Ways for increasing quality of personal health care

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**Introduction**

#### Quality of personal health care refers to the extent to which an individual takes the responsibility to obtain, seek, and use the available or accessible healthcare services to improve his health. It also includes the usage of products that can help to achieve or attain maximum health (Soon-Shiong et al., 2019). It would not be wrong to say that the quality of personal care is the responsibility of every human being who is alive because damage to oneself would mean individual tragedy. So, it is necessary to adopt a routine or lifestyle and use techniques that can help to ensure personal care. There are different ways of achieving personal care such as managing lifestyle, balanced diet, suppressing negativity, and ensuring that all the responsibilities towards oneself are fulfilled.

**Discussion**

**Psychological Resistance**

#### Psychological resistance is defined as a phenomenon that infers and directs opposition to different change processes. Decreasing psychological resistance to change harmful behaviors is one of the ways that can help to restore a healthy and normal life. There are different forms of psychological resistance, such as memory lapses, anger, self-sabotaging, being defensive, getting bored, becoming dependent, and transference (Kovacs et al., 2019). It is highlighted that overcoming psychological resistances can play a central role in directing human life to quality care. Memory lapse is defined as an attempt to revisit dealing with issues. In such a case, a human being is pushed to take his issue seriously and keep thinking about it without giving any consideration to the possible solution no matter how easy or important it is. Anger is defined as another psychological resistance that directs an individual to take issues too seriously. This anger can be seen in different aspects such as conversation, actions, attitudes, and also the manner of performing regular tasks. Anger not only causes an impact on others, but it can even affect personal life. Self-sabotage is another form of psychological resistance that allows people to resist what is actually good for them. In the same way, being self-defensive allows an individual to become more aware and alert in terms of dealings and with society that is almost unbearable because of an individual’s attempt to seek security which is much ambiguous and strange for observers. Being bored is very common and transverse attitude is one of the essences of "uncomfortable feelings” which can also cast a negative impact on personality (Kovacs et al., 2019). Overcoming all these resistances can play a central role in choosing more positive behaviors such as going for a morning walk, positive attitude, and a healthy life. There are different benefits of decreasing the psychological resistance such as balanced approach to life that includes, tendency to deal with problem effectively, managing situations and balancing life between leisure and responsibilities. Also, psychological resistance can play a central role in re-enforcing and regulating positive habits. In addition, an individual becomes more comfortable in life by mitigating negative attitude and the negative vibes that can affect his performance (Tummers, et al. 2020). Self-care is also important, taking into account that an individual is able to take more care of himself along with initiatives that can help to restore health. Dietary behaviors are also improved and regulated because of decreasing psychological resistence such as adopting a healthy diet routine with an encouraging self-analysis. The stance of reducing psychological resistance was also analyzed by Sigmund Freud who developed the theory of resistance. Freud was of the view that the people in psychoanalysis tend to take their faces off the subject that requires more attention and consideration in that particular hour and time. More resistance will behoove people to avoid and dismiss the topics that approach the memories, emotions, and feelings associated with some uncomfortable event or memory. Freud finds resistance as some of past trauma or any hidden subconscious, that needed to be dealt and revealed within the present time. The Theory of Planned Behavior is also known as social cognition model. It is also defined as a model that places and positions an individual in the social world as well as the individual world which is the product of opinions. This theory emphasizes the central role of invention in defining human behavior that can be modified by the attitude of others. The theory of planned behavior can help to take control of relevant behavior, which is also termed as a belief in external and internal control. This behavior has played a central role in mitigating negative behaviors such as addiction and smoking, along with emphasizing screening behaviors (Kovacs, et al. 2019).

#### Gender Differences in Health Care

 There is a difference in the health care habits of both men and women. There are some healthcare habits that are unique to men such as “protecting themselves”. This protection is found in terms of different health activities such as protecting oneself from any outdoor injury because men are usually engaged in habits that are not common in women. Such habits that can ensure protection are safety glasses, seatbelts as well as insect repellents(Tummers, et al. 2020). Also, frequent and regular check-ups can play a central role in protection from different kinds of diseases. In addition, protecting the prostate is another major health habit taking into account that men need to keep a check and balance on the urinary habits as well as urinary problems. It involves the analysis of the initiatives that can lower the risk of an enlarged prostate. These circumstances can be reduced by undergoing frequent medical checkups. Managing stress is also a major health habit that is unique to men because men usually deal with more stress as compared to women and the management of stress is one of the most significant elements of male health. Stress can be managed by undergoing healthy habits such as maintaining a positive mental attitude as well as a healthy diet **(Tummers, et al. 2020)**.

 There are different healthcare habits that are unique to women, taking into account that such habits can play a central role in maintaining health. It is highlighted that women should first try to maintain a balance between themselves and their family life because when women get too much into their family life they become ignorant of themselves which may cause them to suffer from different kinds of diseases such as obesity, diabetes and many times depression as well (Mays, et al. 2020). Healthy habits require women to do exercise to eat healthily and maintain a balance so that they can live a balanced life. Then maintaining internal health is also important, taking into account mensural health, growth of breasts and the hormonal issues that are faced by women very often needs to be checked. It is highlighted that women should try to maintain their health by undergoing regular checkups that might be monthly or fortnightly. Then, it is highlighted that women should try to maintain their health by yoga and visiting gynecologist which can make them aware of the arriving issue and make them confident about their health (Tummers, et al. 2020).

**Environmental factors that affect health**

####  There are different environmental factors that can affect human health. One of the major factors is air quality taking into account that the air population causes a number of diseases such as heath disease air pollution ad lung cancer. Air pollution is one of the major concerns for both developed and developing countries where a number of health risks are associated with the constituent of polluted air such as led, nitrogen, Sulphur dioxide and the matriculate matter. Quality of water is also one of the major factors affecting health because microbe contaminated water can cause agriculture runoff and many health diseases such as cholera. Also, respiratory disorders are also somehow related to the poor quality of water because marine pollution can cast a negative impact on the other life cycles as all the systems of human life are connected with each other (Com.tu.edu, 2020). Food quality is also one of the major environmental factors that are causing an impact on human health. It is highlighted that poisonous food can evidently and obviously cause a negative impact on health. Even, there are some communities that fell ill on the whole because of the poisonous food, which can cause a number of diseases both, long term and short terms such as diarrhea and diabetes. It is highlighted that there are different ways of minimizing the potential negative impact on health care such as, drinking filtered water, eating clean and tidy food, ensuring that the surroundings of the food preparation are clear and there is a dire need to make global efforts that can help to reduce environmental pollution because it might be harmful not only for this generation but also for the future generations (Kovacs, et al. 2019).

#### Role of Lifestyle habits

#### Lifestyle habits also play a central role in maintaining and managing health. A healthy lifestyle means healthy living habits and such habits can play a central role in managing routine (Kovacs, et al. 2019). Lifestyle habits can also help to minimize the negative impact of bad habits such as stress and drug abuse. One needs to maintain a positive lifestyle, with a balanced routine with a healthy diet, it will not only help to mitigate the impact of negative habits but it will divert attention to positive habits such as yoga, managing leisure and seeking a good company, also improved sleep and stress managing can help to reduce the impact of drug use and even reduce the frequency of habit (Kovacs, et al. 2019).

#### Routine health care services

#### Quality of personal healthcare can also be achieved by engaging in routine health services. These services include patient counseling, screenings, disease management, prevention of illness, visits and seeking other health welfare programs (Kovacs, et al. 2019). Engaging in such services not only improves the health of an individual but it will also enforce and ensure self-care which can result in a developed immunity towards some disease, seeking care in terms of any kind of disease or taking initiatives to reduce the chances of getting a disease. It is highlighted that routine health services can also motivate an individual to take better care of themselves with a positive attitude towards life. Here, it is highlighted that there are a lot of diseases that are the product of a casual or ignorant attitude towards oneself or life (Com.tu.edu, 2020).

**Conclusion**

 There are different ways of increasing the quality of personal health care, taking into account that none of these ways can be successful without personal responsibility and sole concern. One of the major ways of psychological resistances which is one of the major barriers towards any positive initiative that can be taken by self-motivation. decreasing psychological resistance can help to become welcoming to a healthy lifestyle. The stance of gender-based healthcare habits cannot be denied that requires responsibility towards oneself. Environmental factors should also be dealt with care because these factors can play a central role in affecting health and risking human life. The same role is played by lifestyle habits such as seeking stress management and making initiatives to maintain a positive approach towards life. Also, routine health care services are also important because a follow up with healthcare specialist not only update an individual about the approaching threat but it is also a source of knowledge that can help to reduce the negative impact of an unhealthy habit.

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