

Welcome student I'm Assistant Professor Sibel Almeida from

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Today the topic that i am going to teach is

Health and Society, module name:,Meaning and Definition of

health and module number 1, under the program Bachelor of

Arts Second year Subject: Sociology Semester 3 paper

code SOGE 103 paper title Sociology of Health.

I will begin with the outline meaning and definition, and

we're also going to talk about the dimensions of health in

this particular module.

The learning outcome for this particular module will be to

learn the meaning of health, to apply the dimensions, to explain

the social distribution of health, health care and disease.

Now let's come to the meaning of

health. Health is a common in most culture. We all know

that health is very important for us in the society. There

will be no society wherein the concept of health is not

available. As such every society has health, in fact there can be no

communities who could say they do have the concept of health and

disease. Health is very important for the social economic

development of the country. Now when we say health, health has

different meaning in different societies and different set up,  
it is not perceived in the same way by the doctors, social  
scientists, health officials etc. It differs every time.

Health is a continuous process and it has its impact on all the  
spheres of life.

Since Health is an important component, it is very necessary  
to understand the meaning of health. Therefore, let's go to  
the meaning and concept of health by saying that it varies  
from time and space. For example, two individuals may  
have the same state of health, but based on their culture it  
can differ. They may have different sick role to this  
particular aspect of health.

In early times, health was taken as a body of fitness, an ability  
to perform function in the absence of disease.

Traditionally, it was viewed as the absence of disease. If  
anyone was free from disease and person was considered to  
be healthy.

Health in humans, is the general condition of a person in mind, body and spirit  
, being free from illness, injury or pain. Now the concept of health aims to achieve  
improved quality of invaluable human resources and its regular enhancement.

Today the concept of health is given more emphasis on holistic health and it goes beyond

physical consideration. It is just not limited to the person

as an individual, but is expressed in person's

relationship with the surrounding world that is.

It is just not about being OK or physically fit, but your health

is more about your surroundings, the way you connect yourself

with the surroundings in the society as well.

Now, having understood what is the meaning of health, let's

just go to the definition of health in the year 1971, Talcott

Parson defined health as the state of optimum capacity of an

individual for the effective performance of the roles and a

task for which he or she has been socialized. Now, when tell

could person is trying to explain this definition of

health. He tries to say that health is about society. Health

is about us having a social dimension to it. Healthy is

about the way you've been socialized. The way you are ,

taken well care by your society. if you're not taken well care by

your family and through your socialization process, there are

chances that you may not have a proper health in your heart and

in a body as well. Now, apart from Talcott Parsons definition,

The WHO that is the World Health Organization in its constitution

in the year 1946 defined health as a state of complete physical.

Mental and social well being and not merely absence of disease or infirmity. Now based on these WHO's definition of health, we look into the three dimensions of health . The first one is the physical health. Now when I say physical health. It means something to do with your body.

Yes, it applies to perfect functioning of the body.

Physical health means your full body has to function properly.

You have to be energetic, have to have a good posture where normal for your age, your height tyou should have a good sleep.

You should have a good appetite, bright eyes, clean breath, etc.

Basically it says that you should be physically fit.

The physical health is nothing but being physically fit it.

Also, in a nutshell, sees that you're all body organ have to function normally. You have to be a normal person having every part of your body functioning very properly. You have to be very alert and responsive. You should be not the one you know who is very sleepy, who is not alert but a healthy person when we're talking under the preview of physical Health.

It says that you have to be alert and responsive also.

The next dimension of health talks about mental health. Now when we talk about mental health, we always have this

assumption of being, you know, mentally ill, but it is not so.

Your mental health is not about being mental illness.

It is a state of balance between the individual and the

surrounding. As I said, it's just not mere absence of mental

illness. You have to be free from internal conflicts in your

mental health. Basically there should be nothing that should be

upsetting you emotionally. You should be not traumatized

emotionally. You should be mentally fit., you should

have control on your emotions, controlling our emotions also comes under the mental health.

Confidence in one's own ability. You should be confident in what

you're doing. You should be confident in what you are

saying. You should be Very vocal in that particular aspect.

He or she is relaxed from any worries that is also mental health Basically under

the mental health a person has to be well, relaxed from worries.

Now it does not mean that we don't have worries. It's

not like that. But you have to be happy but happy in the sense

mental happiness.

And the last social dimension that we speak about is about

social health. It implies harmony and integration with the

individual other members of society between individuals and

the world in which they live. Now, social health is basically

a combination of everybody. It's a combination of the individual.

It's a combination of the society. It is the combination

of the people living in the society, the people living in

the community. if you've been bothered

by your neighbors. If you're bothered by a community, then

you cannot say you have social health. You're getting upset

with the whole thing. So social health is a harmony. An

integration of the individual.

He has pleasant manners, fulfills responsibility towards others,

Helps others, gets along well with people around.

A person is socially healthy if he or she can move in the society

confidently with others.

The last one is Non- Medical dimensions can be included are: Spiritual

– a sound mind in a sound body. Emotional- when he/she does not lose

temper or does not develop tension, has a self control.

Vocational- Capable of earning sufficiently to lead the life successfully.

For some this dimension may merely be a source of income but for others it may

be source of self worth and life success.

For some it may be merely a source of income, but for the others it

may be a source of self worth and life success as well.

Now when I say about vocational it is just not about whether you are being

employed or not employed, but even if you're employed, if you're happy with what you getting is basically your vocational dimension of health.

These are the references. which you can refer and which I have used for my presentation.

,Thank you students.