

Nature of life style and health behaviors

Definition of Health behavior: Health is defined as those personal attributes such as beliefs, expectations, motives, values, characteristics including affective and emotional states and traits and over behavior patterns, actions and habits that relate to health maintenance, to health restoration & to health improvement.

Types of health behavior:

There are 4 types of health behavior –

1. Preventive health behavior: Any activity undertaken by an individual who believes himself to be healthy for the purpose of preventing or detecting.
2. Promotive health behavior: - Proactive decision making to all levels of care of individual to changing their life styles towards a state of optimal.
3. Illness behavior: - Any activity undertaken by an individual who perceives himself to be ill, to define the state of health and to discover a suitable
4. Sick – role behavior: Any activity undertaken by an individual who considers himself to be ill, for the purpose of getting well.

Define life style: Healthy life style refers to basic human functions and patterns linking various activities of everybody living.

OR

A healthy life style is a way of living that lowers the risk of being seriously ill or dying early. Different meanings of life style ----

1. The values that a person express with reference to a limited number of basic dimensions like freedom, justice, equality etc.
2. A group or cluster of attitudes, opinions, interests and activities.
3. Actual “pattern of behavior” e.g life styles characterized by substance abuse or can an active leisure time involving sports, work in political organizations.

Explain individual life style and health behavior:

1. A healthy life style is a way of living that lowers the risk of being seriously ill or dying early.
2. Determinants of health strongly influence life styles.
3. It includes individual behavior and biology, economic, social, psychological, physical, environment and access to health care.
4. It Promote healthy life styles involves enhancing individual responsibility and capability as well as enabling environments.

5. These activities include eating and drinking, physical- sexual behavior, coping with stress, self working caring for others and the quality and safety of home, workplace and others built environments.

Modification of life style & health behavior

Life style: Life style “is rather a diffuse concept often used to denote” “the way people live” reflecting a whole range of social values, attitudes and activities.

How life style development?

Life styles are learnt through social interaction with parents, peer groups, friends and siblings and through school and mass media.

Health behaviors: Are any activities that an individual undertakes to enhance health, prevent disease and detect and control the symptomatic stage of a disease.

What is modification?

It is an act / process of changing in order to improve it or make it more acceptable. A modification of the existing system / design is needed. Modification may not be long –lasting. It may diminish with lapse of time.

Write the importance of modifying life style & health behavior.

The following importance are -----

1. Life style actually reflect the series of social values, attitudes, activities, rites & rituals influenced by social, cultural, behavior & religious environment.
2. Some of the related factors of life style that influenced the promotion of health while others may be detrimental to health. E.g – hypertension, lung cancer, drug abuse, alcoholism etc
3. Other importance of life style is considerations are exercise, stress management and rest.
4. It helps to minimizes the onset of diseases can be delayed through life style modification.
5. It helps to prevent the effects of some of the main causes of diseases, disability and death.
6. It helps to changes prior to the onset of illness.

Write down the principles of modifying life style & health behavior.

Health requires of the promotion healthy life style. So followed the following principles of life style & behavioral modification, these are-----

A. To new develop a new behavior---

1. Successive approximation principle: Reward clients successive steps the final behavior.
2. Continuous reinforcement principle: Arrange reward after each performance.
3. Negative reinforcement principle: Arrange to avoid aggressive behavior.
4. Modeling principle: Allow clients to observe prestigious person performing the desired behavior.
5. Cueing principle: Teach clients to remember to act at a specific time, arrange for them to receive a cue for the correct performance just before the action.
6. Discrimination principle: Teach a client to act at a particular way.

B. To strengthen a new behavior ----

1. Decreasing reinforcement principle: To encourage a client to continue performing an established behavior with a few / no rewards.
2. Variable reinforcement principle: To improve a client's performance of a certain activity.

C. To maintain an established behavior---

1. Substitution principle: To change rein forcers when a previously effective reward is no longer controlling behavior, present is just before.

D. To stop inappropriate behavior---

1. Sanitation principle: To stop inappropriate behavior to continue performing the undesired act
2. Extinction principle: The reinforcement arranges a condition that the client cannot receive any reward for his /her undesired act.
3. Incomplete alternative principle: Cannot be performed at the same time as the undesired act.
4. Punishment principle: Punishment results increased hostility and aggression. So it should be infrequently.