

• OBJECTIVES

When you have completed this section, you will be able to do the following:

- Explain how culture influences behavior.
- Identify culturally acceptable and effective gestures, terms, and behaviors.
- Recognize communication techniques that create a positive exchange of information.
- Identify common folk medicine practices.
- Compare and contrast cultural differences.
- Explain how understanding cultural beliefs affects you as a health care worker.

• ACTIVITY 1

Work in teams to research a culture of your choice. Use the Internet or other resources for your research. As a team, decide each team member's responsibility. Include the following in your report:

- Language
- Religious beliefs
- Medical practices
- Feasts and celebrations
- Costumes

Prepare a 10-minute presentation about the culture that your group researched. Present it to the class.

• ACTIVITY 2

1. Write each culture listed below in the space next to the relevant statement. Use only those that apply. Some cultures may be used more than once.

Cambodian	Anglo-American	Vietnamese
African-American	Navajo	Japanese
Southeast Persian	Mexican-American	Laotian

- _____ a. This culture only allows a parent to touch the head of a child.
- _____ b. This culture only allows the elderly to touch the head of a child.
- _____ c. The people of this culture avoid eye contact as a form of respect.
- _____ d. The people of this culture use peripheral vision instead of direct eye contact.
- _____ e. In this culture, people do not shake hands in greeting.
- _____ f. In this culture, people greet one another with a salute.

2. Mark each of the following cultures with an *X* if it is a close-contact culture or an *O* if it is a more-distant culture.

- _____ a. Latin American
- _____ b. American
- _____ c. Canadian
- _____ d. Mediterranean
- _____ e. Northern European
- _____ f. African
- _____ g. Southern European
- _____ h. English
- _____ i. Indonesian

• **ACTIVITY 3**

1. Which of the following statements help develop positive opinions about other cultures? Mark each statement *T* for true if it helps or *F* for false if it does not help.

- _____ a. Keep an open mind.
- _____ b. Take only the opinion of a trusted friend.
- _____ c. One piece of information about a specific culture is enough to form a true opinion.
- _____ d. Your behavior sends a message to others.
- _____ e. When more than one culture is present, the definition of a behavior is often different.
- _____ f. Health care workers do not need to adapt their behavior when working with people of another culture.
- _____ g. Behavior is developed by people, places, and experiences.
- _____ h. Prejudices are difficult to form.
- _____ i. Voice tones cause positive or negative reactions.
- _____ j. Adapting your voice when speaking to others who are learning English will make them feel uneasy.

2. Write each culture listed below in the space next to the relevant statement about folk medicine. Some cultures may be used more than once.

Armenian	Koreans	Iranian
Chinese	Hmong and Mien Tribes	Vietnamese
Cambodian	Native American Indian	Central and South American

- _____ a. Cupping is used to relieve head pain.
- _____ b. One week after a baby is born, the mother is given a party.
- _____ c. Acupuncture is practiced.
- _____ d. The color white is a sign of bad luck.
- _____ e. Spiritual ceremonies are performed to please the spirits that cause illness.
- _____ f. The “evil eye” is believed to cause sudden illness.
- _____ g. Menstruating women are afraid to get their heads wet.
- _____ h. Poor health is accepted in a spirit of fatalism.
- _____ i. Shamen are sometimes called to remove pain.
- _____ j. Coining is used to relieve pain.

3. Choose two cultures. In a paragraph, compare and contrast the cultural differences.

• ACTIVITY 4

Write a one-paragraph report explaining how understanding cultural beliefs affects you as a health care worker. Follow these guidelines when preparing your report:

- Use 8.5-by-11-inch paper.
- Use a word processing program, or write neatly in ink.
- Use correct spelling and grammar.
- Use proper formatting.

● **ACTIVITY 5**

Conduct an Internet search for information on one or more topics covered in Chapter 7 related to wellness and meeting your needs and the needs of others. For example:

- Language, religion, medical practices, or feasts and celebrations of any culture or nationality
- Nutrition
- Exercise
- Biofeedback

Prepare a brief explanation of what you learned. Be sure to use reputable Web sites, and site all references. Be prepared to explain your thoughts on gathering research via the Internet.
