

Topic 7 DQ

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How do cultural, socioeconomic, and spiritual factors affect a person's perception about mental health and mental health treatment? Explain and offer examples.

The cultural upbringing of an individual affects that person's mental health. There is no question that technological advancements have significantly impacted how individuals convey the symptoms they are experiencing. It is reasonable to assume that a person from a disadvantaged socioeconomic background also struggles with various mental health conditions. To discover a treatment for socioeconomic issues, it is essential to improve communication with others, be flexible about timing, and engage in more activities, including interacting with others and working in teams. Spirituality can benefit a person's mental health because it can give a person a sense of purpose in their lives and hope, tranquility, and significance to their actions. Some examples of socioeconomic implications include whether they have the financial means to pay for treatment and the available treatments. Getting any form of medical care can run you quite a bit of money. Machismo, which is the belief that if someone is a man and strong enough, they will be able to overcome their problems on their own and that it is a sign of weakness to seek help, can impact mental health. (Grison & Gazzaniga, 2021).

Reference

Grison, S. & Gazzaniga, M. (2019). *Psychology in your life* (3rd ed.). New York, NY: Norton & Company, Inc.