

## Psychological explanation titles refer to the labels given to various theories.

Raffaella Calati\*

Department of Neuroscience, Imaging and Clinical Sciences, University of Chieti-Pescara, Italy.

### Abstract

**Psychological Nigrescence is which describes the stages of Black racial identity development. The theory consists of five stages: pre-encounter, encounter, immersion-emersion, internalization, and internalization-commitment. Each stage involves changes in attitudes, beliefs, and behaviors related to one's racial identity and experiences with racism.**

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### Introduction

Psychological Nigrescence is which describes the stages of Black racial identity development. The theory consists of five stages: pre-encounter, encounter, immersion-emersion, internalization, and internalization-commitment. Each stage involves changes in attitudes, beliefs, and behaviors related to one's racial identity and experiences with racism. The ultimate goal of this process is to achieve a positive racial identity and a sense of commitment to one's racial group. The cycle of psychological Nigrescence refers to a theoretical model of Black identity development, first proposed by William Cross in 1971. It describes a linear progression of stages that Black individuals go through as they develop a positive sense of racial identity and come to understand the impact of racism on their lives. The stages are: Pre-encounter: characterized by a lack of awareness of racial issues and a rejection of one's own Black identity Encounter: marked by a confrontation with the realities of racism and a resulting crisis of identity Immersion/Emersion: involves a process of exploring and embracing one's Black identity Internalization: characterized by a strong sense of racial identity and a commitment to combating racism. It is important to note that this model is not applicable to every individual and does not reflect the experiences of all Black people. Additionally, this model has been critiqued for being overly linear and not taking into account the complexity and variability of Black experiences. Cycles of Psychological Nigrescence refer to the process of Black individuals' psychological development, characterized by stages of racial identity development. and describes the psychological transformation that occurs as Black individuals come to understand and embrace their racial identity. The model consists of five stages [1].

Preencounter, Encounter, Immersion/Emersion, Internalization, and Internalization/Commitment. At each stage, individuals may experience changes in their attitudes,

beliefs, and behaviors related to their racial identity and racial oppression. The model has been widely used as a framework for understanding and addressing the needs of Black individuals in various settings. Cycles of Psychological Nigrescence is a theory of African American identity It describes a process of psychological transformation and growth that African Americans go through as they navigate the complexities of racism and discrimination. The theory consists of five stages: pre encounter, encounter, immersion/emersion, internalization, and internalization/commitment. At each stage, individuals are challenged to reconcile their experiences of racism with their sense of self, leading to increased self-awareness, cultural pride, and psychological empowerment. Cycles of Psychological Nigrescence is a theory of black identity development proposed by? It posits that black individuals go through a series of distinct stages as they develop a positive black identity, which includes stages of pre-encounter, encounter, immersion-emersion, and internalization. The theory suggests that black individuals must work through feelings of self-hate and internalized racism before they can fully embrace a positive black identity. It has been widely studied and discussed in the field of psychology and has influenced research on race and identity. The cycles of psychological Nigrescence is a theoretical model developed by William E. Cross Jr. to describe the psychological development of Black individuals in the United States. The model consists of five stages. Pre-encounter: characterized by a denial of racial identity and internalized racism. The cycles of psychological Nigrescence is a theoretical model developed by William E. Cross Jr: marked by a heightened awareness of racial discrimination and a rejection of the dominant culture's norms and values. Immersion/Emersion: characterized by a strong sense of racial identity and a rejection of White cultural values [2].

Internalization: marked by the integration of a strong sense of racial identity with a positive self-concept. Internalization/

\*Correspondence to: Raffaella Calati. Department of Neuroscience, Imaging and Clinical Sciences, University of Chieti-Pescara, Italy, E-mail: [ilari.gio@unih.it](mailto:ilari.gio@unih.it).

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Commitment: characterized by the active involvement in promoting and advocating for Black interests and values. The model is not prescriptive and not all individuals will progress through all stages, but it provides a framework for understanding the psychological development of Black individuals in a White-dominant society [3].

Psychological Nigrescence is a developmental theory that describes the psychological journey of Black people as they navigate and navigate their racial and ethnic identity. Pre-Encounter, Encounter, Immersion/Emersion, and Internalization. The stages describe changes in Black individuals' self-awareness, attitudes, and beliefs about their racial identity and their relationships with their community and society as a whole. The term "psychological Nigrescence" refers to a developmental model of the psychological experience of Black individuals. The model was proposed by William E. Cross Jr. in 1971 and describes a series of stages that Black individuals go through in their process of developing a positive Black identity. The model consists of five stages: Pre-encounter: characterized by low self-esteem and an internalized sense of racial inferiority. Encounter: characterized by an encounter with racial prejudice and discrimination, which can lead to feelings of anger, confusion, and disillusionment. Immersion/Emersion [4].

It is important for governments and communities to prioritize mental health support during and after the pandemic, by providing accessible and effective mental health resources and increasing public awareness about the importance of mental health. The COVID-19 pandemic has had a significant impact on the mental health of people worldwide. The sudden changes to daily life and uncertainty caused by the pandemic, as well as the fear of contracting the virus, have led to an increase in stress, anxiety, and depression. This has resulted in a rise in suicides globally, with reports of increased rates of suicide or suicidal ideation in many countries. The pandemic has also exacerbated existing mental health conditions, such as PTSD, and has created new challenges for those who were already struggling with mental health issues. The economic downturn

and job losses have also contributed to the rise in mental health problems. It is important for governments and healthcare providers to address this global psychological pandemic by providing accessible and affordable mental health resources and support to those in need. The COVID-19 pandemic has had a significant impact on mental health, leading to increased levels of stress, anxiety, and depression globally. One of the most concerning outcomes of the pandemic is the rise in suicide rates. The pandemic has disrupted daily life and created unprecedented levels of stress and uncertainty, leading to a significant increase in suicidal thoughts and behaviors. The risk factors for suicide include job loss, financial stress, isolation, and disrupted access to mental health services. Governments, mental health organizations, and healthcare providers should work together to address the mental health crisis brought on by the pandemic and provide support to those who are struggling with suicidal thoughts and behaviors. This includes increasing access to mental health resources, promoting public awareness about the importance of mental health, and providing support to those who have lost loved ones to suicide [5].

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