

# Concept of Health and Well-Being

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# Definitions of Health

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“ Health is a state of complete physical, mental and social wellbeing and not merely an absence of disease or infirmity and the ability to lead a socially and economically productive life”- WHO (1948)

Health is multidimensional.



# Physical Domain(Perfect functioning of the body)

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## EVALUATION OF PHYSICAL HEALTH

Self assessment of overall health

Inquiry into symptoms of ill health and risk factors

Inquiry into medications

Inquiry into level of activity

Inquiry into use of medical services

Standardized questionnaires for cardiovascular diseases

Standardized questionnaires for respiratory diseases

Clinical examination

Nutrition and dietary assessment and

Biochemical and laboratory investigations

# Community Assessment:

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At the Community Level, state of health may be assessed by such indicators as:

## Death Rate

- Infant Mortality Rate and
- Expectation of Life

# Mental Domain

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Mental Health has been defined as “ a state of balance between the **individual and the surrounding world**, a state of harmony between **oneself and others**, a coexistence between the **realities of the self and that of other people and that of the environment**”.

# Body- Mind Relation

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Psychological factors can induce all kinds of illness not simply mental ones which may include:

Essential Hypertension

Peptic Ulcer and Bronchial Asthma

- Some major Psychiatric Illnesses like **Depression and Schizophrenia** that have biological component

# Attributes of a Mentally Healthy Person or with good well-being include:

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- Free from internal conflicts, is not at war with him or herself
- Well adjusted: Is able to get along well with others.
- Accepts criticism and is not easily upset
- Searches for Identity
- Has a strong sense of self esteem
- Knows oneself, ones needs, problems and goals (this is known as self actualization)
- Has good self control, balances rationality and emotionality
- Faces problems and tries to solve them intelligently, i.e., coping with stress and anxiety



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One of the keys to **good health** is **Positive Mental Health**.

# Social Domain

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Social wellbeing implies “ Quality and quantity of an individuals interpersonal ties and the extent of involvement with the community”.

- Social health takes into account that every individual is a part of a family and a wider community and focuses on social and economic conditions and well being of the “Whole Person” in the context of his social network.
- Social Health is rooted in “Positive material environment” (focusing on financial and residential matters) and “Positive human environment” which is concerned with social network of the individual.

# Spiritual Domain

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Spiritual health refers to that part of the individual which reaches out and strives for meaning and purpose in life.

It includes:

- Integrity
- Principles of Ethics
- Purpose in life
- Commitment to some higher being

Belief in concepts that are not subject to “state of the art” explanation

# Emotional Domain

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Mental health can be seen as “Knowing” or “Cognition”, while Emotional health refers to “Feeling”.

# Vocational Domain

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- Importance of this dimension is exposed when individuals suddenly loose their jobs or are faced with mandatory retirement.
- For some this dimension may merely be a source of income but for others it may be source of self worth and life success.
- Goal achievement and self realization in work are source of satisfaction and enhanced self esteem.

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Other Dimensions include Philosophical, Cultural, Socioeconomic, environmental, educational, nutritional, curative and preventive.

# Good/ Positive Health

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The state of positive health implies the notion of “perfect functioning of the body and mind”.

- It includes all the three aspects which are in a perfect state and include:
  - i) Biological
  - ii) Psychological and
  - iii) Social
- Positive health is however a mirage, because everything in our life is subject to change.

# Concept of well-being

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Concept of “well being” has both subjective and objective components.

- **Standard of Living:** Spiritual , educational, recreational and other services may be used **individually as measures of socioeconomic status** and **collectively as an index of the standard of living”**.

The standard of living depends on the per capita GNP.



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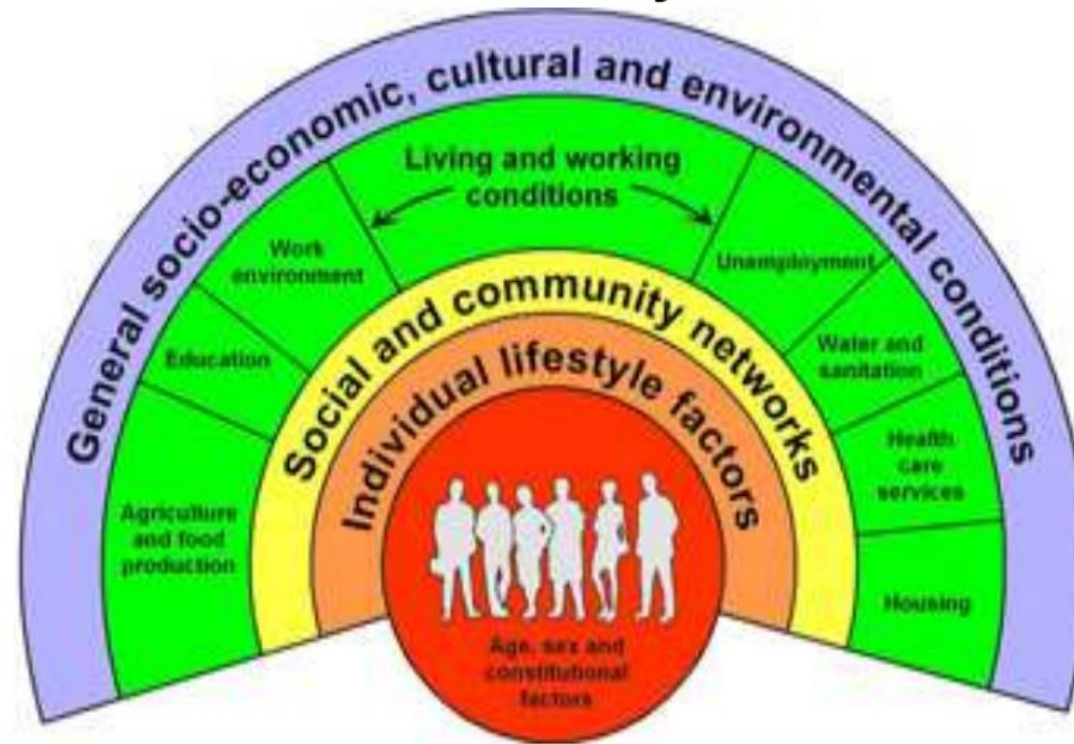
**Level of Living:** It consists of nine components: health, food consumption, education, occupation and working conditions, housing, social security, clothing, recreation and leisure and human rights.

These **objective characteristics** are believed to influence human well being.

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**Quality of Life:** It is a **subjective component** and is defined by WHO as “ The condition of life resulting from the combination of the effects of the complete range of factors such as those determining health, happiness (including comfort in the physical environment and a satisfying occupation), education, social and intellectual attainments, freedom of action, justice and freedom of expression.”

## *Determinants of Health*



# Determinants of Health



# Responsibility For Health

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## Individual Responsibility (Self care in health)

- Community Responsibility
- State Responsibility
- International Responsibility

# Well-being

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Well-being is the experience of health, happiness and prosperity.

It includes having good mental health, high life satisfaction, a sense of meaning or purpose, and ability to manage stress.

# Types of well-being

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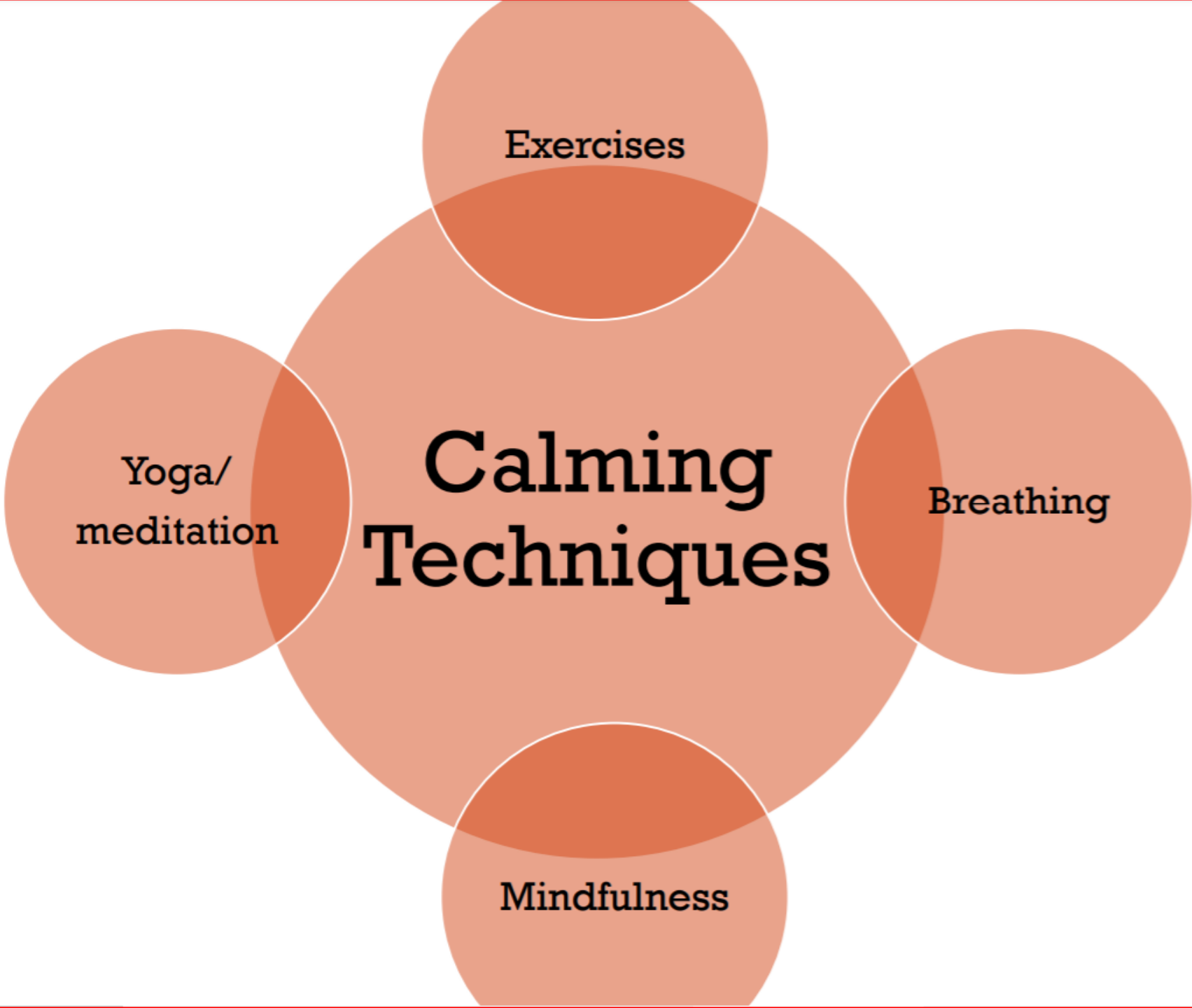
- **Emotional Well-Being:** The ability to practice stress management - and relaxation techniques, be resilient, boost self-love, and generate the emotions that lead to good feelings.
- **Physical Well-Being:** The ability to improve the functioning of your body through healthy living and good exercise habits.

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- **Social Well-Being:** The ability to communicate, develop meaningful relationships with others, and maintain a support network that helps you overcome loneliness.
  - **Workplace Well-Being:** The ability to pursue your interests, values, and life purpose in order to gain meaning, happiness, and enrichment professionally.
  - **Societal Well-Being:** The ability to actively participate in a thriving community, culture, and environment.



## Emotional Energy Matrix





Exercises

Yoga/  
meditation

Calming  
Techniques

Breathing

Mindfulness



# Enhancing Emotional well-being

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- Happiness Skills

- Mindfulness Skills

Positive Thinking Skills

- Resilience Skills

# Enhancing Physical well-being

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- Eating for Health
- Detoxing Your Body
- Correcting Nutritional Deficiencies
- Removing Plastic from Home

# Enhancing Social well-being

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- Practicing Gratitude
- Building Meaningful Social Connections
- Managing your Relationship with Technology

# Enhancing Work- Life Balance

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- Maintaining Work-Life Balance
- Finding Your Purpose

# Dimensions of Psychological well-being

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- Positive relationships with others
- Personal mastery
- Autonomy
- A feeling of purpose and meaning in life and
- Personal Growth and Development



**H**

**HOPE**

A sense of energy to persevere  
Towards your goals through proactive planning

**E**

**EFFICACY**

A belief in your own ability to produce positive results and achieve self-defined goals

**R**

**RESILIENCE**

A positive way of coping even when it seems there are no solutions to negative situations

**O**

**OPTIMISM**

Being and remaining positive about the likelihood of personal success, now and in the future

