

MANAS

Speaks

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**“Health is a relationship
between you and your body”**

#HealthPsychology

HEALTH PSYCHOLOGY FOCUS

Mindfulness

Type 1 Diabetes

Male Menopause

Positive Emotions

Yoga & Wellbeing

**The Academy of
Psychology**



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MANAS *Speaks*

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Manas Speaks is a monthly magazine from Manas-The academy of psychology, to publish a wide range of conceptual articles relating to different perspectives on methodologies in psychological research and to support student communities to strengthen their knowledge.

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Author Guidelines

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Pets As Health and Mood Booster



Many scientific studies have demonstrated that the Human-Animal Interaction has physical and mental advantages (HAI). Over the decades, different animals from fish to guinea pigs to snakes, lizards and other reptiles for exotic companions to canine and feline are benefitting people in numerous ways, either mental and emotional support or be it social support.

Having a pet is beneficial to one's mental and emotional well-being. Petting can be closely associated with improved immunity, good cardiovascular health, and balanced emotions. Watching a fish swim can reduce muscle tension, lower pulse rate, reduce anxiety, and give a feeling of calmness, whereas walking a dog for the aged can provide physical exercise and companionship.

Interacting with animals is depicted to reduce cortisol levels (stress hormone) and reduce blood pressure. Pet owners, according to multiple studies, had less indications of

heart disease and lower triglyceride and cholesterol levels (both of which are indicators of heart disease) than those who did not have pets. Researchers also discovered that playing with a dog can increase serotonin and dopamine levels (mood regulator neurotransmitters) in the brain, which are responsible for enjoyable and joyous experiences.

Early childhood exposure to pets may reduce the risk of allergies, asthma, and eczema later in life because of the process of allergy desensitization. Pets help in increasing cognitive skills, sharpening the mind, relaxation, and acting as stress-busters. The Human-Animal bond improves the quality of life by enhancing lifestyles and relational patterns. Analytically, people who have pets live longer than those who do not.

HAI aid in treating depression, anxiety, and stress by providing companionship and making the owner feel less lonely. Thus, they can be called 'non-toxic anti-depressants' (with no side effects). Contd...



Animals also empathize in a way a human cannot! They are capable of interpreting our voice tones, body language, and gestures. Feeding and caring for an animal (that include bathing and cleaning) brings new responsibilities and gives a purpose in life. Children who care for an animal grow up to be more confident and active.

In addition, a survey found that Pet owners visit the doctor less frequently annually and are less likely to take medication for sleeping problems and heart problems than non-owners. This is likely to have significant public health repercussions because pet ownership reduces national health expenditures. Pets ease stress, anxiety, loneliness and improve cardiovascular health. People with borderline hypertension who adopted dogs from a shelter had a significant decline in blood



pressure within five months, according to a research.

Moreover, a study suggests that pets can have a significant positive and protective impact for disaster victims (reducing PTSD symptoms). Thus, Pets can be considered as “a state of dis-ease”. They support and love us unconditionally. In addition to improving the mental and physical health of their owners, pets improve their moods as well. In contrast, bite from an animal can be exceedingly harmful, especially for young children.

Therefore, it's imperative that parents consider animal bite prevention when considering pet ownership.

- Yasmeen Begum

