



BMHP4003 Psychology for Health and Social Care

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Part 2

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ITRODUCTION

At this reflective essay , for the first part of it I will present you reflection of the two theories that I un-reduced you at the academic essay (part 1) . The theories are Eric Erickson's Psychosocial Theory and Kohlberg's Moral Development Theory and how this theory will reflect on me in my future career.

In the middle you will be challenge to read more about the three researches, the research one: Teenage pregnancy and more about what decision the teenage make if they have situation like this. The second one is: How you going to cope after the COVID Pandemic over? Here you will be faced my own view how my life will change when the pandemic finished and if I will be back to my previous habits. The last one , but not that less important is the Domestic Harassment at this part I have been thinking and I decide to share a story of my life also you will read about some recommendation how you can never face domestic harassment.

The follow one will be , my role as a health care professional in applying the learnt psychological perspectives, as my duty to care.

And the last part of this reflective essay will be , how I am going to relate the learnings that I learn to health and social care practice. Enjoy!

REFLECTION ON PSYCHOLOGICAL THEORIES

Eric Erickson's Psychosocial Theory

Eric Erikson's psychosocial theory , separate his theory to eight stages. All students studying psychology starting from here as this is the history and the history should be explore as the personality theory is one very important part. Such as psychoanalyst Sigmund Freud, Erikson's have fait that personality develops in a series of stages.

Erikson's go further than Freud's psychosexual theory by describes the whole lifespan of just focus such Freud's only on childhood events. (Very well mind , 2021)

“ While Freud's theory of psychosexual development essentially ends at early adulthood, Erikson's theory described development through the entire lifespan from birth until death.”(Very well mind, 2021)

THE EIGHT KEY STAGES OF ERIC ERIKSON'S			
1. Trust vs. Mistrust: this stage starts from birth till 1.5 years old.	2. Autonomy vs. Shame and Doubt: this stage cover the period from 18 months to 3 years old.	3. Initiative vs. Guilt: this stage starting from 3 to 6 years old.	4. Industry vs. Inferiority: from 6 till 12 years old.
5. Identity vs. Confusion: this stage cover the teen years. If this stage not take place those people might be confused about their place in life.	6. Intimacy vs. Isolation: this stage take part in early adulthood and is all about healthy relationships with others.	7. Generatively vs. Stagnation: this stage is for middle adulthood. Here the people are building stable families.	8. Integrity vs. Despair: this is the final stage of psychosocial development. This part is kept for late adulthood. This is the moment when we go bad to our life and we reflect on what we passed and did.

However, this diagram is showing a quick view of what Eric Erikson's studied and believe all his life. (Very well mind , 2021)

I totally agree with him, from the first moment that I heard about his psychosocial theory in class I start supporting his view of how the life from baby develop to mentally stable adult. As I hope for my future to be able to work with all age of people. This theory will help me to understand and be able to help if the person need understanding on psychological level.

Kohlberg's Moral Development Theory

Kohlberg's theory was highly recommended specially if you want to educate your self in psychology. As no one else give that clear information of children's Moral Development. At he time when most of the psychologists where behaviourists, Kohlberg's where focusing on cognitive phenomena. The theory that he created been on focus from many critics, but mainly Carol Gilligan was the person who argued with him about the Moral Development performed by girls. (Doorey M., 2021)

Kohlberg's separated his theory to 6 stages. The first ,1 and 2 he called them preconventional . Stage 1 is to be able to avoid punishment , or stage 2 to make the right deal. The next ,stages 3 and 4 he called it conventional stage. The stage 3 is for approval from the others, the stage 4 is for the responsibilities and the duty. The last , postconventional stages 5 and 6. The children are guided by respect for the laws and the human responsibilities. However, the last stage 6 Kohlberg's rarely achieved. (Doorey M., 2021)

In 1971 Kohlberg been in Belize doing his research, but his did not luck and caught a parasitic infection . Which did not effect good on his life. After while in 1987, he committed suicide. (Doorey M., 2021)

This theory of Kohlberg's did not impressed me at all. The way he puts the male on the top and ignore the female which I am part of it , stoped me of wanting to use this theory of Moral Development in my life and the job I will have in the future.

REFLECTION ON THE RESEARCHES THAT I HAVE PRESENT IN PART 1

Research 1: Teenage pregnancy.

“Annual 2018 conception data released on 4 March 2020 by the Office for National Statistics (ONS) show that in England 16.7 per 1,000 young women under-18 became pregnant, a 6.2% decrease compared with 2017, and a 58% decrease compared with 2008. The 2018 conception rate for under-16s also fell by 7% from 2017. Both rates are at the lowest level since records began in 1969.” (University of Bedfordshire, 2021).

The biggest percentage of teenage pregnancies ends with abortion. How we all know the governments at UK support the young parents and their children. However this is not enough as the teenage mothers less likely is to finish their education. Is more likely this adolescence to unlock mental health problems than the older mothers than their are. Also the children born from a teenage girls have big risk of having problem with accidents and behavioural problems. (nuffieldtrust, 2021).

If I ever see this at my future job. I would not be able to give advice, but I would support this girl no mater what will cost.

Research 2: How you going to cope after the COVID pandemic over?

About this question have many researches and criticism, some are positive, some are not. But for the answer to this question can be talk only about the future.

However, here is my view of how Im going to cope when everything over. I will be definitely be one more step in my education. I will be all ready working as a volunteer of supporting vulnerable people after this pandemic. Here is now you can see I all ready talk about the future! However, this is what I learned at this pandemic, thing about today and try to be abetter person.

Research 3: Domestic Harassment.

Very long time I have been thinking what to write at this research that I have chosen for part 1 Academic essay . And I decided to write about a personal story of when Monika been a little child.

Here is the story starts of how Monika had an alcoholic father which where been always at the bars and when his was coming home started to scream and use very bad words against my mother which sometimes where overing with fiscal contact. How this reflect on my and my life? I am still thinking about this, but I am sure about one thing I am always looking for male which I can be the dominant. I mind be scared of having my own family, but after I met my present partner. I can say that this worried over, and I can finally say that I put this past really some where far a way.

However, after this classes and all the theories that we learned I will be definitely a better parent that my one.

PSYCHOLOGICAL PERSPECTIVE IN HEALTH AND SOCIAL CARE

Health professions play very important role by helping for the health care for all population. They provide many services such as, prevent diseases , deliver health care services to people which can not travel and supporting families and communities. (World Health Organization, 2021) .

“Mechanisms for optimising the strengths and skills of health professionals will be essential to achieving the Millennium Development Goals.” (World Health Organization, 2021).

All the theories that we learned can be applied to health care also they can be updated with new things such as new researches for every each stage that the humans have to pass.

However, for the rule as health professions can be used the psychodynamic theory. This theory give important frame for judging one's personality and behaviour. Is very important when you work for health and social as it is a big challenge of understanding the behaviour. Also, this theory helps to every one in health care to be understand and manage all the worry that it have. (StudyMoose, 2021).

HEALTH AND SOCIAL CARE PRACTICE

I just began my path into the world of Health and Social Care, but I truly believe that the psychology can have very good lust to all people who work as health workers. All the information that I learned about the human cognition, the emotion and the behaviour can help me to provide the knowledge and have my professionalism top level.

How I said I do not have much experience in health, but the knowledge, and the understanding that I have now after I complete this module can help me be more my self and be free to dream of having job where I can help. However , Im just at the beginning of knowing the psychology, but so far helped me to understand the behaviourism of all teenagers.

CONCLUSION

To conclude, by writing this reflection essay I realised how psychology is very important part of Health and Social Care. All the theories and the researches that I did lead me to moment where I even helped my self of understand some part of my childhood. I collect enough information and knowledge to dream for more. And use this information for the good of every one.

Hope you enjoy reading this reflection!

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