

NURSING ESSAY SAMPLE

This paper describes the factors that determine the type and strength of the patient's response to the diagnosis. These are: individual traits, disease dimension and social environment. We talk about a person's personality as a biopsychosocial organization. Personality is a biopsychosocial entity with complex adaptive capacities and styles of self-regulation (or dysregulation) in a given physical and psychophysical environment. Effective personality confrontation with stressors of the environment, including illness, is also dependent on its psychophysical adaptive capacities, on cognitive, affective and other skills in observing and evaluating stressors, as well as on the knowledge and habits of the person and how to counteract them. Duration and quality of life, with genetic preconditions, largely depends on health behavior and attitudes, way of life and social environment. By observing age-related changes in the same age group, the process of growing up, maturing and aging varies depending on health behavior, health care, and other social factors in their lives. The quality of life in old age, although associated with physical health and functioning, does not have to be directly dependent on health factors. Some old people live well despite poor health, and vice versa. Psychological and social factors play an important role in determining the process of growing up, maturing and aging. Health as a general well-being of individuals results from many interrelated physical, psychological and social functions and relationships. There is a link between the psychosocial well-being of the individual and the physical health. The level of health care, the type, the number and the quality of the measures that an individual undertake to improve and preserve health depends on more psychosocial factors. Activities that an individual promotes, maintains, or improves on health are based on his personal understanding of health and his system of beliefs and values set during life. A sense of health that affects someone's overall behavior, the choice, the way and the frequency of everyday health-related procedures, starting from maintaining hygiene, work and physical activity, eating, sleeping and rest, intellectual activities, and drinking alcohol, tobacco and others harmful substances. For example, religion and culture play an important role in understanding health and the development of the disease. In some religions, the disease is perceived as a punishment for sins in choosing food, the way it is prepared and injected into the body, the use of alcohol, tobacco, and other harmful behaviors. On the basis of personal beliefs, each individual carries out activities that he believes or experiences to do well, while avoiding those he perceives as harmful. Based on all this, a nurse designs a plan of activities aimed at improving and maintaining an individual's health. The personal value system develops early in childhood and is difficult to change. Change is possible through education because learning and positive interaction can help people change their beliefs. Family, school, church, culture, growth and maturing media influence the design of the value system. Knowledge plays a key role in maintaining health and improving safety. Health and safety learning must begin early in life and be carried out permanently by providing the necessary information again. Additional learning is compulsory whenever there is a significant change in the health of an individual. Acquiring new knowledge is possible with preserved cognitive abilities. Older people who maintain a positive outlook on life and have a positive image of themselves are more inclined to follow and implement procedures that use health. They stay healthier longer. Since the constituents of risk factors are more associated with social and psychological factors of aging than with biologicals, they can be better affected by behavioral change. Man is very difficult to change his behavior, habits, and actions. Only those highly motivated to change will probably be successful.



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