

Health Psychology

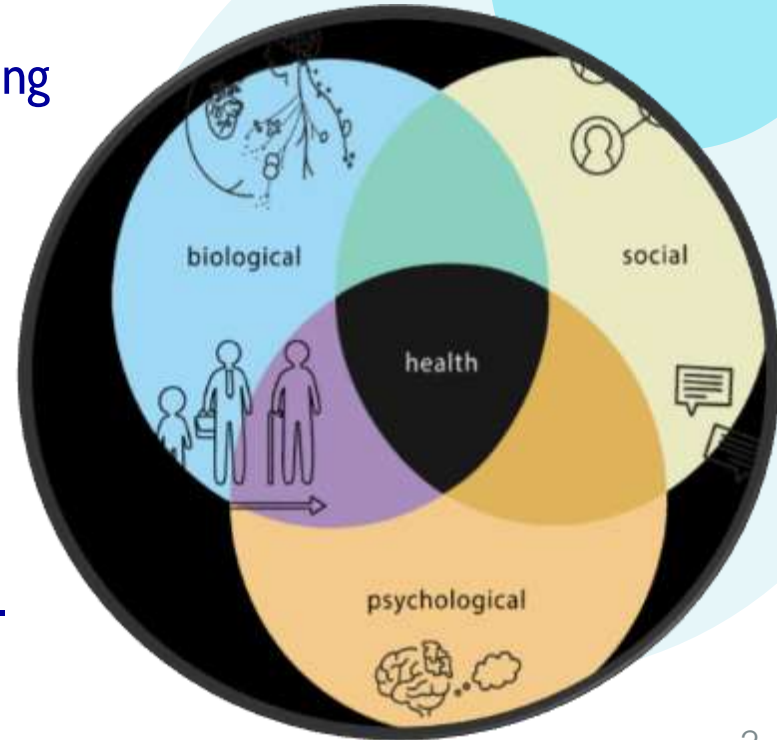
Febri Endra Budi Setyawan



Health Psychology?

Studying the effect of psychological on health, why being sick, and how to respond if in a state of illness :

1. Improve and maintain health
2. Prevention of illness
3. Seek the cause and detection of the pain
4. Improve health care system and health policy
5. Patient and family response to illness and disease.





The Concept of Health Psychology



Health:

A complete state of physical, mental and social well being and not merely the absence of disease or infirmity

(WHO, 1948)



Biological
Perspective
(medical
focus)



Psychological
Perspective
(focus on
mental)



Sociological
Perspective
(focus on
human
relations)

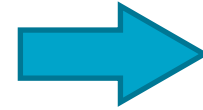


Spiritual
Perspective
(focus on
transcendent
relationships)



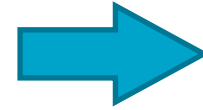
Perspective of Healthy and Sick

◎ Biological Perspective → focus on medical



Disease

◎ Psychological Perspective → focus on mental



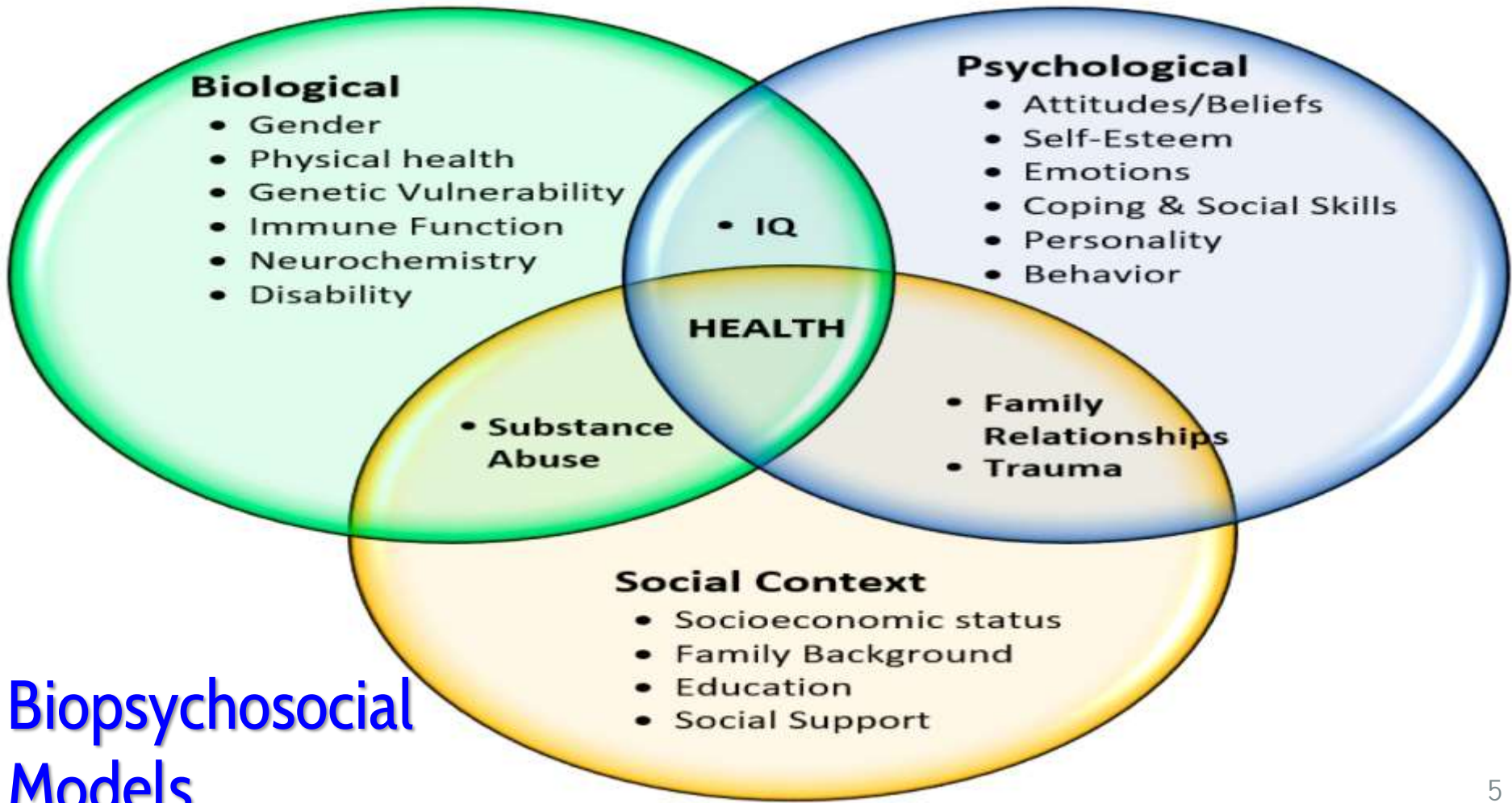
Illness

◎ Sociological Perspective → focus on human relations



Sickness

◎ Spiritual Perspective → focus on transcendence relationship



Biopsychosocial Models

Causes of Psychological Disorders

- ◎ Traffic accident
- ◎ Natural disasters
- ◎ Lost people are loved
- ◎ Social economy
- ◎ Severe disease / advanced stage

Psychological Stages

- ❖ Shock & denial
- ❖ Anger
- ❖ Bargaining
- ❖ Depression
- ❖ Acceptance

Stress Management

Know stress

Search help

Relaxation of the body

Do not overload

Change the perspective

Get enough sleep

Avoid the use of drugs

Type of Personality Hippocrates & Galenus

Sanguine

- want to be famous, like to talk, interested, expressive, cheerful, full of curiosity



Psychosomatic Hypertension

Choleric

- dynamic, decision-making, tough on targets, free and independent, happy with obstacles



**CVD (HT, CVA)
Metabolism Disorder**

Melancholic

- often anxious, easy to give up, analytical



**Autoimmun
Psychosis**

Phlegmatic

- not happy to take place on the dispute, trying to find a way out, delighted at the quietness



Healthier

THANKS!

