



# PSYCHOLOGY



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Reviewed by :

# Holistic Approach to health & wellness

## What is Health

- By far the most acceptable is the WHO definition:
- Health is a state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity (WHO 1948) and the “extent to which an individual or groups able to realize aspirations and satisfying needs and to change or to cope with the environment.

Health is a resource for everyday life and not the objective of living, it is a positive concept emphasizing social and personal resources as well as physical capabilities ( WHO 1984 )

## Dimensions of health

- Health is multidimensional
- WHO definition has three dimensions-physical, mental and social
- Other dimensions are, spiritual, emotional, vocational and political

## Social isolation

- Being alone is different from being lonely
- Social isolation carries the same health risk of smoking 15 cigarettes a day.
- It is twice as harmful to health as obesity.
- Its as lethal to health as alcohol dependence.
- Researchers from across sciences are asking,,Can loneliness kill you?

## New philosophy of Health

**In recent years we acquired new philosophy of health**

- Health is a fundamental human right**
- Health is inter-sectoral**
- Health is an integral part of development**
- Health is central to the concept of quality of life**
- Health involves individuals, state and international responsibility**
- Health is the essence of productive life, and not the result of ever increasing expenditure on medical care**
- Health and its maintenance is a major social investment**

## **Mental Dimension**

- Mental health is not mere absence of mental illness**
- Good mental health is the ability to respond to the varied experiences of life with flexibility and a sense of purpose**
- A state of balance between the individual and the surrounding world**
- Psychological factors can induce all kind of illness, not simply mental ones..**

### ➤ **Mentally Healthy Person**

- Satisfied with self, life and performance
- well adjusted, is able to get along well with others
- Has good self control, balanced reaction, good insight and independence
- Good coping ability( frustration, loneliness)
- Believes in internal locus of control

### ➤ **Social Dimension**

- Social well being implies harmony and integration within the individual, between each individual and other members of society and between individuals and the world in which they live
- The social dimension of health includes the levels of social skills one possesses, social functioning and the ability to see oneself as a member of a larger society

### ➤ **Spiritual Dimension**

- Spiritual health refers to that part of the individual which reaches out and strives for meaning and purpose in life. It includes integrity, principles and ethics, the purpose in life, commitment to some higher being and belief in concepts that are not subject to “state of the art” explanation
- Spiritual health has a role in health and disease
- Intangible

### ➤ **Emotional Dimension**

- Historically mental and emotional dimensions have been seen as one element or two closely related elements
- Mental health can be seen as knowing(cognition) and emotional health relates to feeling
- Mental and emotional aspect are two separate dimensions of human health

### ➤ **Other Dimensions**

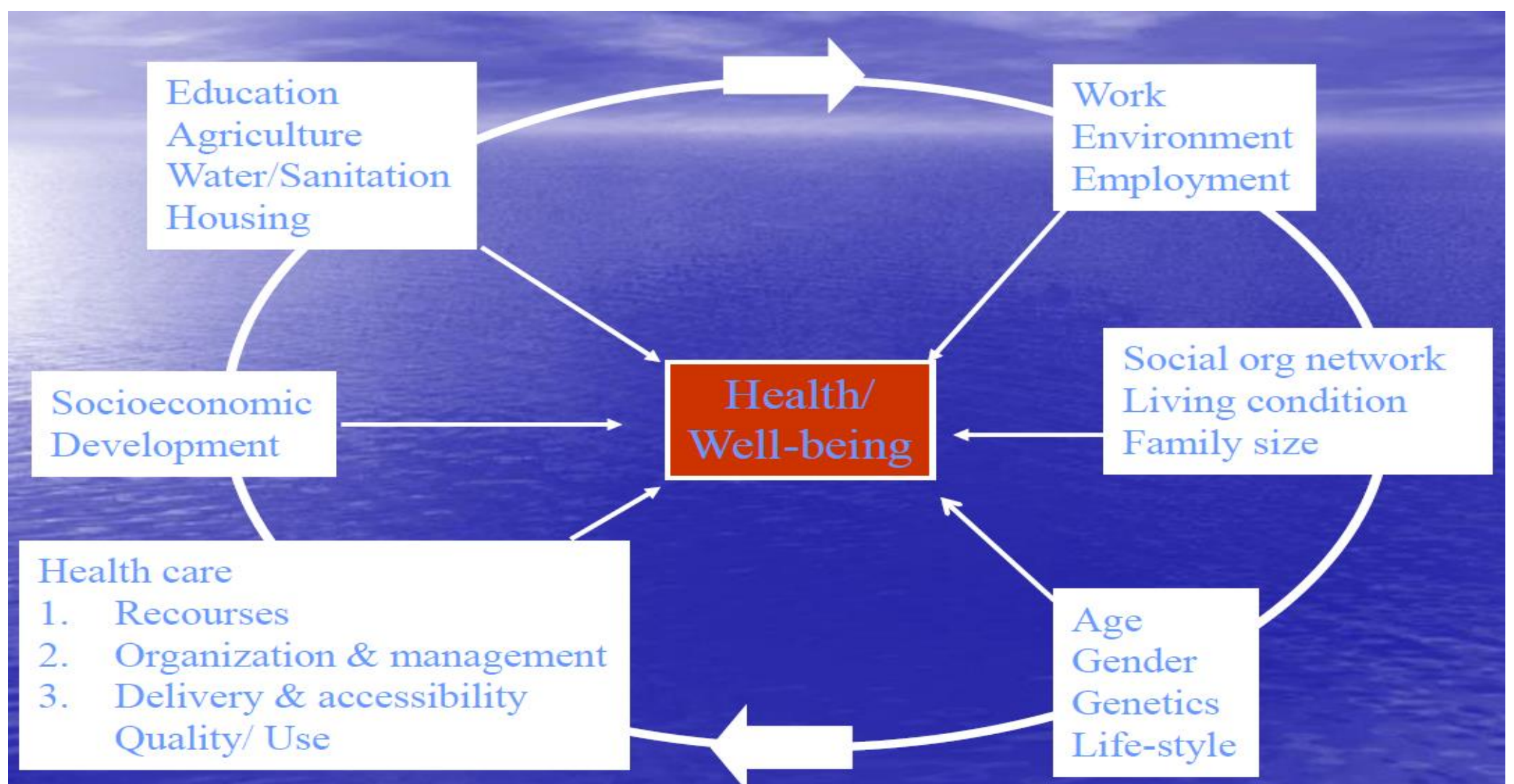
- |                           |                          |
|---------------------------|--------------------------|
| •Philosophical dimension  | •Cultural dimension      |
| •Socio-economic dimension | •Environmental dimension |
| •Educational dimension    | •Nutritional dimension   |
| •Curative dimension       | •Preventive dimension    |



## Determinants of Health

Health is multifactorial

- Biological determinants-Nature of genes chromosomal anomalies, errors of metabolism
- Behavioral and socio cultural conditions : Life style -the way people live coronary artery disease, obesity, lung cancer, drug addiction, ,,,,Risk of illness and death are connected with lack of sanitation, poor nutrition, personal hygiene
- Environment
  - Internal each and every component part of body
  - External those things man is exposed to
- Socio-economic conditions
  - Economic status
  - Education
  - Occupation
  - Political system
- Health Services
- Aging of the population
- Gender



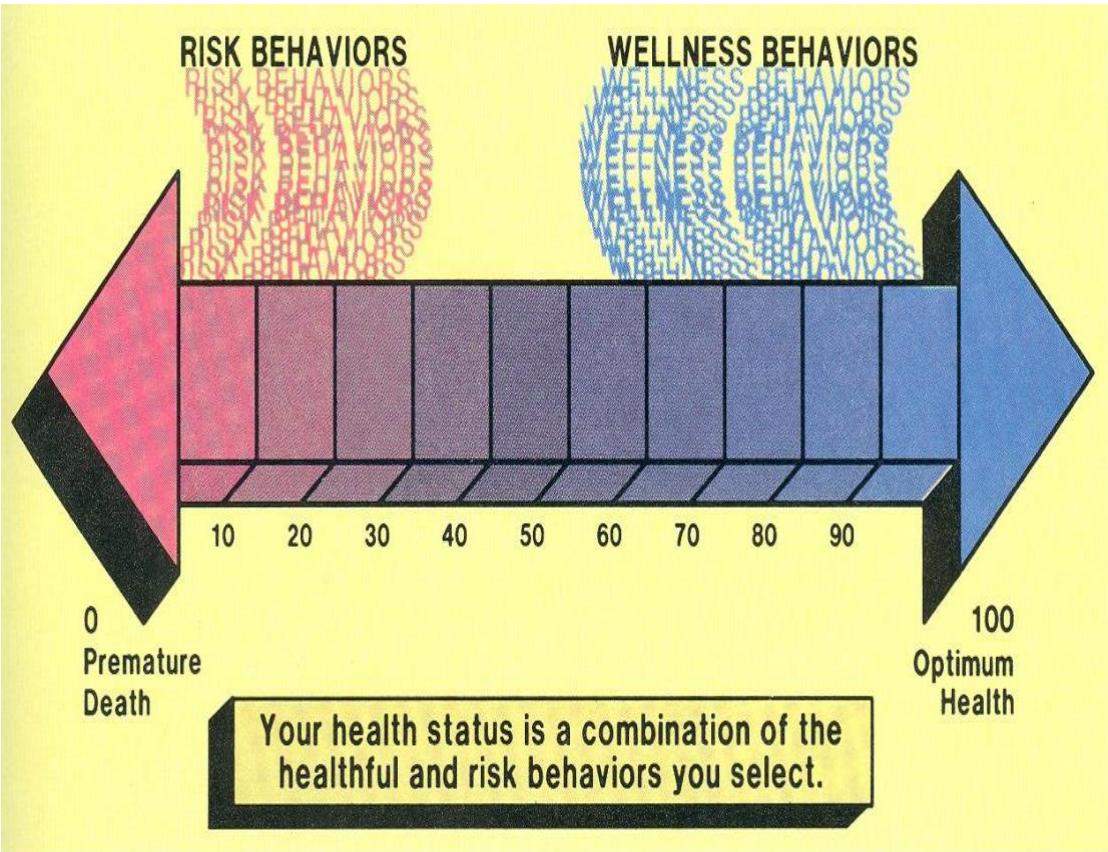
## Spectrum of health

- Health and disease lie along a continuum, and there is no single cut off point in between
- The lowest point on the health-disease spectrum is death and the highest point positive health

Positive health>>> Better health>>>Freedom from sickness>>>>Unrecognized sickness>>>>Mild sickness>>>>Severe sickness>>>>Death



COMPREHENSIVE VIEW OF HEALTH TODAY



Responsibility For Health

Individual responsibility

- Although health is now recognized as a fundamental human right, it is essentially an individual responsibility. It is to be earned and maintained by the individual himself
- Self care—all activities individuals undertake in promoting own health, preventing their own disease, limiting their illness and restoring their own health
- Self care activities relating to diet, sleep, exercise, weight, smoking, drugs

Community responsibility

- Health can never be adequately protected by health services without active involvementof communities whose health is at stake
- The people’s health ought to be the concern of the people themselves. They must struggle for it and plan for it.

State responsibility

- State assumes responsibility for the health and welfare of its citizen
- Health is a state responsibility

International responsibility

- Governments and international organizations cooperate in achieving the health goals-WHO,UNICEF,FAO
- Cooperation covers exchange of experts, provision of drugs and supplies, control of communicable diseases and achievement of Health For All