Health Care Problems of Physical and Mental Illness

Author Name(s), First M. Last, Omit Titles and Degrees

**Health Care Problems of Physical and Mental Illness**

The word health can be defined as complete well-being of a person on physical, mental and social aspects. The term Health cannot be limited to only physical health. It is a multidimensional phenomenon that includes all aspects of a human. In the same way, illness can be defined as the absence of health or any disturbance in any aspect of health. For any type of illness either it is mental or physical, healing is required. Healing is defined as the systematic response of individuals or institutions to overcome the illness. In the United States, health care is of most important for both the public and private sectors.

In the US, HIV / AIDS is a disease that has its impact on both, the individual and the society. Currently, 1.1 million people in US are infected with AIDS ("Services Issues", 2019). AIDS is a disease that is spread through a virus called the human immunodeficiency virus (HIV). HIV is generally transmitted from one person to another through a bodily fluid like blood and semen and affect the human immune system. As a society, we need to be very careful about blood transmission from one person to the other i.e the sexual relationships. This virus cannot transmit through eating, hugging or shaking hands with the patient.

Besides the physical disease like AIDS, the current US society is largely suffering from many mental health issues like depression, anxiety, insomnia and eating disorder to bipolar disorder, persistent depressive disorder, Obsessive-compulsive disorder and this list of mental disorders go on. About 43.8 million people are suffering from one or another kind of mental disorder and we spend approximately 201 billion USD on the treatment of mental illness ("Services Issues", 2019). Although American society is among the world’s most liberal and progressive societies, still this state of the mental and physical health needs our attention and we need to find out core problems in social and cultural norms. According to the functionalist perspective, health is crucial for the stability of the society. Therefore, a sick person must not be held responsible for his or her condition and should be allowed to exempt from normal social roles. (Kendall, 2019).

There can be different reasons for mental disorders in our society. The United States of America is where people migrated from around the world. Here we can find people belonging to a different race, color, economic class, and religion. Researchers have found that in such a diverse society like the society of the USA, diversity can cause mental disorders like anxiety and depression. The economic status of a person also can be a source of mental disorder in a person. Similarly, chances of a mental disorder increase in the cases of child abuse, social isolation for a long time, unhappy marriage / relationships, unemployment, poor housing and facing any sort of discrimination from society.

In short, we can say that there is an ultimate link between society and the individual. Any change in society affects its members and in the same way, the behavior of an individual determines the fate of a society. Besides, the medical treatment and preventing options to avoid any type of physical or mental illness, we also need to work on our behavior as an individual as well as a member of society (Kendall, 2019).

**References**

Kendall, D. (2019). *Social Problems in a Diverse Society.* ©2019 .

Services Issues. (2019). Retrieved 11 November 2019, from https://www.mhanational.org/taxonomy/term/34/feed