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ASSIGNMENT 1

Applying Psychological perspectives in Health and Social Care

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Introduction

The essay aims to explore the concept of psychological factors which has a huge impact on human behaviour and the profound effects it may have for any individuals who are interested in the health and social care services (Kalbitz *et al.*, 2017). The essay will mainly focus on providing some clear concepts for a better understanding of the Lifespan Development theories. The report will also analyse the various psychological theories in the context of health and social care services. Finally, the report will aim to propose a few cognitive, emotions, and behavioural patterns of a human being for a chosen life-stage and examining those patterns in the context of health and social care services.

Main Body

According to the opinion of the **Kalish** (2010), psychology can be defined as the *study of the behaviour of human beings which includes their process of thoughts and emotional behaviours*. For a better understanding of the influences of human behaviour and their patterns, a proper knowledge in the development of the life-stages of a human being is essential. Life-span development is the process through which *any human being passes in his/ her entire life*. The development of the human body is on a constant basis and these developments are associated with *some changes during each stage of the life cycle process*. According to the opinion of the **Feldman** (2005), it mainly includes “*physical*”, “*cognitive*”, “*social*” and “*personality*” development. According to **Sigelman** (2009), Life-span development stages can be divided into stages like *infancy, childhood, adolescence, and old age*. The maturity level of the people comes at different ages and it directly affects the psychological behaviours of any individual (Chávez, 2016).

Considering the phase of the **infancy**, this stage is associated with a number of physical as well as psychological changes. Babies mainly try to experiment and learn from the social environment around them. They also learn various social and emotional tasks. According to the research article “*Infant Development: The First 3 Years of Life*” a study by **Kathryn, L., Zeanah, H. and Scheeringa, Michael**. (2015), the infants mainly feel distressed, interest, happiness and try to communicate with the caregivers through their various body postures including facial emotions and expressions. This phase is mainly characterised by encouragements of the infants when the caregiver remains close to the infants.

There are many well known theoretical approaches used for various life span development which includes all of the major cognitive, emotional and all behavioural patterns of any individual in their different aspects of the development process (Hoffnung *et al.*, 2015).

Psychological Theory of development proposed by Erik Erikson and cited in Newman (2011), can be considered as an important theory which can be directly related to the life span especially in the infancy stage of any human being and behavioural development during the identified stage. According to the theory of Erikson, major development changes which occur are divided into eight distinct stages. He mainly modified the theory of Freud Psychosexual theory and modified it into a psychological theory. This theory mainly focuses on the social and behavioural patterns of the human developments in their various stages rather than physical developments. This theory is in contrast to the Freud theory which states that all the personality and the behavioural patterns are observed in the infant to childhood phase of any individual human being. But this Psychological theory of development by Erikson, states that personality and the behavioural patterns are observed throughout the development of the lifespan. According to the research article, *“A proposed model of psychodynamic psychotherapy linked to Erik Erikson’s eight stages of psychosocial development”* a study by Knight, Z.G., (2017), the “psychodynamic psychotherapy” model can also be linked with the Erik Erikson’s “stages of development” to study the behavioural patterns of the human beings. Erikson mainly proposed that every human being experiences the “eight stages of the development” which basically starts from the infancy to the old age phase. The infant stage of the life cycle of any individual human being generally starts from birth and continues up to 2 years. According to the suggestion of the Erikson, the word “trust” forms one of the important aspects of the development during the infancy stage of the life cycle. According to the Psychological theory of development, the most important task in the infancy stage is the battle between the “trust versus the mistrust” (Syed, and Mclean, 2017). This stage according to the Psychological theory of development witnesses that any individual infant mainly depends on their caregiver, mainly the mother and the father. Thus, it becomes the responsibilities of the caregivers like mother and father to be responsive and sensitive towards their child, which can help in the development of the term “trust” among the individual who is in the infant stage. Now, after developing the required trust, the babies generally feels a safer and comfortable world with a much more predictable place (Knight, 2017). Thus, according to the psychological theory of development, the infant stage is mainly

characterised by **love and affection** to develop a trust factor among them. According to the research article ***“Application of the Modified Erikson Psychosocial Stage Inventory” a study by Darling-Fisher, C.S., (2019)***, the global reliability of the “Modified Erikson Psychosocial Stage Inventory”, which aggregate scores range from 89-99, and thus provides validity for the statement that consistent change in the behavioural patterns are observed during the development stages of any individuals and this theory can help a lot in the study of the influence of the behavioural patterns of the human beings in the health and social care sector of the psychological department (Darling-Fisher, 2019).

Another theory which was proposed by **Jean Piaget** can also help to relate to the life span especially in the infancy stage of any human being and behavioural development during the identified stage. The theory is known as **“Cognitive Theory of Development”** (Galotti, 2015). This theory mainly proposes the development of a child based on cognitive growth. This theory is in contrast with the other theories like that of Erikson theory of psychological development which uses a “psychoanalytical or psychosocial” approach for studying the various patterns of human behaviour. But this Cognitive Development theory states that the process of thinking is one of the central and important aspects of the development and changes in the behavioural patterns of the children. He also proposed that the reasoning and the thinking skills of the infant and the children are not as same as that of the adults. According to the theory, the cognitive abilities of a human being developed at the various stages of the life cycle. From infant to adult age, the cognitive abilities develop which refers to the “discontinuity approach to development” (Barrouillet, 2015). The stages of the cognitive development are mainly divided into four divisions. They are “Sensorimotor”, “Preoperational”, “Concrete operational”, and the “Formal operational”. The “Sensorimotor” phase is basically the infant stage of any individual where they experience the world with the help of proper senses and action. “Preoperational” stage is basically the toddler years of any individual where they mainly use imagery and verbal skills to represents each and everything which they see in the world, but mainly lacks in the reasoning power. In the “Concrete operational” phase which basically starts from 7 years and basically ends in the 11 years of an individual, they can represent objects and other entities present around them and can understand proper “concrete events” based on logical and arithmetical operations. The “Formal operational” stage starts from 12 years and continues till the old age where an

individual develops various formal operations like abstract logic and moral reasoning skills and can also utilize those abstract reasoning skills in the real world.

According to the opinion of Piaget, all the children mainly develop “schemata” for a better understanding of the real world. “Schemata” can be defined as a concept which is mainly used in categorizing and interpreting information that they gather (Spittle *et al.*, 2019). During learning new information, adjustment of the schemata takes place based on two processes, one is assimilation, and the second is accommodation. In the process of assimilation, the children assimilate information they gather which can be compared based on their current schemata. Accommodation process mainly deals with the change of their schemata due to the presence of new information which they gathered during learning and assimilating. This is a continuous process as the children continue to interact with the environment and gather information (Bjorklund and Causey, 2017).

The first phase is basically for the infant stage of any individual. This stage is known as the “sensorimotor stage”. This stage is marked with the characteristics like “Object permanence”, “Stranger anxiety”, and pretends to play. In this phase, the infant learns about each and every aspect of the world which is visible to them with the help of their motor behaviour and senses. For example, babies try to put each and every solid object in their mouth to check whether it is edible or not. Also, as they grasp any object, they try to shake or bang it to see if they make any possible sounds or anything. The characteristics of object permanence are developed between 5 to 8 months of an infant stage. The development of this characteristic helps them to understand that anything which is out of his/her sight may exist in the real world (Grossmann, 2015). He also conveyed that young infants are not able to remember objects when they are removed from their sight of vision. For example, in his studies, he stated that when a new toy is first shown to an infant and then hidden under any clothes, the infants who have not developed the “Object permanence” will not be able to find out where the toy is kept. But infants who have already developed the “Object permanence” characteristics will search for the toys with their hands as if they believe that the toy still exists (Siegler, 2016). Also in his research, he stated that when the infant has developed the characteristics of the “Object permanence” they also exhibit the characteristics of “stranger anxiety”. The stranger anxiety is basically the anxiety which they develop when they see unfamiliar people. They mainly demonstrate this behaviour by crying or turning their face away from that stranger. Piaget’s cognitive development theory provides an

excellent descriptive model to describe the intellectual growths in the childhood along with their development of cognitive behavioural patterns which can be very helpful in the study of the influence of the behavioural patterns of the human beings in the health and social care sector of the psychological department.

Various cognitive, emotional, and behavioural patterns are observed during the **infant stage** of the life cycle of an individual. This stage is basically marked as the time of change in terms of growth and emotional development (Patel *et al.*, 2017). They also learn various social and emotional tasks during this stage. Between two to six months infants learn to give a smile and sometimes spontaneous laughing. They also express their feelings like anger, anxiety, sadness, and fear through their body postures. At the age of 5-6 months, they develop cognitive characteristics, like stranger anxiety, Object permanence and during 8-9 months, they develop the ability to pretend to play. They also treat their caregivers with trusts as they are more dependent on them during the infant phase. Between 9-10 months, the infant develops various behavioural patterns and emotions to express their feelings. Around 12 months, the babies can also understand the behavioural patterns of other individuals towards them. Also, many babies during their 12 months can exhibit jealousy as they also adopt this behavioural pattern in them (Frosch *et al.*, 2019).

The above-mentioned theories can help any professionals in the health and social care sector to judge the human behaviours and emotional patterns of any individuals. From the infant stage to the aged person, every behavioural pattern can be examined with the help of the above-mentioned theories. Thus, for treating any psychological cases in the health and social care, the behavioural patterns of any individual human being are necessary to understand and have a huge effect for those who want to provide service in the health and social care sector.

Conclusion

Thus, it can be concluded that the psychological factors influence the human behavioural patterns of any individual. The essay successfully conveyed various theories and research based on which it can be concluded that psychological perspectives determine the human behavioural patterns and those psychological behaviours develop with the various life stages of a human being. The essay provided the Psychological theory of development and cognitive theory of development to understand the behavioural and psychological patterns including their cognitive and emotional behaviours and their influence in the social and health care sector of the psychological department.

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