

Conciseness

Sociology



s of Consciousness According to Gordon of Consciousness), Consciousness is a continuous flow of thoughts which creates the attentiveness to individuals about their status and that of their environment. It depends on activities a person's mind is engaged in and influences person's ability to make choices, wellness and performance. Human attentiveness occurs at three different states which are minimal, moderate and full alertness. Minimal consciousness is when a person is not aware of personal status or about the environment such as when in a state of coma. Moderate consciousness is when a person has low response to external or internal stimuli such as when a person is asleep. Full consciousness is a person is able to respond fully to either internal or external surroundings. Contemplation results to full consciousness while swing of mind makes individual to lose attentiveness and watchfulness.

A person falls asleep routinely particular time during the night. The human brain is always active irrespective of whether person is asleep or awake. Adequate nap gives brain time to replace cells which were damaged during normal functioning of the body. The brain also generates information which makes people respond to stimuli such as noise or cry of a child even when asleep (Gordon, State of Consciousness).

In Gordon (State of Consciousness) Children sleep longer time than adults, but the needs for sleep in the real sense is similar. What matters is the efficiency. It is always essential for individuals to sleep enough to ensure they function as usual. Different individuals have different requirements hence no standard hours of sleep that can apply to all people. Elder people are disturbed by different factors such as pain in the joints which prevents them from sleeping exhaustively.

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According to Gordon (State of Consciousness), Sleep makes body to secrete growth hormones, which makes human beings to grow. Lack of sleep results to decreased body activity hence causing obesity and makes people lose the ability to concentrate on their activities, hence increasing the probability of accidents. Sleep disorders may be caused by factors such as stress, night terror ad narcolepsy and snoring among others. Dreams occur to every person every night though some people fail to recall their dreams.

Work Cited

Gordon, Psychology 1010: State of Consciousness