective communication not just means oral communication, but written communication is also required in this case. Additionally, I also developed that ethical decision making is also important. Ethics always remain a critical part of the professional and personal lives of any NP. As NP, regularly face a host of decisions, therefore, the NPs need to guide ethical compass for making decisions effectively within the give codes and standards of the healthcare.

In the context of healthcare, the duty of care is always denoted as the legal obligation that means acting in the best interests of the service users and failing to act in this direction can result in harm. Hence, acting within the competence is important. Duty of care is the fundamental concept in nursing, so, I have also considered this as an important part. In a country like the UK, a nurse practitioner like me must follow the codes and guidance of NMC. If any registrant is failing to discharge the duty of care that means involved in breaching of the standards, they are referred to the NMC (Siegler, 2016, p. 128). Thus, it can be said that for best practice, it is useful to follow the guidance. I found that within my profession, the behaviorist approach has allowed me to understand the behaviours of the service user and then provide them with the best care. Along with that, I also found biological approaches to be useful in this direction. In this approach, I further established that this approach assumed both behaviour and experiences that are the result of activity carried out by the nervous system of the human body. Through this approach, I inferred that this becomes easier to identify the problems with the development of any child. From infancy to nine years, there are different changes observed within a child. Furthermore, I also inferred that there are different psychosocial needs of patients belonging to different age group. The psychosocial assessment has allowed me to determine the mental state of the patient. From most of the cases, I have also found that a child who is brought up in a bad environment always has a poor state of mind. Due

to bad parenting style, he is not able to grasp the information sincerely. His mind becomes destructive, but vice versa is not true (De Janset *al.* 2018, p. 11). Hence, in this essence, I can say that good mental health among children who are now in the adolescent stage is the result of unconditional love from their family, secure and safe environment, proper discipline, and guidance, playing with other children, etc.

Relating self-learning to HSC practice

As an NP, I have always provided the best treatment facilities to the service users visiting my work setting. I have mostly observed that children and old people are at the most critical stage of their life where their mind fluctuate continuously and hence providing them proper care is of utmost importance. Coming to the relevance of this study within my practice, I can say that reflective practice has allowed me to develop my skills. Currently, I am working with healthcare which is specialized in treating old and young patients. I have observed during my journey with this healthcare that both age groups have unique psychosocial needs. Providing the best education is important for the children so that they can enjoy their lives in future. Previously, I worked with a voluntary sector where the orphan children were kept and treated with delicacy. During that journey, I developed that for a child, development entirely depends upon the parent. It was painful for me to notice those children who were parentless. In that context, I found that my work setting provided an ambient environment to those children for developing them in the best manner. There were many employees and all of them effectively communicated with the children, so that, they can learn how to communicate with others. Coming to my present work-setting, I have always observed that children coming from the poor environment are more prone to illnesses. Most of them are addicted and hence, improper lifestyle leads to serious illnesses among them. So, from both the contexts, I can say that a child can grow negatively when they are parentless and when they have parents.

Irrespective of that, to work in both situations, it was important for me to develop my skills. Thus, in this aspect, I have applied the SWOT analysis that enabled me to identify my strengths and weaknesses. Apart from that, I repeatedly worked on the lectures provided in my college that helped me to gain new knowledge each time. Along with that, I also enhanced my skills through certificates. I constantly worked in this direction to learn something new. Nonetheless, but I also focused on promoting my skills and provide the best services to my clients in future. Additionally, I also found that seven ethical principles must be considered in the field of nursing and they are autonomy, nonmaleficence, veracity, justice, fidelity, integrity and

beneficence. These codes of ethics have helped me understand the norms that must be followed to provide the best treatment facilities to the service users (Consorte-McCrea *et al.* 2017, p. 16).

Conclusion

The overall study showed the influence of cognitive-developmental theory and psychosocial theory in the life of young people. Through this comprehensive study, one more thing can be concluded in the adolescent stage and that is psychodynamic. With this approach, it can be easier for any healthcare professional to identify the behaviours and feelings that have been rooted in childhood. This also states that both are usually affected by the meanings of events to any unconscious mind. Thus, the overall study showed how the infancy stage is transitioned into adolescent and during that, which aspects must be considered. Moreover, this study also stated the importance of reflective practice in a healthcare setting. Apart from that, the study also showed the importance of duty of care and how physiological approaches must be considered in this direction. Furthermore, through this study, the role of nurse practitioner and the skills required by them for providing a better care quality has also been stated.

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