
UNIT 1 PSYCHOLOGY AND MIND-BODY RELATIONSHIP*

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1.1 LEARNING OBJECTIVES

After studying this Unit, you would be able to:

- *Explain the nature and scope of psychology;*
- *Describe the branches of psychology;*
- *Understand the relationship between mind and body;*
- *Explain the meaning of psychosomatic factors;*
- *Discuss various approaches to health; and*
- *Point out the importance and implications of the biopsychosocial model of health.*

1.2 INTRODUCTION

Rina studies in class 9th. She has many interests, particularly she likes swimming since she has learned it last summer. But this time she was hesitant to go for it and was sad about it. Upon querying, she told her mother that she feels shy in the swimming costume as she is a little fatter. Some of her friends had also taunted her about it. She has always been a little fatty from her childhood and as she is growing now, she is starting to feel conscious about how does she look and feels stressed.

Arpit is a class 12th boy who is studying commerce. However, he is still not sure

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about what to do after completing 12th. As he is average in studies, he is also anxious about securing good marks in the final exam and getting admission in college. He wants to know about options for a student like him, and feels very stressed and lethargic sometimes.

Mahi is a young woman who has completed her Masters degree and now wants to go for a good job. But there is pressure from her parents' side to get married as in their community, girls by this age should have been married off. But she wants to first be financially independent and then think about marriage. There are a lot of arguments with her parents since past few months, and she is feeling constantly stressed and frustrated. Of late she has been experiencing back pain also but the doctor could not find any reason for it. Her parents told her that she is all making it up as back pain does not occur at such a young age.

Prabhakar has now retired from his govt. job. He served in the administrative department of a university. He has two girls who are yet to be married and a son who just finished his Masters degree and is looking for a job. He is concerned about managing the daily expenses as his wife is not working and his children are also not settled. He was a very sincere and responsible worker and discharged his duties properly in his job. He wonders now what did he get out of it while feeling burdened by family responsibilities. He has developed health problems, feels life as meaningless and is not able to concentrate in his daily life.

What do you think about the above examples where the concerned persons are facing different issues and challenges in their life? You might have felt the need to visit a psychologist for help and support to deal with the issues, challenges and concerns of growing and living.

You probably have an idea about what psychology is and what does it study. But do you know exactly what psychology is, what does it study, what is the scope, where all we can apply psychology, and how does it help us live an effective and good life? In this unit we will learn about the field of psychology in terms of its meaning, nature, and the various branches of psychology. Further, we will discuss how psychology can help us understand the relationship between our mind and body which has a significant impact on our health and living. The implications of the biopsychosocial model of health will be explained in this context.

1.3 NATURE, SCOPE AND BRANCHES OF PSYCHOLOGY

Psychology is a scientific study of human and animal behavior and mental processes. Behaviour includes outward or overt activities – how do individuals behave, what do they do, what actions they engage in etc.; whereas mental processes refer to covert or internal activities such as our thoughts, emotions, motivation, perception, learning, memory, intelligence, problem solving, and creativity etc. As the American Psychological Association (APA) states, psychology is the scientific study of mind and behavior.

Psychology is a science as it uses systematic and scientific methods to study these behavior and mental processes. We have physical sciences like physics, chemistry etc. which study 'matter', or the physical systems. There are biological sciences such as botany, zoology etc. which study 'life' or living systems. Similarly,

psychology can be called as the science of mind which focuses on studying the mental or psychological processes and behavior of human beings, derives laws of mind, proposes theories and explains human behavior. It answers the 'why' of human behavior - why do we think and behave the way we do – and also the 'how' of it by studying the changes in brain and the neural correlates of it.

Psychology can be called a natural science. As in any science, it uses scientific methods of experimentation, observation and establishes theories to explain psychological concepts. Research in psychology engages in **description** (what it is), **explanation** (why and how it is happening), **prediction** (determining if it will happen in future), and **control** (changing or modifying) of the behavior, psychological constructs and phenomena. It has come up with various theories of perception, attention, learning, memory, thinking and language etc. to describe, predict and control, modify behavior.

Psychology is also called a social science. Human beings live in a society and hence the sociocultural factors do play a significant role in influencing their growth and development in various aspects. Psychology thus studies the interaction between the individual and the contextual factors of society and culture in which s/he lives while explaining human behaviour and mental processes.

The first scientific study of psychology began in the psychology laboratory of Wilhelm Wundt in Leipzig, Germany in 1879. He started psychology as an independent scientific discipline, different from its' earlier philosophical roots and associations influenced by Socrates, Plato and Aristotle. Hence Wundt is known as the Father of Psychology. Later on William James came up with his book 'The Principles of Psychology' in 1890. In the same year, American Psychological Association (APA) was established. Various approaches and theories have been developed since then such as *psychodynamic*, *behaviouristic*, *humanistic*, *cognitive*, and *constructivism* to study human mind and behavior.

Psychodynamic approach started with Sigmund Freud's psychoanalysis which emphasized on the unconscious aspect of mind and gaining insight into it. All the subsequent theories (e.g., theories given by Jung, Adler, Erikson) based on Freud's ideas are grouped under psychodynamic theories.

Behaviourism focuses on the influence of environment on human behavior. They do not consider the internal mental states. Contrary to this, Humanistic theories, called the third force in psychology, focus on the innate goodness of human beings, emotions and mental processes, subjective view, personal experiences, free will, and meaning in life.

The next dominant force in the field of psychology is the Cognitive theory which centres around information processing approach, how environmental inputs are processed mentally and affect our emotions, experiences and behavior. It focuses on cognition or the process of knowing and studies constructs like thinking, problem solving, creativity, decision making, memory, language etc. A recent approach within cognitive theory is constructivism which states that individuals actively construct their mind and cognition as they develop based on their own experience and also in interaction with social-cultural facets (e.g., parent-child interaction etc.)

The focus of study in psychology is the whole human being, with all its' attributes, characteristics, biological factors as well as psychological correlates. In other

fields such as economics or sociology, human beings are studied in respect to particular aspects or contexts. In psychology, however, the focus is on studying the individual as a whole. Since psychology studies human beings themselves, the scope of psychology is very vast. It has applications in almost every area wherever human beings are involved. The knowledge, principles, skills and research related to psychology can be applied to:

- Promote mental health and well-being of people
- Treatment of mental disorders
- Understanding human growth and development across life stages
- Addressing learning problems and enhancing learning
- Improving workplace communication
- Building up employee morale, productivity and satisfaction
- Creating a happy workplace and school culture
- Informing policies and regulations
- Facilitating optimal performance in different arena
- Motivating human beings to change for the better
- Deriving purpose and meaning in life

Branches of Psychology

Psychology has expanded manifold. It has made its foray into diverse fields, applying knowledge and research in psychology to different areas involving myriad aspects of human functioning. Following are some of the major branches of psychology.

Clinical Psychology focuses on studying mental disorders. It explains the clinical features of disorders, assessment and diagnosis of disorders; etiology/causes of disorders; and treatment or intervention and management of disorders. Clinical psychologists mainly focus on psychological assessment, diagnosis and providing psychotherapies to the clients.

Counseling Psychology deals with cases faced by life's day-to-day issues and concerns that affect their mental well-being, whereas clinical psychology deals with serious concerns of mental disorders. Counseling psychology addresses psychological problems of milder in nature and provides counseling interventions to reduce their stress and promote well-being.

Health Psychology takes a holistic perspective and studies how our health gets affected by a dynamic interaction among various factors such as our behavior, cognitions, environmental factors and biological factors in the particular context of the person. It studies stress, coping, patient-doctor relationship, strategies for health promotion etc.

Life span Psychology, also known as *Developmental psychology*, focuses on studying all the developmental stages across the entire life span, starting from pre-natal stage till the old age, death and dying. It describes aspects of

development, self and identity development, impact of environmental factors on development etc.

Cognitive Psychology focuses on studying human cognition using information processing approach/model. It studies different faculties of mind, functioning of the mind such as how do we think, store and remember information, how these are processed and used. It also addresses problems related to psychological processes such as learning disabilities and amnesia. A new development in this field is *Cognitive Neuroscience* which examines the neurological correlates associated with cognitive functioning. It studies the changes in our brain and nervous system when we engage in mental processes such as thinking, memory, learning etc. The emerging field is *Cognitive Science* which is an interdisciplinary field drawing on psychology, neuroscience, artificial intelligence, and linguistics.

Social Psychology focuses on the study of human behaviour in the context of the group and the society. Areas of study include social perception, social interaction, social influence and social behavior- how these affect our cognition, affect and action. Pertinent topics covered are aggression, prejudice, inter-personal attraction, conformity, pro-social behavior etc.

School Psychology aims at building up a conducive school climate that enables all students to develop optimally and thrive in all areas of development including cognitive, social, and emotional. It facilitates a school culture with best practices and policy formulations for the betterment of all the stakeholders in the school.

Organizational Psychology studies human beings in the work context. It focuses on the selection and recruitment process, training, motivation, communication, performance appraisal, leadership, quality of life etc. aiming at a harmonious growth of both individual and the organization.

Personality Psychology addresses the individual differences among people in their personality characteristics, how these get influenced by and also influence human behavior and mental processes. Both the role of nature and nurture are studied.

Environmental Psychology aims at studying the dynamic influence and interaction between human being and their environment. Each impacts the other in shaping our thoughts, attitudes and behavior. Research areas include studying the effect of physical environmental factors such as temperature, pollution, crowding etc., and also efficient ways of waste disposal, conservation of environments and so on as they are impacted by human behavior.

Sports Psychology applies the principles of psychology in the sports field to enhance the performance of sportspersons, deal with the stress experienced as a result of demands and expectations to excel, working in a team and sustaining motivation.

Forensic Psychology is applied to the field of law and legal system in guiding the legal proceedings, assessing competency to stand trial, training police personnel to handle such cases and threat assessment.

Neuropsychology studies human behavior and mental processes in relation to the brain and nervous system. It uses imaging techniques such as fMRI, EEG, PET etc. to study the images of brain and nervous system and the associated mental processes.

Cross-cultural Psychology studies the dynamic relationship between culture and human behavior and cognition. Since culture is a dynamic force in an individual's life, it influences one's thoughts, affect and behavior. It can have both a facilitative and hindering role in the development and performance of the individual.

1.3.1 Psychology in India

Psychology as an academic discipline started in modern India first in 1916 with the establishment of psychology department in the University of Calcutta. Later on in 1938, the department started an applied psychology wing. The focus of early research in psychology was on psychoanalysis, experimental psychology and psychological testing influenced by the Western tradition. Prominent psychologists in India who contributed significantly to the field are Durganand Sinha, Radhanath Rath, Giriswar Misra, E.G. Parameshwaran, J.B.P Sinha, J.P. Das, Uday Pareek, R.C. Tripathi, R.C. Mishra, Ajit Mohanty, T.S. Saraswathi and many others. They have broadened the research arena of psychology moving beyond the issues of academic interest only, and focused on social issues and concerns studying poverty, disadvantaged, prejudice, language, socialization, family dynamics, human development, leadership, and other problems and issues specific to Indian society.

Recently there has been an interest in focusing on Indian psychology, the study of ideas and theories of Indian origin (Ciccarelli & White, 2018). Many researchers have done remarkable work in the field of indigenous knowledge systems in India and contributed to the growth of the field of Indian psychology (e.g., K. Ramakrishna Rao, J.B.P. Sinha, S.K.Ramachandra Rao, Durganand Sinha, Giriswar Misra, Ajit Dalal, R.M.M. Cornelissen, R. Safaya, Anand C. Paranjpe, Sudhir Kakkar, D.P.S.Bhawuk, Manickam, Kiran Kumar K. Salagame, Suneet Varma etc.).

However, research in Indian psychology needs to be brought to the mainstream and it needs to be reflected majorly in our syllabus at the universities. Indian philosophical tradition has extensively focused on mind, mental processes, self, consciousness, mind-body relation, meaning in life etc. Our ancient texts and scriptures are a rich source of knowledge and concepts related to psychology. Our Vedas, Upanishads, Patanjali's Yoga Sutras, Bhagavad Gita, epics like Ramayana and Mahabharata etc. offer pertinent information, knowledge and wisdom about human life, mind, understanding self, how to live life, value system, personality, realizing oneself, achieving a state of transcendence etc. (e.g., concepts of *karma*, *dharma*, *bhakti*, *pancha kosha*, *gunas*, *moksha* etc.). Thus psychology needs to look at the cultural context when trying to understand and explain mind and human behaviour.

Some Quick Points

- Psychology is the study of behavior and mental processes.
- Sociocultural context plays an important role in human behavior.
- Scientific research methods are used to study mind and behavior.
- Goals of psychology are to describe, control, explain, and predict various psychological constructs and phenomena.

- Psychologists provide various psychological interventions, counseling and psychotherapy to deal with psychological problems, disorders, and also to promote mental health and well-being.
- A psychologist has Masters and Doctorate degrees in the field of psychology whereas a psychiatrist is who has a medical degree and then specialized degree in psychiatry. Psychiatrists only can prescribe medicines, not psychologists.
- Knowledge and principles of psychology are applied in various fields ranging from education, school, career context to work, clinical, military, forensic, sports and health area.

Self Assessment Questions 1

1. According to American Psychological Association, psychology is the scientific study of _____ and _____.
2. Psychology can be called as both natural science and _____ science.
3. The first psychology laboratory was established in the year _____.
4. _____ psychology deals with serious concerns of mental disorders.
5. _____ studies human behaviour and mental processes in relation to the brain and nervous system.
6. The first psychology department in India was established in 1916 in the University of _____.

1.4 MIND-BODY RELATIONSHIP

As we discussed earlier, psychology studies mental functioning and behavior. Two important aspects of human beings are mind and body. Hence when we study about mind and related mental processes, there is a need to understand these in relation to our body also – the brain, nervous system, hormones, immune system, disease, disabilities etc. There is a bi-directional influence between our mind and body. They do not function in isolation. Our mind consisting of our perception, thoughts, emotions, motivation etc. affect our body's functioning, physical health; similarly our body's capacity, health conditions affect our mind and mental health. Thus there is a relationship between physical health and mental health, both affect each other. For instance, our immune system gets affected by both physical and mental health. In the case example of Rina given in the beginning of this Unit, you can see how her perception of her body image as influenced by others around impacts her health.

Mind-body relationship in the context of human functioning can be viewed in the following ways (Leitan & Murray, 2014): (i) Separation of mind and body from the conceptualization of human functioning (uncritical dualism), (ii) Elimination of mind or body from the conceptualization of human functioning (exclusivism), and (iii) Mind and body conceptualized as a single holistic system (mind-body monism). The researchers propose a holistic conceptualization of the mind-body relationship to address the individual as a whole.

**If one does not have any physical disease or illness,
does it mean that one is healthy?**

Mind-body relationship has a significant impact on our health. Health does not refer only to physical health, it is not concerned only to what we eat. Rather health also includes what we think, say, feel and how we behave. Our thoughts, emotions and actions are equally important in affecting our health as the food we take. Further, As the World Health Organization (WHO, 2014) states, health is not merely the absence of disease or infirmity and is a dynamic state of complete physical, mental, spiritual and social well-being. There are three main aspects of this definition: (i) health can be considered on a continuum of health – illness, and the absence of disease may not necessarily make one healthy; (ii) health is a dynamic state, and is influenced by various factors; and (iii) health consists of all the four aspects of physical, mental, social and spiritual.

However, the part of the definition focusing on ‘completeness’ has been criticized, since an individual may suffer from health problems but consider herself as healthy. What matters here is how the individual perceives and thinks about it, what emotions she brings into it, how does she adapt to the illness. This indicates the importance of the underlying dynamics of mind-body relationship. People can successfully adapt to an illness and feel healthy despite limitations (Huber et.al., 2011). This brings in a sense of empowerment in the individual. Known as disability paradox, age-related impaired functioning does not reduce the perceived quality of life if people are able to develop successful strategies for coping (Von Faber et.al. 2001). Thus health is defined in terms of a person’s ability to adapt and function adequately at physical, mental, social and spiritual level within the context of her environment (Svalastog et. al., 2017).

Psychological factors and social factors need to be considered alongwith the biological factors to enable the person to deal with the illness and disability. Our thoughts, attitudes and emotions are powerful tools which can mediate our perception and experience of illness in significant ways. The type of personality we have, the life style we lead, the social environment we live in – all can affect our health. Thus wellness which refers to physical health, and well-being which indicates overall mental health, both are important for an individual to be considered as healthy. Hence both mind and body are important for the health and well-being of human beings.

The inter-dependence of mind and body in affecting our health and the comprehensiveness of the term health is also discussed by Dalal and Misra (2011) who state that health consists of three domains: restoration, maintenance and growth. Restoration refers to recovery from the illness, and the medical and non-medical interventions taken for this by the individual. Maintenance denotes a preventive approach where the individual engages in various health promoting activities and behavior (e.g., exercise, balanced diet, adequate sleep, meditation, positive thoughts etc.) to maintain good health. Finally, the domain of growth includes not only physical but also social, mental and spiritual aspects. Thus health is not limited to bodily aspects only, but goes beyond it to indicate the overall well-being of the individual.

1.4.1 Psychosomatic and Somato-Psychological Factors

When we have a physical symptom of pain or discomfort, we visit a doctor for check up and treatment. It may sometimes happen that the doctor is not able to find any medical cause or explanation for the symptoms. However, the symptoms, and the pain are real. This is called psychosomatic illness which refers to experiencing or suffering from real physical (somatic) symptoms which are not caused by any biological/medical factors, but are caused by psychological factors such as stress, anxiety, depression etc. In the case example of Mahi given in the beginning of this Unit reflects the psychosomatic factors, her back pain being due to the stress she is undergoing because of parental pressure and conflict.

The term psychosomatic involves both mind and body ('psyche' refers to mind, and 'soma' refers to body). Psychosomatic illness is defined as any illness that is caused, exacerbated, or perpetuated – either fully or partially – by psychological factors; which do not have any adequate medical explanation and cause significant distress or impairment in functioning (Katz, 2017). There are two scenarios here – psychological factors contributing to, that is, causing or aggravating physical diseases are known as psychosomatic factors (e.g., anxiety to perform on stage leads to stomach upset); and physical factors causing or aggravating mental disorders refer to somato-psychological factors (e.g., chronic illness can lead to depression). Both indicate the dynamic ways of interacting between the mind and body, and affecting our health. Somatic factors as well as psychological variables influence the symptoms and contribute to mental and physical health problems respectively.

In psychosomatic illness, the doctor treats for the pain and the biological symptoms are taken care of. At the same time, the source of this pain – the psychological factors – are also looked into and necessary steps taken in this regard. Stress, depression, anxiety etc. can manifest into physical symptoms and cause physical illness. There may be headache, back pain, neck pain, lowered immunity, stomach pain, bloating, changes in eating and sleep pattern, lethargic sense etc. Thus the emotional distress and pain inside the individual is expressed in the form of physical symptoms and illness. There may not be any medical explanation of the symptoms. The patient ends up in consulting so many doctors and doing so many tests and physical investigations to find the cause.

Hence it is very important to remember that bottling up of emotions can lead to health problems and one should learn to vent these out in a proper way. Managing stress starts with identifying the triggers of stress so that one can take timely action to prevent stress. One needs to learn proper ways of coping - focusing on acceptance-oriented and solution-oriented coping strategies, planning leisure time, relaxation, letting go, support groups etc.

1.5 BIOPSYCHOSOCIAL MODEL OF HEALTH

Health is influenced by various factors. As we grow and develop, we form a concept of our self and identity. This affects the way we perceive, think and behave. It results in facilitating or hindering our health, functioning and adjustment in different situations. It may also lead to maladjustment, mental health related problems, and mental disorders.

Various approaches have been used to explain these psychological disorders.

Biological Approach: This is the medical model where the biological factors are considered to be responsible for the psychological disorders and problems. Genetic factors, brain damage, anomalies in brain functioning, hormonal imbalances, chromosomal abnormalities, neurotransmitter system etc. are the causal factors for the disorders.

Psychological Approach: Psychological approach focuses on the psychological factors contributing to health problems and mental disorders. Three major perspectives under this are:

- *Psychodynamic* perspective which states that repression of unacceptable and threatening thoughts and desires in one’s unconscious mind leads to mental disorders and maladaptive behavior.
- *Behavioural* perspective views that maladaptive thoughts and behavior are learned from the environment.
- *Cognitive* perspective focuses on the role of our thought patterns as responsible for maladaptive behavior and disorders. It talks about illogical thinking patterns and irrational beliefs as causes.

Sociocultural Approach: Individuals are not alone. They live and function in a group setting. Hence the role of family, community, society, the socialization process and the cultural practices cannot be denied in the causation of maladjustment and psychological disorders. Sociocultural factors influence our thoughts, attitudes and emotions, which in turn impact our adjustment, functioning and well-being.

Biopsychosocial Model: The biopsychosocial model of health is a holistic approach to health developed by George L. Engel in 1977, which combines all the above approaches of biological, psychological and sociocultural to explain abnormal thinking and behavior. It takes a holistic view on the various factors (biological, psychological, and social) affecting the development, adjustment and health of human beings. For instance, biological factors may make the individual vulnerable to be aggressive, but environmental factors may cause it to manifest. Similarly, even if environmental factors may make one vulnerable, sociocultural factors may act as protective factors.

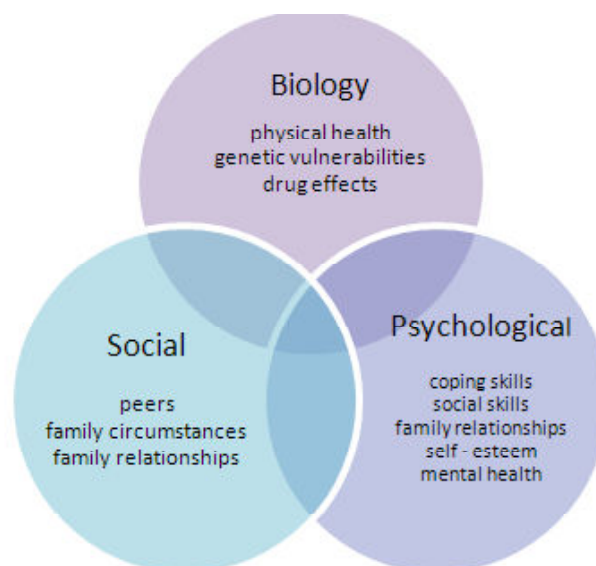


Fig. 1.1: Biopsychosocial Model of Health

(Source: https://commons.wikimedia.org/wiki/File:Biopsychosocial_Model_of_Health_1.png)

Important aspects in the biopsychosocial model of health are as follows:

- The biopsychosocial model moves from the limited construct of ‘disease’ (medical view only) to understand the human experience of ‘illness’ from the perspective of the patient (Engel, 1977). As Cousins (1990: xvi) says, ‘it is recognised that the mind must not be bypassed or underestimated in any effort to deal with breakdowns, whether from stress or pathological organisms’.
- Advocates a systems approach. The individual is not an isolated entity to be studied and treated, but they are part of an interrelated system organized in a hierarchical order. It consists of cells, tissues, and organs which are part of the individual; and the individual themselves are part of the family, groups, community, society, country, the world and the universe. Thus they are part of the wider social, cultural, spiritual system and context. The experiences at the individual level and at the systems level – both interact and influence each other. Treatment and psychological intervention need to take this into account.
- Active interaction and communication between the patient and doctor. It has several benefits for patients’ treatment and health outcomes (Kaplan, Greenfield & Ware, 1989). It empowers the patient, motivates them for treatment compliance, encourages them to plan and implement strategies to improve health especially in case of chronic illness.

Biopsychosocial model has given rise to newer fields of health psychology, behavioural medicine and psychoneuroimmunology. *Health psychology* is an important branch of psychology which mainly focuses on health, illness, their etiology and treatment, interventions to improve and promotion of health; and also improvement in healthcare system and health policy formation (Matarazzo, 1982). *Behavioural medicine* focuses on the behavioural or psychological aspects as medicine alongwith the biological medicine aspects for comprehensive treatment. It is thus based on behavioural sciences including psychology, sociology, anthropology (Schwarz & Weiss, 1977). *Psychoneuroimmunology* (PNI) focuses on studying the interactions between the brain and immune system and how this impacts one’s health.

Thus advances in the field of psychology and interdisciplinary approaches are helping us to understand the dynamics of health, illness and human cognition. This can have implications at the individual level (e.g., being aware of and modifying one’s beliefs, thoughts and emotions related to health and illness); and at the society level (e.g., health promotion strategies at community level, framing of health policies etc.).

It is pertinent to note here that the Indian perspectives on health also indicate a holistic approach, but they go beyond the biopsychosocial to the spiritual and philosophical aspects. As Ravishankar and Shukla (2007, p.321) state, Indian systems of medicine such as Ayurveda and Siddha focus on physical, psychological, philosophical, ethical and spiritual well-being of mankind. Achieving a state of health is related more to achieving a state of inner growth and realization, developing consciousness of the inner true self. Thus it is the most comprehensive approach to health advocating for harmony with one’s own inner self as well as the outside world and the universe.

Other holistic models are the 3 H model (head, heart, hands) and the BMSEST models (body, mind, spirit, environment, social, transcendent) which focus on

the role of spirituality in the larger health care context, useful for patient care, education, and research (Anandarajah, 2008). Sulmasy (2002) has also proposed a biopsychosocial-spiritual model to include the spiritual concerns of patients, thus taking into account the totality of the patient's relational existence-physical, psychological, social, and spiritual.

Self Assessment Questions 2

1. The physical symptoms experienced in psychosomatic illness are false. True or False.
2. In case of psychosomatic illness, the psychological symptoms in the patient only needs to be treated. True or False.
3. Illness is more indicative of subjective experience than disease. True or False.
4. _____ model of health considers chromosomal abnormalities and neurotransmitter imbalances as the causal factors for mental disorders.
5. _____ approach to health focuses on illogical thinking patterns as causes of maladaptive behavior and disorders.
6. The biopsychosocial model of health was given by_____.

1.6 LET US SUM UP

In the present Unit, you learned about what is psychology and how it can help us in understanding our self and leading a healthy life. Human beings are influenced by multiple forces which affects their physical health and mental health. The bidirectional influence of mind and body on each other makes it important to look at the individual as a whole. The biopsychosocial model signifies this and considers the role of physical, psychological, social and cultural factors in the causation of illness and promotion of health and well-being. Recent advances in the field of health psychology, constructivism and psychoneuroimmunology etc. are shedding new lights in understanding and promotion of health, stress and illness dynamics, and role of our beliefs and cognitions in illness and health.

1.7 KEY WORDS

- Psychosomatic illness** : refers to experiencing or suffering from real physical (somatic) symptoms which are not caused by any biological/medical factors, but are caused by psychological factors such as stress, anxiety, depression etc.
- Biopsychosocial model** : takes a holistic view of health and considers the biological, psychological, social and cultural factors as contributing to health and illness.
- Psychoneuroimmunology** : (PNI) focuses on studying the interactions between the brain and immune system and how this impacts one's health.

1.8 ANSWERS TO SELF ASSESSMENT QUESTIONS

Answers to Self Assessment Questions 1

1. mind, behavior
2. social
3. 1879
4. Clinical
5. Neuropsychology
6. Calcutta

Answers to Self Assessment Questions 2

1. False
2. False
3. True
4. Medical model of health
5. Cognitive
6. George L. Engel

1.9 UNIT END QUESTIONS

1. Discuss the nature and meaning of psychology.
2. Differentiate between clinical psychology and health psychology.
3. Describe the development of psychology in India.
4. Discuss mind-body relationship and its implications for health and illness.
5. Explain the biopsychosocial model of health and its implications for health policy formulation and implementation.

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