

Psyc 475 db wk4

Psychology



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Due PSYC 475 DB Wk4 Mental illness is perceived by society as something to fear. It always has been. We are still learning to understand how people can behave in deviant, dangerous, violent, and destructive ways. Throughout time mental illness has been associated with violence and in Christianity it has been associated with, both, sin and demonic possession. That said it is not surprising that the stigma that exists developed in the first place. Modern media, be it literature, television, or film, has relied heavily on the crazed behaviors of schizophrenics and we hear the term sociopath, psychotic, and sadistic interchangeably misrepresents the reality of mental illness (Davey, 2013). This is simply untrue. In fairness there are many individuals with mental illness who are, in fact, dangerous and a threat, however, the majority of people suffering from mental illness are not “ mad,” they are not violent, and pose no threat to anyone. The Bible acknowledges the presence of potential mental illness and does appear to offer some suggestions as to how to treat mental illness through a number of means, most of which require a mental and emotional commitment of the afflicted person (Horner, 2002).

There are a number of passages in the Bible that seeks to ease the potential and stresses that can lead to mental illness. Throughout the Bible it suggests that people engage in thinking positively, for example, in Philippians 4: 8, that which is just, loving, and pure is what people should “ fill all your thoughts with these things.”(qtd in Horner, 2002). Some mental illness is based upon severe fears, like phobias. In response the Bible suggests that we should face our fears; in 1 John; 4: 18 teaches that “ love casts out fear.” The Bible even remarks on the necessity and value of humor in one’s life and as a contribution to people’s mental and emotional health. “ a merry heart <https://assignbuster.com/psyc-475-db-wk4/>

does good, like medicine" (Proverbs 17: 22). Of course, these suggestions made by the Bible are more a representation of common sense rather than; literary divine intervention. People suffering from mental illness are not evil and generally not dangerous. There needs to be a balance between the spiritual and the medicinal in order to positively impact mental health in the modern society.

REFERENCES

Davey, G. C. L. (2013, August 20). Mental health & stigma. *Psychology Today*, 1. Retrieved from <http://www.psychologytoday.com/blog/why-we-worry/201308/mental-health-stigma>

Horner, N. (2002). The bibles keys to mental health. *The Good News*, 1. Retrieved from <http://www.ucg.org/christian-living/bibles-keys-mental-health/>