



Whitepaper

2018

Human Psychology Update

Abstract

Science has developed tremendously in few days recently.

Medicines and Technology up gradations have helped the humans to understand the nature more clearly and with more clarity.

Psychology of human and its understanding have helped in diagnosing the real factory causing disturbances inside the human minds.

The recent Update helps in understanding the Psychology of human and critically appraises the topic through data and understanding of the topic.

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Introduction

Research has revealed new clues which might help explain why young people with the most severe forms of antisocial behaviour struggle to control and regulate their emotions and might be more susceptible to developing anxiety or depression as a result.¹

The Social Cognitive and Affective Neuroscience recently published a research study on Conduct Disorder among the Youth. Neuroimaging methods were implemented to identify symptoms of behavioral disorder - lying, truancy, physical violence, and extreme weapon use.

Researchers attempt to understand in depth about how an adolescent brain is wired, when he/she is suffering from Conduct

Disorder. What does he/she think? How does the environment surrounding him impact the individual? Common psychopathic traits include lack of guilt, remorse, and empathy.

The research teams conducted functional MRI scans of developing teens to study their amygdala i.e. the brain's part which helps an individual understand and react to emotions. The study involved communication of amygdala with other parts of human brain.

Previous studies concluded that adolescents having Conduct Disorder face problems in identifying angry or sad facial expressions. The objective was to find the cause of this abnormality at brain level.

Results proved that young people suffering from this problem recorded lower amygdala responses to anger and sadness. Hence, they face problems in understanding other people's emotions through facial expressions.

Dr Graeme Fairchild, Department of Psychology at the University of Bath, explains: *"These results may explain why young people with Conduct Disorder, but without psychopathic traits, find it difficult to control their emotions -- especially strong negative emotions like anger."*

Topic Understanding

Effect of Social Media

Social media, in several ways, has a detrimental impact on the mental health of the user. Depression is caused due to negative

thoughts of inferiority, anxiety, and jealousy. On the contrary, people who use social media channels for the sole purpose of networking do not succumb to depression. In some ways, social networking may benefit to improve a person's well-being as long as you use the platform to connect with your distant friends and family, and not get affected emotionally with others' activities.

Researchers believe before a person creates an account on any social media platform, his/her purpose should be crystal clear. These sites are platforms for sharing any kind of information but may not be an accurate representation of that person's life. You may question the presence of such a profile in the first place; but, people who are suffering because of other people's posts/activities they need to

check themselves. Comparing your life with others is the worst mistake, which will ruin your happiness. As Theodore Roosevelt said, "Comparison is the thief of joy."

Contrarily, we have waged wars over greed and land, as people are never contented with what they have and are always wanting more.

Social media is taking advantage of this quality of a human being. It is easier for people to peek into other's life. The problem for the modern generation is not the same as faced by their predecessors.

Although, Facebook is introducing preventive measures to provide a pleasant networking experience.

Research studies on social media trends and behaviors conclude people leading a happier life have a high level of personal

engagement rather than passively scrolling. They encourage personal interactions with friends, acquaintances, and like-minded people. You must realize that these online platforms are good marketing tools for promoting brands, and other commercial businesses.

Excessive use of social media also impacts your physical health. Addiction to Facebook is considered more dangerous than cigarettes' addiction. Sean Parker, the first President of Facebook, believes that the validation on these social media platforms generates a dose of dopamine (an addictive hormone in our body) among users. Physical health has also given much reason to worry about excessive social media usage.

Would you believe it that the founder, Mark Zuckerberg does not access his own Facebook account? The founders realize its negative impact on life. Instead, his team handles the personal account, on his behalf. They moderate his comments, write posts, and arrange photo opportunities for him.

The English daily 'The Guardian' reported on Twitter that out of 9 senior executives only 4 tweet more than once daily on an average.

CFO, Ned Segal stated that his account has been active for over 6 years and he has posted less than 2 tweets per month.

While talking about the features of an iPad, Steve Jobs once stated that he wouldn't let his kids near it. He also told the New York Times that his kids haven't used an iPad and they gain limited

access to technology at home. Technology is an enabler and not a hindrance; it is up to us how we take something that can create a positive impact and turn it to being destructive.

As is the case of nuclear weapons, the rapid growth of technology has impacted people by influencing their needs of instant gratification and addiction, which makes them more vulnerable to mental disorders. When used responsibly, social media can benefit the society enabling creation of communities involving like-minded people to share their views and sentiments. The World Wide Web offers great scope of globalization, provided how we incorporate it in our experiences.

Anxiety/Depression

About 2.6 million American children and adolescents had diagnosed anxiety and/or depression in 2011-12, reports an analysis of nationwide data in the Journal of Developmental & Behavioral Pediatrics, the official journal of the Society for Developmental and Behavioral Pediatrics.

The journal is published by Wolters Kluwer. ²

The instances of children diagnosed with anxiety and not depression have increased manifold.

Researchers analyzed data of the National Survey of Children's Health for 2003, 2007, and 2011-12. Recently, over 65,000 parents were asked to share about their children's problems related to

anxiety and/or depression. The age group of the sample was between 6 and 17 years.

The results from 2011-12 survey concluded 5.3 percent of children and teens suffering from current anxiety or depression. Prevalence of current anxiety increased significantly between 2007 and 2012; rising from 3.5 percent to 4.1 percent. However, no significant change was recorded in the prevalence of current depression as it was 2.5 in 2007 and 2.7 in 2011-12.

"These estimates correspond with approximately two million children aged six to 17 years in 2011-12 with current anxiety, 1.4 million children with current depression, 2.6 million with current anxiety or depression, and 760,000 children with both," Dr. Bitsko and coauthors write. In 2003,

the percentage of children diagnosed with anxiety or depression accounted to 5.4 percent, which increased to 8.4 percent in 2011-12.

Children suffering from anxiety/depression may be diagnosed with other chronic health issues such as obesity, neurobehavioral disorders etc., resulting in increased healthcare services, school problems, and higher levels of aggravation for the parents.

Dr. Bitsko and other researchers write, ""Despite significant healthcare needs, nearly 20 percent of children with anxiety or depression did not receive mental health treatment in the past year"".

Only 1/3 of the patients accessed a 'medical home', healthcare through referrals and coordination with care providers.

Repeated surveys provided new information on the extent of anxiety or depression experienced by adolescents and children in the US. National estimates are much lower than the data obtained from community research, implying under-diagnosis of anxiety among children and teens.

Common attributes include school problems, unattended medical needs, parenting stress etc. Supporting children to fight against anxiety/depression requires cooperation and collaborative efforts of parents, teachers, and healthcare providers. There is a need of further research, which will help identify factors related to the rise of anxiety and also evaluation of improved coordination along with other core strategies to improve the mental well being of children.

Stress among Older Adults

A recent study finds that older adults are better than younger adults at anticipating stressful events at home -- but older adults are not as good at using those predictions to reduce the adverse impacts of the stress.³

A new term 'home stress' has been doing rounds in the recent years.

But, what does this term mean? Yes, you are right it is the stress caused due to daily household chores. It is not easy to maintain a healthy and peaceful home. Older adults, especially above 60 years face a lot of stress compared to young adults. However, when young adults i.e. people below 36 years of age feel stressed, the stressors do not impact their moods adversely. Hence, younger adults are better

at anticipating these stressors and can cope with home stresses better.

107 adults between 18-36 years and 116 adults (60-90 years) participated in an 8-day survey related to mood swings, stressors, extent of predicting stress levels, as well as coping mechanisms. The results of this study concluded very little impact on older adults as compared to the positive effect on younger adults. Apart from an exception that often younger adults were stuck in stagnant deliberation. i.e. people try to solve a problem but feel as if no progress has been made.

"It's kind of like running in place mentally, and we found that younger adults who engaged in stagnant deliberation had a steep increase in negative affect when the home stressor happened," Neupert says.

Often, such incidents result in a backfire for young adults, worsening the situation even further. On the other hand, older adults are not affected by stagnant deliberation in any manner.

"This really highlights the distinctions between age groups when it comes to predicting and responding to stress in particular contexts," Neupert says. The study, for instance also identified stress patterns at the workplace and deduced little difference across working populations of different age groups. However, at home the differences are dramatic.

Warning Signs

There are various symptoms to identify mental illnesses, based on the type of disorder, factors, or circumstances. Symptoms of mental illness may affect our thoughts, emotions and behaviors.

Common warning signs include:

1. Sadness or feeling low
2. Lack of focus/concentration
3. Confused thinking
4. Extreme mood swings
5. Excessive fear

6. Extreme feelings of guilt
7. Low energy, tiredness
8. Insomnia or problems with sleeping
9. Hallucinations, detachment from reality
10. Preference to stay alone (withdrawal from fun activities and friends)
11. Failure to cope with daily issues or stress
12. Problems in understanding others' emotions/feelings
13. Changes in appetite and eating habits
14. Alcohol/drug abuse
15. Suicidal thoughts

16. High levels of anger/violence/hostility

17. Low sex drives

Preventive measures

You do not have a certain remedy to cure or avoid mental disorders.

However, you make take necessary steps to keep a check on your stress level, increase resilience, and achieve high levels of self-esteem to avoid these symptoms.

1. Attend to warning signs: Consult a doctor/therapist to become aware about activities that may lead to the symptoms of mental illness. Plan a set of routine tasks to keep a check on your

cognitive activities. You may involve friends or family members to identify these warning signs.

2. Regular health checkups – Do not skip your doctor visits, in case you are not feeling well. You may encounter health problems requiring immediate attention, or it may be the side effects of some other medication.

3. Take much required assistance: If symptoms worsen due to a delay in treatment, it may be detrimental to your mental health.

Long-term treatment helps avoid relapse.

4. Healthy habits: Sleep properly (6-8 hours for adults), eat healthy, and exercise regularly to keep your mind healthy. A disciplined schedule helps you maintain decent work-life

balance. Consult your doctor if you face problems in sleeping or need advice regarding your diet and other physical activity.

Conclusion

At a global level, focus is on study, research and care practices to improve mental health. A sound mind can impact your daily life, human relationships, as well as physical health. It also includes the ability of an individual to live life happily and enjoy every moment

in order to achieve a healthy balance between life's activities and develop psychological resilience.

Mental health issues and disorders may be prevalent today, however there are several remedies if due attention is paid to the development of symptoms at an early stage.

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