

Introduction Discussion

Student's Name

Institutional Affiliation

1,2-1 Introduction Discussion

Hello everyone! My name is Alex, and I am pursuing a Public Health degree. I enrolled in SOCI324 to deepen my understanding of how cultural perspectives influence health behaviors and outcomes. My professional goal is to work in community health programs that bridge cultural gaps in healthcare accessibility and effectiveness.

7 Elements of Culture

Understanding My Culture

Exploring my cultural background, I've realized that my life is rich with unique cultural influences, even as an American.

Social Organization and Traditions

My family's social organization manifests through a robust extended family network that gathers for all significant holidays, emphasizing the importance of family support.

Language and Arts

Language in my culture goes beyond English. It involves specific dialects and slang that vary from one region to another. My interest in arts, especially local music and theater, helps me connect with community heritage and contemporary American culture.

Religious and Governmental Influences

While I prefer not to delve deeply into personal religious beliefs, it's evident that religious and governmental structures in the U.S. shape aspects like work ethic and community involvement.

Economic Context

Economically, my background in a middle-class setting reflects broader American values around capital and labor.

Cultural Impact on Health Perceptions

Culturally, health is often seen as a personal responsibility in my community, where preventative care and fitness are valued. This shapes my approach to healthcare.

Inherent Behaviors from Culture

Reflecting on Dr. Verghese's insights, I realize that my punctuality and direct communication style are cultural behaviors ingrained from an early age.

Defining Health and Healthcare Usage

My cultural perspective defines health as the absence of illness and holistic well-being. This view influences my preference for healthcare providers who practice integrative medicine, considering physical, mental, and emotional health equally.

Peer Response 1

Hi Alex! Your exploration of how culture shapes health perceptions is enlightening. It's amazing how our cultural backgrounds influence our health practices and interactions.

Peer Response 2

Hello Alex! I appreciate your detailed look at cultural influences. Your point about preventative care as a cultural norm was particularly resonant.