Community Psychology

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Unit Two Individual Project

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           Community psychology deals with one's relationship with the surrounding in which they live and interact with other individuals. Individuals will gain several ideas gained through observing and conducting researches within their community for a better life (Jason et al., 2019). Community psychology has several models that define various components that exist within society and relate to people.

**Mental health model**

First, there is the mental health model concerns the mental health of individuals among society (Tebes, 2016). The aim is to reduce mental illnesses that arise in today's society. Several research types on the model believe that early interventions in seeking mental health help reduce cases of occurrence of mental problems (Jason et al., 2019). As a result, governmental bodies need to fund community programs to help in service provision covering more community areas. Besides, several community psychologists have come up with community mental interventions such as primary prevention that focuses on preventing mental illnesses within communities, secondary prevention that guides individuals at high risk of developing or causing mental illness (Tebes, 2016). An example includes pregnant women not to abuse drugs. Tertiary prevention aims at reducing the risk of more symptoms among individuals with mental illnesses, such as bipolar mood disorder.

**Social action model**

Secondly, the social action model enables those communities that are oppressed to improve their lives by coming up with community projects that would create jobs for the community individuals. In other words, the model seeks to eliminate poverty and improve the quality of life in society (Jason et al., 2019). To enable such changes, community psychologists must mobilize and provide resources to the stressed communities to help better their lives by creating jobs and putting pressure on creating more institutions in communities (Tebes, 2016). However, the model has several critiques, such as inequalities at the constituency level, since one area might benefit more from the developments than other areas. Also, the models assume the inexistence of capitalism around the globe.

**Organizational model**

Another model is the organizational model. The society needs to understand organizations found within them. For this reason, the model defines the role, norms, and objectives of every organization (Tebes, 2016). Besides, the model helps organizational stakeholders and other colleagues interact harmoniously to create mutual understanding by promoting teamwork. Stakeholders need to establish the transformation in their organizations by paying attention to the organizational model (Jason et al., 2019). This is because the model establishes a relationship between community psychology and behavior within the workplace. Therefore, stakeholders can make rightful decisions that guarantee organizational growth. The only challenge might arise due to the division of powers. The organizational leaders might fail to implement the intervention made by community psychologists (Tebes, 2016).

**Ecological model**

The fourth model, referred to as the ecological model, deals with an individual level of interaction within the local environment (Tebes, 2016). The model explains how individual behavior can affect other people in the same environment and on their health behavior. Notably, the model studies the effects of community psychological practices on community members' real lives (Jason et al., 2019). An example includes the effectiveness of the different types of disease prevention. As a result, health practitioners can come up with effective ways of controlling specific illnesses among members of society, for instance, the CRCCP (Colorectal Cancer Control Program). The program highlights several factors related to control of Colorectal Cancer, such as healthy living by regularly exercising (Tebes, 2016).

**Phenomenological model**

Lastly, there is a phenomenological model that focuses on explaining various relationships that exist among different phenomena. Psychologists use the model to study the mind and relate several mental issues affecting individuals, for example, stress (Tebes, 2016). Notably, community psychologists usually use the theory by carrying out observations of one's actions and life experiences to develop valid correlations. After that, they would come up with effective measures to help solve the problem. Besides, the model helps psychologists imagine individuals' behavior from different perspectives so that they get more details about them, which they later make interpretations for correct steps.

**Selected Models**

           There exists a reciprocal connection or relationship between individuals and their social system. Both share similar factors in the social system to make sure life becomes better and worth living (Jason et al., 2019). The most common models include the ecological model and the social action model. The social action model promotes growth and development to the concerned parties, individuals, and institutions, all of which are components of a social system. The actions brought by the community psychologists lead to the creation of job opportunities that enable people to earn a living (Tebes, 2016). At the same time, they lead to the development of institutions within the community setting. Similarly, individuals gain from the institutions by providing services, for example, social amenities such as schools and hospitals that provide education and health services, respectively (Jason et al., 2019).

Besides, the ecological model enables community members to understand each other and live peacefully without quarrels. The interactions help them learn more about one another and effect on the environment (Tebes, 2016). The research carried out by health psychologists help in creating solutions to problems arising within their surroundings. Therefore, the social system benefits due to reduced complaints that might arise from an individual.

References

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