

# Behavioral influences on health

[Psychology](#), [Behaviorism](#)



It can be argued that various behavioral, psychological, sociocultural and lifestyle factors are related to the various causes of human mortality. Rationally, the root causes of various diseases that cause human death are associated with these factors. Therefore, we can argue on the point of view on how these factors are related to human health and the spread of various diseases that ultimately causes mortality. At one level, behavioral human factors can be argued as the characteristic phenomena of behavioral conceptions that may lead to contracting diseases.

In this respect, human behavior could be argued in terms the relationship with the peer groups, morality, sexual behavior, attitudes towards oneself, virtues and moral obligations. Various ill-behavioral conceptions and tendencies have been known to act as the root cause of various diseases. For example, peer pressure may result to deviance, alcoholism, smoking and other conceptions (Joseph, 2005) From the implications of these behaviors therefore, various diseases such as diabetes, cancer, and other internal disorders and ailments that are strong causatives of human mortality tend to occur.

The strength and the models of a personal behavior can therefore determine the propensity with which he/she can contract certain killer diseases and ailments at the expense of other behavioral patterns. The levels of morality which is shaped by the behavioral models can be a factor towards which killer diseases like HIV-AIDs and other sexually transmitted diseases and ailments that are vulnerable in causing mortality can be transmitted. Psychological factors are the human related factors that shape and determine the standards of ones health.

Various studies in health psychology have depicted a close relationship between the cognition, personality, perception, interpersonal relationships and personal emotions towards human health related issues. Various psychological disorders that arise as a result of disruption in the psychological context of a person have been known to cause mortality. The principal researches done on both clinical and health psychology has revealed various diseases that are psychologically related and which are of great impact to human health.

The human psychological development is a complex autonomy that is attributed to both the mental and the cognitive personality. Various attributes are of great impact to the psychological provisions of a person that causes disability in the functional layout of one's psychological dispensation. Research studies have shown that the rate of mortality as a result of psychological disorders is increasingly becoming more (Benjamin, 2003). Sociocultural factors refer to the structural factors within the family, culture or the society which shapes and determines the contexts of a person's health.

These structural settings dictate the functionality, response and behavior of a person within such a social context. Within the family setting, various health related factors may arise such as level of dietary, physical health, family pressure, and various influences such as the level of education, income, and living standards. Either, various cultural parameters may shape the nature of human health. These include cultural integration, family relations, cultural stereotypes and other factors.

The nature of the sociocultural attributes has been of great influence in shaping the contexts of human health and possibilities of contracting

diseases that cause death (Ann, 1998) Lifestyles refer to the modalities of person's way of life. It is determined by various factors such as level of education, family backgrounds, level of income, cultural factors and other. Generally, the nature of a person's or families' lifestyles may be attributes towards contracting diseases, the ability of seeking medical attention and the vulnerability of achieving control and preventive measures.

Consequently, a person's health is determined preferential by the standards and levels of his/her lifestyles. (James, Simon, 2006) Reference Ann, F. (1998). Human Health and Diseases. New York, Heinemann Benjamin. G. C. (2003) Reducing unhealthy Behaviors: Where do we start? American journal of public health, Vol. 93 James, R & Simon, G (2006)What is HumanHealth. London, Routledge Joseph, k (2005) Social Inequalities towards Human Health, Journal of Pediatrics,