

# **“Dimensions of Health”**

Presented by --

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## *Definition Of Health :*

- “Health is a state of complete physical, mental and social wellbeing and not merely an absence of disease or infirmity.”

- W.H.O.(1948)

- “ Health is the condition of being sound in body,mind and spirit ,especially freedom from physical disease or pain.”

-Webster .

# Concepts Of Health

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graph TD; A([Concepts Of Health]) --> B[Biomedical concept]; A --> C[Ecological concept]; A --> D[Psychosocial concept]; A --> E[Holistic concept];
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**Biomedical concept**

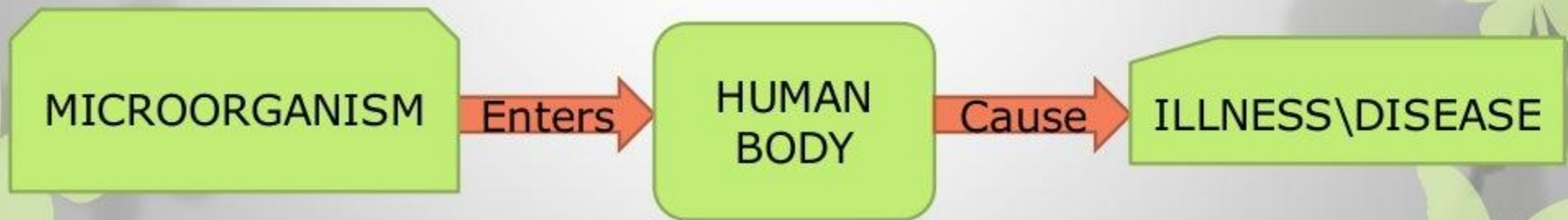
**Ecological concept**

**Psychosocial concept**

**Holistic concept**

# 1. BIOMEDICAL CONCEPT :

Traditionally, health has been viewed as an “absence of disease” and if one has free from disease, then the person was considered healthy. This concept, known as the “biomedical concept” has the basis in the ‘germ theory of disease’.



## CRITICISM OF BIOMEDICAL CONCEPT :

- According to biomedical concept, one factor ,i.e. Germ is responsible for illness ,but other factors which contribute to the illness are not considered.
- But it has been seen that some of the health problems such as accidents ,nutritional deficiency disorders, mental disorders, disease due to environment pollution also occur. Even germs also get an opportunity to multiply and thereby cause disease, it get appropriate environment inside the body to grow.

## 2.ECOLOGICAL CONCEPT :

- The ecologist put forward an attractive hypothesis which viewed health as a dynamic equilibrium between man and his environment.
- Disease a maladjustment of the human organism to environment.
- The ecological concept raises two issues,  
Imperfect man  
Imperfect environment.
- So in the view of ecologists health problems occur due to environmental pollution or mans maladjustment or imperfect man environment.

# CRITICISM OF ECOLOGICAL CONCEPT :

- Ecologists have considered the external environment of human beings ,but internal environment is also responsible for disease.

E.g. ; Genetic inheritance,

Hemophilia

Mental retardation

### 3. Psychosocial concepts:

- Health is not only a biomedical phenomenon, but one which is influenced by social, psychological, cultural, economic and political factors of the people concerned.



## 4. Holistic concept:

- The holistic model is a synthesis of all the above concepts.
- It recognized the stronger of social, economic, political and environmental influences on health.
- The holistic approach implies that all sectors of society have an effect on health in particular, agriculture, animal husbandry, food, industry, education, housing, public works, communications and other sectors.
- The emphasis is on the promotion and protection of health.

# DIMENSIONS OF HEALTH

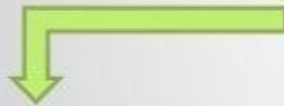
*Physical*

*Mental*

*Social*



*Dimensions of  
health*



*Spiritual*

*Emotional*

*Vocational*

# 1. Physical Dimensions :

- Physical health means perfect functioning of the body in which each organ is working in harmony with the maximum capacity.
- Physical health is achieved by the exercise, healthy diet, adequate rest and sleep and no smoking or alcohol intake.
- To maintain proper physical health there is need for taking safety precautions, and regular follow up with the health care providers.

## ➤ Signs of physical health :

- ✓ A good complexion.
- ✓ A clean skin.
- ✓ Bright eyes.
- ✓ Not too fatty.
- ✓ A sweet breath.
- ✓ A good appetite.
- ✓ Sound sleep.
- ✓ Regular activities of bowels and bladder.
- ✓ Smooth, easy, and coordinated bodily movements.

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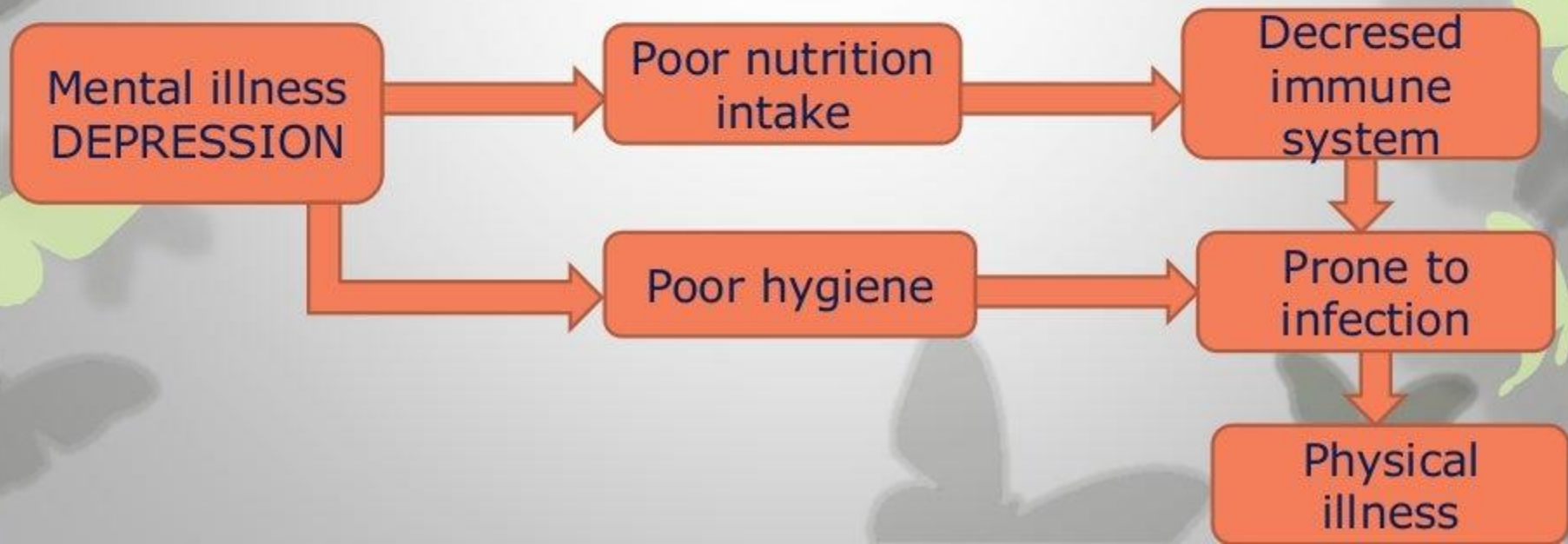
## ➤ Evaluation of Physical Health :

1. Self assessment of overall health.
2. Inquiry about ill health and risk factors.
3. Inquiry in to medications.
4. Standardized questionnaire for cardiovascular and respiratory diseases.
5. Clinical examinations.
6. Nutritional and dietary history.
7. Biochemical and laboratory investigations.

## 2. Mental Dimensions :

- Mental health is a state of balance between body and mind . Earlier the body and mind were considered two separate entities.
- But these are interrelated as physical illness can result mental illness and vice versa.

How mental illness influence physical health has been shown in fig;



## □ Characteristics of mentally healthy person :

1. Mentally healthy person will be capable of making personal and social adjustment.
2. Mentally healthy person is free from internal conflicts.
3. He faces problems and tries to solve them intelligently.
4. He has good self control balances rationally and emotionally.
5. He knows him self his needs problems and goals.
6. He has strong sense of self esteem.
7. He serches for identity.
8. He lives a well balanced life means able to maintain the balance between work rest and recreation.

### 3.Social Dimensions:

An individual is socially healthy if he is able to maintain harmonious relationship with other members of society in which he lives.

Social health rooted in “positive material environment” and “positive human environment” which is concerned with the social network of the individual.

#### **The social dimensions of health includes;**

- ✓ Communication
- ✓ Intimacy
- ✓ Respect
- ✓ Equality
- ✓ Social functioning

## 4. Spiritual Dimensions :

- Spirituality means in touch with deeper self and exploration the purpose of life, as people believe in some force that transcend physiology and psychology of human beings.
- It includes love , charity, purpose , principles , ethics, integrity, hope of life.
- Meditations ,prayers, or spiritual gatherings are organized to maintain spiritual health.



## 5. Emotional Dimensions :

- Emotional health is closely related to the mental health and is considered as an important element of health.
- Mental and emotional aspects of health are now viewed as two separate entities for human life.
- Cognition is related to the mental health whereas emotional health is related to the feelings of a person.
- Emotional health includes ;
  - An emotionally healthy person has a positive thinking and is capable of coping and adjusting self.
  - An emotionally healthy person participates in all the activities which are related to personal growth and his self esteem.
  - Emotionally well people have the ability to express feelings freely and manage feelings effectively.
  - They are also aware of and accept a wide range of feelings in themselves and others.

## 6. Vocational Dimension :

- The choice of profession, job satisfaction, career ambitions and personal performance are all important components of this dimension.
- To be occupationally well, a person is ultimately doing exactly with what they want to do in life and are comfortable with their future plans.
- Vocational dimension of health can be assessed by ;
  - Assessing the satisfaction level at job ,
  - Facilities attached to the job ,
  - Behaviour of the management and administrator and of colleagues at job.

## 7. Other dimensions :

- A few other dimensions also suggested such as ;
  - ❑ Cultural dimensions
  - ❑ Socio-economic dimensions
  - ❑ Environmental dimensions
  - ❑ Educational dimensions
  - ❑ Nutritional dimensions
  - ❑ Preventive dimensions

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# SUMMARY

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Thank you

