



A Study of Health Psychology

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Abstract:

Health psychology is the study of psychological and behavioral processes in health, illness, and healthcare. It is concerned with understanding how psychological, behavioral, and cultural factors contribute to physical health and illness. Psychological factors can affect health directly. For example, chronically occurring environmental stressors affecting the hypothalamic-pituitary-adrenal axis, cumulatively, can harm health. Behavioral factors can also affect a person's health.

Keywords: smoking, excessive alcohol consumption

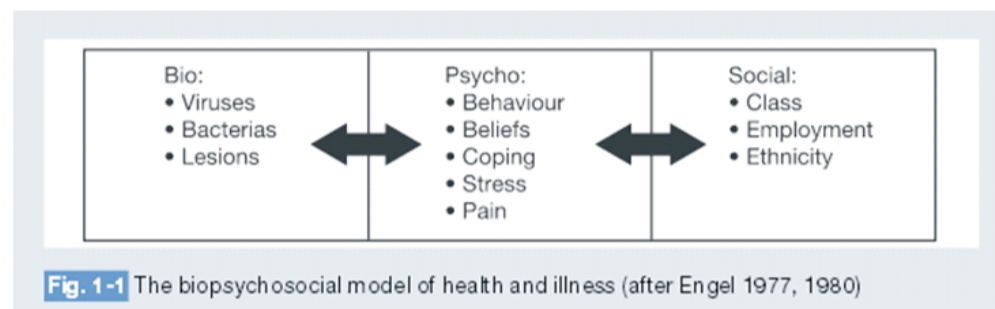
INTRODUCTION:

Health psychology is probably the most recent development in this process of including psychology into an understanding of health.

For example, certain behaviors can, over time, harm (smoking, excessive alcohol consumption) or enhance health (exercise, low fat diet). Health psychologists take a bio psychosocial approach. In other words, health psychologists understand health to be the product not only of biological processes (e.g., a virus, tumor, etc.) but also of psychological (e.g., thoughts and beliefs), behavioral (e.g., habits), and social processes (e.g., socioeconomic status and ethnicity). Health psychology can be understood in terms of the same questions that were asked of the biomedical model:

What causes sickness - Health brain research proposes that individuals ought to be seen as perplexing frameworks and that ailment is created by a large number of variables and not by a solitary causal element? Wellbeing brain research thusly endeavors to move away from a straightforward direct model of wellbeing and cases that sickness can be created by a blend of organic (e.g. an infection), mental (e.g. practices, convictions) and social (e.g. vocation) components. This methodology mirrors the bio psychosocial model of wellbeing and disease. Also, is shown in Figure 1.1. The bio psychosocial model spoke to an endeavor to incorporate the mental (the 'psycho') and the natural (the 'social') into the customary biomedical (the 'bio') model of wellbeing as takes after:

- ❖ The bio contributing factors included genetics, viruses, bacteria and structural defects.
- ❖ The psycho aspects of health and illness were described in terms of cognitions (e.g. expectations of health), emotions (e.g. fear of treatment), and behaviours (e.g. smoking, diet, exercise or alcohol consumption).



❖ The social parts of wellbeing were depicted as far as social standards of conduct (e.g. the social standard of smoking or not smoking), weights to change conduct (e.g. associate gathering desires, parental weight), social values on wellbeing (e.g. whether wellbeing was viewed as a decent or an awful thing), social class and ethnicity

Who is in charge of disease - Because sickness is viewed as an after effect of a blend of components, the individual is no more basically seen as a latent casualty. Case in point, the acknowledgment of a part for conduct in the reason for disease implies that the individual may be considered in charge of their wellbeing and sickness.

How sickness ought to be dealt with - According to wellbeing brain research, the entire individual ought to be dealt with, not simply the physical changes that have occurred. This can take the type of conduct change, empowering changes in convictions and adapting methods and consistence with restorative proposals.

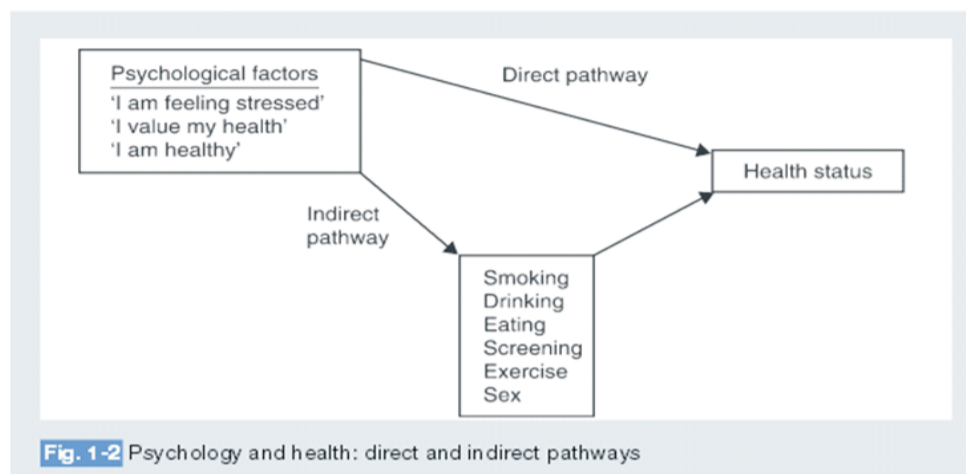
Who is in charge of treatment - Because the entire individual is dealt with, not simply their physical disease, the patient is thusly to a limited extent in charge of their treatment. This may take the type of obligation to take pharmaceutical, obligation to change convictions and conduct. They are not seen as a casualty.

What is the relationship in the middle of wellbeing and sickness - From this point of view, wellbeing and ailment are not subjectively distinctive, but rather exist on a continuum. Instead of being either solid or sick, people advance along this continuum from constitution to ailment and back once more.

What is the relationship in the middle of wellbeing and sickness - From this viewpoint, wellbeing and disease are not subjectively distinctive, but rather exist on a continuum. Instead of being either sound or sick, people advance along this continuum from wellbeing to ailment and back again. What is the relationship between the psyche and body - The twentieth century has seen a test to the customary partition of brain and body proposed by a dualistic model of wellbeing and disease, with an expanding concentrate on a connection between the brain and the body. This shift in context is reflected in the advancement of a comprehensive or an entire individual way to deal with wellbeing. Wellbeing brain research hence keeps up that the psyche and body associate. On the other hand, despite the fact that this speaks to a takeoff from the customary restorative point of view, in that these two substances are seen as impacting one another, they are still sorted as particular –the presence of two diverse terms(the mind/the body) recommends a level of detachment and "connection" can just happen between unmistakable structure.

What is the part of brain research in wellbeing and disease - Health brain research respects psycho-coherent components as could be allowed results of ailment as well as adding to its etiology. Wellbeing Psychologists considers both an immediate and roundabout relationship in the middle of brain science and wellbeing. The immediate pathway is reflected in the physiological writing and is delineated via exploration investigating the effect of weight on diseases, for example, coronary illness and disease. From this viewpoint the way a man encounters their life ('I am feeling focused') has an immediate effect upon their body which can change their wellbeing status. The circuitous pathway is reflected all the more in the behavioral writing and is outlined via exploration investigating smoking, eating routine, exercise and

sexual conduct. From this viewpoint, the ways a man considers ('I am feeling focused on ') impacts their conduct ('I will have a cigarette') which thusly can affect upon their wellbeing. The immediate and aberrant pathways are represented in Figure 1.2.



What are the points of wellbeing brain science: Wellbeing brain science underlines the part of mental considers the reason, movement Furthermore, outcomes of wellbeing and sickness. The points of wellbeing brain research can be separated into (1) understanding, clarifying, creating and testing hypothesis and (2) putting this hypothesis into practice. Health psychology aims to understand, explain, develop and test theory by:

(1) Evaluating the part of conduct in the etiology of sickness. For instance:

- ❖ Coronary coronary illness is identified with practices, for example, smoking, nourishment intake, absence of activity.
- ❖ Many malignancies are identified with practices, for example, eating routine, smoking, liquor and inability to go to for screening or wellbeing registration.
- ❖ A stroke is identified with smoking, cholesterol and hypertension.
- ❖ A frequently ignored reason for death is mishaps. These may be identified with liquor utilization, medications and rushed Predicting unhealthy behaviours. For example:
- ❖ Smoking, alcohol consumption and high fat diets are related to beliefs.

(2) Health brain science additionally means to place hypothesis into practice. This can be executed by:

- (a) Promoting solid conduct. Case in point:
- ❖ Understanding the part of conduct in ailment can permit unfortunate practices to be focused on. Understanding the beliefs that predict behaviours can allow these beliefs to be targeted.
 - ❖ Understanding beliefs can help these beliefs to be changed.
- (b) Preventing illness. For example:
- ❖ Changing convictions and conduct could forestall ailment onset
 - ❖ Modifying stress could reduce the risk of a heart attack.
 - ❖ Behavioural interventions during illness (e.g. stopping smoking after a heart attack) may prevent further illness.
 - ❖ Training health professionals to improve their communication skills and to carry out interventions may help to prevent illness.

Conclusion:

Health psychology is the study of psychological and behavioral processes in health, illness, and healthcare.

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In other words, health psychologists understand health to be the product not only of biological processes but also of psychological, behavioral, and social processes. Health psychology can be understood in terms of the same questions that were asked of the biomedical model: Health psychology therefore attempts to move away from a simple linear model of health and claims that illness can be caused by a combination of biological, psychological and social factors.

The social aspects of health were described in terms of social norms of behaviour, pressures to change behaviour, social values on health, social class and ethnicity.

What is the role of psychology in health and illness - Health psychology regards psycho.

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