**Introduction**

Pain is a common occurrence in human existence. It has its psychology, which serves as the basis for all pain control actions. Common psychology of pain aims to understand the common perception of uncomplicated, short-term pain (Cosio, 2020). The way people experience pain and how it is handled influences a wide range of psychosocial factors. This paper examines perspectives on psychological effects on pain perception.

**Psychological Influences on Pain Perception**

According to Cosio, the experience of pain has two distinct neural pathways. In the first pathway, a pain signal can originate from anywhere on the body and stimulate the brain's anterior cortex involved in pain perception. "People react differently to this stimulation because the feeling is determined by the activation of the second pathway involving the medial prefrontal cortex and nucleus accumbens, which are associated with motivation and emotion" (Cosio, 2020). Other psychological factors that affect pain tolerance include personality. For example, people with chronic pain are more likely to avoid harm and have poor self-management skills.

**The Gate Control Theory of Pain by Melzack and Wall (1965)**

In 1965, researchers Ronald Melzack and Patrick Wall suggested the gate control hypothesis to understand why our mental states affect our pain experiences. According to this theory, the spinal cord provides a neural "gate" that either prevents or enables pain signals to continue to the brain contributing to the individual's psychological condition (focus, mood, and previous experiences) (Ogden, 2019, p.63). Researchers have known for a long time that our experiences of pain are determined by factors such as feelings, emotions, and beliefs such that expecting anything to hurt would make it hurt even more. Pain can seem more intense when an individual is angry or afraid than when calm. Melzack and Wall proposed that at the spinal cord level, there was a gate that received feedback from peripheral nerve fibers (at the site of injury), descending core stimuli from the brain.

The sensory factors, which involve a person starting to do more exercises, seeking short term medical pain treatment, meditation, and relaxation training, are all factors that close the gate of pain and cause less pain. Another aspect is the cognitive one, which causes pain-coping feelings, external interest, and distraction from the pain to emerge. On the emotional front, an individual begins to adopt a more optimistic outlook, takes control of their pain, and focuses on stress management (Deardorff, 2017).

**Positive effects of blogging about chronic pain and illness**

One way to alleviate pain and offer therapeutic benefits to patients is to share thoughts and write ideas about their illness on social media platforms. This enables people with chronic diseases and pain to write about their experiences and how it affects them. When psychologists conducted a study of several patients who used blogging on social media, they discovered that patients' involvement in these communications about their illness and feelings made them more comfortable and strengthened them because the social feedback had been able to relieve their suffering as most patients do not want to be alone with their illness and pain. Several respondents cited being able to talk openly and not feeling “so alone” as benefits of writing about their illness.” (Ressler et al, 2012). Using a blog to inform friends and family about a medical condition often developed into assisting those with the same illness or transforming into a method of advocacy, encouragement, interaction, and resolution with self and others. (Ressler et al, 2012).

**Conclusion**

Different individuals have different pain levels, how they handle it determines how quickly they recover. Pain is linked to psychology, and stress exacerbates pain and disease symptoms. Patients who wish to reduce their pain must change their mental state through work, group interaction, motivation, and focus on things other than the disease. They may also reduce pain by expressing their thoughts on social media platforms and health forums.

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