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by L J

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Culture and Mental Health

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Culture and Mental Health

Most people view mental health as a subjective topic that only deals with an individual. Conversely, mental health is generally influenced by the grouping of psychological, genetic dynamics, and the general public. These factors are essential, but the heavy inspiration of social factors is normally ignored. A remarkable characteristic of civilization is its diverse beliefs and circumstances that affect a person's mental health associated with participation. According to Mio et al. (2020), there are numerous ways that culture shows its effect on various practices.

Furthermore, culture influences how individuals define their symptoms, for instance, how they may decide on describing physical or emotional indicators. Essentially, I believe culture dictates whether individuals selectively mention their signs in a culturally suitable manner that will not reflect negatively on them or choose to remain silent in a certain predicament.

Additionally, cultures vary in meaning, level of importance, and concerns that contribute to mental illness. I accede that every culture has its unique importance of the extremely subjective familiarity that reflects someone's mental health. They have opinions on whether mental illness is imagined or could be real, whether it is an illness of the body, the mind or both, those at high risk for it, causes of the illness, and possibly the most important of all being the level of stigma associated with it. Certain cultures and communities express more prevalent mental illness.

Nevertheless, these cases are largely determined by the condition, whether embedded more in social or genetic factors (Mio et al., 2020).

Based on the above-mentioned cultural influences and beliefs, individuals decide how to survive with this illness and ways of seeking treatment. For instance, they may seek to see psychiatrists, social workers, psychologists, clergy, traditional healers, or primary care practitioners. I agree as Mio et al. (2020) suggest, that cultural factors habitually determine the

level of support people get from their immediate families and society. This is essential for the reasons that mental illness cannot modestly be disregarded and left unattended. I concur that doing so would significantly influence one's quality of life negatively, causing severe misery and additional health concerns.

Moreover, they show that the mental health understanding of minorities is significantly influenced by culture and the overall societal view on culture. Mio et al. (2020) claim that ethnic and racial minorities in the United States are less likely to look for treatment or delay getting a cure until the indicators are served. This occurrence has been associated with uncertainty due to past cases of racism, discernment, and victimized distress due to their background assumptions. This factor is directly linked to the concern of medical stereotyping, which outlines the partialities that medical physicians or professionals dealing with mental health possess about various cultures, which sometimes may influence diagnosis.

Another element of concern I noticed is that deprived bodily health affects a person's mental health, and subgroups tend to have advanced rates of prolonged physical ailments. This has been considered a threat factor leading to conditions such as anxiety and depression. An additional factor is the language barrier. This is a concern because apart from pharmacological cures, a principal factor of further mental health treatment is one on one communication (Mio et al., 2020). Nonetheless, I agree that educational material may be scarce and unavailable in other languages, meaning non-English communities that are ethnically diverse would not access the full extensive services. Lastly, insurance coverage and affordability of mental health services pose a huge risk. Therefore, it is important to present mental health care services in culturally-thoughtful ways to increase the admittance and usage of these services because local views about mental health differ from western biomedical perceptions on mental health.

Reference

Mio J.S., Barker, L.A., Rodriguez, M.M.D., Gonzalez, J. (2020). *Multicultural Psychology: Understanding Our Diverse Communities*. (5th ed.). Oxford University Press. New York

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