Discussion

Name

[Institutional Affiliation(s)]

Author Note

 Human Growth and Development

# Discussion

Good communication skills are very important to prosper in a career. Being an excellent communicator will help me to find my first job and ensure a positive future. It will distinguish me from other employees and will serve as a stepping stone towards the advancement of my career. All health care professionals need to possess skills of active listening, properly assessing body language, appropriately responding to the concerns and needs of the patient, and nonjudgmental attitude (Toomey et al., 2016).

Effective communication is a very important factor in ensuring that the patient receives the proper care. In public speaking, my strength includes being able to speak about a particular topic that I have researched thoroughly and to make my audience better understand what I am speaking about. In this category, my weakness includes talking too fast and sometimes speaking about points that are unimportant (Thompson, 2018). Sometimes, I get really confused and nervous in front of people whom I don't know. This, in turn, makes me speak even faster. When I am engaged in verbal communication with someone, I usually prefer to maintain eye contact. This helps me to read the facial expression of people. To avoid irrelevant discussion and distraction, I usually try to stay on the topic as much as possible. I always try to communicate with other people on an equal basis to avoid discrimination and this helps me to build respect and trust.

My communication strength will be beneficial in my career as patient dissatisfaction is usually due to ineffective communication such as failure to listen and provide information, and a lack of respect and concern. I am a very active listener and I try to focus fully on the speaker and listen attentively to avoid as many interruptions as I can. I have handled many conflicts during my college life due to my skills of active listening such as asking questions and the use of analogies to rephrase statements. My strength to speak with clarity and flexibility to handle change can be beneficial in ineffective communication at my workplace. My good communication skills will help me to explain a diagnosis and treatment to my patients and to speak with their family members. My good communication skills will also allow me to speak effectively with other health professionals at my workplace, which will help me to educate my patients on exercise, proper diet, and medication. Another benefit of having good communication it that it would allow me to accomplish the task of obtaining histories, administering treatments, and performing physical exams. A good medical communicator will help me to respond and detect the emotional distress of anxious patients and will increase the patient outcome and wellbeing. Another benefit is that good communication skills will help to build an effective team and will increase collaboration among staff members. This will also help to improve staff satisfaction and morale.

**Discussion 1.1**

Within psychology, one of the oldest philosophical issues is a debate on nature versus nurture. Nature is a term that refers to all of the hereditary and genetic factors that influence who we are; from our personality factors to our physical appearance. Nature is usually defined as a hormone or genetic-based behavior, disposition or trait. On the other hand, nurture refers to the variables of environment that influence us and are commonly described as culture, environment, and experience. The debate on nurture vs. nature is ongoing. However, the modern debate usually revolves around the effect of the gene on the disposition of human as opposed to the different influences which early development and environment might have. During the 1960s, psychologists were heavily influenced by behavioristic theories (Gendron et al., 2016). According to this theory, the human personality is influenced by training and experience. The nature side of this debate has gained great attention in recent years by the determination of the separate genes for every behavior.

In the past, the debates on nature vs. nurture’s relative contribution usually took a one-sided approach, with one side stating that nature plays a very important role and the other side arguing that nurture is the most significant. However, today, most of the experts are of the point of view that both factors have a very important role and interact in many different ways throughout life. Nurture and nature are both important equally. Nature is an awareness that balances and sustains growth. Human vessels are created by nature on the base of consequences and causes. Nature teaches the young generation empathy, morals, and builds positive thoughts by explaining the consequences in terms of good and bad feelings. According to the different researches, it is about 50/50. It is reported that among individuals, 49% of the variations are due to genetics and 51% are due to environment. In conclusion, it can be stated that nature is important in producing well developed and healthy babies but it is nurture that is responsible for the same in the early stages of human development.

# Assignment Week 1

# Application Assignment

Development theories provide a basic framework for thinking about learning, growth, and development of humans. These theories usually provides a very useful insight into society and individuals and a set of concepts and guiding principles that focus on the creation of a particular quality i.e. moral development theory by Kohlberg's theory. Other theories of development focus on the growth that occurs throughout the lifespan such as psychosocial development theory of Erikson's. Grand theories are usually comprises of comprehensive ideas proposed by one of the renowned thinkers such as Jean Piaget, Erik Erickson and Sigmund Freud.

Grand development theories consist of cognitive theory, learning theory, and psychoanalytic theory. These theories basically explain about behavior of humans and are considered incomplete and outdated in the facet of modern theories. These theories are used by most of the researchers and psychologists as a basis for exploration but also consider recent research and smaller theories. Mini theories define a most specific development aspects and explain narrow behavior i.e. how self-esteem is developed during early childhood. The main idea of these theories is rooted in the basic ideas given by the grand theories. These theories also fail to explain and describe the whole growth and development of humans.

During the 20th century, within psychology, a new school of thought known as behaviorism became dominant. According to behaviorists, psychology should focus only on quantifiable and observable behavior. According to the perspective of this theory, all human behavior is described in terms of influences of the environment. According to some behaviorists, B.F. Skinner and John B. Watsons, learning occurs mainly through the process of reinforcement and association. However, this was rejected by Albert Bandura.

According to Jean Piaget, the progress of children occurs through four stages of cognitive development. According to him, children active try to explore the world around them and he formulated a theory of logical development. The four stages include sensorimotor stage, preoperational stage, concrete operational stage, and formal operational stage. Cognitive development usually comprises of changes in cognitive abilities and processes. In sensorimotor stage, toddlers and infants acquire knowledge through manipulating objects and sensory experiences. At preoperational stage children thinks at a symbolic level and not use cognitive operation and have struggle in logical thinking. At concrete operational stage, the children starts to think logically but struggle with hypothetical and abstract concept. At the formal operational stage, children ability of deductive reasoning and understanding of logics and abstract ideas increases. Psychoanalytical theory deals with treating and investigating personality disorders. According to this theory the things which happens to people in their childhood can contribute to their functions later in the life. The ecological theory was developed by the Bronfenbrenner, an American psychologist. In this theory he explains about how children inherent qualities and environment interact with their growth and development. The main emphasis of this theory was on the importance of studying the development of children. This theory suggested that microsystem is a most immediate and smallest environment in which children live. The personality traits of each child such as temperament is influenced by the biological and genetic factors. Bronfenbrenner divided the environment of person into 5 different levels: the exosystem, chronosystem, mesosystem, microsystem and macrosystem.

The development theories provide a framework for understanding human development, thought, and behavior. These theories help to understand the broad basis of human behavior and are dynamic. The psychosexual development theory describes the development of personality during childhood. In view of the psychoanalytical theory, personality is usually established by the age of 5 and experiences plays a significant role in the development of personality that continues to influence the behavior of a person later in life.

# References

Gendron, B., Kouremenou, E.-S., & Rusu, C. (2016). Emotional Capital Development, Positive Psychology and Mindful Teaching: Which Links?. *International Journal of Emotional Education*, *8*(1), 63–74.