



## Note

## HEALTH CONCEPT

Class X have a PE class. Their teacher, Ms Usha Gaba, is discussing the relationship between physical exercise and well-being.

**Ms. Gaba :** Good morning, class! Today, we're starting a new unit on Well-being. Let's start with a question—why do you think sports are important?

**Alex :** (excited) Easy! Sports are fun! I love playing cricket with my friends.

**Ms. Gaba :** Great! Having fun is definitely a big part of sports. What else?

**Mia :** I think sports also help with mental well-being. I do yoga, and it helps me feel calm and focused.

**Jamal :** (shrugs) I don't really play sports. I prefer video games. Does that mean I'm unhealthy?

**Ms. Gaba :** Not necessarily, Jamal. But staying active is important for both your body and mind. Exercise helps you feel more energetic and even improves concentration in class.

**Lily :** That's true! I play basketball, but I also make time to relax and get enough sleep. I think balance is important.

**Ms. Gaba :** Excellent point, Lily. Well-being isn't just about playing sports; it's also about eating well, resting, and taking care of your mind.

**Jamal :** So, if I start going for a walk every day, does that count?

**Ms. Gaba :** Absolutely! Any form of movement helps. It could be walking, dancing, or even stretching. The key is to stay active and enjoy what you do.

**Alex :** I never thought about how sports help with stress. I just play for fun!

**Ms. Gaba :** And that's the best way to stay active—having fun while taking care of yourself. Now, before we end, let's set a small well-being goal for this week. What's one thing you can do?

**Mia :** I'll practice deep breathing before tests.

**Jamal :** I'll walk for 15 minutes after school.



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**Alex** : I'll drink more water during cricket practice.

**Lily** : I'll make sure I get 8 hours of sleep every night.

**Ms. Gaba** : Fantastic! Let's work on these goals and check in next week. Remember—sports and well-being go hand in hand!

In this chapter you will read about the concept of health, components of health and factors affecting health & well-being, and significance of health education.



#### LEARNING OUTCOMES

The learner-

- describes the concept of health and its components.
- identifies factors affecting health and well-being.
- applies the knowledge of health education in daily life.

Health is one of the important components of an individual's life. Therefore, it is essential for every individual to have a good understanding about health and well-being. So, let's understand the concept of health and well-being.

### 5.1 CONCEPT OF HEALTH

Historically, it was believed that health is the state of being "hale". Hale signifies sound and safe.

#### 5.1.1 Understanding Good Health

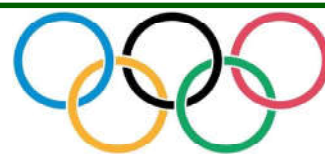
If you look up the definition of health in the dictionary, you will discover entries like – "free of diseases", "the state of being free from illness or injury", "sound of body and mind" or "a condition in which functions of body and mind are duly discharged".

The ancient Indian medical system, Ayurveda, considers health (**Swasthya**) as "a well-balanced metabolism, a happy state of being, the senses and mind".

Swami Vivekanand documented that 'a weak person who has a weak body or weak mind can never be a master of a strong soul.' Centuries ago, the proverb 'a sound mind lives in a sound body' was popularized by Aristotle. This signifies the importance of good health in our life.

In the recent years, health-related studies have broadened the notion of good health to encompass more than just the absence or presence of illness.

According to the World Health Organisation (WHO, 1948) "**health is a state of complete physical, mental, and social well-being and not merely the absence**





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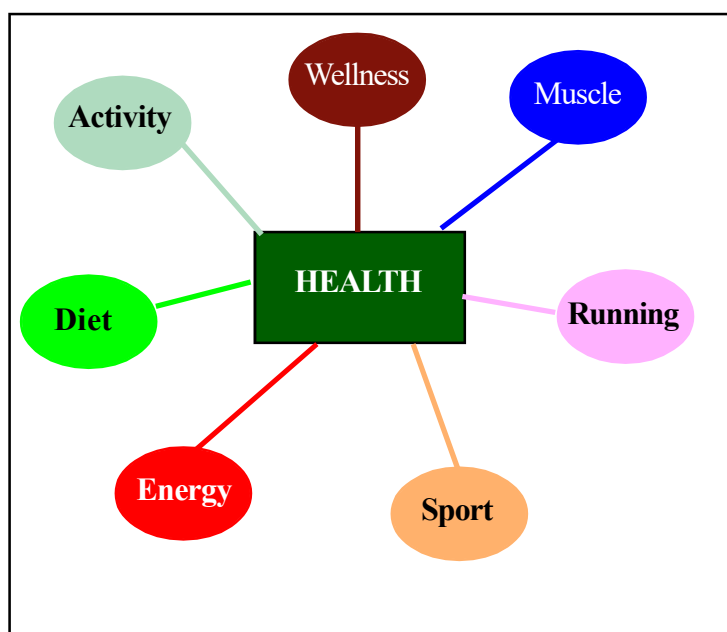
*of disease or infirmity*". The phrase *"attainment of a level of health that will enable every individual to lead a socially and economically productive life"* has been added to this definition to make it more comprehensive. It seems that although health is hard to describe, understanding it is simpler. The concept of health has evolved throughout time. Many of us describe health as the absence of illness or disability, while others believe it to be a sound mind in a sound body. Thus, we can conclude that health is not only the absence of disease or physical deformity but also a state of being where one is fit to execute one's own task and be happy.

The need for good health is the availability of healthy physical and social surroundings in which people may thrive. Learning about pleasure, achievement, social engagement, and meaningful life is made easier by good health.

So, we may argue that being in an excellent state of health means - the harmonious operation of the physique (the physical components of the body), the chemistry (the chemical processes taking place within the body), and the psyche (harmonious functioning of brain/mind).

*Thus, "health is a state of being where a person is physically, cognitively, socially, emotionally, and spiritually healthy; it goes beyond being disease- or bodily deformity-free".*

You now understand the concept of health and its meaning. Let's know about definitions of health given by various expert of health education.



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#### 5.1.2 Defining Health

According to **D. Oberteuffer**, “Health is the condition of the organism which measures the degree to which its aggregate powers are able to function”.

According to **J.F. Williams**, “Health is the quality of life that enables an individual to live most and serve best”.

**Webster Collegiate Dictionary** defines health as “The state of being sound in body, mind or spirit, especially freedom from physical disease or pain”.

After reading these definitions, you may conclude that health is not only the absence of illness or any physical abnormality. It is a ‘quality of life’ where a person is in a situation of ‘being sound’ in all areas of her/his being: physical, mental and social, and able to contribute more effectively to the country.



#### DO YOU KNOW?

The Indian Constitution specifies that state governments, not the central government, shall oversee the health sector. Every state will be held responsible for “improving public health as one of its primary duties” and for “raising the level of nutrition and the standard of living of its people.”

*(Part IV- Directives Principles of State Policy. Ar. 47)*



#### Activity 5.1

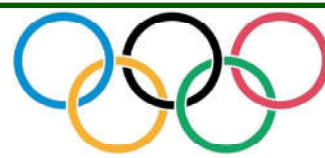
Observe the behaviour of the people that surround you. Note the difference between behaviour that promotes good health and behaviour which may be harmful to health.



#### Intext Question 5.1

Test your word power.

1. While reading about the concept of health you have come across some new words. Given below are some of the words used in the above text. Tick (✓) the option closest to the actual meaning of the word.
  - i) **Hale:** (a) Safe and structured (b) Safe and Sound (c) Soundness in body.
  - ii) **Sound Body:** (a) Body with noise (b) Healthy body (c) Strong body.
  - iii) **Sound Mind:** (a) Noisy mind (b) Unstable mind (c) Healthy and control mind.





**Note**

2. Match the following terms given in the first column with the explanation provided in the second column

| Terms        | Explanation                                            |
|--------------|--------------------------------------------------------|
| a) Physique  | i) the chemical processes taking place within the body |
| b) Psyche    | ii) the physical components of the body                |
| c) Chemistry | iii) harmonious functioning of brain/mind              |

You can now define and describe health. Let us now understand the various components of health.

### 5.1.3 Components of Health

Health is a multifaceted notion, because it is influenced by biological, social, economic, psychological, and cultural aspects. Experts in the domain of health have identified the three interconnected facets of health: physical, mental, and social health. However, subsequently, a few other components such as - emotional, spiritual, vocational, and educational, have also been introduced.

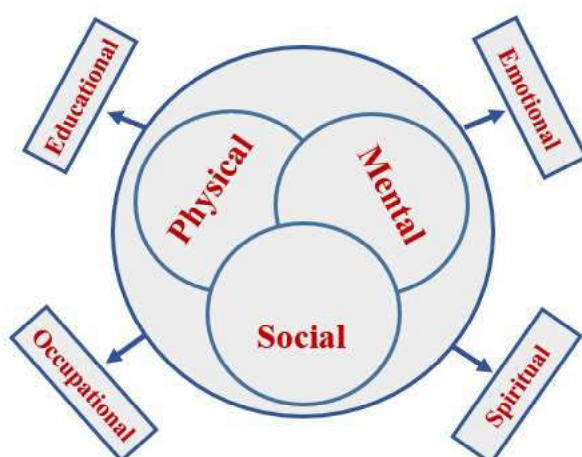


Figure 5.1: Components of Health

#### 5.1.3.1 Physical Component of Health

The correct and effortless operation of the human body's internal and external characteristics is referred to as the physical component of health.

- A. **External:** The external physical component of health includes the appealing appearance of the body, including its shape, texture, and complexion, including its features, body parts and limbs. It also features graceful movement and elegant posture.
- B. **Internal:** The operation of our body's organic systems, including its digestive, circulatory, respiratory, neurological, and excretory and sensory organs to its optimal capacity, is referred to as the internal characteristic of health.



**Note****Health Concept****5.1.3.2 Mental Component of Health**

Mental soundness is referred to as the mental component of health. You must understand that the emotional and mental components of health are distinct, although they are often connected. The emotional component of health relates to the person's behaviour or mood, which is more or less tied to their hormones. On the other hand, the mental component of health is dependant on how the brain functions. The term "mental health" refers to a person's capacity for thought and brain function. This skill helps a person to deal with issues as they emerge, make independent decisions, and establish practical objectives.

**5.1.3.3 Social Component of Health**

Social health refers to the capacity of an individual to adapt both on a personal level and socially in a group. Having positive relationships with one's family, friends, neighbours, and other members of society is a sign of sound social health. It also involves maintaining a quality of living that is acceptable in society. Our health is greatly impacted when we have healthy social interactions and relationships with other people.

**5.1.3.4 Emotional Component of Health**

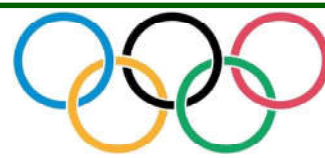
Emotional health, also known as emotional stability is the capacity of a person to understand and demonstrate emotions clearly when called upon to do so. When a person understands his or her emotions and has control over her/his feelings, she/he is said to be emotionally healthy. On the other hand, a person might be described as emotionally imbalanced or emotionally if she/he is unable to control her/his emotions or is overpowered with negative emotions.

**5.1.3.5 Spiritual Component**

The spiritual aspect of health has its origins in the spirit. An individual's spirit plays a crucial role in realising and fulfilling the meaning and purpose of her/his existence. Our spirit is a crucial factor in the development of ideas, values, beliefs, and ethics. Thus, if a person is spiritually well, she/he will be able to come up with the greatest ideas and have solid values, beliefs, and ethics.

**5.1.3.6 Occupational Component**

Occupational or vocational component of health is the capacity to meet our personal requirements via our work or company. An individual's ability to earn a living and fulfil her/his financial needs is a determinant of how far she/he may advance. When a person is content in her/his job, she/he experiences emotional stability and mental ease. People who are happy in their jobs help the country by increasing output and wealth on a global scale. Therefore, occupational health is also of paramount national concern.





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## 5.1.3.7 Educational Component

Education is the means of consciously controlling the process whereby changes in behaviour are produced in an individual, and through the individuals in the group. Educational component of health brings about certain changes in one's behaviour and attitude, which enable the individual to understand his/her responsibility to the society and the nation.



## Activity 5.2

How you will rate yourself on the following components of health on a scale of 10, where 10 stands for excellent and 1 stand for poor. What strategies would you adopt to improve upon different components.

| Component   | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|-------------|---|---|---|---|---|---|---|---|---|----|
| Physical    |   |   |   |   |   |   |   |   |   |    |
| Mental      |   |   |   |   |   |   |   |   |   |    |
| Social      |   |   |   |   |   |   |   |   |   |    |
| Emotional   |   |   |   |   |   |   |   |   |   |    |
| Spiritual   |   |   |   |   |   |   |   |   |   |    |
| Educational |   |   |   |   |   |   |   |   |   |    |



## Intext Question 5.2

1. Match the Health Components in Column I with their exact meaning in Column II

| Health Components | Meaning                                          |
|-------------------|--------------------------------------------------|
| a) Physical       | i) Helps to know meaning of life                 |
| b) Mental         | ii) Helps to meet the life expenses              |
| c) Social         | iii) Helps in generating Emotional Stability     |
| d) Spiritual      | iv) Helps in socialization                       |
| e) Occupational   | v) Helps in proper functioning of body           |
| f) Education      | vi) Helps in brain functioning                   |
| g) Emotional      | vii) Helps in positive modification of behaviour |



**Note****Health Concept**

After studying the components of health, let us study about the factors which may affect your health and well-being.

## **5.2 FACTORS AFFECTING HEALTH AND WELL-BEING**

You have studied that health is a constituent of different components. So, it is evident that different variables affect our health and wellbeing. Individual traits, conduct, and other elements might have an impact on both an individual's health and the health of the community. Additional factors which could affect an individual's health include the following factors.

### **5.2.1 Individual Traits**

Your life's ideas and traits are described by your personal essence, or fundamental nature. It is connected to your worldview, your expectations for life, and your life's purpose. You might argue that your own essence serves as a lens through which you see your life. Your health will suffer if your personal essence and what you seek are not in harmony.

### **5.2.2 Heredity**

Our genes control our health from the moment of conception. Our parents' genes, that we inherit, are fixed and cannot be changed. Our genetic make-up may affect our health to a greater or lesser extent.

### **5.2.3 Environment**

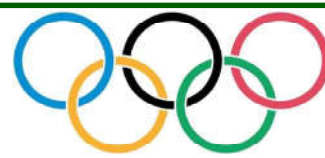
Our health is influenced by our environment. Our internal environment depends upon the health of our internal organs and systems. At the same time, our external environment affects our immediate surroundings. If any organ or system in our body is not functioning well, we are vulnerable to sickness. The same thing occurs if the quality of the air or water in our surroundings is poor.

### **5.2.4 Lifestyle**

One of the most important factors affecting our health is our way of life. Lifestyle may be defined as the way we live. A healthy lifestyle, including appropriate eating habits, a regular sleep schedule, and a habit of exercise, will benefit our health. Our lifestyle is significantly influenced by our culture. Our culture has an impact on how we act and how we behave.

### **5.2.5 Social Factors**

Men are social animals who must engage with other people in order to survive. Socialisation is the process of forming friendly, constructive relationships with other members of society. Our health will improve if we establish kind and pleasant relationships with other people.





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### 5.2.6 Developmental and Gestational Factors

Developmental and gestational factors relate to a person's genetic make-up, conditions that affect the foetus during pregnancy, any birth trauma, and the impact of vaccines. All of the aforementioned elements have an impact on an individual's health.

### 5.2.7 Socio-Economic Conditions

Socio-Economic conditions include income, education, nutrition, exposure to electromagnetic frequencies, employment and housing. All these factors are responsible for promotion and maintenance of good health.

### 5.2.8 Health Services

If we want improved health of our citizens, it is essential to spend a lot of money on health care. More expensive and better health services like timely immunisation and access to clean water and air protect us from many diseases. Thus, the government should provide good health service to its citizens.



#### Activity 5.3

Search five people in your surrounding who are very active in their life and doing good as far as their health is concerned. Then, fill the following table-

| Sl. N. | Name of the Person | Age/ Gender | Occupation | Food Habit-<br>Junk food/<br>healthy food | Sleeping and Wakeup Timings | Involvement in Physical Activity (In hours)/ week |
|--------|--------------------|-------------|------------|-------------------------------------------|-----------------------------|---------------------------------------------------|
| 1      |                    |             |            |                                           |                             |                                                   |
| 2      |                    |             |            |                                           |                             |                                                   |
| 3      |                    |             |            |                                           |                             |                                                   |
| 4      |                    |             |            |                                           |                             |                                                   |
| 5      |                    |             |            |                                           |                             |                                                   |



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### Intext Questions 5.3

**Tick the correct option.**

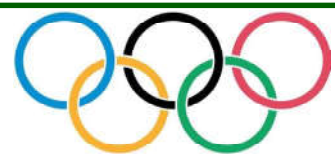
1. Which of the following factors is beyond an individual's control but still affects their health?
  - a) Lifestyle
  - b) Heredity
  - c) Social relationships
  - d) Eating habits
2. How can socio-economic conditions influence a person's health?
  - a) They determine access to education, nutrition, and housing, which impact overall well-being.
  - b) They have no significant effect on health as long as healthcare services are available.
  - c) They only affect mental health and not physical health.
  - d) They are only relevant for individuals living in urban areas.
3. Why is a healthy lifestyle important for overall well-being?
  - a) It improves social status and financial success.
  - b) It helps maintain a balance between culture and environment.
  - c) It promotes physical and mental health through good habits like exercise and proper diet.
  - d) It ensures immunity to all diseases, regardless of other factors.

You have learned about health in the above sections, in the upcoming section you will know about health education in daily life.

### 5.3 HEALTH EDUCATION IN DAILY LIFE

Health education is educating people about health. It can be defined as the principle by which individuals and groups of people learn to behave in a manner conducive to the promotion, maintenance, or restoration of health.

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The **World Health Organization** defines Health Education as “*comprising of consciously constructed opportunities for learning, involving some form of communication designed to improve health literacy, including improving knowledge, and developing life skills which are conducive to individual and community health.*”

Thus, health education is education that educates people in the matter of health. It is the education given for identifying the population’s health needs and matching them with suitable adaptive behaviour. In simple words, the entire process of involving people in learning about health and disease and making efforts for improving health is health education. Health education also involves facilitating people to act appropriately for overcoming ailments and promoting a positive health,

Health education is needed for all people of all ages, gender, and all classes of the community. Whether they are literate or illiterate, or live in any part of the world, people must receive a good health education. Even in advanced countries, health education has assumed great importance due to ever changing conditions of life.

### 5.3.1 Definitions of Health Education

“Health education is concerned with the health-related behaviour of people”.

Sophie

“Health education aims at creating such a quality of life as may enable an individual to live most and serve best”.

**WHO Expert Committee on Health Education**

“Anything that educates anyone in the matter of health is health education. It is concerned with the knowledge of all round healthy habits”.

Thomas Wood

### 5.3.2 Aims and Objectives of Health Education

The three main objectives of health education are:

- i) Informing people
  - ii) Motivating people
  - iii) Guiding into action
- i) **Informing People:** The first objective of health education is to inform people or to develop knowledge regarding health and well-being by presenting and interpreting scientific health data based on research and discoveries. Such information will help individuals to recognize health problems and to solve them



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by utilising this valid information. It will also help in removing ignorance, prejudice and misconceptions regarding health and hygiene.

- ii) **Motivating People:** Merely informing people about health is not enough. They must be motivated to the point that they want to apply this knowledge to everyday living by favourably changing their behaviour patterns, their attitudes, their habits and their way of living. Individuals acquiring such healthful attitudes will tend to transmit this knowledge to their families, communities, society and nation, for healthful living.
- iii) **Guiding into Action:** Knowledge will be of little use unless it ensures good health practices and guides people to adopt and maintain healthy life styles. These healthy practices will determine, to great extent, the health status of the individual. Adopting harmful habits or practices will result in poor health where as beneficial health habits will result in good and positive health.

**To sum up,** knowledge without incentive or motivation will not ensure desirable health attitudes and health practices. Thus, these three objectives have close relationship and contribute to each other.

### 5.3.3 Scope of Health Education

Health education is a broad area. There is no limitation to the scope of health education.

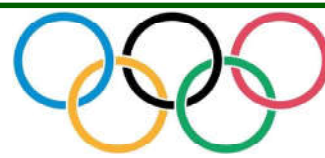
Health education may be divided into three sections.

- i) Healthful living,
- ii) Health Services and
- iii) Health Instructions.

Although these three sections of health education have specific functions, yet all of them serve the general purpose of educating the individuals regarding health education.

- i) **Healthful Living:** Healthful living covers the basic facts of health, hygiene and sanitary aspect of the environment where we live. This implies that environment or atmosphere has to be conducive to physical, social, mental, and emotional health. Factors such as proper lighting, ventilation, proper water supply, adequate furniture and other such facilities at home, in school and at work place should be taken into consideration.
- ii) **Health Services:** Health services comprise the activities designed to determine the health status of an individual. Health services are an important part of any health programme and include health appraisal, counselling, examinations for

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disease and disability, protective measures of first aid, emergency care, mid-day meals, vaccinations and inoculations (immunization), and follow up procedures with remedial measures. The objective of health services is to help the individual in conserving, maintaining and improving her/his health. Health services also include periodic health check-ups, keeping of commulative records, and providing medical advice whenever demanded or required.

- iii) **Health Instructions:** Health instructions deal with the materials by which an individual is helped to acquire healthy habits, learn health skills, master health knowledge, and develop healthy attitudes. Health instructions provide knowledge regarding the structure and functioning of human body, the causes and method of preventing certain diseases, the factors contributing to and maintaining good health, and the role of community in health programmes. Such an instructional programme contributes to the development of sound health habits and healthy attitudes. Health instructions promote understating of health and the observance of desirable practices, and play a meaningful role in the lives of all people. Provision of health services and creating an environment for healthful living is not sufficient without health instructions.

### 5.3.4 Importance of Health Education

Knowledge of health education assumes great importance in India, where most of the people are ignorant about the basic principles of health and hygiene. Because of this ignorance, they are unable to prevent diseases, most of which are preventable. There is an emergent need of health education. Few of them are listed below:

- Health education improves the health status of individuals, families, communities, states, and the nation.
- Health education enhances the quality of life for all people.
- Health education reduces premature deaths.
- By focusing on prevention, health education reduces the costs on medical treatment (both financial and human) that individuals, employers, families, insurance companies, medical facilities, communities, the state and the nation would spend on medical treatment.
- Health education builds students' knowledge, skills, and positive attitudes about health.
- Health education teaches about physical, mental, emotional and social health.
- It motivates students to improve and maintain their health, prevent disease, and reduce risky behaviours.



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- Health education teaches people of all ages about how diet and exercise contribute to a healthy lifestyle.
- Well-designed, well-delivered school-based health interventions can enable students to prevent disease and injury.
- Health education encourages positive changes in behaviour that lower student risks around alcohol, tobacco, and other drugs, injury prevention, mental and emotional health, nutrition, physical activity, prevention of diseases, and sexuality and family life.



#### Activity 5.4

List the policies/schemes of government for promoting personal health/community health.



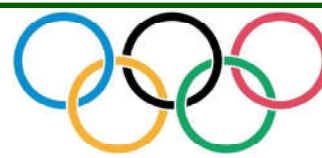
#### Intext Question 5.4

1. Match aim and objectives of health education given in first column with the same meanings given in second and third columns

| Column 1               | Column 2                       | Column 3                                                     |
|------------------------|--------------------------------|--------------------------------------------------------------|
| A) Informing people    | i) Desirable health practices  | i) Equip people with skills, knowledge and attitude          |
| B) Motivating people   | ii) Health knowledge           | ii) Promote the development and proper use of health service |
| C) Guiding into action | iii) Desirable health attitude | iii) Ensure health is an asset                               |

2. Which of the following is a key reason why health education is essential in India?
  - a. It encourages people to rely on medical treatment only after diseases occur.
  - b. It helps prevent diseases by educating people on basic health and hygiene practices.
  - c. It limits students' understanding of physical, mental, and social health.
  - d. It focuses on treatment rather than prevention.

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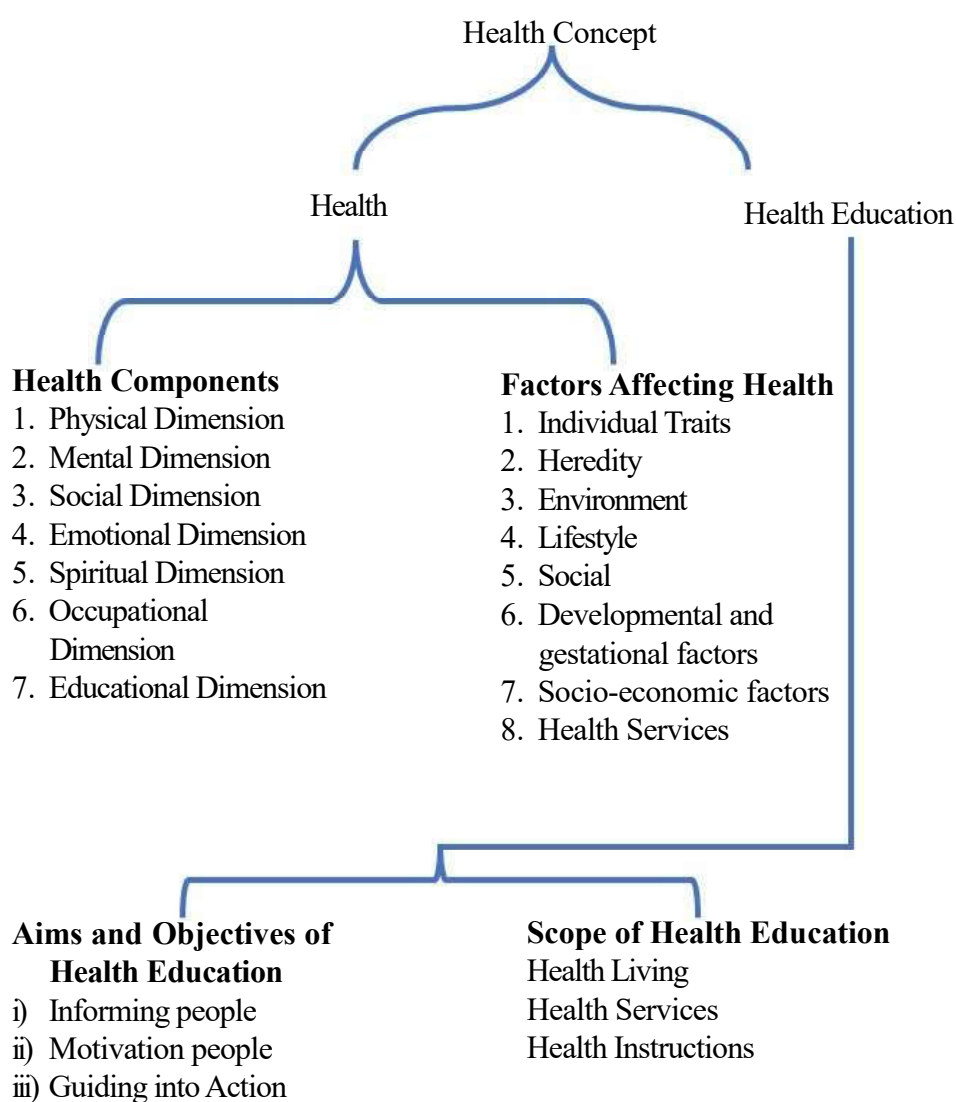




**Note**

3. How does health education contribute to reducing healthcare costs?
  - a. By increasing the need for medical interventions
  - b. By encouraging individuals to seek expensive treatments
  - c. By focusing on preventive measures, thereby reducing the need for costly treatments
  - d. By limiting health knowledge to specific age groups

**Concept Map**



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### TERMINAL EXERCISE

1. Define the term 'health' and explain the factors on which health of an individual depends.
2. What are the different components of health? Explain in details.
3. Which component of health is more influential according to you. Answer with justification.
4. Define health education and explain its scope in our life.
5. What are the aim and objectives of health education.
6. Write a detail note on importance of health education.



### ANSWER TO INTEXT QUESTIONS

#### 5.1

1. (i)-(b), (ii)-(b), (iii)- (c).
2. (a)-(ii), (b)-(iii), (c)-(i).

#### 5.2

1. (a)

#### 5.3

- 1) B
- 2) A
- 3) C

#### 5.4

- 1) (A) - (2) - (ii), (B) - (3) - (i), (C) - (1) - (ii)
- 2) b
- 3) c

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