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Health and Psychology

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The question accurse to the that how do we tern or understand the word health ? Generally we define the term 'health by mentioning something about health being a state of being well and not being site. We usually think of health in terms of an absence of (1) objective signs i.e. body des not functions property (2) Subjective symptoms of disense or injury. Such as pain an runs most of the dictionaries define in this way but there is a problem with such definition of health. Het's see way.

Consider and, the overweight girl in the opening starry. We usually hear people saying it is hat healthy ? What about someone who feels fine an whose are being damaged four smoking cigarette or whose arteries are becoming clogged from eating food that are in highly saturated fats ? These are all sighs of improper body factoring are people with these sighs healthy ? we probably would say, they are hot side. They are just lets healthy than would be without unhealthful conditions.

It is clearly perceived that health and side ness are hot to tally separate concepts. They overlay they are degrees of wellness and illness. Medical sociologist Aaron Anfonovsky has suggested that we consider these concepts as ends of a continuum, nothing that we are all terminal cases. We all are so large as there is a breath of life in us, in some measure healthy.

We will use the term health to mean a positive state of physical, useful and social well being hot simply the absence of injury are disease-that veries over time along a confinum. At the wellness and of the continuum, health is the dominate state at the other of the continnam, dominat state is illness as injury, in which destructive processes produce characteristic signs, symptoms as disabilities.

In the developed countries, people live longer, on the average than they did in the past and they suffer from different pattern of illnesses, people in north America suffered and died mainly from the types of illness : dietary and infections dietary diseases emerge from maenntrition and infection and infection diseases are acute illnesses canded by harmful matter or micro organisms, such as bacteria or viruses. In most of the world today infection diseases continue to be the main cansas of death.

The 20th century has seen great changes in the patterns ids illness affecting people in the united states. The death rate from life threatening infections diseases has continued to decline as a result of advances in preventive measures and medical care at the same time the average life expectancy people has increased dramatically. At the turn of the century, the life expectancy of babies at birth was abent 48 years; today it is almost 76 years.

Death is still inevitable, of course but people die at later ages now and from different censes. The



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main health problems and causes of death in the U.S.A. today are chronic diseases-that is, degenerative diseases. That develop or persist over a long period of time. About two-thirds of all deaths in the united states are caused by three chronic diseases-heart disease cancer & stroke, these diseases are not new but they were responsible for a much smaller proportion of health before 20th century. Why? one reason is that people's life styles are different today. The growth of technology increased people's stress and exposure to harmful chemicals.

Why does detection occur earlier today? part of the reason is that diagnostic methods and technology have improved. But another part of the reason is that people have changed. Many individuals have become more aware of the signs and symptoms of their illness and more motivated to take care of their health. They are better able to afford visit to physician than they were in the past. They relate psychological and social aspects of the person. Earlier we saw that the occurrence of infectious diseases declined sharply in the late 19th century chiefly because of such preventive measures as improving nutrition and personal hygiene. These measures involved changes in people's lifestyle-their everyday pattern of behavior such as in preparing and eating better balanced meals. The chief health problems in technological societies today are chronic diseases. These, too, can be reduced by people making changes in their most of health. Health psychologists work in hospitals, clinics and academic departments of colleges and universities. In these positions, they either provide direct help to patients or give indirect help through research, teaching and consulting activities. The direct help health psychologists provide generally relates to the patient's psychological adjustment to and management of health problems. Health psychologists with clinical training can provide therapy for emotional and social adjustment problems that being ill or disabled can produce for example, in reducing the patient's feeling of depression.