



Category: HEALTH – WELL BEING



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HEALTH – WELL BEING

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INTRODUCTION

There is a popular saying in Sanskrit “Aarogyam Paramo Lavah”, i.e., health is the greatest blessing of all. But it is a matter of regret that many of us do not know what it means. We know it only by its reverse as disease / ill health and misery. We do not have any means to know that sense of well-being which is something quite different from not being ill. Health is not just the absence of disease, **No doctor can prescribe health; no government can ordain health by statue ; no international agency can administer health.** A community, for instance, may provide a house, it cannot provide homes. A “home” is what a family makes of a house, so with health; all that a community can do is to provide the means and services like social conditions, public health measures, sanitation better treatment of diseases etc, so as to enable the individuals to lead a life of complete physical, mental and social well-being and not merely the absence of disease or infirmity. .

MEANING OF HEALTH

The word “health” has different meanings and interpretation for different people.

- To a man on the street health may mean that he is not sick.
- A child may see it as washing his hands and face, or brushing his teeth.
- To a mother it may connote a happy family.
- To a young girl it may refer to the way she looks, the way she feels and the enjoyment she gets.
- A teacher may opine ‘A sound mind, in a sound body in a sound environment.
- Health, according to the psychologists, is the product of the normal function of cells, in a laboratory.
- According to physical culturists it is an art of making the body beautiful through performing a set of prescribed exercises.
- To a family physician health means constant supervision and care utilizing the most modern services, including health guidance and periodical examinations, and the best equipments to ensure happy zestful living of the whole family.
- An unhealthy person considers health as the most priceless possession of all.
- To the person. Who has lost his money, health is one hope.

DERIVATION OF THE TERM ‘HEALTH’

Historically, the term ‘Health’ is derived from an old Anglo Saxon word “HEALTH” meaning the condition of being safe and sound or whole. For many years this historical definition was lost because of the common belief that health was in essence, freedom from disease. It has been only in recent years that a fuller, richer meaning has evolved.

HEALTH DEFINED

The World Health Organization defined as “ A state of complete physical, mental and social well-being and not merely the absence of disease or infirmity”. This definition is important because some nations reached international agreement on it at the first World Health Assembly in 1948. It is the most widely accepted definition today.

FACTORS AFFECTING HEALTH – WELL BEING



It is a fact, of experience that students are interested in themselves, as well as in their own lives in their families, and in their communities. It is apparent that they are not interested in "health for health's sake". This is only natural and normal. The important fact is that students want to gratify such basic needs as to being, to be recognized, to be in good standing, to be loved, to eat well, and to play joyously. These are all aspects of good health and fine living. Improvement can be made in the essential factors producing health if there is (1) understanding (2) desire, and (3) action. Improvement in living then can be made to increase satisfaction from one's work and provide enjoyment, efficiency and happiness. However, the students should also be aware of the factors that affect their health.

THE SIX MAJOR FACTORS – Which promotes Health & Well being

1. HEREDITY

Life begins when the sperm cell of the father unites and fertilizes the ovum or female cell of the mother. The colour of eyes, hair and skin, the shape of the nose, one's stature and general bodyform etc., are inherited through the reproductive cells of the parents for example, most men from Punjab have a large body build, while many men from other states are of a smaller build; the skin of some people is like the golden sun shine while in others it is like majestic ebony. High intelligence is inherited in the same way as certain type of feeble-mindedness are inherited. A few diseases are also hereditary. There are genes in each cell for every trait. This is why people are different.

2. ENVIRONMENT

The world we live in consists of (i) factors and conditions such as soil, forests, rivers, plants, animals, insects bacterial life, houses, cultivated fields, wells, ponds, electrical units, trains, cars, wagons, newspapers, books, and countless other things, and (ii) people and their behavior as expressed by custom, habit, tradition, prejudice, superstition and institutions. We are healthy, sick or disabled depending on our physical environment and on our health habits. Therefore, the combined efforts of the individual to create a safe physical environment where individuals can work and live a healthy and happy life.

3. SOCIAL HABITS

Our habits of eating, cleanliness, clothing, home treatment of illness and most of the thinking about health are the direct outcome of the influence of parents, teachers, members of the family and friends. Many people believe that sickness is caused by the evil eye or that sickness is a curse that must be endured. People can be taught scientific truths about the cause and prevention of sickness.

4. PROPER NUTRITION

Eating a balanced diet is an essential life activity. Because of the absolute necessity of nutrition to life and health, it is considered here as a separate health-producing factor. A balanced diet provides the cells of the body the essential nutrients for three main purposes: (1) for growth and repair; (ii) for regulation of bid process and (iii) to yield energy. The right kinds of foods-milk, eggs, vegetables, fruits, meat or fish, cereal, and whole-grain or enriched bread and markedly affect the quality of life. Also proper foods aid in regular elimination of body wastes.

5. PROFESSIONAL HEALTH SERVICES

This essential factor contributing to effective living consists of adequate medical and dental care and health education. Health services range from preventive curative measures including health guidance, periodic health examination, recording of health histories, and clinical surgical and hospital care. Health education should enable one to (i) understand the role of professional services in effective living. (ii) select competent health advisers, (iii) discover how to secure continuous medical supervision and care and (iv) determine ways and means to pay for professional services. Great strides in solving the nationwide problem of providing competent professional health services for the individual and the group can and will be made in the near future.



6. FREEDOM FROM DISEASE AND ACCIDENT

This vital factor for health is considered no larger as total health but as merely an aspect of health. Modern control of communicable disease is one of man's great achievements and has done much to increase effective living and longevity. Several diseases like pneumonia, tuberculosis, influenza and the venereal diseases, still remain to be completely eliminated and control. The chronic degenerative diseases, heart disease, cancer and etc., are still unconquered. Examples of intelligent health practices which increase effective living include building resistance to disease through a balanced programme of physical activity, adequate sleep and rest, proper diet, and scientifically proved immunizations avoiding sources of infection, seeing prompt medical and dental care including regular medical and dental examinations; and taking plenty of time to recover when disease strikes.

Accidents in the home, on the highways and in industry constitute one of today's major problems. Learning to live effectively, yet safely is a different art in present-day society.

There is great opportunity for improvement, personally and in the community with respect to this vital health factor, freedom from disease and accidents through better health education.

QUALITIES OF A HEALTHY PERSON

A healthy person has the following qualities.

- i) Absence of physical and mental disease.
- ii) A very busy active and disciplined life, having full control of his time.
- iii) Normal and balanced weight. A healthy person should be neither very thin very fat.
- iv) A healthy person takes a balanced diet, rich in all vitamins particularly of the B and D families. Calcium is also be taken in good quantity.
- v) A healthy person is free from tension of any sort.
- vi) A healthy person enjoys loving. For him living is a pleasure not a burden.