

THE PSYCHOLOGY BEHIND SOCIAL WORK AND HOW IT SHOULD BE PROCESSED? AN INTENDED SYSTEMATIC REVIEW

B.D.A.D.N. Bulathwatta*

Department of Psychology, University of Peradeniya, Sri Lanka

*asankabulathwatta@gmail.com

Psychology is the subject that studies the human mind and behaviour. Social work is the subject related to society and social wellbeing. There is a general discrepancy between these two subjects. However, both Psychology and Social Work developed their core subjects with a focus on the human being as a unique organism and as the foundational first unit. The bottom-lines of the subjects are interrelated. There are different principles, which have a Psychological background such as the Psychoanalysis' explanation of deviate social behaviour based on individual personality characteristics. Germain and Gitterman (1980, 1996) explain the life model of social work in a contextual manner in which it leads to the larger social context and its matter of resulting psychological haphazards and rehabilitation process within the social framework. The social work theory textbook by Payne (2005) explains the social work context with a focus on the psychology behind it. Society and its complexity cause numerous social dilemmas. Clinical social work is also a popular application of social work at present where people get help in a clinical setting. A Country like ours can integrate clinical social work with midwifery activities with a proper background knowledge of psychological aspects involved. There are certain psychosocial damages experienced by people that can recover or get worse due to the lack of individual resilience capacities and social support systems, within the social context in which they live. Social work in this context plays a role as a social support system. It can encourage people's wealth and wellbeing at the same time, and it can facilitate people's capacity for positive growth. This systematic review intends to figure out the psychology behind helping people in different social contexts. Why is social work needed? What does it mean in terms of the psychological point of view? How social work can be facilitated by Psychology? How social work can use psychology in the rehabilitation process? Numerous theories have been formulated in this regard. The present systematic review is primarily based on the psychodynamic approach highlighting the larger social context, child rearing in the social issues, and consideration of personality differences in social work.

Keywords: Social Work, Social Work Theory, Psychodynamic Approach