

Health and psychology research papers example

[Health & Medicine](#), [Alcoholism](#)



There are three high-risk points in the case of Sam in relation to how his health develops. One is his drinking habit, two is his smoking habit and three is his sleeping patterns. It is believed that while these three contribute towards each other especially in determining how Sam responds to everyday pressure, it is also considered to be the result of particular psychological issues that he has to live with. With regards his drinking, while its excessiveness might have resulted from a his negative perception of life, there is also an indication that pin points to his background pattern that takes on from her father being an alcoholic as well. It could be noted in the details of his case that alcohol has always been a part of his regular days; perhaps even clouding his common decisions in life that made it rather possible for him to have lost his family and his work as well. These situations however, have served as the onset of a much bigger problem regarding alcohol intake, something that currently affects his personal perception of his health.

Depression and desperation are two specific elements in psychology that is seen to have a great impact on Sam's life at present. Particularly, losing his family and work and not having any friends [no even his roommate] has made life seem rather a sense of a disappointment for Sam. His age, at 65, causes him to become much depressed due to the feeling of not being able to have accomplished anything in his life. His frustrations in perhaps giving a good life to his family and setting up a good life in the future for the point of his retirement has been lost, especially that he has lost the only source of income he knows of which is being a clerk at a convenient store.

Being an immigrant from Vietnam, Sam is notably used to the hard life. He

notes how his parents were hardworking farmers. He acknowledges such fact to the meager beginnings of his dreams towards a better life; a reason for him to have transferred in the United States to find a better source of living. Nonetheless it could be analyzed that such decision has led him to more desperation and eventually a course of depressing system of living.

This pessimism about life which causes Sam to be depressed presents danger in his heart conditions. Given that he is already 65 years of age and is a long-sleeper [half a day], the inactivity of the body and the workup of the mind because of the depression could cause heart ailments that are not easy to respond to given the case of Sam that he gets unconscious of the reality especially when he drinks and sleeps. While suicidal attempts were not present, according to his records, its thoughts have been part of his routine; it is expected that not for long, such thoughts could turn into attempts; a matter that should be given immediate attention to.

Particularly, his case involves the connective relation between psychological impacts of a physical act that causes him to develop physical ailments and abnormalities as well. Sam is notably a 'ticking time-bomb' just waiting to explode. His systems are already sending off particular symptoms of such failures especially when it has been mentioned that he feels tired every time he wakes up after sleeping the whole half day. Considerably, Sam could be noted to be experiencing chronic depression and should be treated through a psychological therapy that could respond to his psychological needs which in turn could change his perception towards life and improve his everyday routine of activities.

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