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UNIT - 1.

CONCEPT OF HEALTH.

INTRODUCTION.

There are many illustrations which show that our health can be affected by various factors like social pressure health diminishing, consequence of stress and prolonged illness. All of which can have an ^{strong} effect on our psychological health.

It wont be a lie if we say that health is most valued only in its absence.

The term 'health' itself has been derived from the English word "heal" which literally means "to be cured" or "to be made sound again" following a wound or an injury. A disease could cause this injury.

Disease refers to a physical condition that results from a bodily malfunction either due to a breakdown of a bodily organ or a malfunction of one of the body's systems.

Health entails a quality of life answered by physical and mental vigour (energy). Health therefore, means much more than being free from diseases.

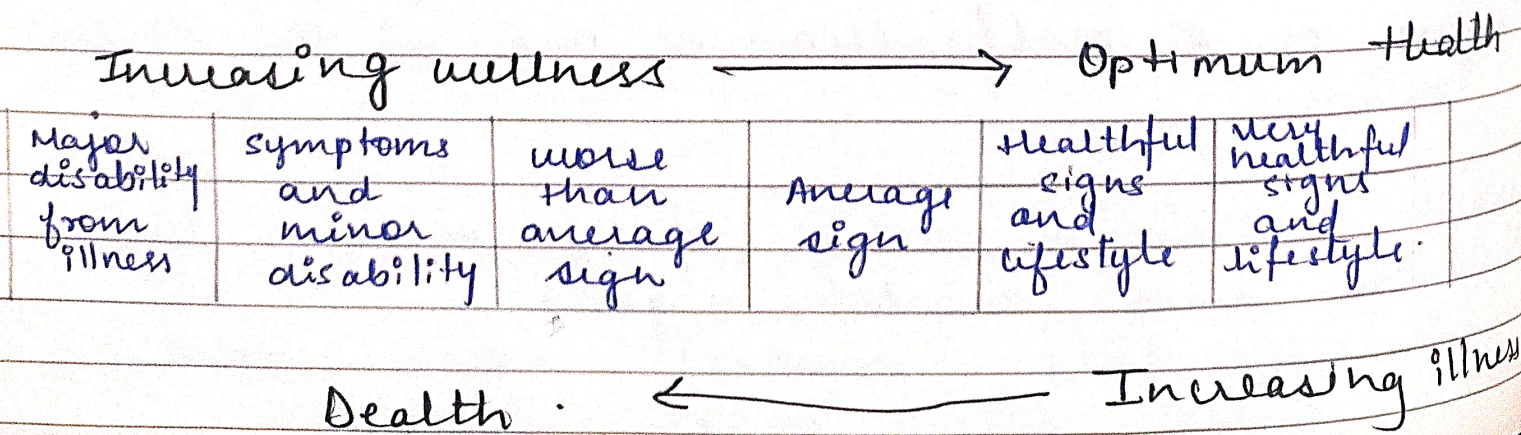
Definition

World Health Organisation (WHO) (1948) defined Health as "a complete state of physical, mental and social well being not merely the absence of disease or infirmity."

This definition is the core of the health psychologists for the conception of health.

Rather than defining health as the absence of illness, health is recognized as the achievement of balance between/among mental, physical and social well being.

The two terms "wellness" and "illness" were seen as a continuum and not 2 different states of being, with death and one end and optimal health health or wellness at the other.



Health Psychology is a scientific field that applies psychological theory and methods to the study of health and tries to explain the entire range of behaviour from illness to wellness.

Health psychologists have important functions which are as follows:-

- focus on health promotion and maintenance, which includes issues such as how to get children to develop good health habits, how to promote ~~or~~ require exercise, and how to design a media campaign to get people to improve their diets.
- study the psychological aspect of the prevention and treatment of illness. They teach people in a high stress occupation how to manage stress effectively to avoid health risks. They also help people who are already ill to follow their treatment.
- focus on etiology and correlates of health, illness and dysfunction. ^{origin and cause of illness.} They address the behavioural and social factors that contribute to health, illness and dysfunction.

— analyse and attempt to improve the health care systems and the formulation of health policy. They study the impact of health institutions and health professionals on people's behaviours to develop recommendations from improving health care.

Mind-Body Relationship.

The two aspects of human being are mind and body. So when we study about mind and related mental processes, there is a need to understand these in relation to our body also - the brain, nervous system, hormones, immune system, disease, disabilities etc.

There is a bi-directional influence between our mind and body. They do not work in isolation. Having a relationship between physical and mental health, both affect each other. For instance, our immune system gets affected by both mental and physical health.

Mind-body relationship has a significant impact on our health. Health does not refer only to physical health, it is not concerned only to what we eat. Rather health also includes what we think, say, feel and how we behave.

Even history have traces of mind-body relationship.

Prehistoric times: most early cultures regarded as intemund.

Disease was thought arise when evil spirit enters the body and treatment consisted primarily of attempts to exorcise these spirits.

Some skulls in stone age have small symmetrical holes that believed to have been made intentionally with sharp tools to allow evil spirit to leave the body while shaman performed the treatment rituals.

Ancient greeks:

- identified ^{not of} bodily factors in health and illness
- Rather ascribing illness to evil spirits, they developed a humoral theory. Acc. to them disease resulted when 4 ~~to~~ humours or circulating fluids of the body were out of balance.
- The ~~be~~ goal of treatment was to balance the humour.

They ~~are~~ also believed mind is also imp.
They described personally types associated
each of the 4 humours.
blood. - passionate temperament
black bile - sadness
Yellow bile - angry disposition
Phlegm - laid back approach to life

Middle ages - pendulum has swung to
supernatural explanation to illness

- Disease was regarded as the ^{god's} punishment
of evil doing
Cure is often regarded as driving
out evil forces by the form of
torturing the body.
- Later "therapy" was replaced by
penance through prayer and good works
- During that time, church were the guardian
of medical knowledge, so the physicians
were typically absorbed by priest.

~~From~~ Renaissance and continuing till present -
great stride were made in understanding
the technical bases of medicine

- this include the invention of microscope
in 1600; & development of the
science of autopsy helping medical
practitioners to see the organs that
were implicated in different diseases.
- As the theory of pathology progressed the
theory of humour was put to rest.

- In an effort of breaking the superstitions of the past, practitioners resisted acknowledging any role of for the mind in disease progress.
- Instead they primarily focused on organic and cellular pathology as the basis for their diagnoses and treatment recognition.
- The resulting biomedical model which assumes that psychological and social processes are largely irrelevant to the disease progresses.
Health and well being.

Health and well being are connected but they are 2 different things.

Health can be thought of as the state of being free from injury or disease. Health is of 2 types physical and mental.

If we talk about physical health means living in a body that is strong, capable, and free of disease.

Mental health, meanwhile means, having a mind that is strong capable and free of diseases.

If we are mentally healthy, we can navigate ^{daily} life and its setbacks and ~~etc~~

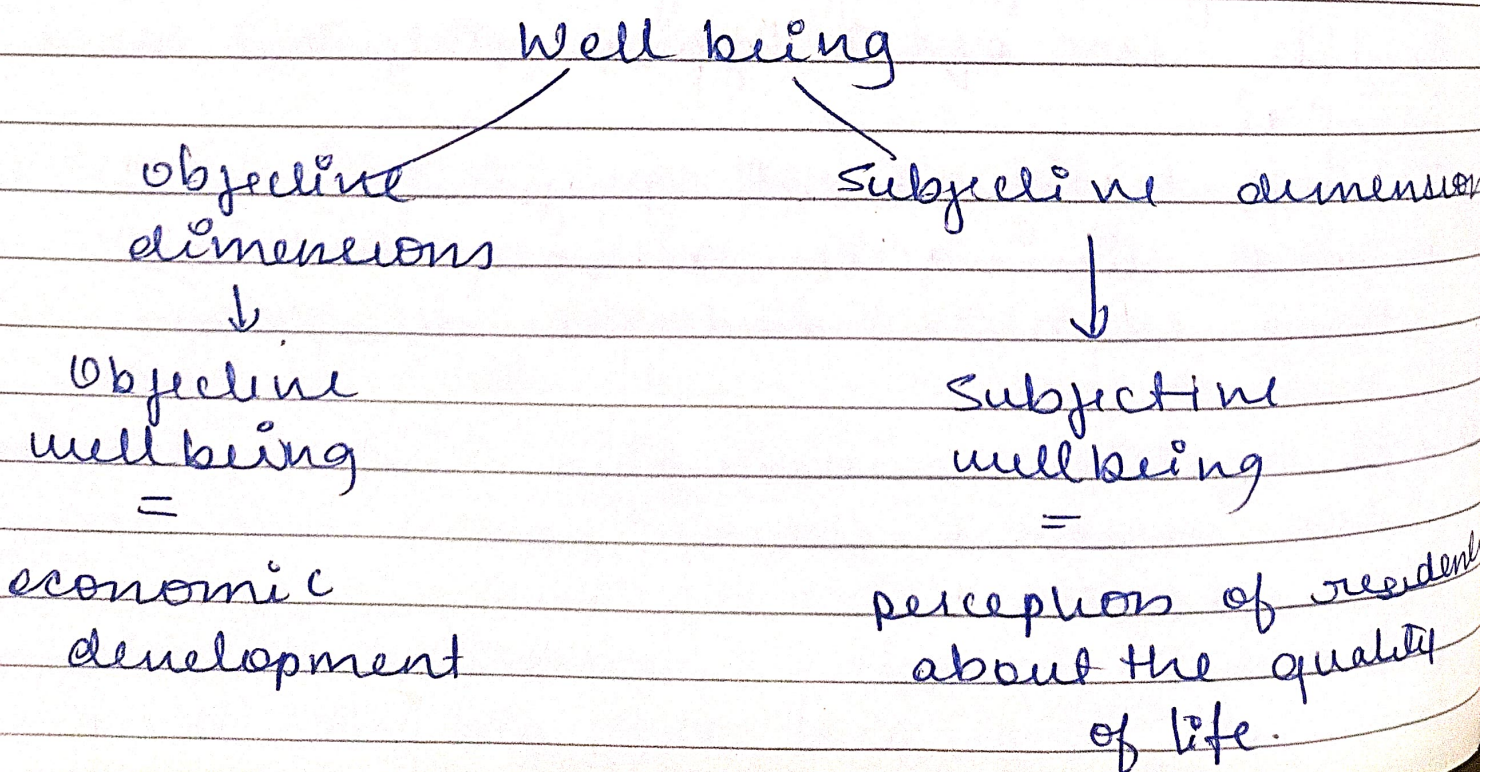
- Hedonic tradition - focus on concepts such as happiness, ~~at~~ positive emotion like life satisfaction
- Eudaimonic tradition - effective & positive functioning and development.

difficulties without excessive or debilitating stress, frustration, anxiety or stress. Taken together, physical and mental health affect everything we do.

Wellbeing can be described as the absence of negative things like mental distress and physical illness

- The positive well being defines as the maintenance of physical, mental and emotional stability and balance, not just the absence of illness.

- from scientific point of view there are 2 types of well being
 - * objective well being
 - * subjective well being



can be social, emotional, physical,
and societal wellbeing.

- OBJECTIVE WELLBEING - has its foundation
in basic human needs, including
food, health, education, safety and
shelter.

It rises and drops with social, political
and cultural events and can be
gauged by asking people to self report

- SUBJECTIVE WELLBEING - can be measured
by asking people how they feel about
their well being. It relies on un-
tangible measurements like satisfaction,
social wellbeing, happiness and sense
of meaning.

- it involves evaluation of effective
and cognitive aspect of life which
are getting affected by disease and
illness directly or indirectly
also evaluation of happiness, sense
of belongingness, achievement and
being without any distress or
discomfort.

Disease - used by doctors to describe the ^{pathological} symptoms
and biological health conditions of the patient.

Illness - general term used to describe their perceived
detached health conditions may or may not be diagnosed
by doctor.

Sickness - societal role & perception related to illness such
as taking rest, day off from work, stigma etc.