

Meaning in illness

Psychology



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What Role Does Meaning in Life Play in Health and Illness? People tend to start looking for meaning in life when they face a crisis which involves mental and physical suffering. Suffering is inevitable part of human life but still some people have to suffer more and experience severe illnesses and struggles. In such situation the phrase of Nietzsche in which he explains that the person is capable to bear any how to live if he has why, acquire special prophetic meaning. In this simple phrase the sense of struggling is fully explained. Meaning in life changes the view of reality even if this reality is killing.

Such world perceptioin is well supported by the Victor Frankl, who is famous as the psychiatrist who survived concentration camps. In his book “ Man in a search of meaning” Frankl managed to utilize his horrible experience in order to reinterpret the concepts of life, death, health, and suffering. Frankl considered that chance for survival had only those prisoners who could find meaning and see future despite the inhumane environment of the camps. It is impossible to maintain healthy psyche without finding a purpose (2006). According to Frankl, meaning in life comes from useful and creative activities, love to your close people, and finding meaning in the suffering which is impossible to avoid. The author suggests that every moment of life has its sense, and one of the most difficult tasks is to find meaning in suffering and death. However, illness, suffering, and approaching to death were witnessed by Frankl as a chance to reveal human potential and to transform these events into valuable experience. Frankl does not want to suggest that suffering is compulsory for finding meaning, he rather underlines that it is possible to find sense in unavoidable suffering (2006). Therefore, great minds the human civilization strive to find the answer of the <https://assignbuster.com/meaning-in-illness/>

meaning of illness and suffering and yet there is no other opinion as reinterpreting such events and trying to find meaning personal sense of such events for the future.

References

Frankl, V. (2006). Man`s search for meaning. London: Beacon Press.