

Psychology

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Essay: psychology Question one People can be absolutely mentally sound if they do not suffer from anxiety, depression, or other kinds of psychological symptomology. Generally, anxiety is usual reaction to danger or stress and is mostly referred to as the “fight or flight response”. This kind of process comprises of pumping of adrenalin throughout the body, thus allowing it to handle whatever catastrophe might come its way. The trouble arises when this reaction is out of control relative to the real threat of the circumstance or in fact is produced when there is no risk available (Ciccareli & White, 2014, p. 408).

Normal human beings, when stressed, usually experience various feelings comprising of anger, fear, anxiety, depression as well as frustration. Such feelings as these can feed on one another, thus themselves producing bodily symptoms making an individual even feel worse. Very high anxiety can lead to heart palpitations, stomach disorders, giddiness or even stomach disorders. Several of such symptoms might make an individual feel so sick leading to them worrying and may cause some severe physical conditions like cancer or heart disease, making one stressed (Ciccareli & White, 2014, p. 409).

There are other people who are not easily affected by stress, depression or anxiety. These people are perfectly normal and have learnt how to cope with anxiety or depression. Such individuals have mastered how to control their feelings, may even make use of some therapies, medication as well as several other self-help approaches. Such type of individuals, though few have learnt how to overcome their disorders in addition to reaching a point whereby they are in charge and control of their anxiety/depression rather than depression/anxiety affecting as well as controlling their way of

living(Ciccareli & White, 2015, p. 410).

Question 2

Well being can be referred to as a concept that is dynamic and comprises of social, psychological and subjective dimensions, in addition to mannerisms that are health-related. The Ryff Scales of Psychological Well-Being which is a hypothetically grounded tool that particularly focuses on measuring several aspects of an individual's psychological well-being. The following are the aspects that mark psychological wellbeing; first and foremost is self-acceptance, setting up of quality bonds with others, a feeling of autonomy in both action and thought, potential to handle intricate environments to fit individual requirements as well as values, search of significant objectives and a feeling of purpose in one's life and sustained growth as well as development as a human being (Ciccareli & White, 2014, p. 530).

Nevertheless, well-being is a versatile idea and is frequently viewed as one of the features of the liberal arts knowledge, coming from educational experiences that not only guide students in pursuit of direction and meaning in life but also assist them in realizing their right potential. Thus, the Ryff is a moderately short and simple survey that evaluates the psychological element of one's well being (Ciccareli & White, 2014, p. 545).

Yes, it is true that abnormal behavior can have a cultural basis. Research has shown that behavior which is viewed as normal in one culture may be considered abnormal in another one. Studies carried out recently imply that abnormal behavior is taken as normal to the degree people find it simple to identify with. This therefore means that cultural variances in structures for understanding abnormality imply that there could be differences in this sort of 'reasoning fallacy'. Bearing in mind that there is evidence that people

especially from Western civilizations psychologize abnormality to a bigger degree than individuals from East Asian civilizations, the effect of perception understanding of abnormality was expected to vary across cultures, according to the study (Ban & Kashima, 2012, p. 2).

For instance, the outcomes of a cross-cultural questionnaire research showed that being able to understand made behavior appear normal particularly to European Australians, a fact consistent with the reckoning fallacy. However, for Singaporeans, understanding did not in any way influence the degree of behavior normalization, but instead made abnormal behavior to be more stigmatizing. The study concluded that cultural deviations, in the way of understanding, were accredited to the discrepancy salience of deviance structures, which basically are firmly stuck in culturally definite perceptions of the individual (Ban & Kashima, 2012, p. 2).

References

- Ban, L., & Kashima, Y. (2012). Does Understanding Behavior Make It Seem Normal? Perceptions of Abnormality Among Euro-Australians and Chinese-Singaporeans. *Culture and Abnormality*, p 1-5.
- Ciccarelli, S. K., & White, N. (2014). *Psychology: An exploration*, 4th edition. Boston, MA: Pearson