

Nathaniel Muse

## Unit 5 Essay Questions

### Question #17 (Ch. 10)

Personally, I favor the use of marijuana for recreational and medical use due to the various positives of legalizing it. I am a bit biased because I am from Berkeley in California and weed is so widespread and commonly used there. It is very common to be walking in the streets and see people smoking it and the smell is everywhere. I have a strong opinion that marijuana should be allowed, and I have various points to back it up. First, it has been proven to benefit individuals experiencing forms of pain, and it is a drug that is much less harmful than alcohol or narcotics. Legalizing weed would allow it to be safely regulated in the American marketplace so individuals wouldn't have to resort to blackmarket and shady business practices to acquire it. This is important to note because a large population in the United States regularly uses marijuana, criminalizing it wouldn't completely take it out of people's hand because they would still find ways to get it .Also, cannabis laws are disproportionately enforced, we see that black individuals are roughly four times more likely to be arrested for cannabis possession than white individuals nationwide.

The vast majority of Americans believe that marijuana should be legal, only ten percent of Americans say marijuana should not be legal under any circumstances according to a study by pewresearch. I believe the solution to the controversy is to simply legalize weed in all parts of the United States, while there have been negatives shown, I believe the positives outweigh these in all areas.

### Question #14 (Ch. 10)

While they were initially perceived to be beneficial in treating pain, opioids and the substances derived from them have become notorious in our society for being highly addictive and impeding activities of daily living. Heroin is a drug that is derived from the sap of the opium poppy, and is known to be highly addictive. Individuals who use opioids have been shown to become increasingly addicted and reliant on the drug just to get through their days. There are multiple withdrawal symptoms individuals experience when going through a period of time without the drug, these include sweating, anxiety, rapid breathing, twitching, fever, high blood pressure, weight loss, and restlessness. The reason many people become addicted to these drugs is because they take the drug again to stop their symptoms, rather than pushing through and getting over their addiction naturally.

If the individual keeps up this pattern of taking it when they are experiencing withdrawal, they will eventually start taking it just to feel “normal”, this is an unhealthy habit and has numerous dangers. The biggest danger is the potential for an overdose, which results in the respiratory system shutting down and can result in death. Deaths by opioid overdoses have become incredibly common in recent years, heroin overdoses are a majority of the deaths caused from drug overdoses. With heroin users, there is also the risk of having their drugs laced with harmful substances, this is incredibly likely due to the fact that drug dealers operate underground and are not regulated when they sell their drugs to people. Dirty needles may also spread infections such as AIDS and hepatitis to the users that use them for drug injections.

### Question #16 (Ch. 10)

Drug abuse is most common among individuals that have unstable lives or have trauma from previous events. For example, an individual with poor parental monitoring is more prone to substance abuse because they do not have proper guidance to help them dictate decisions and regulate their lives in a healthy manner. Trauma and childhood abuse can also predispose an individual to drug abuse, they might turn to substances in order to cope and “forget” the painful memories they have as a child. A family history of substance abuse is also a major predisposing factor to it, if an individual is constantly exposed to a specific drug growing up, they become unaware of the potential side effects of it because they have seen it so many times.

In order to best prevent the abuse of drugs, we as a society need to properly educate individuals on the risks and potential ramifications of each and every drug on the human body, and on their greater life as well. We also need to provide adequate mental health services to all individuals . It is important to note that many people who abuse substances do not actively think they have a problem, so we need to educate them to show them the extent of the damage they are causing from abusing substances. This can come in the form of interventions with family members and friends, and counseling services for the individual.

### Question # (Ch. 10)

The cause for substance use disorders has been heavily researched by clinical theorists, however, there is no one widely accepted reason for why people develop substance addictions. Two of the most common explanations for the cause of substance abuse are sociocultural views and psychodynamic views.

Sociocultural views explain that individuals are more prone to developing substance use disorders when put under pressure through socioeconomic conditions. A great example of this is an individual who turns to alcohol or drug abuse in order to cope with not being employed or living in a low income situation. They might also cope with substances due to the discrimination they receive from other people, this is most prevalent in LGBTQ, and minority populations. All in all, sociocultural factors are ones that place external pressure on an individual based on things they can't control, therefore they turn to substances in order to cope.

Psychodynamic views pin the cause of substance abuse on dependency factors that stems back to an individual's childhood. For example, if a child grows up with their psychodynamic needs met by their parents, they will rely tremendously on other individuals for their validation. This transpires into a personality that predisposes someone to drugs, they become incredibly dependent, impulsive, and depressive than the average person. This causes a person to be more prone to abusing alcohol due to their impulsive behavior, they are more at risk of dependency than the average person.

### Question #32 (Ch. 11)

Sexting is the act of sending sexually charged material over cell phones or other electronic devices, the material is most commonly photos or text messages. It has become increasingly common in our technologically advanced society as a means for getting sexual gratification, or relieving sexual desires between two people. It is important to remember that the context for sexting is drastically different if it's between two people in a relationship, or two complete strangers.

Whether or not sexting is reflective of normal or abnormal behavior is up for debate, there are arguments for both sides. On one hand, it is important to note that sexting is a potentially dangerous act especially for women, they can have their personal photos leaked and forwarded to other individuals without their consent. It also likely leads to infidelity when it is done with a person outside of an established relationship, it can even be considered a form of infidelity on its own.

On the other hand, sexting can be a great way to add a layer of trust and sexual fulfillment when it is done between people in a committed relationship. Sexual satisfaction has been shown to increase in couples who regularly sext, and it also improves bonding and the relationship as a whole. When used in this manner, sexting is very similar to flirting between a couple, it is relatively harmless in this aspect.

Overall, it is debatable if sexting is a normal or abnormal behavior. Personally, I think there are both pros and cons to it, and each individual must personally examine their situation to determine whether or not it is beneficial for them to participate in it.

### Question #27 (Ch. 11)

Low sexual desire is a phenomenon present in both men and women, essentially the individual has a reduced or nonexistent desire to participate in sexual activities. In the sexual response cycle of these individuals, the desire and excitement phases are disoriented and rearranged, so the individual has a lack of sexual drive. There are multiple views that attempt to explain why this disorder develops in individuals, however, sociocultural views explain it through the lens of extrinsic factors.

Low sexual desire is explained through the sociocultural view which explains that extrinsic factors are the culprit. The social context of an individual must be taken into consideration when discussing their low sexual desires, for example, an individual who is experiencing very extreme situational pressure will likely have a drastically different sexual drive than an individual who is perfectly happy and content in their life. A person who is going through a divorce or a death in their family will most likely have a diminished sexual desire as a response to the hardships they are currently going through.

Low sexual desires can also manifest in relationships, if a partner is feeling unfulfilled sexually they can begin to lose their sexual desires for their partner. Overall, low sexual desires can be traced to external factors, better known as sociocultural factors, as a potential reason for its development in an individual.

### Question #29 (Ch. 11)

Disorders of desire are most often difficult to treat because they are multifaceted, meaning that there are many different factors that can cause them. In order to properly diagnose and treat an individual with a disorder of desire, it is important to get to the root cause of it and alleviate it.

Affectual awareness is a technique that encourages people to visualize sexual experiences in order to uncover any negative emotions they have surrounding it. By doing this, they can see any adverse reactions that they have which may be the cause of their decreased sexual desires, the therapist can then treat the patient according to their reactions.

Behavioral options are also a method of treating this sexual disorder, this is essentially training the individual's mind to become sexually active again. This can be achieved through a sex diary in which fantasies are recorded and . The individual may also be encouraged to read books or watch videos containing erotic content in order to jumpstart the mind to be in a sexual mindset again. If a person is experiencing diminished sexual desire from a traumatic event, it may prove beneficial to openly discuss the event in order to rid the mind of subconscious fear and guilt.

Biological treatments are also a potential intervention, they are most prevalent in women due to their diminished arousals later in their life. Pharmaceutical drugs have been developed in order to kickstart the sexual desires that have been lost after the removal of the ovaries in certain females.

### Question #33 (Ch. 11)

Premature ejaculation can be defined as a male constantly ejaculating within one minute of beginning sex with a partner, it can also be summed up as simply a male experiencing an orgasm much earlier than they intend or want to during sexual intercourse. It must happen on a consistent basis in order to be properly deemed premature ejaculation. The male will also commonly experience significant distress due to their perceived failure to hold up their end of the deal in sexual intercourse with a woman.

Premature ejaculation is most often treated using a steady pattern of behavioral therapies. The most prevalent approach is the stop-start method, the male is instructed to sexually stimulate their penis until it is highly aroused, they will then stop before climax, and repeat this process over and over before the stimulation is carried to full ejaculation. This technique is commonly used in order to prolong ejaculation and therefore overall sex time, this is also known as edging. This has been shown to prolong male ejaculation and sexual intercourse as a whole.

Another viable option for treating premature ejaculation is the use of SSRIs, also known as "serotonin-enhancing antidepressant drugs". These drugs work by slightly inhibiting the male sexual arousal or orgasm, making them overall just a little less excited so they are less prone to ejaculating early. Overall, pharmaceutical methods have been shown to have positive results and should remain a potential treatment option for males experiencing premature ejaculation.