

How individuals adapt to life events – support and character traits

Different sources and types of support Dmitri accessed to adapt to her life event

DMITRI has recently gone through the life event of getting a new position (job) as a civil engineer. Dmitri is a positive person and has worked hard to get this position, having gained qualifications to get the position he has.

To help him adapt to this life event (new job) Dmitri uses the **INFORMAL SUPPORT** he has around him. Dmitri has a loving wife and supportive parents and both of these relationships provide him with a range of support including being there to talk too. 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. Having this type of support allowed Dmitri to have a really good work-life balance because he has his role at work but also his life at home where he spends time with his wife, family and extended family. Also with his parents caring for the children, this allows Dmitri to have a lay in at the weekend and catch up on sleep that he gets less of in the week because it travels more. Another type of support that his family is security and a sense of belong because they are there for him when times are difficult at work and by offering support ensure his mental health is also good.

Being part of his local church is important to Dmitri so this type of support falls under **FAITH BASED ORGANISATIONS**. This gives him an alternative source of support and offer him different help to help him adjust and adapt to his new job. Firstly this people from his local church will offer his prayers for his success and wellbeing as he starts his new role. They will also provide him with encourage and motivation when he faces challenges in his work. Dmitri does face struggles with some older co-workers and because he has a good relationship with the priest at his church, he can provide Dmitri on how to be an effective leader while having empathy for his co-workers. This is good advice for Dmitri because it gives a viewpoint from someone outside of his work however, admitting this to the priest can also make Dmitri feel like a failure but the priest will not judge him and will only provide him with a safe space for him to share his experiences and concerns as he adjusts to his new job.

Case study 1

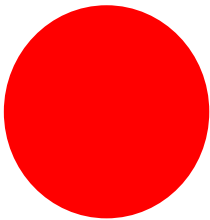
Dmitri, aged 25, has recently qualified as a civil engineer and moved jobs from the company where he completed his training to a position in a new company. This involves travelling for 45 minutes more each day than he did previously.

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.



The character traits that influenced how Dmitri coped with his life events

DMITRI'S RESILIENCE as a character trait helps him cope with the life event. Resilience is the ability to bounce back from difficulty, to adapt to change and to persist in the face of challenges. This means Dmitri is able to adapt to his new situation and the challenged associated with his job. Adapting quickly means he can learn new skills and become familiarise with the people in his workplace. Furthermore is positive attitude means be will approach his new job with enthusiasm, energy and optimism. However if problems persist in his workplace Dmitri may need additional support. One type of support that he can ask for is from his **TEAM LEADER AND HR DEPARTMENT**. The support they will give to Dmitri is to schedule regular check-ins with Dmitri to see how he is adapting to the new role, answer any questions he may have and provide feedback on his progress. This ensures that any issues are addressed in a timely manner and that Dmitri feels supported. They also need to offer him training and development opportunities to help Dmitri develop the skills he needs to succeed in his new role.

How individuals adapt to life events – support and character traits

Different sources and types of support Judith accessed to adapt to her life event

JUDITH has recently gone through the life event of retiring from her position as a pharmacist at the local hospital. Judith is not a positive person so has not adapted to his life event very good. Judith does not know how to adapt to this life stage because he is not using the informal support around her. For example on many occasions she turns down social outings with her friends because 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 needs to use her support network to help her adapt but she wont because she is too proud and does not want people to think less of her. They case study does not say what support Judith has around her because she isolates herself. Therefore, I will say what support they provide if she opts to use them.

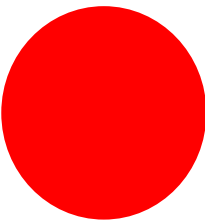
Judith has friends in her old workplace offer her **INFORMAL SUPPORT** but cannot see past the fact that they are all still working so worries they think less of her. However if she accessed this support if would raise her self-esteem. Previously Judith was the social committee for work night out but obviously took a step back when she retired, however there is no reason why she cannot step back into this role and with Judith having more time on her hands so could coordinate the events which would give her and sense of purpose and with her organising the event, she could plan nights out that are within her budget. Meeting up with friends can also help her deal with his life event because although she misses her friends, listening to the moan will help her to realise that she made the right choice to retire. Another form of support that Judith has is from her **RELIGION**. Judith loves her religion and was an active member 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. Reaching out to the people in the congregation can give her some perspective on retiring and place of worship can offer her emotional support by providing a safe space for Judith to talk about her concerns and feelings and people in the congregation can offer a listening ear and compassion. Furthermore, Judith is lonely and isolated. Going to celebrations and events with people who share her faith can provide opportunities for Judith to connect with others and develop meaningful relationships, through organised social events, volunteer activities, or small group gatherings.

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.



The character traits that influenced how Judith coped with their her event

JUDITH'S NEGATIVE DISPOSITION has an impact on how she copes with retirement. Retirement can bring about a variety of challenges for Judith such as a loss of social connections and a sense of purpose, as well as financial and health concerns. Judith's negative disposition is heightened by her anxiety so makes it harder for her to seek out and accept support from others. Another form of support that Judith may choose to opt to use and which I think will be good for her emotional wellbeing is to see a counsellor. The support she gets for this individuals is **FORMAL** as they are paid with work with Judith. The counsellor will support Judith by listening to her concerns and emotions. This creates a safe space for her to express her worries and concerns. Therefore, listen without judgement will acknowledge why she feels this way and also give her useful strategies to use to such as breathing techniques to control panic attacks or keep a dairy of when her mood is low and reason why it is.

Mark Band 0	Mark Band 1	Mark Band 2	Mark Band 3	Mark Band 4
Task 3b: How individuals adapt to a life event Learning outcome B: Understand how individuals deal with life events				
0 marks	1 – 3 marks	4 – 6 marks	7 – 9 marks	10 – 12 marks
No rewardable material	<p>Limited application of knowledge and understanding of how the individuals in the case study used different sources and types of support to adapt to their life event. Evidenced through:</p> <ul style="list-style-type: none"> a superficial account of the different sources and types of support each individual in the case studies accessed to adapt to their life event; sources and types of support are generic a superficial account of the character traits that influenced how each individual in the case studies coped with their life event; character traits show little relevance to how each individual coped. 	<p>Adequate application of knowledge and understanding of how individuals in the case study used different sources and types of support to adapt to their life event. Evidenced through:</p> <ul style="list-style-type: none"> a partially detailed account of the different sources and types of support each individual in the case studies accessed to adapt to their life event; sources and types of support are partially specific to the case studies a partially detailed account of the character traits that influenced how each individual in the case studies coped with their life event; character traits are partially relevant to how each individual coped. 	<p>Good application of knowledge and understanding of how individuals in the case study used different sources and types of support to adapt to their life event. Evidenced through:</p> <ul style="list-style-type: none"> a mostly detailed account of the different sources and types of support each individual in the case studies accessed to adapt to their life event; sources and types of support are mostly specific to the case studies a mostly detailed account of the character traits that influenced how each individual in the case studies coped with their life event; character traits are mostly relevant to how each individual coped. 	<p>Comprehensive application of knowledge and understanding of how individuals in the case study used different sources and types of support to adapt to their life event. Evidenced through:</p> <ul style="list-style-type: none"> a fully detailed account of the different sources and types of support each individual in the case studies accessed to adapt to their life event; sources and types of support are completely specific to the case studies a fully detailed account of the character traits that influenced how each individual in the case studies coped with their life events; character traits are fully relevant to how each individual coped.

Mark: 10

Task 3b – How individuals adapt to life events – you have demonstrated a mostly detailed account of the different sources and types of support Dmitri and Judith accessed to adapt to their life event. The sources and types of support are mostly specific to the case studies. You have also given a mostly detailed account of the character traits that influenced how each individual coped with their life event. The character traits are mostly relevant to how each individual coped. Low MB4

