



Category: Health and well-being



## HEALTH AND WELL-BEING

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### “ALL STUDY AND NO PLAY MAKES JACK A DULL BOY”

#### INTRODUCTION

When we speak of health, we normally think of only the body. But the health of one`s mind is important too. A healthy mind and a healthy body are great assets in an individual.

Health is not a state but continuous adjustment to the changing demands of life and environment. Today the narrow concept of health is freedom from disease .Some people consider presence of enough energy, vigour and vitality in the body to conduct daily activities as the essence of health . For others health means proper functioning of the various systems of the body. With the widening frontiers of health in our age of science health is being interpreted as a comprehensive area of human concern and interaction encompassing body, mind and spirit-their soundness, efficient functioning, growth and development in relation to biological, physical, social and cultural factors, and man`s genetic potential besides freedom from and prevention of disease.

According to the Oxford Dictionary, health is” soundness of body or mind: that condition in which its functions are duly and efficiently discharged .” In the Webster`s, health is defined as “the condition of being sound in body, mind and spirit, especially freedom from physical disease or pain.” A physically educated person would be inclined to look at health as” a condition or quality of the human organism in given conditions, genetic and environmental.” Referring to health as “a state of complete physical, mental and social well-being and not merely absence of disease or infirmity,” the World Health Organization has added” socially and economically productive life”, as a major objective of all health endeavours. Critics of this view argue that health is not merely a state or condition of being fit and free from disease, but it should be seen as a process of “continuous adjustment to changing demands of living.” It is not correct to define health rigidly in terms of conditions and objectives. It is a dynamic process and” the quality of life that enables the individual to live the most and cherish the best “, as Jesse Feiring Williams put it. This concept of health is broad, but omits no aspect of life, nor does it include too much. It must be as wide as life because life is more than biological processes of digestion, circulation and elimination freedom from disease or nutritional habits. Health, as this definition suggests, is capable of enrichment or deterioration; that life at its best is more a realistic concept for all persons than the mere avoidance consumerism and too much hurrying scurrying have become a perpetual cause of variety of stresses, strains and tensions. From a school going to child to a business executive everyone is under the impact of these silent killers. Unless you learn to diffuse tensions and cope with stresses the physical, mental, intellectual and emotional aspects of your health are bound to suffer badly. Variety of techniques and strategies of stress/tension management such as progressive relaxation, yogic/Zen meditation, thought-stopping, behavioral modification and others are known to be very effective.

Good inter-personal (social) relationships are gateway to good health. Man is a social animal and a productive social interaction is necessary for the development of his personality as well as for maintaining good health. Sharing experiences, exchanging views on matters of social importance and interacting with good



people is key point in individual and social health. Those who neither give nor take ideas or things are as good as animals.

## **IMPORTANCE OF HEALTH**

- It helps in the attainment of personal ambition
- It favors personal efficiency
- It contributes to an individual's lifespan
- It has much to do with happiness and success
- It permits people to conserve their earnings.

## **MEANING OF WELL-BEING**

1. The state of being comfortable, healthy or happy.
2. A good or satisfactory condition of existence; a state characterized by health, happiness, prosperity and welfare.

The World Health Organization (WHO) provided the following definitions of health: Health is a state of complete physical, mental and social well-being and not merely the absence of disease. This definition was well received because it concentrated on a person being healthy, rather than not being ill, and it took a holistic view by including mental and social well-being rather than focusing only on physical health.

The social emotional and economic environment in which children live interact with their personal physical and psychological resource to shape their health and well-being. Health and emotional well being are not static and most children will experience varying levels according to their individual interactions with others, and influences are usual.

All of us are searching for a sense of satisfaction and contentment in life feel at peace with our world. At one time or the other we have all experienced deep feelings to contentment even if they are only momentary, we believe that there really is such a thing as well being and we crave to live in that state all the time. This is our human quest. It is natural to seek happiness and we invest the whole of our energy in seeking it, despite its apparent elusiveness.

There are many ways to find satisfaction in this world. We spend our lives searching for a sense of well-being in such things as money, recognition, power and physical pleasure.

## **RELATIONSHIP BETWEEN HEALTH AND WELL-BEING**

- There is a two way relationship between wellbeing and health: health influences wellbeing and wellbeing itself influences health
- Health is one of the top things people say matters for wellbeing
- Both physical and mental health influence wellbeing, however mental health and wellbeing are independent dimensions, mental health is not simply the opposite of mental illness.

The World Health Organisation (WHO) states that "wellbeing exists in two dimensions, subjective and objective. It comprises an individual's experience of their life as well as a comparison of life circumstances with social norms and values". Examples of life circumstance include health, education, work, social relationships, built and natural environments, security, civic engagement and governance, housing and work-life balance. Subjective experiences include a person's overall sense of wellbeing, psychological functioning and affective states.

- Health is one of the top things people say matters to wellbeing.
- Both physical health and mental health can influence wellbeing<sup>3</sup>. Recent acute health problems affect wellbeing most but longer-term chronic ill health also has an effect on wellbeing.
- The relationship between health and wellbeing is not just one-way – health influences wellbeing and wellbeing itself influences health. There are a number of correlations between wellbeing and physical



health outcomes, improved immune system response, higher pain tolerance, increased longevity, cardiovascular health, slower disease progression and reproductive health .

- The effect of wellbeing on health is substantial (but variable) and comparable to other risk factors more traditionally targeted by public health such as a healthy diet.
- Wellbeing and mental illness are correlated with depression and anxiety, which are associated with low levels of wellbeing.
- Mental illness and wellbeing are independent dimensions; mental health is not simply the opposite of mental illness. It is possible for someone to have a mental disorder and high levels of wellbeing. It is also possible for someone to have low levels of wellbeing without having a mental disorder. Most associations are only moderately altered by adjusting for severity of mental disorder.
- Good health is also correlated with higher life satisfaction.

## CONCLUSION

Health and well being are connected to Sports and Games. In the olden days people used to do more manual labour, so there was good exercise for the body. Nowadays most of the things in our daily life are being carried out through machines. Hence there is need to inculcate the habit of playing sports and games, for good health and well-being.

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