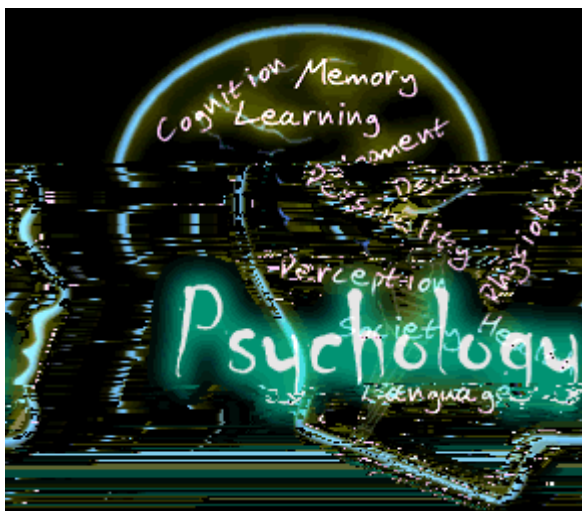




Y11 - Y12

BTEC Extended Diploma (x3) in Protective Services

Part 1 - Compulsory content which will be tested in an initial assessment when you start college.

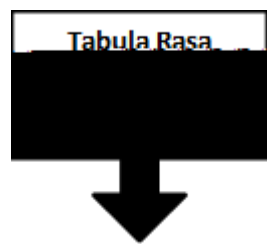




Psychological Perspectives

Introduction

Psychology is the scientific study of mind and behaviour. A psychological approach, or perspective, looks at how human behaviour can be explained. Most psychologists would agree there is no one right approach and each has its own strengths and weaknesses which allow health and social care workers to understand human behaviour.



1.

The Behaviourist Perspective

We are born knowing nothing and learn as we go on.



We are born "blank" and it is our environment which shapes us, makes us who we are. We learn from parents, friends, TV and much more.

We learn EVERYTHING from our environment (this is called Environmental Determinism)

All that we are is because of our environment. Our personalities and behaviour is by our

We learn through pairing one thing with something else this is called association.



Operant conditioning was developed by B.F. Skinner and he believed that internal thoughts and motivations could not be used to explain behavior. Instead, he suggested, we should look only at the external, observable causes of human behavior.

Operant conditioning is a method of learning that occurs through rewards and punishments for behavior. Through operant conditioning, an association is made between a behavior and a consequence for that behavior.



Punishment

Skinner Box

Skinner developed this device for investigating operant conditioning under tightly controlled conditions.

The basic Skinner box consisted of a lever, food delivery chute, and a signal light.



2. Social Learning Theory

Social learning theory is the view that people learn by observing others. Associated with Albert Bandura's work in the 1960s, Social Learning Theory (SLT) explains how people learn new behaviours, values, and attitudes. For example, a teenager might learn slang by observing peers. Social learning requires paying attention to the person(s) observed, remembering the observed behaviour, the ability to replicate



Everybody has a few people who have influenced us for better or worse, these are called role models and are a very important concept in Social Learning Theory. Although we learn new behaviours from many people, the way we perceive a person depends on whether their behaviour is modelled or copied. Models can be peers, family, colleagues or celebrities. SLT says these people are important and we look to them in order to learn how to behave.

The work of Albert Bandura

Social learning theory is supported by the work of Albert Bandura and the study of 'models'. The theory states we learn from people we are exposed to and can also learn new behaviours from people we observe in real life or in the media which is entitled observational learning.

The people we learn from are known as models



(energy) focuses its energy on a particular area of the body that is relevant at the stage in their childhood. If the needs are met in that stage then it can move onto the next stage. If there is a struggle or conflict or some unsatisfactory experience then the person becomes fixated, that is they become 'stuck' in that stage, they are reluctant to move to the next stage. If they become fixated in a stage then this will result in them developing certain personality traits in adulthood.

4. The Humanistic Perspective

Humanistic psychology looks at human experience from the viewpoint of the individual. It focuses on the idea of free will and the belief that we are capable of making choices. This approach values human experiences and the individual. They believe that each person is unique and must be treated as such.

This approach is commonly associated with counsellors who sit down with someone and talk about their experiences. Two of the biggest Psychologists in this field are Carl Rogers and Abraham Maslow.

Maslow's hierarchy of needs

Maslow (1908-1970) was an American psychologist who believed that we are all seeking to become the best we can possibly be spiritually, emotionally, intellectually and physically. He called this self-actualisation. He came up with a theory known as the hierarchy of needs which suggests that every



safe environment like a house. Until our basic physiological needs are met then we will focus all of our energies on getting them met. When we are well-housed, well-fed and comfortable physically then we begin to focus on our emotional needs such as the need to belong and feel loved and to feel self-esteem.

The problem

Need not being met



Piaget's Stages of development

Piaget looked at children's cognitive abilities. He said that our cognitive abilities develop over time, becoming more sophisticated and complex. These were put into stages.

<https://www.simplypsychology.org/piaget.html>

| <u>Stage</u> | <u>Age</u> | <u>Features</u> | <u>Example</u> |
|----------------------|-------------|--|---|
| Sensorimotor | 0 – 2 years | Children explore the world through their senses and motor activity (movement). | Children learn to move around at this stage for example walking and grasping objects. They often pick things up and put them in their mouths to explore them. |
| Pre -operational | | | |
| Concrete operational | | | |



| | | | |
|--------------------|--|--|--|
| | | | |
| Formal operational | | | |

6. The Biological Perspective

Arnold Gesell & Maturation theory

Maturation theory believes a child does not develop due to a maturing environment, rather a child is born with a genetic code passed down from their parents. This approach believes a person's development is linked to nature, with the environment having very little effect if any on development.

Research Arnold Gesell and make notes on his maturation theory below:

<https://www.tutor2u.net/hsc/reference/maturation-theory-gesell>



Genetic influences on behaviour

This part of the theory concentrates on how genetics can cause physical and mental illnesses and therefore influence our behaviour. Many studies of genetic conditions have been done on twins; with both identical twins being more likely to be affected by a genetic disorder than non-identical twins.

One example of a genetically inherited illness is Hu





In stressful situations your sympathetic branch uses energy reserves, your blood pressure increases, your heart beats faster, and digestion slows down this allows a person to respond to different situations. The parasympathetic branch restores you back to normal and aims to save energy by decreasing blood pressure, slowing down your heart beats and allowing digestion to start.



Coursework compulsory module

Within this unit you will look at all aspects of health and wellbeing, including how you can prepare your body for physical activity and the factors that could effect this, also you will explore what level of fitness is needed for each of the services and what type of lifestyle would help your ambitions to join a certain service.

We will begin by looking at the following criteria

- describe the lifestyle factors that can affect health
- explain the effects of identified lifestyle factors on health and fitness, when applying for public service and long-term employment

You will evaluate your own lifestyle and provide lifestyle improvement strategies.

- Give a clear description that includes all the relevant features - think of it as

- Set out in detail the meaning of something, with reasons. More difficult than describe or list, so it can help to give an example to show what you mean. Start by

Review the information then bring it together to form a conclusion. Give

evidence for each of your views or statements

To complete this task you should carry out research and make notes, using the areas to research below.



| | |
|-------------------|---|
| Factors | Areas to research |
| Alcohol | Types, RDA, Health Risks. |
| Diet | Types, RDA, Health Risks. |
| Stress | Types, RDA, Health Risks. |
| Physical Activity | Types, RDA, Health Risks. |
| Drugs | Types, RDA, Health Risks. |
| Personal hygiene | Types, RDA, Health Risks. |

_____ Given the research that you completed on Alcohol, Diet, Stress, Physical Activity, Drugs and personal hygiene you will now write a paragraph describing each factor and how it can affect health. This should be typed and in your own words, completing this will allow you to gain the pass. Please add in 1 picture per lifestyle factor at the top of each paragraph.

_____ To gain the merit you should you should write a further 2 paragraphs for each factor that explains how alcohol and diet can affect a public servant from doing their job. You should choose _____ from the of Public service jobs below: Now pick 3 of the lifestyle factors you believe effects the 2 and explain in detail specifically how that lifestyle factor would affect their ability to carry out tasks specific to the job and what impacts this may have.

Police/Infantry soldier/fire fighter/paramedic/RAF radar operator/ Navy.

In your merit work please try and include valid research of positives and negatives of each lifestyle factor on the different job roles and examples to back up your points. If you use direct quotes from websites these will need to be referenced at the end of your work using Harvard referencing style.



At the bottom of your report



Part 2 – Strongly recommended additional content which will not be tested in the initial assessment but will support you in gaining more subject knowledge.

Unit 13: Introduction to Criminology

Please conduct research into the three crime prevention models listed below and create a visual poster for each of them. Below each of the models are a few prompts to help guide your research.

1. Situational crime prevention

Ron Clark's rational choice theory

Target hardening techniques

The issues with displacement

2. Environmental crime prevention

Wilson and Kelling's broken windows theory

Zero-tolerance policing