



SULE PAGODA, DOWNTOWN YANGON, MYANMAR

\* **Importance of Good Attitude in  
Health Care**  
*Dr. Htay Aung*

# What is Attitude?



KAYIN TRADITIONAL DANCE, HPA AN, KAYIN STATE, MYANMAR

- \* Attitude constitute an important psychological attribute of individuals which shape their behavior
- \* Attitude is defined as the way a person feels about something – a person, a place, a commodity, a situation or an idea

# \* Attitude

- \* Attitude expresses an individual's positive or negative feelings about some object
- \* Attitude describes an individual's feelings, thoughts and predisposition to act towards some object in the environment

- \* Attitudes refer to feelings and beliefs of individuals or groups of individuals
- \* Attitudes tend to result in behavior or action
- \* All people, irrespective of their status or intelligence, hold attitudes

## \* Nature of Attitude

- \* Experience
- \* Education
- \* Environment

*Triple E's of Attitude*

DOMS, MOHS, NPT

## \* Factors To Determine Attitude

- \* Cognitive or Informational Component
- \* Affective or Emotional Component
- \* Behavioral Component

# \* Components of Attitude

\*We focus on three broad categories of people and their attitudes :

➤ Positive

➤ Negative

➤ Neutral

\* **Three Types of People,  
Three Types of Attitudes**





## \* The “Players” with Positive Attitudes

\*The following list describes some of the thoughts of a “player” with a positive attitude:

- There is something good in every situation
- A problem is an opportunity to do something different
- Change is a sign of growth
- A mistake is a valuable step toward success

# \* Contd. . .

\*The following list describes some of the feelings of a “player” with a positive attitude:

- Happy
- Confident
- Satisfied
- Optimistic
- Loving



\*The following list describes some of the thoughts of a “critic” with a negative attitude:

- There is always something wrong
- Other people cause problems
- Change is a thorn in my side
- A mistake is a failure
- I have little or no control over my life

## \*The “Critics” with Negative Attitudes

\*The following list describes some of the feelings of a “critic” with a negative attitude:

- Anger
- Doubt
- Frustration
- Pessimism
- Hate



# \* The “Spectators” with Neutral Attitudes

\*The following list describes some of the thoughts of a “spectator” with a neutral attitude:

- The situation or the other person is unimportant
- Someone else will solve the problem
- Change is unnecessary
- The future will come and go with or without me

\*The following list describes some of the feelings of a “spectator” with a neutral attitude:

- Unemotional
- Tired
- Indifferent
- Detached



# \* Functions of Attitude

## \* Value-Expressive Function:

- Enable us to express who we are and what we believe in

## \* Knowledge Function:

- Enable us to know the world

## \* Utilitarian Function:

- Enable us to gain rewards and avoid punishment

- \* Acquired from parents, teachers, and friends
- \* There are “genetic” predispositions
- \* Observations, attitudes that we imitate

*Attitudes are less stable than values*

## \* Sources of Attitude



# \* QUOTES ON POSITIVE ATTITUDE



- The most significant change in a person's life is a change of attitude. Right attitudes produce right actions
- A positive attitude is not a destination. It is a way of life
- A positive attitude is like a magnet for positive results
- Our life is a reflection of our attitudes

- **So What is Attitude?**
- **What is Positive Attitude?**
- **What Sort of a role it plays in our Life?**
- **Why it is so Important?**

For Understanding Attitude & its Importance lets look at this Example:

# EXAMPLE

# THE ICEBERG



HOW MUCH DO YOU SEE OF AN ICEBERG?

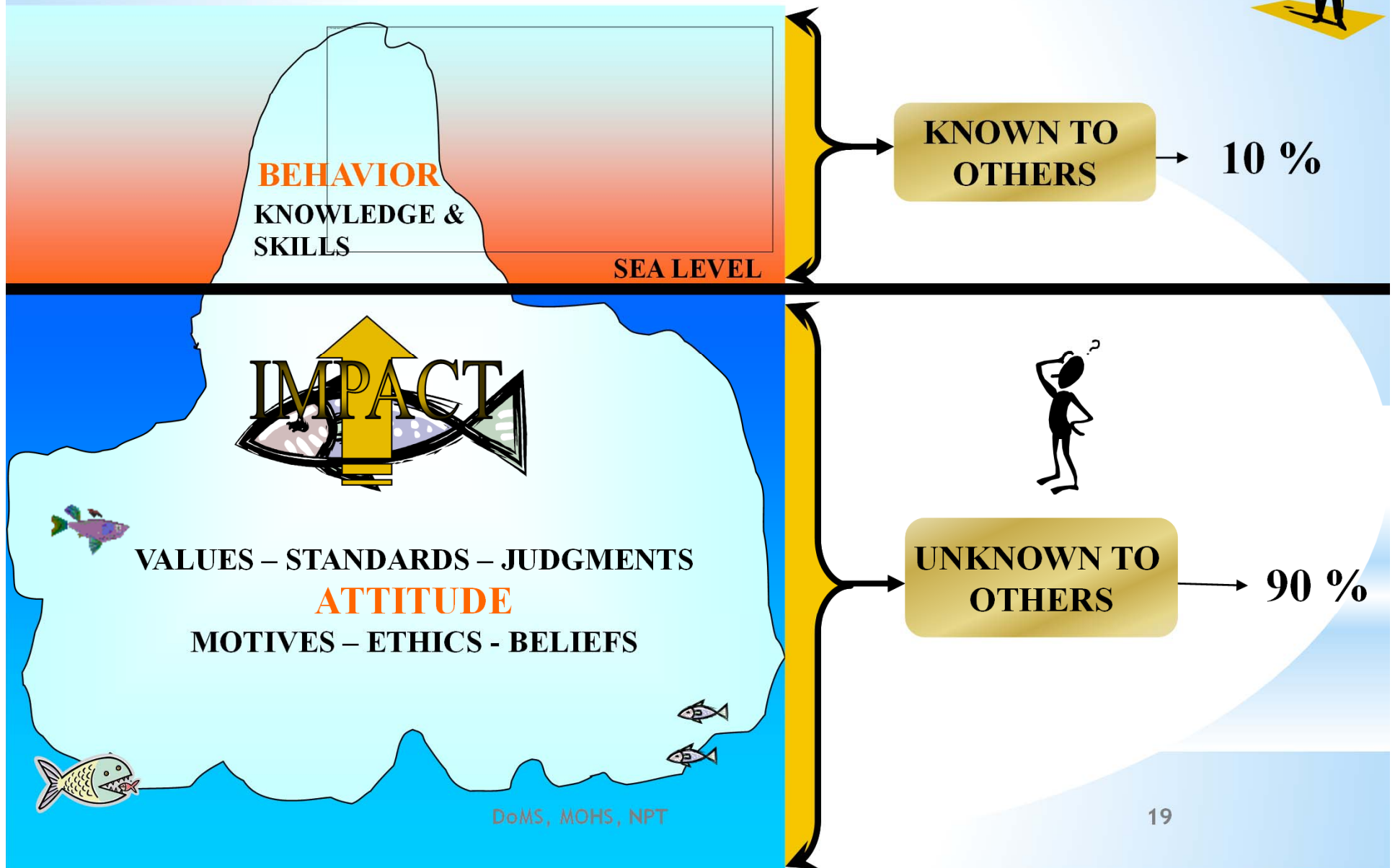


ONLY 10% OF ANY ICEBERG IS VISIBLE. THE REMAINING 90% IS BELOW SEA LEVEL.



➤ The Iceberg phenomena is also applicable on human beings ...

# EXAMPLE THE ICEBERG



# IMPORTANCE OF ATTITUDE

\* **WHAT MAKES YOUR LIFE 100%**

Arrange all the alphabets by given them numbers according to their position :

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26

S	K	I	L	L	S
19	11	9	12	12	19

=

82

K	N	O	W	L	E	D	G	E
11	14	15	23	12	5	4	7	5

=

96

H	A	R	D		W	O	R	K
8	1	18	4		23	15	18	11

=

98

A	T	T	I	T	U	D	E
1	20	20	9	20	21	4	5

=

100

DoMS, M

IT IS OUR  
ATTITUDE  
TOWARDS LIFE &  
WORK THAT  
MAKES OUR LIFE  
100%

# \* IMPORTANCE OF ATTITUDE



WHY RICH COUNTRIES ARE RICH?  
WHY POOR COUNTRIES ARE POOR?

- The difference is not the age of the country.
  - India & Egypt, that are more than 2000 years old and are poor.
  - On the other hand, Canada, Australia & New Zealand, that 150 years ago were inexpressive, today are developed countries and are rich.
- This is not because of availability of natural resources
  - i.e. Japan has a limited territory, 80% mountainous, inadequate for agriculture & cattle raising, but it is the second world economy.
- Race or skin color are also not important:

What is the difference then?

The difference is the **attitude** of the people, framed along the years by the education & the culture.

**\* On analyzing the behavior of the people in rich & developed countries, we find that the great majority follow the following principles in their life:**



1. Ethics, as a basic principle.
2. Integrity.
3. Responsibility.
4. Respect to the laws & rules.
5. Respect to the rights of other citizens
6. Work loving.
7. Strive for saving & investment
8. Will of super action.
9. Punctuality.

**SIGN OF  
+VE ATTITUDE**

**In poor countries,  
only a minority  
follow these basic  
principles in their daily life.**

**We are not poor because we lack  
natural resources or because nature  
was cruel to us.  
We are poor because we lack **attitude**.**

# THE CAN DO ATTITUDE

- You CAN DO everything, but not all at once.
- You CAN DO everything, if it's important enough for you to do.
- You CAN DO everything, but you may not be the best at everything.
- You CAN DO everything, but there will be limitations.
- You CAN DO everything, but you'll need help.

## **BEST QUOTES ON POSITIVE ATTITUDE**

- **A positive thought is the seed of a positive result.**
- **If you don't like something, change it. If you can't change it, change your attitude. Don't complain.**
- **The most significant change in a person's life is a change of attitude. Right attitudes produce right actions.**
- **If you really want to be happy, nobody can stop you.**



# BEST QUOTES ON POSITIVE ATTITUDE

- **Whether a glass is half-full or half-empty, depends on the attitude of the person looking at it.**
- **There is a better way for everything. Find it.**
- **A positive attitude is not a destination. It is a way of life.**
- **The difference between a successful person and others is not a lack of knowledge, but rather a lack of will.**

# BEST QUOTES ON POSITIVE ATTITUDE

- **The positive thinker sees the invisible, feels the intangible, and achieves the impossible.**
- **The man with confidence in himself gains the confidence of others.**
- **You will only go as far as you think you can go.**
- **The biggest mistake of all is to avoid situations in which you might make a mistake.**



## **BEST QUOTES ON POSITIVE ATTITUDE**

- **A positive attitude is like a magnet for positive results.**
- **Our life is a reflection of our attitudes.**
- **Positive attitudes create a chain reaction of positive thoughts.**
- **Attitude, not aptitude, determines your altitude.**
- **No man fails if he does his best.**

## BEST QUOTES ON POSITIVE ATTITUDE

- **Sooner or later, those who win are those who think they can.**
- **A creative attitude is the fuel of progress and growth.**
- **Either I will find a way, or I will make one.**
- **Be the change you want to see in this world.**
- **Forgive others and you will be forgiven.**

# Finally ! ! !

“The greatest discovery of my generation is that a human being can alter his life by changing his attitude”.

William James . . .

*And so it is with you – you are in charge of your attitude.*

# TIME TO TAKE DECISION



Myanmar IS  
ACTUALLY  
DEVELOPING  
COUNTRY  
WE ARE NOT TOO  
RICH  
OR NOT TOO POOR,  
WE ARE AT THE  
POSITION  
TO  
DECIDE  
WEATHER TO  
BECOME RICH  
OR POOR

**RICH  
COUNTRIES**

**POOR  
COUNTRIES**

IF WE FULFIL TO  
CHANGE OUR  
ATTITUDE, WE  
MOVE UPWARDS  
& BECOME RICH &  
DEVELOPED  
COUNTRY

IF WE FAILS  
TO CHANGE OUR  
ATTITUDE  
WE MOVE  
DOWNWARDS  
& GET POORER





**POSITIVE ATTITUDE IS EVERY  
THING  
SO CHANGE YOUR ATTITUDE....  
AND YOU CHANGE YOUR LIFE!!!**

**Thank you**

