

## Task 3a – Impact of life events on PIES growth and development

### Physical development

Dmitri's new job comes with responsibilities than his previous job and with him being newly qualified he might find that he is stressed. Stress can be both positive and negative for him and affect his physical development in different ways. Firstly, negative stress will impact is physical development negatively and cause him to have muscle tension, headache and other health related problems like high blood pressure. Stress on Dmitri may also cause him to work more productively so is positive for his physical development because he will be more active work i.e. lots of walking, standing and lifting which is good for this physical development as well as intellectual development because he is using his problem solving skills to make decisions in the workplace and to effectively get his team working together. Dmitri's new job with responsibilities will also impact his sleep pattern. Firstly, he travels more to and from work so will need to be up earlier in the morning to ensure he clocks on, on time. Travelling to and from work for longer periods of time can also affect Dmitri's physical development because he can be exhausted from his day at work so will struggle physically if he does not get enough rest.

### Intellectual development

Dmitri has the skills to carry out his job and the qualifications to prove it. He will have also interviewed for the job and been given it because of his performance. Moving to this new positions means that Dmitri will be learning new skills and adapting his old ones, as well as using his knowledge to master problems he faces at work. Furthermore, having new responsibilities presents Dmitri with the challenge of learning and mastering new skills and knowledge. This challenge can stimulate his intellectual growth and development as his brain is forced to adapt and learn new ways of thinking. His new position is also a step up the ladder compared to his previous employment when he was training so he will use more complex problem solving; this is positive for his intellectual development because it allows him to development more advanced problem-solving skills which are vital to his work

#### Case study 1

Dmitri, aged 25, has recently qualified as a civil engineer and moved jobs from the company where he completed his training to a position in a new company. This involves travelling for 45 minutes more each day than he did previously.

He has a wife and two young children. His wife works long hours at the local hospital.

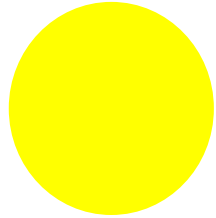
At work Dmitri has responsibility for several workers. Although he is enjoying the challenges in his new job, which have boosted his self-esteem, he is struggling with some of his co-workers who have been in the company a long time and are much older than him. Dmitri is very resilient, and this will help him deal with the issues in his life.

When Dmitri is not at work, he attends his local church. There he meets people who he enjoys talking to. He has a good relationship with the priest who is a similar age to him.

Dmitri's parents live close by, and they have a good relationship with their grandchildren. Dmitri and his family visit his parents several times a week. They usually have a meal with them at the weekend and the grandchildren sometimes sleep over at their grandparent's house on those nights.

### Emotional development

Dmitri will has a high self-esteem since gaining this new job and this has also increased his self-confidence. By Dmitri taking on new responsibilities at work is has boosted his emotional development, providing a sense of success. Getting this job after recently qualifying as a civil engineer will also ensure he feels more confident and self-assured in his abilities. However, his position requires him to oversee a small team of his co-worker which affects his emotions because he is struggling with some of the older people who have been in the role longer as they do not like that he is younger than them but is their team-leader. This will affect him emotionally because he can be feeling stressed and anxious, especially as he is new to the position. However, Dmitri appear to be emotionally well prepared for this challenge as one of his character traits is resilience.



### Social development

Dmitri's **social development** will also change. Starting a new job in the career of civil engineering offer Dmitri chances to further develop and strengthen his social abilities. Working in a team will teach him how to communicate well, cooperate and settle disputes. Taking on additional duties provides Dmitri with the chance to develop his leadership abilities such as decision-making and task delegation. Furthermore, starting a new job, however, can also result in Dmitri being stressed and worrying a negative impact on social development because he could isolate himself from others and break and lunchtimes because he feels judged. Starting a new job may also have an impact on Dmitri's social life outside of work because he may have less time and energy to spend with friends and family or participate in social activities he enjoys. However this does not seem to have affected him and he splits his time between his work and home and make the effort to see this family as much as he can and also attends his local church weekly where he has good relationships.

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**Physical development**

Judith’s retirement seems to mainly negative for her. This will impact her physical development because she is not enjoying it so not making the most of it and is not engaging in physical activity. She is stressing over her finances which is unhealthy because stress will cause her to have a number of issues such as poor sleep, changes to her weight. Stress also means she lacks motivation so wont exercise because her body will tense up. Also she may just not feel like it because she lacks incentive to do so. Judith lack of enthusiasm is also hazardous to her physical development because lack of physical movement will mean she becomes more susceptible to health problems such as high blood pressure, she probably has this because of all her worrying and reduced muscle mass, decreased bone density and an increased risk of long term health problems. However, Judith must see this as a time to relax so use this time catch up on all the missed sleep she didn’t get while working because without her strict routine she can be more flexible in her schedule so will help with her mood.

**Emotional development**

Judith is very unhappy and at present her self-esteem is very low. Judith feels like she has lost her purpose and identity in life as she was a health care professionals and always put her work before her personal life. Being retired impacts her moods because she feels lost so contribute to her worry and despair. Judith worries all of the time now she is retired so stressing over the finances not only affects her physical but also emotional wellbeing because she is so fixated on how her life circumstances have changed which will also affect her self-image because she is worried about her managing but also worried that she has lost social status among her friend and the Jewish community at her local synagogue who are older to many not understand her concerns.

**Case study 2**

Judith aged 59, has recently retired from work as a pharmacist at her local hospital. She is finding the change difficult and has realised she has no friends outside of her old workplace. She has taken a drop in income to retire, and this has caused her to worry about her ability to cope financially. She is becoming increasingly anxious about her situation and her negative disposition means she is struggling to cope.

At work she was an active member of the ‘social committee’ who organised nights out for the department. Her friends who still work in the department have invited her to continue going to the nights out, but she does not feel comfortable doing so. She is worried that she will not be welcomed by some of the colleagues who used to work for her, and as a result she is feeling socially excluded.

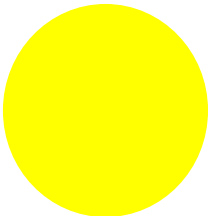
Judith is Jewish and has been an active member of her place of worship in the past, but as her position at work become more time consuming, she stopped going as often. She feels that the congregation, who are mostly older than her, would not understand the problems she is having because of her retirement. The rabbi (religious leader) is new to the area, and she does not feel confident introducing herself to him due to her low self-esteem.

**Intellectual development**

Judith is very knowledge and has a huge amount of life experience. While working she will have been in a routine and needed to think on her feet to ensure all of the medication was correct for the patients in the hospital i.e. dosage etc. However, since retiring she is struggling to engage in stimulating activities because she is so preoccupied thinking about work and all the reasons why she is missing it, so without intellectual challenges and demands of work Judith’s mind is less active which can mean her brain is in cognitive decline. However, Judith stressing over her finances is also bad for her intellectual development because while she is obsessing over this she is missing out on pursuing activities that will promote her intellectual development for example, joining a club such as card making or a self-defence class. But not all intellectual activities cost money so Judith could read, do a puzzle or go to a social event with the people from her old workplace: all will stimulate her brain and keep it active.

**Social development**

Judith social development is completely different since retiring, gone are the days when she was an active member of all social events with her pharmacy department. However, this is Judith’s own doing because her old colleagues have continued to ask her to attend the evenings out but she does not feel happy doing so. The main reason for this is she is concerned that she may not be accepted by some of her former co-workers and as a result, she feels socially excluded. Judith as also realised that all of her friends are work friends so doesn’t feel like she has anyone to spend anytime with and is becoming more and more isolated because she is finding it difficult to replace her these relationships.



Mark Band 0	Mark Band 1	Mark Band 2	Mark Band 3	Mark Band 4
<b>Task 3a: Impact of life events on PIES growth and development</b> <b>Learning outcome B: Understand how individuals deal with life events</b>				
0 marks	1 – 3 marks	4 – 6 marks	7 – 9 marks	10 – 12 marks
No rewardable material	<b>Limited</b> application of knowledge and understanding of how a life event has made a difference to the given individuals' PIES growth and development. Evidenced through: <ul style="list-style-type: none"> <li>a <b>superficial</b> account of how the life event of each individual in the case studies has made an impact on their PIES growth and development, with <b>little clarity</b> in the links made between the event and the specified areas of growth and development.</li> </ul>	<b>Adequate</b> application of knowledge and understanding of how a life event has made a difference to the given individuals' PIES growth and development. Evidenced through: <ul style="list-style-type: none"> <li>a <b>partially detailed</b> account of how the life event of each individual in the case studies has made an impact on their PIES growth and development, making <b>partially clear</b> links between the event and the specified areas of growth and development.</li> </ul>	<b>Good</b> application of knowledge and understanding of how a life event has made a difference to the given individuals' PIES growth and development. Evidenced through: <ul style="list-style-type: none"> <li>a <b>mostly detailed</b> account of how the life event of each individual in the case studies has made an impact on their PIES growth and development, making <b>mostly clear</b> links between the events and the specified areas of growth and development.</li> </ul>	<b>Comprehensive</b> application of knowledge and understanding of how a life event has made a difference to the given individuals' PIES growth and development. Evidenced through: <ul style="list-style-type: none"> <li>a <b>fully detailed</b> account of how the life event of each individual in the case studies has made an impact on their PIES growth and development, <b>making clear</b> links between the events and the specified areas of growth and development.</li> </ul>

**Mark: 11**

Task 3a – Impact of life events on PIES growth and development through a life stage – ..... you have given a detailed account of how the life event (life circumstance) of how Dmitri and Judith in the case studies has impacted on their PIES growth and development, making clear links between the event and the specified areas of growth and development. Middle MB4

