

t
by T T

Submission date: 24-Oct-2020 05:15AM (UTC+0800)

Submission ID: 1424657697

File name: Group_Culture_Theory.edited.docx (20.03K)

Word count: 368

Character count: 2149

Group Culture Theory

The most notable culture about the Filipinos is their warm hospitality. They invite guests to their homes and ensure they have eaten before leaving. Filipinos love to celebrate and get together with family to eat, sing, and dance, especially during gatherings like baptisms, weddings, and holidays (Sanchez, 2017). Also, they respectfully address their elders by bowing their heads in an older adult's presence and press their hands on the adult's forehead as a sign of respect. Regarding one's health, Filipino's believe in self-care practices and that being healthy results from balance (Stanford School of Medicine, 2015). For instance, taking cold drinks in the morning may result in an illness such as flu or that a warm environment maintains excellent health. Additionally, traditional Filipinos believed in healers who would provide them with medicinal herbs for their illness or offer a hedge of protection against any sickness using holy oils or special amulets.

When they become ill, older Filipino adults tend to rely more on family members, faith in God, and friends for optimal care. Therefore, before getting professional health care, older adults in the Philippines manage their sickness through self-monitoring practices such as diagnosing themselves based on the symptoms to determine their illness's possible cause (Bonuel, 2017). This practice poses a danger to their health because they might conduct a wrong diagnosis, resulting in them taking the wrong medication to treat or manage their illness since they do not want to financially burden their family. Some older adults use simple home-made remedies as medication for their illness, such as boiling and drinking guava leaves to treat hemorrhoids. When the symptoms increase, their family members seek medical advice from friends or family members in the medical profession, which might be too late if the disease has progressed and cannot be treated.

References

- Bonuel, N. (2017). Perception of health and health practices of five Filipino elders. *Journal of Nursing Education and Practice*, 8(5), 68–75. <https://doi.org/10.5430/jnep.v8n5p68>
- Sanchez, P. Z. M. U. (2017). Cebu's Subnational Politics: A Survey of Philippine Political Structure and Culture. *GSTF Journal of Law and Social Sciences (JLSS)*, 6(1).
- Stanford School of Medicine. (2015, March 16). *Health Beliefs and Behaviors: Indigenous Health Beliefs*. Geriatrics. https://geriatrics.stanford.edu/ethnomed/filipino/fund/health_beliefs/indigenous_beliefs.html

ORIGINALITY REPORT

0%

SIMILARITY INDEX

0%

INTERNET SOURCES

0%

PUBLICATIONS

0%

STUDENT PAPERS

PRIMARY SOURCES

Exclude quotes Off

Exclude bibliography On

Exclude matches Off