
PSYCHOLOGY IN HEALTH AND SOCIAL CARE



LEVEL 4: CERTIFICATE IN HIGHER EDUCATION: HEALTH AND SOCIAL CARE

Lecturer: Diya Ganguly
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Grace Nkoyo Bassey George Duke Henshaw

Student ID : 2020571

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Introduction

Introducing our presentation, we discussed theories of life span development. These help analyse how psychological theories are applied in health and social care practices. We also examined the social and biological purposes of the care system's human behaviours.

My group, infancy was discussed: Infancy is described as the first phase of human life and this period that a child proliferates after birth. For example, most infants use the pincer grasp between seven to eleven months old and are considered a developmental milestone.

(Lindenberger, 2001)

Psychology can be defined as a study of the holistic, which encompasses the biological, social, and environmental influences, issues and pressures that affect people's emotions and reasoning. Understanding psychology helps people attain insights into actions and helps recognise behavioural patterns better. (Oxford, 2021)



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The theory used for the presentation

The theory used was Freud's analysis. From (1856-1939) Sigmund Freud was the most misinterpreted scholar in psychology because other psychologists and non-psychologists often dismissed his ideologies. They contemplated that his ideologies were not scientific. Freud's concept of Psychoanalysis is expositive rather than scientific. He can be best explained when evaluating his concepts as they progress in response to clinical and theoretical problems (Sandler J et al., 1997).

Freud believed that character and temperament growth in childhood occurs during five psychosexual phases: Oral, Anal, Phallic, Latency, and Genital phases. According to Freud, every phase communicated sensual/erotic energy (libido through diverse body parts. Freud discovered that life revolves around tension and pleasure. He also asserts that tension was due to the libido (sensual/erotic energy) build-up and all desire from the discharge (McLeod, 2019).

1. ORAL PHASE (Birth to 1 year)

In this phase, the libido is focused in the baby's mouth.

The baby satisfaction is gotten from putting different objects in his/her mouth to fulfil the urge or craving of the libido. Due to this urge, babies are mouth oriented, thereby resulting in engaging acts such as nibbling, chewing, and suckling. Freud also considers that oral stimulus may lead to an oral addiction later in life. Oral traits/behaviours can be easily identified around us, such as smokers, finger-chewers, nail-biters, and thumb suckers. The majority of these habits are subconsciously shown, particularly under stressful situations.

2. ANAL PHASE (1 to 3 years)

According to Freud, the anal phase in psychosexual growth is where the baby gets excellent satisfaction from excreting. Here, the psychosexual growth is targeted out on the ass. A child is entirely conscious of their right and wishes, which can clash with the need of the outside world. Freud considered that this type of struggle comes with influence from their parents on when and where they can defecate. This type of conflict with authority can determine the child's future bond with all forms of influence.

3. PHALLIC PHASE (3 to 6 years)

The third phase of psychosexual development is the phallic phase, wherein the baby's libido focuses upon their privates as the sensitive zone. The baby becomes mindful of the fundamental sexuality changes, which shifts the difference between titillating allure, dislike, competition, jealousy, and panic. Freud called this the Oedipus complex in males and referred to this as the Electra complex in females (McLeod, 2019).

4. LATENCY PHASE (6 years to puberty)

According to Freud, the Latency Phase is the fourth phase of psychosexual development wherein the libido becomes assertive. Psychosexual growth ceases to occur at this phase. It is believed that the child energy is directed towards relationships, interests, and schoolwork.

5. FREUD'S PSYCHOSEXUAL PHASES OF DEVELOPMENT

Freud's psychosexual development is the last phase. It commences at puberty, where a person can settle down in an exclusive relationship with an individual of the opposite gender. The desire for sexual activity is directed towards pleasure with another individual instead of self-pleasure, as observed in the phallic phase of psychosexual development.



6. INFANCY COGNITION

The first phase of human cognitive development is infancy cognition, whereby they can grasp knowledge through their senses, e.g., vision and hearing. Intellectual development focuses on the organisation of knowledge and infants learn through memory, language and thinking. From birth, the learning process of babies begin, and they actively become cognizant of their environs. During the growth phases of babies, they can emulate behaviours and grasp uncomplicated words. Babies process data differently as they grow older and acquire knowledge.



My role as care practitioners

Applying psychological theory to my role as a health care practitioner is to guide and understand the causes that lead to terrible faces in the community. Considering the behavioural, social and cognitive theories, this promotes healthier lifestyles and encourages individual health improvement. E.g., you may assist individuals with weight loss or encourage them to stop smoking as part of a rapidly developing profession that applies mind to study applicable to health, illness, and healthcare.

Recognising behaviours that may impair an individual's health. These behaviors include drug misuse, deprived nourishment, smoking and how concepts of psychology and interferences can support prevention and health-related behaviour change. Encouraging a healthy lifestyle which includes, exercise, a balanced diet, oral hygiene, health checks/self-examination and attending preventative medical screenings.

We will investigate behaviours of illness and health. Behaviours can be explained and predicted, and interventions developed using various models and frameworks, e.g. increasing internal regulators or self-confidence and changes in their health.

I will be investigating the pattern of communication and outcome between health professionals and patients, including communication improvement via intervention. the accurate observation and analysis of psychological impact of illness on carers, families, and individuals using psychological interventions to help manage and cope with illnesses and with pain. Information and advice may also be provided to various public health organisations, such as the NHS and local authorities.

These theories have provided a framework to understand human behaviour, thought, and development. It has given us a broad understanding of how and why we and others can better understand human behaviour. Each theory presents a context for comprehending the facet of human behaviour. The primary educational learning theories have been grouped into five: behaviourism, humanism, constructivism, cognitive, and connections. In addition, these theories also include social, experiential, and transformative. Comprehending these theories can affect various outcomes, from communication improvement between staff and clients. (Fairbanks, 2021)



Reflection

This subject has taught me to be proactive before reacting. It has given me insight into how best to further my career using these theories and improve in my future endeavours. I will use my knowledge as a care practitioner of psychology to help promote health and welfare, especially at the resident's level.

We Care practitioners are specially trained to understand the health implication and use psychology to relate with people (including adults, children and the Elderly or groups homes) and work directly or indirectly by developing remote approaches such as media or online interventions.

Moreover, this will help me influence and accomplish better in my roles by using theories and research to achieve my goals.

Furthermore, I believe that more training and research will be needed to enhance the already acquired knowledge to place me in a better position.



CONCLUSION

In conclusion, I have used Freud's theory to analyse my work because I find Freud's theory as an excellent tool for a starter. Freud's theories of psychosexual development are believed to be good at clarification by many psychologists but lack behavioural prediction, which is an essential support of science. This translates that Freud's theory cannot be verified or refuted because the initiative on which he constructed his principle is difficult to test and measure quantitatively. It was perceived that Freud only paid note to what backed his theories and turned a blind eye to data that may contrast his theories.

To improve the healthcare system with the technology they need and encourage staff to train. To help improve the way doctors communicate with their patients. My skills will be needed and come in handy to help manage time efficiency for everybody involved. I plan to function as part of multi-specialised teams, including health professionals and the community. I can also function across health care and other providers, e.g., a wide-ranging community of health programmes or specific or minority group sessions. This may include hospitals, community teams and universities.

Health psychologists are different from clinical psychologists who are specialists in physical health. Numerous health psychologists also work in academia, impacting and studying their prowess area. The study offers proof that taking a theory-based tactic permits the formation of a replicable procedure to identify factors that forecast clinical conduct. However, several theoretical and procedural challenges remain. (M Grimshaw · 2011)

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