

# Introduction to the concept of individual health

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## **Concept:**

Health refers to a person's physical, mental and spiritual state: it can be positive (as being in good health) or negative (as being in poor health). The WHO defines health positively as a state of complete physical, mental, social and spiritual wellbeing and not merely absence of disease or infirmity. So Health as a state of being includes many different qualities & characteristics.

## **Definition of Health:**

The WHO defines health positively as a state of complete physical, mental, social and spiritual wellbeing and not merely absence of disease or infirmity. So that each citizen can lead socially and economically productive life

## **Definition of individual health:**

An individual health might be described in terms such as energetic, outgoing, enthusiastic, beautiful, caring, loving and intense. Together, these qualities become the essence of a person's existence they describe a state of being.

## **Characteristics of Healthy & Unhealthy State (illness & wellness)**

**Definition of Healthy/ Wellness State:** The concept of wellness also allows for individual variability. Wellness can be thought of a dynamic balance among the physical, psychological, social & spiritual aspects of a person's life. As with health, each person also defines wellness in relation to personal expectations. Wellness behaviors promote healthy functioning & help prevent illness.

**Definition of unhealthy state:** unhealthy was as more than the presence of disease, illness or disability.

**Illness:** Illness is a product of the disharmonious interaction (disease) between mind, body, emotions & spirit. Illness is something that happens to a person.

## **Wellness & Holistic Health Care:**

Holistic health care emphasizes humanism, choices, self-care activities and a peer relationship between the health care provider and the client. A holistic intervention would focus on the interrelated client needs of body, mind, emotion and spirit.

### **Characteristics of Healthy state:**

1. The absence of illness or disease.
2. The ability to work or be physical active.
3. Not being sick.
4. The ability to take care of basic needs.
5. Heaving active participation in family.
6. The ability to have some control.
7. The ability to complete usual daily activities.
8. Heaving emotional well-being.
9. Heaving spiritual connectedness.
10. Heaving personal individual.

### **Characteristics of Unhealthy State:**

1. Presence of pain or biophysical or mental health.
2. Disruption of usual roles
3. Inability to fulfill normative roles and social obligation
4. Limited self care.
5. Disparity between desired and actual behavior.

### **Characteristics of Unhealthy families are**

- i. Maladaptation
- ii. Lack of understanding, communication and helpfulness between members
- iii. Lack of family decision making and lines of authority
- iv. Extreme closeness between husband and his mother or family
- v. Members not maintaining individuality
- vi. Parents being dominating about performance of household tasks
- vii. High level of anxiety or insecurity present in the home
- viii. Lack of creativity and stability
- ix. Pattern of immature or regressive behavior in parents or children.