Major Paper Assignment

[Name of the Writer]

[Name of the Institution]

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**Introduction**

A Life Course Perspective approach helps to understand the human behavior and social environment in which a person has lived through. Conducting this interview would help analyze the critical factors of a person's life trajectory. The discussion of this interview assignment would involve a series of psychological questions which would help indicate the life events or turning points which happened for the interviewee. This interview would help understand the psychological aspects in a broader context while contrasting those factors with the person's life trajectory. All the critical factors such as the person's race, ethnicity, gender, age, culture, education, or socio-economic status would help keep track of the interview in chronological order. The questions that are going to be asked by the assessor would reflect and integrate all sorts of biological, social, psychological, and environmental aspects. It would show a concise demonstration of all the physical elements that are prioritized during a behavioral interview.

**Discussion**

**Identification**

Louisiana Anderson is a Chief Psychologist and Human Behavior specialist at the University of Chicago. The assessor would be conducting this interview with her by asking Louisiana some questions concerning her life trajectory and how it changed things for her. The assessor would be using her first name initials when asking her different questions concerning her life and psychological wellbeing. He started by asking LA her age; she responded: "My age is 28 years old." The accessor asked about her race, culture, and socioeconomic status, she replied "Well, I belong from a South-Asian family, but I live here in Chicago. We have a powerful culture which represents critical human elements and the world while presenting different aspects of religion. My socioeconomic status and qualifications can be described as well mannered and adequate as I received my bachelorette from Yale and lived most of my life here in Chicago with my family.”

The assessor asked LA about her health and wellbeing, and she responded “I have been going through a severe case of anxiety and depression since I lost my mother to Cancer. I have also encountered numerous disorders which include sleeping and eating. I have gained weight excessively, and this has started to affect my health inversely." These are all the important biological aspects that the assessor learned about LA during this interview (Newman, & Newman, 2017). The assessor then moved towards the psychological stage and asked LA about any coping problems she might have had during these events or any strengths she might have to solve these problems. LA replied "I have been devastated and incomplete since I lost my mother. Even though I am financially stable and teaching psychology, I honestly do not feel if I deserve to. I should be teaching students how to reflect on all psychological aspects of life and not going through the same and being a bad example to them."

LA stated that she tried to do a few coping practices and went for diagnosis on her depression and anxiety symptoms. She has been takinganti depressants, but those have not been treating her well. However, she replied, "Some of my strengths include my resilence to face a certain aspect of psychological adversity through meditation and counseling.” She stated in her interview that these practices have seriously been helpful to her and that she might be on her road to recovery from depression and anxiety. “As for my eating and sleeping disorders, I am trying to exercise and lose as much weight as I can which would eventually solve my eating problem. Meanwhile, I am taking some sessions on meditation, that would help me induce a perfect sleep during nights.” The stages of psychological development which Erik stated are quite evident in LA’s case (Dunkel, & Harbke, 2017).

She has gone through the stage of shame and doubt, guilt, inferiority, confusion, and isolation. The assessor also assessed that the interviewee was within the normal limits of psychological functioning of their age. While looking at these social developmental stages, LA stated that “When I first lost my mother, I suffered a huge trauma which led to me being isolated. I felt so weak and inferior all the time until I joined a few community groups that helped me cope up with my grievance. Moreover, being a part of the University helped fill a huge hole in me as I started to feel as if I never lost my mother in the first place. I was starting to build up my strengths by recalling all the times when I was laid down and criticized.” The assessor stated that the interviewee did not have friends when she suffered the loss, but she made acquaintances and friends along the way as she started her journey towards recovery.

The assessor also learned that she got surrounded and supported by students, family members, and acquaintances when they saw a change in her. Before that, she was losing her strength. She still has certain things to learn before she can start becoming accepting and willing to interact in healthy ways. There are some difficulties which LA has while asking or seeking help from other individuals or family members because of insecurity and inferiority complex. The assessor asked LA about any psychological interventions she chose to implement on herself; she replied "There are dozens, I mean I have lost count honestly. The thing is that even though no matter how psychological well you maintain yourself, there is always a part that is missing. There are some episodes which come and go but what I learned or the knowledge which I have, I am constantly applying that."

LA describes her life as being very peaceful and lively until her mother was alive. She said "There were only a few times when I faced racial discrimination or social injustice, and that was before I became a Psychologist. My national origin, sexual orientation, or social class has never made a significant impact on myself. However, the experiences which I had good or bad, taught some beneficial things about life and how it is shaped for us." The assessor stated that LA had no ethnic or social disputes in her life which might have brought a psychological or behavioral change within her. Only the event of the loss of her mother made an influence on her behavior and life altogether. She might have experienced a bit of prejudice and social inequality when she used to do some jobs, but it was before she became an academic and professional psychologist.

**Conclusion**

The aforementioned interview conducted illustrates some dominant human behavior and social environment factors. The interviewee might have gone through a tough time while coping up with her mother's death, and after that, her life trajectory has not been on track. However, through immediate interventions and psychological counseling, I am sure that she would be able to recover from that loss. One of the many developmental stages that she has gone through indicates the changes within her and the struggle she had to maintain to recover adequately. I suggest that she uses her problem-solving skills along with her strengths to deal with the disorders she is having. Also, she would have to become resilient and strong when it comes to exhibiting symptoms of depression and anxiety (Roberts et al. 2018).

**References**

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