

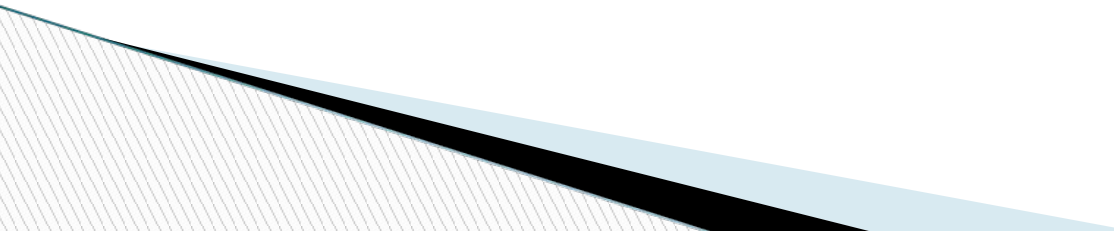
# *UNIT 2*

## **THE CONCEPT OF HEALTH**

*By: Prof. Rekha Sharma Sen*

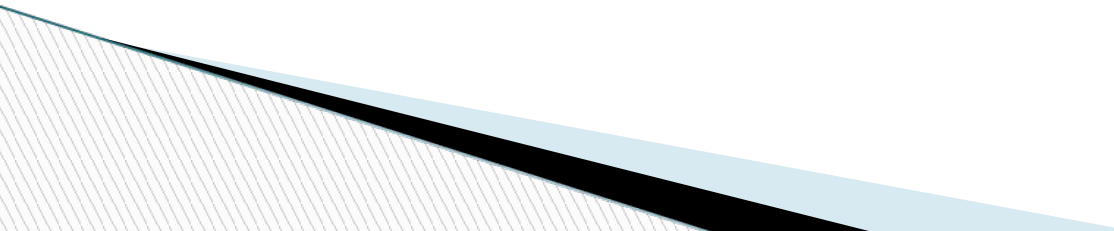


# Objectives

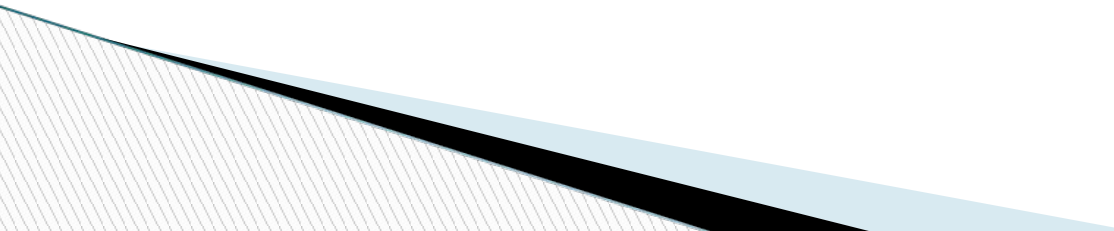
- **State the different interpretations of the term ‘health’.**
  - **Define ‘health’.**
  - **Analyze the definition of health.**
  - **Briefly describe the various dimensions of health.**
  - **Appreciate that health is a relative concept.**
  - **Examine the determinants of health.**
  - **Emphasize the importance of good health for the development of the child.**
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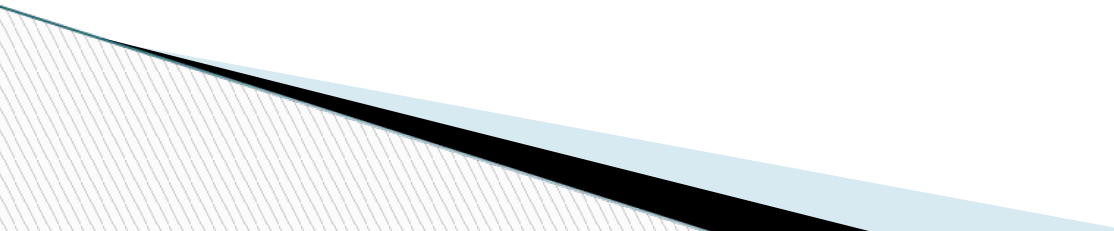
# Health - A Changing Concept

- ❑ Traditionally, health has been viewed as ‘absence of disease’. This is *biomedical concept* based on ‘germ theory of disease’. This concept ignores the role of environmental, social, cultural and psychological determinants of health. It was found inadequate to explain problems like malnutrition, chronic diseases, drug abuse, mental illness etc.
- ❑ According to ecological concept, health is a state of harmonious equilibrium between human beings and their environment, and disease a state of mal-adjustment of the human being to the environment. Eg: destruction of forests leading to climate change.

- **According to psychosocial concept, psychological, socio-cultural and economic factors influence health. Social customs and practices influence the health of individuals.**
  - **Most accepted one is the holistic concept. It is synthesis of all concepts. It implies the well-being of the person in the context of her environment. Health is a sound mind in a sound body, in a congenial family, in a good environment.**
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# Definition of Health

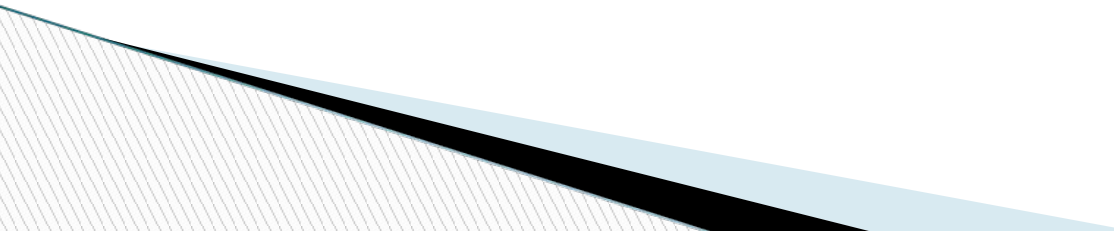
- Who in 1948 defined health as '*Health is a state of complete physical, mental and social well-being and not merely an absence of disease or infirmity.*' It has been expanded to include the ability to lead a 'socially and economically productive life'.
  - Some drawbacks of this definition:
  - We cannot measure mental and social well-being.
  - Health is not a state. It is a process of continuous adjustment of people to the changing environment and demands of life.
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- ❑ **Health as define by WHO is a idealistic goal. It sets out the standard of ‘positive health’, towards which all of us should strive.**
  - ❑ **The ‘positive health’ implies ‘perfect functioning of the body and mind in the social environment’. Biologically the body is functioning at optimum capacity; psychologically, the individual feels a sense of well-being; socially, the person’s capacities for participation in the social system are optimal.**
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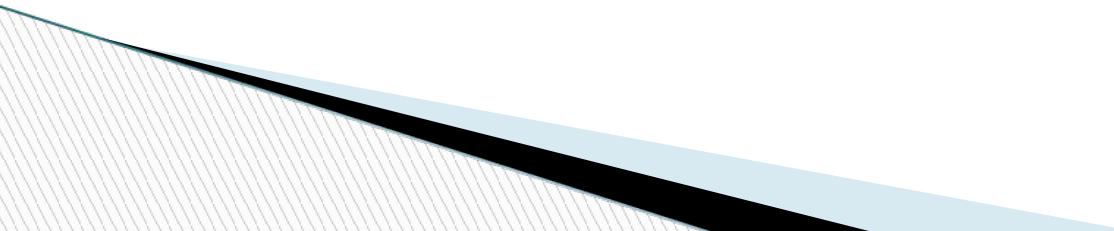
# Dimensions of Health

- ▣ **PHYSICAL DIMENSION:** Physical well-being implies a state in which every cell and organ is functioning at optimum capacity and in harmony with the rest of the body. Some signs :
- ▣ Lustrous hair, Healthy scalp, good complexion, clean skin, firm flesh, bright clear eyes, weight normal for height and age, well develop and firm muscles, smooth, easy, coordinated body movements, regular activities of bowels and bladder, good appetite, sound sleep.

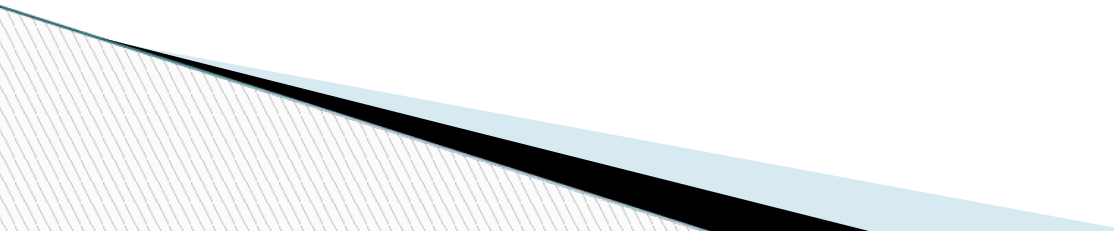
# Mental Dimension

- ❑ **A mentally healthy person :**
  - ❑ **Is free from unsolvable internal conflicts and is able to take decisions.**
  - ❑ **Is confident about her own abilities and recognises her faults.**
  - ❑ **Has high self-esteem**
  - ❑ **Assumes responsibilities and find satisfaction in accomplishment**
  - ❑ **Is not in the habit of pitying or condemning herself all the time**
  - ❑ **Is able to handle any situation without getting too upset.**
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- ❑ **Has good control over her emotions**
  - ❑ **Adapts to situations and people**
  - ❑ **Is sensitive to the emotional needs of others**
  - ❑ **Deals with others with consideration**
  - ❑ **Is well adjusted and gets along well with others**
  - ❑ **Mental well being and physical well-being are interrelated.**
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# Social Dimension

- ❑ It includes the person's ability to see herself as a member of a larger community, quality of her interpersonal relationships with others and the extent of her involvement with the community.
  - ❑ The person should fulfill her social obligations. Should be able to relate to others.
  - ❑ Extreme forms of social ill health are easy to identify.
  - ❑ Physical, mental and social well-being are all closely interrelated.
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# **Vocational Dimension**

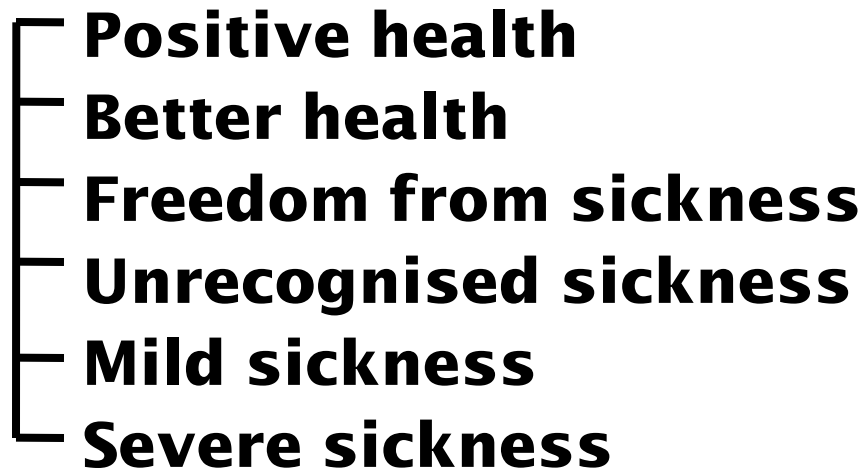
## **Spiritual Dimension**

- It means striving to understand the meaning and purposes of life. Includes integrity, principles and ethics, feeling of being linked to the whole universe.**
- The vocational aspect influences and is influenced by the other dimensions of health.**

## **HEALTH- A RELATIVE CONCEPT**

- The transition from good health to bad health is often gradual but it can be sudden also. The same holds good for recovery from bad health to good.**

# **Spectrum of Health**



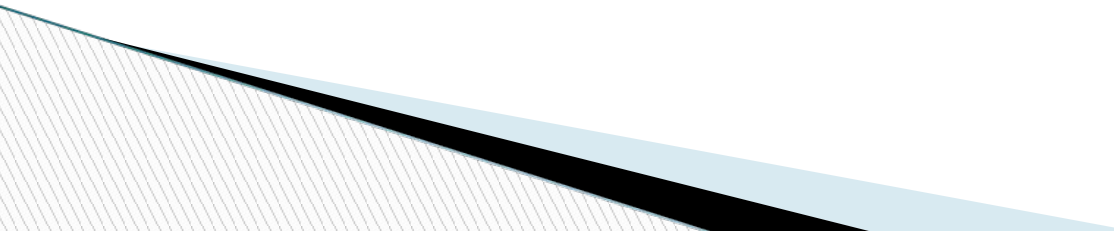
## **DETERMINANTS OF HEALTH**

- Genetic (e.g. Down's syndrome and Haemophilia)**
- Environmental : Socio-economic conditions and Lifestyle (the way people live).**

# Health Services

- ❑ Health services like immunization of children, nutritional health services for pregnant and lactating women, provision of safe drinking water, educating the community about the importance of personal hygiene and environmental sanitation as well as eating a balanced diet. Medical services-curative services.

## IMPORTANCE OF GOOD HEALTH FOR THE DEVELOPMENT OF THE CHILD

- ❑ A sick and malnourished child may be delayed in reaching her developmental milestones.
  - ❑ Maintaining good health during critical periods is very important. Eg. During pregnancy.
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*Thank You*

