



University of Wales
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1. Introduction

In this reflective report, I will describe my experience with the group presentation on the psychological life span theory. The focus of the Group Presentation is Piaget's Lifespan Theory. I will provide details and analysis of this Theory. Also, I will talk about positive and negative reinforcement and how I apply it in my life and my current job setting.

The objective of this report is to show an understanding of Piaget's Theory; showing an understanding of psychological perspectives and how psychological perspectives are applied in health and social care practice.

2. Reflection on Group Presentation

In the group presentation, we choose to introduce one of the life span theories - Piaget's Cognitive Theory. In this Theory, we introduce seven different topics. Most impressive for me was: The importance of the JP Theory, Sensorimotor Stage, and Evaluation of the JP Theory.

Each of the Group members has an exact task regarding the topic that the group leader chooses for each of us.

In the first few slides, we introduce Psychology and Developmental Psychology - Defining psychology is the scientific study of the mind and behavior. It is a very complex field and includes many sub-fields of study such areas as human development, sports, health, clinical, social behavior, and cognitive processes.

We choose the infancy stage/sensorimotor(0-2years). Explaining in detail that the child knows the world through his movement and senses. Children learn about the world through basic actions such as sucking,

grasping, looking, and listening. In this slide, we give strict age guidelines information about infant development.

Parents and teachers play an important role to boost children's intellectual development through environmental factors. Parents and teachers must use proper learning materials and experiences to help them discover the world around them. Piaget's theory of development can be used as a structure in nutrition education. During four stages of mental development children's parents can provide children age suitable food and can develop a balanced diet habit for their kids.

This theory has a lot of criticism because other psychologists think differently than Jean Piaget. For example, the Russian psychologist Lev Vygotsky theorized that interaction with others has a great influence on cognitive development. Piaget failed to acknowledge this influence (King, 2011) Others think that the Strict age guidelines do not apply to every child – every child is different and some of them learn very fast, some of them very slow. We can't put the same age guidelines for all children. Also, Piaget did not select a great variety of participants to provide a reliable result, mostly he only examined his children.

Cognitive Developmental Theory has a lot of strengths and practical applications. For example, one of the most widely known theories gives the main idea of cognitive development. His theory describes and explains the development of thought processes and mental states. That's why has a great impact on developmental psychology and is a great base for other psychologists to discover and expand cognitive theories.

Practical applications are used in our everyday life. The Piagetian model, particularly the stage theory, is being used in this country and elsewhere as both a scale on which to measure scientific development and an explanatory system to account for the difficulties secondary school pupils encounter in understanding scientific ideas In the trend to more informal and child-centered methods, his ideas have formed a base for many primary science programs over the world.

Piaget has been extremely influential in developing educational policy and teaching practice. For example, a review of primary education by the UK government in 1966 was based strongly on Piaget's theory. More detailing Example in teaching is when teachers apply assimilation and accommodation when introducing new material. Also could be used to help determine if somebody has autism. Another practical application is Parenting support, where Parents can benefit from Piaget's child development stages and help grasp the thought process of their children as they develop.

Piaget's Theory and the Health and Social Care Settings. Through psychology, healthcare practitioners can gain an understanding of people's behavior. Able to understand the science of behavior. Psychologists can develop methods and ways of counseling patients to help retrain the brain function into a desirable one.

We choose to work on this theory because it's important to understand that children think differently than adults. For me, this information was helpful as a parent and in my current job setting as a childcare assistant,

3. Positive and Negative Reinforcement in my life and job setting

Reinforcement is a fundamental concept of Operant Conditioning, whose major objective is to increase the rate of certain undesired behavior from occurring again. Reinforcement can be further classified into two major parts-Positive reinforcement and Negative reinforcement. The major purpose of both these reinforcement types is to increase the rate of certain behavior although they have many similarities and differences. By introducing the concept of reinforcement to an individual, the individual gets encouraged to perform the behavior in a repeated manner whether to avoid any undesirable stimulus receive the desirable reinforcer, or reward again.

After defining positive and negative reinforcement I will apply it to my life situation.

Positive reinforcement - For example, every time after finishing all my to-do lists (preparing food for my family, cleaning the house, doing my assignments, going to work, looking after my children, make the shopping, etc.) After a hard day, I rewarded myself with a glass of wine, a bubble bath, and a piece of cake. After rewarding myself for the well-doing the job, I'm feeling stimulus. Positive reinforcement is important for positive thinking and good mental health.

Negative Reinforcement- I usually practice negative reinforcement with my children. When they didn't eat their lunch or they didn't tidy up their toys I didn't give them rewards and take something that they usually like-for example no cartoons or eating sweet things. This helps them to be motivated to start doing something.

Positive reinforcers are a favorable stimulus, which is preferred by subjects involved in the procedure. Negative Reinforcement is the concept of Operant conditioning that presents certain reinforcers, which increases the behavior of the subject to avoid those reinforcers. Contrary to positive reinforcers, negative reinforcers aren't desired, and subjects are motivated to avoid them. Similarly, "Negative Reinforcement" gives the opposite meaning to "Positive Reinforcement".

Positive and negative Reinforcement in my current job as a childcare assistant. Working with kids could be very challenging, but by practicing positive and negative reinforcement things are much easier. For example, the kids that I'm taking care of are having small rewards when having good behavior, this makes them more motivated.

Or another negative reinforcement example of my job is when the employer takes my lunch break because I'm not washing the office coffee pot and tidying up the small kitchen at the end of the day. The employer practice taking away a positive stimulus to weaken or eliminate a behavior.

The impact of positive and negative reinforcement is meant to learn to reflect on own behavior and be able to set own targets and monitor those targets.

4. Psychological perspectives in health and social care

Many professionals use psychological perspectives to help Health and Social Care Settings, such as Gp Surgery or used by memory specialists, etc.

For example, a social care professional might use a humanistic perspective, health care professional might use a cognitive approach to treat an eating disorder.

Biological Perspective in Health Care

The biological approach is applied in GP practices as prescribing Prozac to patients who suffer from chronic depression. Unfortunately, the main problem isn't treated, but it's controlled. In my future job setting, I will improve this treatment by recommending psychological treatment, treatment of the mind without using medication.

Cognitive Perspective in Health care Setting

The cognitive approach is based on how we process information. This approach helps people find out what the underlying problem is, then helps the individual look at that issue in a different light. It's done by making the individual change the way they think. This is used for patients with eating disorders.

People who suffer from eating disorders go through cognitive therapy so they learn to look at their bodies differently and adjust their relationship with food. They can try and learn to live a healthier lifestyle if the underlying issue is treated. A cognitive Perspective also can help patients with phobias or memory problems.

Psychodynamic Perspective in Social Care Setting

This approach is used within a social care setting. For example, helping a social worker and a foster carer with a troubled child or someone with a troubled past. This patient could suffer from anxiety, attachment anxiety, and bad dreams. Using different activities, analyses and therapy can help them realize the issues, overcome their thoughts and help them express themselves.

5. Conclusion

In conclusion, I want to summarize that Psychology is the scientific study of the mind and behavior. In the learned theories and perspectives, we have the main idea of how the human being is thinking and behaving in different situations. Many Psychological Perspectives are used in health and social care settings and help services users overcome any issues.

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