

Schizophrenia and How It Affects One's Life

Schizophrenia is a mental illness that causes people not to function as normal human beings, causing those who suffer from the illness to think, feel, behave improperly and not relate to others. Research has found that schizophrenics may have the following: 1. an unhealthy environment, 2. abnormal brain chemistry 3. stress and 4. drug abuse. People with this illness can show signs when they are adolescents or adults. Diagnosis is found through careful evaluation of the patient being observed.

This illness can appear at any time. The people who are most likely to notice this unusual behavior are the people close to the individual, such as family and friends. Signs are not wanting to do anything that previously has been of interest to that person and being indifferent about their surroundings. Additional symptoms may be neglecting personal hygiene, becoming a recluse and expressing unexplained thoughts to the ones closest to them. As I have mentioned previously, the symptoms of Schizophrenia are many. The person with Schizophrenia many times feels that someone is either following them or trying to hurt them.

Seeing and hearing things that don't exist is another sign of Schizophrenia. Hearing voices is a common occurrence along with experiencing hallucinations. Being unable to communicate with others is common with one who has Schizophrenia. Also, one's ability to put meaningful words and thoughts together are extremely difficult for them. Being disorganized is another disturbing trait that occurs with a person having Schizophrenia. Not wanting to follow instructions, excessive physical movement and agitation occurs very frequently.

Lack of emotion from a mentally ill person causes difficulty for a caregiver to accurately attend to his/her loved ones needs. Also, inability to make eye contact, speaking in a monotone, withdrawing from all social activities and the lack of experiencing happiness is very common with this illness.

Symptoms from this illness can vary. A person can in one moment act normal and the next minute worsen. The onset typically starts with symptoms that show similarity both between adults and teenagers.

Like all other illnesses, medical help is necessary for one who has Schizophrenia. Many times, individuals pose a danger to themselves, and it may be necessary to call for emergency help. Further, mental health treatment is necessary to assist patients with appropriate help. Suicide attempts are common with people who are Schizophrenic. At this time there is no way to prevent schizophrenia but treating it has shown to be very successful. Carefully observing behaviors and seeking help are the most important things for one to remember in helping a friend or family member toward recovery. It is an ongoing struggle for each and every one involved to help their loved one maintain a normal and productive life.

"Schizophrenia, and how it affects one's life", "Ronald G. Rossetti "MBA, Article # 10, Volume #1, Series #1, International Alliance for Mental Health (2018)