NURSING ESSAY SAMPLE

This paper describes the factors that determine the type and strength of the patient's response to the diagnosis. These are: individual traits, disease dimension and social environment. We talk about a person's personality as a biopsychosocial organization. Personality is a biopsy-social entity with complex adaptive capacities and styles of self-regulation (or disregulation) in a given physical and psychophysical environment. Effective personality confrontation with stressors of the environment, including illness, is also dependent on its psychophysical adaptive capacities, on cognitive, affective and other skills in observing and evaluating stressors, as well as on the knowledge and habits of the person and how to counteract them. Duration and quality of life, with genetic preconditions, largely depends on health behavior and attitudes, way of life and social environment. By observing age-related changes in the same age group, the process of growing up, maturing and aging varies depending on health behavior, health care, and other social factors in their lives. The quality of life in old age, although associated with physical health and functioning, does not have to be directly dependent on health factors. Some old people live well despite poor health, and vice versa. Psychological and social factors play an important role in determining the process of growing up, maturing and aging. Health as a general well-being of individuals results from many interrelated physical, psychological and social functions and relationships. There is a link between the psychosocial well-being of the individual and the physical health. The level of health care, the type, the number and the quality of the measures that an individual undertake to improve and preserve health depends on more psychosocial factors. Activities that an individual promotes, maintains, or improves on health are based on his personal understanding of health and his system of beliefs and values set during life. A sense of health that affects someone's overall behavior, the choice, the way and the frequency of everyday health-related procedures, starting from maintaining hygiene, work and physical activity, eating, sleeping and rest, intellectual activities, and drinking alcohol, tobacco and others harmful substances. For example, religion and culture play an important role in understanding health and the development of the disease. In some religions, the disease is perceived as a punishment for sins in choosing food, the way it is prepared and injected into the body, the use of alcohol, tobacco, and other harmful behaviors. On the basis of personal beliefs, each individual carries out activities that he believes or experiences to do well, while avoiding those he perceives as harmful. Based on all this, a nurse designs a plan of activities aimed at improving and maintaining an individual's health The personal value system develops early in childhood and is difficult to change. Change is possible through education because learning and positive interaction can help people change their beliefs. Family, school, church, culture, growth and maturing media influence the design of the value system. Knowledge plays a key role in maintaining health and improving safety. Health and safety learning must begin early in life and be carried out permanently by providing the necessary information again. Additional learning is compulsory whenever there is a significant change in the health of an individual. Acquiring new knowledge is possible with preserved cognitive abilities. Older people who maintain a positive outlook on life and have a positive image of themselves are more inclined to follow and implement procedures that use health. They stay healthier longer. Since the constituents of risk factors are more associated with social and psychological factors of aging than with biologists, they can be better affected by behavioral change. Man is very difficult to change his behavior, habits, and actions. Only those highly motivated to change will probably be successful.

Cognitive changes and sensory changes can lead to health maintenance problems because psychic functions primarily depend on the functioning of the brain and the nervous system, and in their age one can expect their weakness. Changes and adjustments that older people experience in the area of social relations and the environment have multiple implications for their

mental and physical health. Likewise, health problems and early-stage difficulties largely contribute to the disruption of not only the physical but also the mental and social integrity of an elderly person. Social support and the prevention of social isolation have a key protective role in the preservation of social and psychological integrity and the well-being of the individual. Social support can be expressed in a variety of ways, and for the elderly, in particular, it expresses the love, trust, respect of the close person, and the perception that one can rely on someone who will be willing to help at some point or who will share the joy of life and difficulties. Developing social skills in old age is a prerequisite for satisfaction and good health. An older individual may have difficulty communicating and communicating with others because of the personal value system he has built during his life because of his beliefs, faith, or culture. The ability to overcome stress differs considerably among older people and depends on how they learned to cope with stress when they were younger. Many older people will be emotionally distanced from circumstances that can not change and are more likely to seek shelter in spiritual or philosophical beliefs that help them overcome situations that can not be controlled. Understanding the person and her social needs and problems helps to better plan and implement activities aimed at improving and preserving overall health. The diversity of needs, lifestyles and life changes in adult population groups requires an extensive approach, with particular reference to the characteristics of certain age groups or the exposure to risk factors for the onset of the disease. Adult age is the most productive period of man's life, in which he builds and creates a profession, family, social status, fulfills many roles and makes important decisions affecting his health happiness and success. The characteristics of an individual are particularly important factors of health, happiness, and success, of which the cognitive ability, the affective component of personality, that is, the feelings and everything that affects them, and their previous experience are of extreme importance. Also important are social, ethnic and cultural affiliation and beliefs, language, eventual physical disadvantages, etc. The chronological age is one of the basic scales and prediction of personality development as well as its (no) ability to overcome the specific developmental tasks that most peers overcame for a given age and in a given cultural environment. Salutogenesis is a concept that focuses more on factors that support a person's health and a sense of satisfaction than those who cause disease (Latin: salus = health, genesis = root.) A large number of people whose healthy suppression means the main or only defensive mechanism in in the direction of positive adaptation, is about the circumstances in which the person has no possibility of anything essentially changing in the situation in which the person is in the position of being in the hands of the person to take no attention at unbearable circumstances attributions are a special kind of individual and / or collective beliefs, ie, quasi-realities claims that seek to "explain" the causes of their own condition, intent, behavior, and the behaviors and intentions of other people as well as the causes of stressful situations in everyday life. The process of attributing a person is used when trying to figure it out yourself and the world around you. He concludes on the characteristics of a person and on the causes of her behavior on the basis of observing her actions. So, the person starts from the objective data (behaviors he sees), and based on that information he draws conclusions on the intentions and characteristics of the person he is watching.

He also believes that the conclusion of some person is "objective" about it. He does not notice that the facts that make his own subjective assumptions about the cause of this person's behavior and take them as facts. This "inserting" process, adding missing data, or attributing a feature to another person or itself, is called the attribution process. Through the attribution process, we explain the motives and causes of an event. Trying to explain why something happened and why something just happened, one can attribute the causes of events to internal causes (attributes, motives, intentions) or predominantly to external ones. Thus, causes and behavior, success, or failure can be attributed to predominantly internal factors, thus causing the person to see their own behavior, success or failure in their own traits (internal locus of control). If the causes of his behavior are attributed to external circumstances that control and encourage its behavior, then the person trusts the external loci of control. Thus, the locus of control consists of two tendencies in everyday conclusion. The first is the strategy of outsourcing and is based on the external locus of control, and the second is the strategy of internalization (established on the internal locus of control). An outsourcing strategy is a belief in non-target causative force that a person or group is unable to control, such as: happiness, coincidence, legacy, law, justice, society, and the like.