

Their Assistance and Contribution to Hygiene and Disease

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It is customary in today's everyday life to hear for many the following message: Being optimistic, everything will go well. But what does optimism actually mean, and in particular how it contributes to mental health and disease?

Initially optimism is the belief that people will run smoothly and nicely, regardless of any unpleasant situations that people may experience at any given time. Optimistic people take the obstacle that is presented to them or any malaise in their life as a result of a factor which is transformed into hopeful by changing the way of thinking and approaching.

Based on the aforementioned definition, the NAS method of aging, which was conducted with the veterans administrations in 1962, was then quoted. Experts were invited to study the link and correlation of optimism with that of pessimism by studying individuals aged 21 to 81 with the basic requirement that they are all healthy. The result of the research has shown that optimistic people tend to go into a more effective and more optimistic assessment of the negative [1], and on the other hand, it is necessary to continue this research to define health as a condition characterized by a lack and absence of some kind of disease (Boorse, 1975). Whether we are referring to physical or mental health, it is obvious that there is an inextricable connection between the two, for the sake of the genetic and emotional factors that form the stone for the relationship they exist.

Initially, body health reflects the condition in which our body is located, such as poor food intake, low energy levels, anorexia, obesity and other physical illnesses and disorders.

On the other hand, mental health is defined as hormonal balance, sleep function, the immune system. <http://www.klimaka.org.gr/is/index.php?option=com-content&view=article&id=71&/emit=472>.

Also regarding mental health, the lack of evidence of cerebral dysfunction signifies the non-existence of the disease (Scull, 2003).

However, the certification that the individual is suffering from a mental disorder is manifested by his dysfunctional attitude towards the social environment (Ulis II, 2003).

Ervin Lemert presents three types of behavior that make it deviant.

Primary deflection or deviation, reflecting the first divergent behaviors unusual by the individual.

Social Reaction is the process in which the individual attempts to justify his behavior, because he or she feels at the first stage that he is opposed to something normal.

Secondary deviation where the complete reaction of the individual to the institutions and to the persons who reacted socially against him is found [2].

The role of hearing in health

Plenty of research shows the correlation of optimism with mental and physical health. Optimism, however, proves that as a trait of a person's personality it contributes to depression (Buchanan 1945, National Institutes of Health 2000).

In a sense there is a challenge and the existence of headaches and other mental disorders.

Optimism as opposed to pessimism is the springboard for achieving and realizing goals, hope and goals for our lives [3].

A great role is also the impatience of some people for the realization of some goals, when they are not concerned about the possible outcome of the anticipated events, this contributes to perturbation of personal mental and physical health [4].

The role of earthquake in patients

The admission of doctors to the psychological temper of the patient is reflected in the patient's positive or negative reaction during a treatment.

It is a universal truth now that patients characterized by optimism embrace a fighting struggle and are less likely to end up in death. The constant circle of people in a person's life is also the golden rule of optimism.

However, it would have been wrong to think that an optimistic person does not experience anger, pressure, and tension in his everyday life. Of course, only the difference lies in the fact that he basically experiences a great deal of satisfaction from the contribution of optimism as a person's trait signifies that the individual is better able to cope with the difficult situations of life as he adapts towards them in the most energetic way, focusing more on the positive ones than on the negative ones. This person is driven in a responsible attitude where he takes responsibility for the problems without staying in a thrush of magic and activating against them.

Pessimists therefore do just the opposite of being optimistic. They are particularly vulnerable, with negative thoughts, lacking mood and showing weakness in their immune system. Negative thoughts and pessimism also neutralize the best treatment.

The role of the individual's goals is crucial for successful treatment.

According to Elliot, Shewchuk and Richards [5] found that "as much discomfort and depressive symptom as patients experienced in the hospital, the lower the acceptance of the problem and the new situation, and thus the more difficult adaptation by leaving the hospital".

In order to confirm these views, the Danish oncologist Anders Boden Gennen in 1991 implemented a study aimed at establishing whether the positive psychological condition contributed to the treatment of breast cancer in women. The results showed that women who had difficulty expressing their feelings and their rage and anger, were highly likely to relapse cancer.

Adaptation to a chronic illness by Stewart, Ross and Hartley [6] for 4 areas

- Organic (pain, fatigue, functionality)
- Social (isolation, stigma, relationships with family)
- Emotional (financial issue, re-evaluation of values)
- Behavior (health check, patient development management)

Based on Shontz [7], the person understands the disease with a successive series of reactions

- Initial Shock
- Confrontation
- Retreat

These strategies are affected by factors such as those associated with the disease by personal and environmental factors.

Oi Livneh and Antonak [8] report that adapting the individual to a disease is not the same and the same for everyone.

According to these there are 4 classes of interactive variables related to person's adaptation to a chronic illness, which are disease-related, social, individual differences. Two scientists, the process of adaptation is lasting, fluid and dynamic. The process of adaptation is characterized by reactions such as: anxiety, depression and reward and integration into the new situation.

According to Fawzy, Cousins, Fawzy, Kemens, Elashoff, and Morton [9], Fawzy and Fawzy [10], Bower, Kemeny and Fawzy [11] proposed 4 ways of intervening for the chronic psychological condition of patients.

- Patient education on health and illness
- Stress management
- Training in stress strategies (such as awareness of stress factors such as optimism)
- Psychological support and social support
- It is a program of about 10 weekly meetings of approximately 2 hours
- The goal is to relieve, cure, manage the disease and ensure quality of life.
- The ultimate goal of always being a need for a balance between hope, positive expectations and realities.

Optimism, love, laughter, and joke have healing qualities.

The optimistic person is always the one who, even in the most difficult conditions, faces the situation by focusing on positive signs.

It is worth concluding with the following conclusion: Most people, even under difficult conditions, finally manage to cope and continue their lives, finding their optimism and sense of competence [12-16].

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