

Social and Bio Psychology

[Name]

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Introduction:

The human health depends on his\her capabilities of absorbing the biological and social aspects occurring around him. Mental health problems can be a disguise to one's life and can affect the way a person responds to the world. The mental health disorder is crucial to diagnose, rather than physical illness; many people kept on surviving along with the disorder as they are unable to identify the gaps with in their personality and health due to disorder. However, there are several types of mental health disorders that are affecting human personality and health such as attention deficit hyperactivity disorder (ADHD), anxiety/panic disorder, bipolar disorder, stress, and schizophrenia. These all disorders have effects on the health of a person. There is a range of reasons of occurring of mental health disorder that is emerged from biological, psychological, and social factors. There are also some evidences of genetically caused mental health disorder. The course has focused on the mental health disorders caused by Anxiety, Stress, and some aspects of genetically cause disorders. The following discussion will be emphasizing on both of them with their theoretical approaches and evaluation.

Discussion and Evaluation of Psychological Disorder and its Effects on Human Health:

Mental health disorder is a very severe matter of discussion and must be identified earlier in order to introduce effective interventions for the cure. The symptoms emerged for the mental health disorders are changes in mood, erratic thinking, chronic anxiety, exaggerated sense of self-worth, impulsive actions. As the mental health disorder strengthened up itself, it starts affecting the human health. However, there will be no physical symptom seen in the person in short-term mental health disorder, but in longer-term, the person will found having its effect on human body, emotions, behavior, and on mind. Biologists, psychologists, and environmental scientists have contributed their work in the field of mental health disabilities and its effects on human.

The coursework has discussed generalized Anxiety Disorder (GAD) as a diagnosis in DSM-V Criteria. GAD was introduced by American Psychiatric Association in 1980. GAD is an anxiety disorder but different from panic attack. Initially, when GAD was introduced in 1980, the reason behind this was the split between anxiety disorder and panic attack. GAD can be challenging to be diagnosed. Apart from panic attacks, the feelings of the person of worrying to much about any matter or subject is anxiety disorder, however, it can be minimized or dismissed but can occur again. The professionals are looking forward to determine the cause of anxiety and the ways to reduce its occurrence. The reason to intervene this matter is that the excessive anxiety can develop health problems for the person.

According to the course work, GAD is described under the DSM-V criteria which was introduced in 2013. The GAD diagnosis carries all the characteristics of anxiety that is the individual finds it difficult to control the worry. However, the symptoms of being anxious and worried are same that are restlessness, fatigue, increased muscle aches and soreness, impaired concentration, irritability, and difficulties in sleeping. There are certain reasons usually found from the experience of people for the cause of anxiety. General reasons are; crowd, work deadlines, abuse, genetically caused disorder, phobias, and substance abuse, these all reasons persists its effects on the human health either mental or physical.

Anxiety has several physical impacts on the human body, it can even cause the person with certain chronic diseases and can effect a person's quality of life. The mental health is influenced by the anxiety disorder as a sense of doom can be created by anxiety because of continual feelings of impending doom and it will reduce the concentration of a person for any subject (Hettema, Neale, & Kendler, 2001). A person can also have its effect on the physical health such as emergence of breathing problem, high blood-pressure, headaches, pounding heart, loss of libido, upset stomach

etc. According to Yerkes Dodson curve, intermediate level of stress is helpful in reaching the top level of your performance. Too much or too lower arousal will lead the person in obtaining poor performance. This indicates that anxiety and stress are not always harmful and sufficient stress can attain optimized performance (Hanoch & Vitouch, 2004). It has been criticized that working with optimized stress can also be harmful because some matters are out of control and can resist to achieve the success, however, interventions must be introduced to control the anxiety.

There are few more factors that can be discussed and evaluated under GAD. Family history or genetics is also a cause of developed anxiety in a person. According to Andrews et al. (1990), siblings specially the twins share common genes and explicit same qualities. This indicates that if there is developed disorder in one child, other one has 21.5% chances of having it, in case of identical twins, and with fraternal twins it has 13.5% concordance rate (Skre et al., 1993). Another factor under GAD is Aetiology. It is the Neurological factor that is centered on fear and based on the extensive study of amygdala and emotions. Amygdala are the fear controllers of human and increased anxiety can damage the amygdala in human beings (Janak & Tye, 2015).

Another psychological disorder that can affect human health is stress. It is the response against mental and emotional pressure. The person under stress has the potential to loss control over things; sometimes there is social or biological cause behind stress but sometimes there is no underpinned cause for stress. It has been observed that chronic stress can create neuronal disturbance in the brain during depression. Some basic causes of stress are assessments, children, money, ill health, bad relationships, and lack of time. Normally people get themselves into stress if he convinces himself towards negativity, for example, convincing oneself to fail in exam, body dysmorphia, imagining infidelity, or getting a feel of being left out and being wrongly judged by someone. Stress can be categorized into five types; Acute time-limited stressors (e.g. public speaking), Brief

naturalistic stressors (e.g. exams), Stressful event sequences (e.g. bereavement), Chronic stressors (e.g. caregiving), and Distant stressors (e.g. childhood trauma).

However, stress can be evaluated as good or bad both, specifically for health, the stress can be very harmful. Short-term stress can be managed and resolved easily but, if the stress does not go away then it can be termed as chronic stress. The chronic stress has potential to harm the health of a person and the body keeps on producing CRH (Corticotrophin Releasing Hormone) and sets in allostasis. After setting in of allostasis, the homeostasis cannot bring the person to the original set point and new points have to be set to cope with the environmental challenges (McEwen & Gianaros, 2011). Chronic stress can lead the person to attain certain diseases such as blood-pressure disorder, diabetes, weak immune system, digestion irregularities, or neural issues. Immune system is often seems to be affected by the chronic stress. As mentioned in the coursework about Psychological Stress and the Human Immune System: A Meta-Analytic Study of 30 Years of Inquiry (Segerstrom & Miller, 2004), 293 studies have been conducted in relating stress and immune system, and all of them suggested that all the five categories have potential to decrease and weaken the immune system of a human being by killing the antibodies.

It is a clear evident that not only the immune health system is disrupted by stress, but stress also becomes the reason to general the hypothalamic-pituitary-adrenal (HPA) axis. It is the hormonal system that involves in exchanging chemicals between several organs. Stress is the reason of why HPA axis releases cortisol. Cortisol is the stress hormones that is released by the human body due to chronic stress. The release of these primary stress hormones can increase the sugar level in the blood and becomes the part of fight-or-flight response as it increases the heart rate. The stress can be managed if it is acute or for a short time span, but chronic or long lasting stress can cause damage to the human mental and physical health (Tsigos & Chrousos, 2002).

Not all the disorder of stress and anxiety have an equal impact on all the individual, rather it varies from person to person and the things that trigger them or have negative element attached with. There are also genetic risks included that shows the contribution towards variation that further bridges up with the genetic variation towards all the phenotypes that are related to health. In this an important factor that is present is of chronic stress and multilocus HPA-axis genetic variation. The term cortisol is referred to the idea where the HPA axis is being secreted because of any kind of threat that the individual faced or because of anything unusual that happened during the day by the person. Cortisol is responsible for having different effect directly on the body that includes the marshalling of the energy, the shutting of all the non-essential system and also help in understanding how to cope up with any threat. This chronic stress is known as the key predictor of NA where there is fatigue, depression, and different problems related to health due to any mental problem. The other element is related to the genetic variation where the collaboration and moderator between the negative outcomes and stress is presented. This shows that there is also an attachment of the genes and what the body get genetically and heredity of the parents.

There are some people who are genetically exposed towards having high level of stress. Genes are responsible for forming up proteins that makes the decision of how the body will function. There are minor and tiny differences within the genes that is known as the Single Nucleotide Polymorphisms affect in which the hormones are responsible for all kinds of the psychological responses that the individual is responsible for. The stress related disorders have many symptoms and different characteristics that are attached with the anxiety disorder where both the conditions are morbid and different studies have recently shifted towards this new category of stress within the genetic and diagnostic category.

Due to these genes some people show elevated response towards the stressful events and are considered to be far more emotional and sensitive as compared to other people. These genes are also responsible for working and performing under pressure where the focus and use is of the Catechol-O-Methyltransferase (COMT). Every person either possess a very high predisposition towards any kind of stress resilience or they have very low predisposition, depends on the kind of gene that they have. There needs to be awareness in the area that these genetic predisposition towards low stress resilience helps while showing and highlighting the areas of focus in order to boost up the mental fitness. There are multiple relaxing techniques that helps in relieving stress in an effective manner. There are multiple research conducted on the elements of stress that is genetic. A study conducted by Hetteema, (2010) shows that both the environmental and genetic factors are responsible for the individual who suffers from any anxiety disorder where they get the familial aggregation and the percentage of heritability is from 30% to 50%.

Rationale of the Study and Conclusion:

Hence, it is clear after the discussion and evaluation of psychological factors such as stress and anxiety that human health is being affected by them. However, there are other social circumstances as well that becomes the cause of bad human health. Social factors such as stereotyped behavior, discrimination, feeling of being left-out, and other factors that downsized the human potential to work becomes the cause of anxiety and stress. These factors led the human to perceive bad health. The rationale of selecting health as the centre of discussion for comparing theoretical approaches under biological aspects is the emerging concern about the physical health of people. In today's time, the healthcare of the people is the main concern due to widespread COVID-19 pandemic. People are being very cautious about their health and well-being. The COVID-19 has also put strain on mental health of the people. There are several studies being contributed under the

psychological issues cause by the fear of COVID-19. Moreover, infected people of the virus have also caught anxiety and stress which is an obstacle in their recovery. Therefore, the biologists, psychologists, and social scientists are looking forward to determine stress reducing interventions. This is the rationale of choosing health as the centre of discussion for the following study.

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