

A psychological perspective

[Psychology](#)



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A Psychological Perspective Instructions: Can you recall a time when you did not comply with a medical treatment (for example, complete a of drugs)? What would have facilitated your completion and what hindered it ? How does your experience compare with the research and discussion in the readings?

My experience with treatment for flu has been a good learning in terms of taking control of my health and following the health practitioner's advice. Last year, I suffered with flu, which caused severe throat infection, wheezing, cough and high temperature. I had to take doctor's advice and treatment to recover. The doctor advised few medicines, which included specific dosage of antibiotics and other medicines for cough and fever. I was also told to return for a follow up after few days. I started recovering after taking the given dosage of medicines. I resumed work and did not feel the necessity to go for a follow-up check. After 3 days, I started getting the same symptoms. It was natural that I had to go back for further treatment.

These series of events can be related to my level of understanding, level of intervention exercised by the practitioner, and understanding the actual reason for the illness. By nature, I tend to understand things based on the underlying concept. Although the doctor explained the illness that gripped me initially, he failed to explain the underlying reason (Barkway, 2009). If the doctor had mentioned that I had viral infection and explained how it affects my health and the treatment process, I would have understood the reason he asked me for a follow up check, which I would have adhered to.

Psychology plays an important role in taking ownership of one's health (Murphy & Bennett, 2002). Psychologically, health promotion can be affected by knowledge, attitudes and behaviours. To conclude based on this

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perspective, in my case, clear communication would have helped me in owning responsibility for my health and acquiring complete care for my illness.

References

- Barkway, P. 2009. Health Promotion. In Psychology for health professionals. NSW: Elsevier, Australia. (pp: 251-270).
- Murphy, S and Macdonald, G. 2002. Psychology and health promotion. In Bunton, R and Macdonald, G's Health promotion: Disciplines, diversity, and developments. 2nd ed. Oxon: Routledge. (pp: 31-52).