



SNS COLLEGE OF NURSING



Saravanampatti (po), coimbatore.

DEPARTMENT OF NURSING

COURSE NAME : Bsc (Nursing) I Year.

SUBJECT : NURSING FOUNDATIONS

UNIT : I HEALTH AND ILLNESS

TOPIC : CONCEPT OF HEALTH

INTRODUCTION

- The state of one's health is reflective of an individual's ability to meet life's challenges and maintain his or her capacity for optimal functioning.
- Your Personal level of health everything about you.





DEFINITION OF HEALTH



According to WHO, World Health Organization, Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.

In recent years, this definition has been amplified to include the ability to lead socially and economically productive life.



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PHYSICAL HEALTH:

It means the body structure and functions confirming to laid down standards within the range of normal development and functions of all the systems.

It implies “perfect functioning” of the body.



Mental health

It is defined “as a state of well being in which the individual realized his or her own abilities, can cope with normal stresses of life, can work productively and fruitfully and is able to make a contribution to his or her community”.





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A mentally normal person has the ability to mix up with others, he/she makes friendship, behaves in a balanced manner, keeps himself tidy and observes adequate personal hygiene, well oriented to time, place and person.





SOCIAL HEALTH

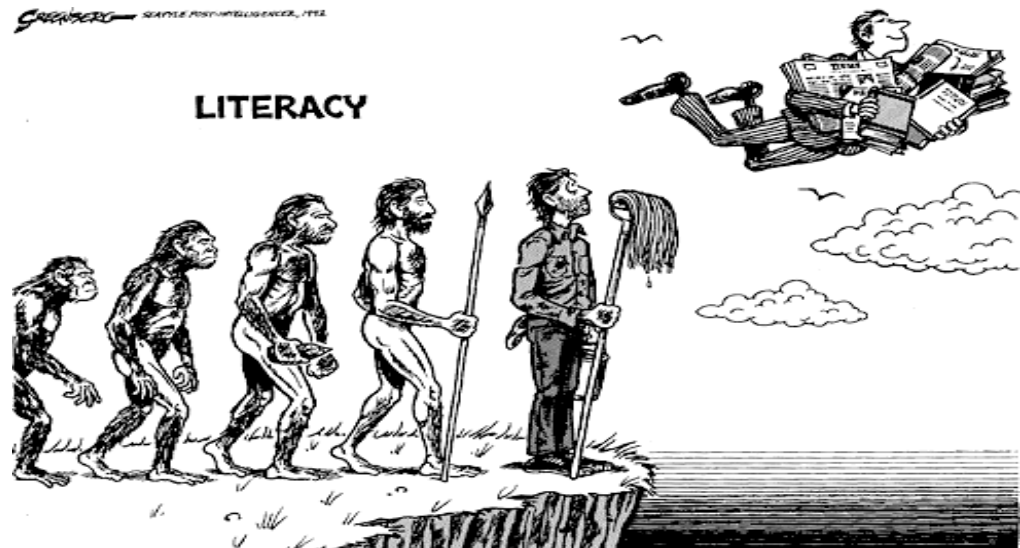


It means ability of a person to adjust with others in his social life, at home, at work place and with people. Men interact with men and they inter-relate and inter depend on each other and play their effective role in accordance with a situation.



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Social wellbeing can be measured on scale by taking in to consideration of indicators like income, literacy and occupation (as discussed under socio economic status of family).



CONCEPT OF HEALTH



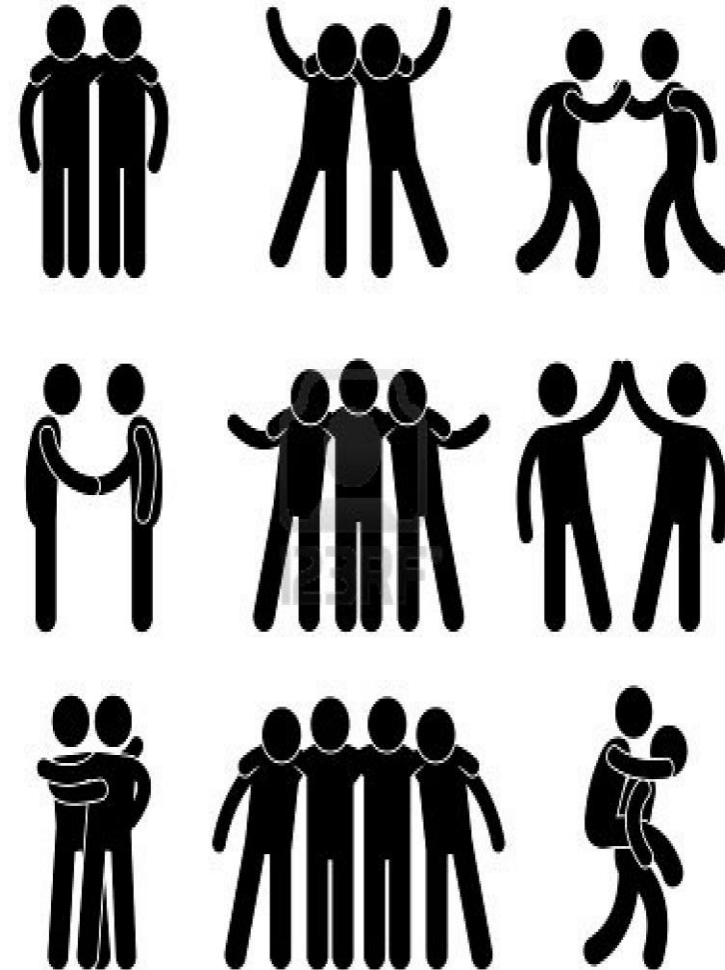
Health is difficult to define but easier to understand. To many of us it may mean absence of disease or infirmity and to many it may mean sound body and sound mind and sound function of the body

- An understanding of health is the basis of all the health care.
- Health is not perceived the same way by all the members of a community including various professional groups (like biomedical scientists, social scientists, health administrators, ecologists) giving rise to confusion about the concept of health



Continued.

- To an Anatomist
Healthy body means it should confirm to normal anatomical structures.
- To a Physiologist
Health means normal body functions



Continued.....



- To a biochemist
It means normal biochemical levels / values
- To a pathologist
It means normal cellular make up



Continued.....



- To a psychiatrist

It means well adjusted and a balanced personality





Changing concepts of health



DIFFERENT CONCEPT:

Health has evolved over the centuries from the concept of individual concern to a worldwide social goal

The various changing concepts of health as follows:

1. Biomedical concept
2. Ecological concept
3. Psychosocial concept
4. Holistic concept

BIOMEDICAL CONCEPT

BIOMEDICAL CONCEPT



- Traditionally, health has been viewed as an “absence of disease”, and if one was free from disease, then the person was considered healthy.
- The medical profession viewed the human body as a machine, disease as a consequence of the breakdown of the machine and one of the doctor’s task as repair of the machine.

Ecological point of view

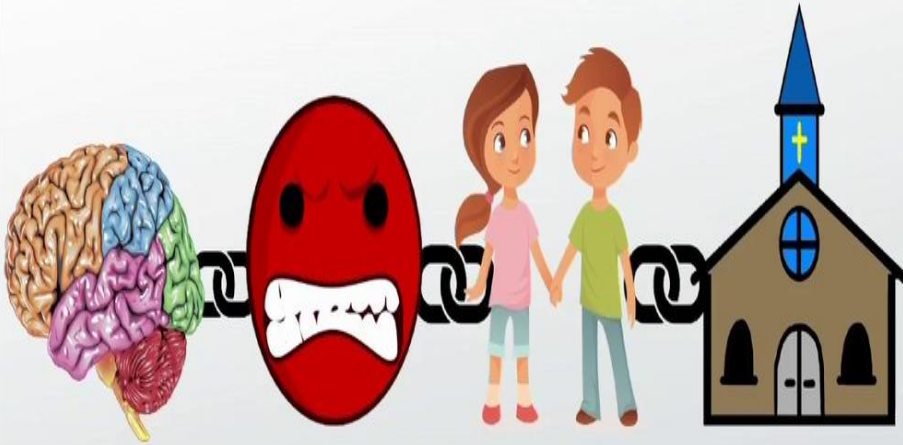


Health is viewed as a dynamic equilibrium between human being and environment, and disease a maladjustment of the human organism to environment.

The ecological concept raises two issues, viz. imperfect man and imperfect environment.

Psychosocial concept

SOCIAL HEALTH



 Study.com

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

HOLISTIC HEALTH



- This concept is the synthesis all the above concepts.
- It recognizes the strength of social, economic , political, environmental influences on health.
- It described health as a multidimensional process involving the wellbeing of whole person .



QUESTIONS



1. How many concepts of health?
 - a. 1
 - b. 2
 - c. 3
 - d. 4
2. What is bio-medical concept?
 - a. germ theory
 - b. environment
 - c. all of above
 - d. none of above

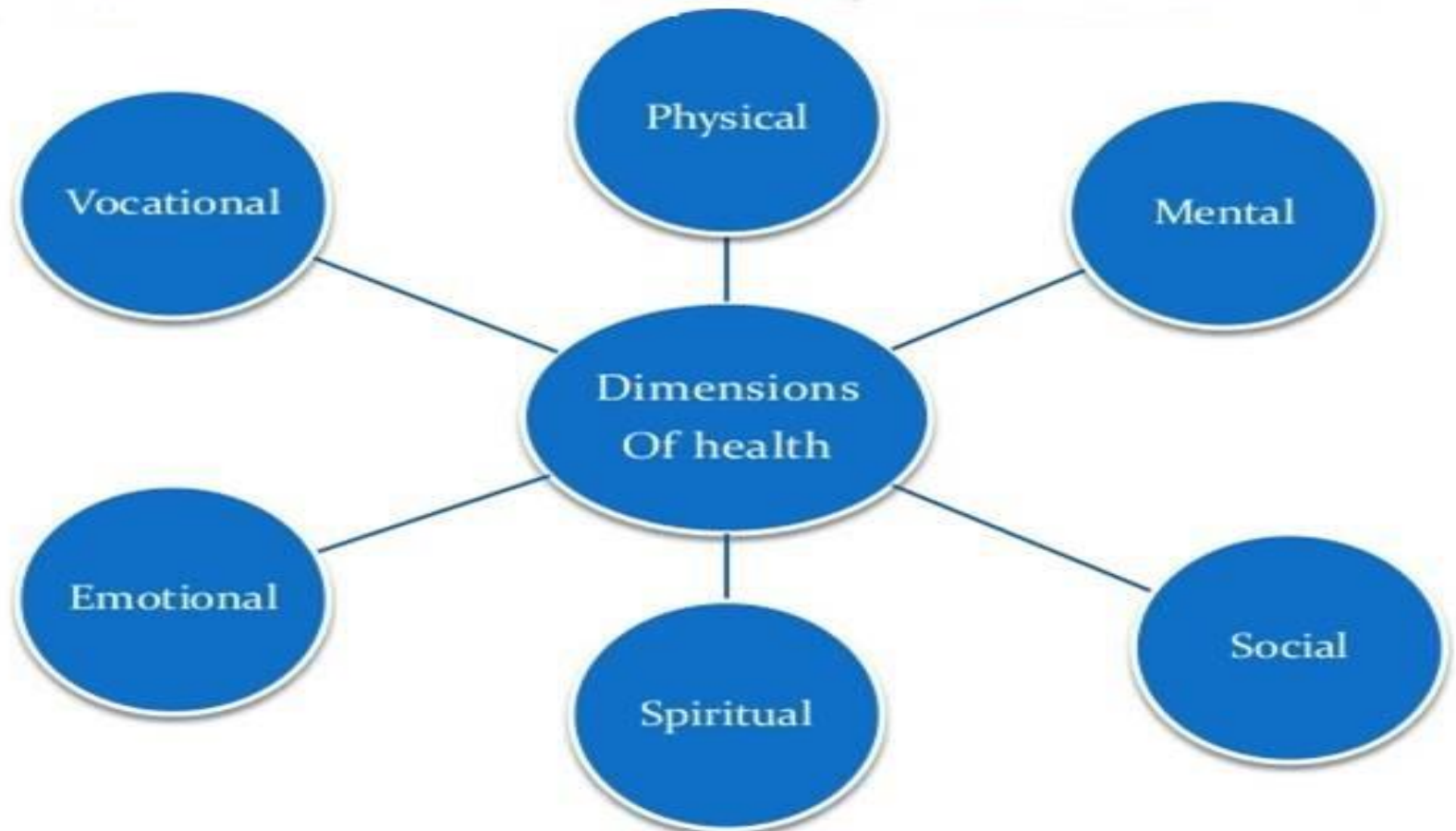


QUESTIONS



3. What is psychological concept?
- a. germ theory
 - b. environment
 - c. psychology
 - d. All

DIMENSIONS OF HEALTH



PHYSICAL DIMENSION

PHYSICAL DIMENSION:
It is related to body structure and its physiology. It refers to normal functioning of all organs and systems of body resulting in harmonies functioning of the body.
body movement.



MENTAL DIMENSION

- It is related to the mind and refers to normal functioning of mind not merely the absence of mental illness.



- Social dimension refers to the abilities that enables the individual to become a whole person in the existing social nature.



- It refers to believe in the super natural aspects of universe
- which help individual to seek meaning and purpose in life, to resolve internal as well as external conflicts



EMOTIONAL DIMENSION

- Previously mental and emotional dimensions have been seen as one element or as two closely related elements. But now these two dimensions are seen as separate from each other.



VOCATIONAL DIMENSION

- It is a part of the human existence. The importance of this dimension is exposed when individuals suddenly lose their jobs





QUESTIONS



1. How many dimension are there?

- a. 1
- b. 4
- c. 5
- d. 3

2. What is physical dimension?

- a. physical well-being
- b. environment
- c. air
- d. none of above



QUESTIONS



3. What is mental dimension?

- a. healthy
- b. mental condition
- c. air
- d. all of above

4. What is vocational dimension?

- a. related to air
- b. related to job
- c. related to water
- d. none of above

Conclusion

- Health is always under the influence of various factors which interact with each other and determine the health status of an individual, family and community.





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