Schizophrenia

Student’s Name

Institutional Affiliation

Course Name& Code

Instructor

Date

Schizophrenia

The most essential aspect that I learned from the first video is that the government needs to invest more resources and offer better treatment and management of Schizophrenia and avoid usage of force or restrain as management mechanism. These is because people affected by schizophrenia who are in crisis need treatment, not punishment that only restricts their freedom and lowers their human rights (TEDtalksDirector, 2 July 2012). On the hand, the media and journalist should continue to fight stigma and prejudice against mental illness because stigma and prejudice will inevitably prevent people from seeking help as they fear being humiliated on their ill mental status.

In the second video I learned that schizophrenia people have difficult time meeting new people and making new friends (IhaveSchizophrenia1, 25 July 2016). These is because they find it very difficult to know how to relate to someone. They may not share the same ideas and values that are important in a relationship.

In the third video I learned that schizophrenia is a psychiatric disorder that causes distortion in perception of reality. It may cause hearing voices, hallucinations and thinking that random people are trying to harm you (IhaveSchizophrenia1, 22 August 2016). It affects the way you think, feel and act. On the other hand, the schizophrenic people do not care about their clothing's style and appearance. These is because the schizophrenia people feel confused and lack the ability to make sense of their surroundings (Durand & Hofmann, 2018).

If I discovered a person living with Schizophrenia was moving into the apartment or house next door, I would ask my neighbor if there was anything special they needed help with. If they had any requests, I would try to assist them as best as possible. I could also ask them what their favorite food was and what they liked doing in their free time. As it states in the videos, I would try to make my neighbor comfortable around myself. I would always greet them with a smile. If that was not possible, then I would put down my phone and say "Hello." I would need to ask questions about the person's habits and things that made them feel uncomfortable so I can better understand their needs.

**References**

Durand, V. M., & Hofmann, S. G. (2018). *Abnormal Psychology: An Integrative Approach (8th ed*.). Boston, MA: Cengage learning.

IhaveSchizophrenia1 (25 July 2016). *Anxiety - Isolation/Friends.* [Video]. YouTube. https://www.youtube.com/watch?v=R0tMgFp6vnc.

IhaveSchizophrenia1 (22 August 2016). *What it's like to live with schizophrenia.* [Video]. YouTube. https://www.youtube.com/watch?v=RG1gb-yhtwk.

TEDtalksDirector (2 July 2012). *A Tale of Mental Illness | Elyn Saks.* [Video]. YouTube. https://www.youtube.com/watch?v=f6CILJA110Y.