Literature Review on Pets and Mental Health

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EN101 - 06

Literature Review Draft

10 / 18 / 2018

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A general browser search with google on September 19 and 27, 2018 on the topic of “Pets and Mental Health” resulted in 115,000,000 hits with the majority of the publications being non-academic literature providing positive opinions in regards to the topic. Which the student researcher plans on using when comparing the researchers data to the evidence. The relevance of the topic to the region is quite obvious as much of the literature are from self-published web articles. Much of the literature is non-academic. However, a Google Scholar search found some journal entries by various researchers one of which by Harold Herzog. The review of the literature discusses the various perspectives presented on the topic by secondary resources’ and focuses specifically on Harold Herzog's journal entry and a current document investigation looking at the health of pet owners.

Taking a look at the non-academic literature. It generally gives quite positive reactions on the topic of Pets and Mental Health. Compared to the academic literature found, it views that researchers (Herzog, 2011; Saunders, Parast, Babey, Miles, 2017) have a more unbiased opinion followed by scientific findings and statistics to back up their statements on the subject. Claiming that, yes, animal companions make humans around them happy. But the animals do not necessarily affect the mental health in the long run. Unlike the non-academic sources ( Hank, 2017; Sanoiu, 2018) which claim animal companionship will indeed heavily affect the mental health of humans.

As for literature that was made specifically on Saipan, the student researcher was only able to find approximately 76,500 hits. Majority of the links on google talk were upgrading rabies, staying away from the animals when going around and animal care, interesting, but generally out of topic. There seems to be a considerable amount of hits during this simple google research. But majority of the links spoke about the same topics. This means that the topic is not talked about often in the CNMI. So the data that’s going to be collected and information in the essay will bring about new information to the people of Saipan.

Now, focusing more on the academic literature found. As mentioned before, most of what the student research will be using is the academic literature with more unbiased and scientific research. The academic literature found showed both the positive, the negative and the more scientific aspects of the topic. With some, the public would want to hear such as, “Petting reduces stress” (Hank, 2017). And some which the public would most likely not want to hear, “[...] a third found no differences in the loneliness of adult pet owners and non owners” (Herzog, 2011). However, both would be used to compare collected data later on.

In conclusion, the student researcher will not be basing the essay off of the literature of course. The sources mentioned in the essay as well as many more academic and non academic sources will be used as background information to aid the reader's understanding on the topic. The sources will also be used to compare and contrast between source and the researcher's data.

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