



ISSN: 2456-0057  
IJPNPE 2018; 3(1): 1098-1100  
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www.journalofsports.com  
Received: 05-11-2017  
Accepted: 09-12-2017

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## Role of health and health education in life

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### Abstract

Health is a state of physical, mental, emotional and social well-being. Good health enables people to enjoy life and to have the opportunity to achieve the goals they have set for themselves. The real purpose of health is to develop and maintain vigour and vitality, to acquire interests and habits in ways of living that are wholesome, and to meet the demands put upon the individual efficiently, with energy and satisfaction. The concept of health has been very appropriately summed up by J. F. Williams, "Health is that quality of life that enables an individual to live most and serve best." Health can be achieved, maintained and improved by supplying the basic physical, mental, emotional and social needs in proper proportion. In fact health is the key to education, success, good citizenship and a happy life. Now a days health and its maintenance is being considered as a major social investment and it is being felt that health involves individual, state and international responsibility.

**Keywords:** interest, success, citizenship

### Introduction

Health is a very important topic and so is health education. Health people constitute a healthy nation. It is necessary to explain the meaning of health as it is not merely absence of disease but much more. The strength of nation rests upon the health of its people and future of the health if the people depend, to a large extent, on what is done to promote, improve and preserve the health, as health is a fundamental human right. To be a good man is the first requisite to success in life and to be a nation of a healthy citizen is the first condition to a national prosperity. Health is man's greatest wealth, he who has health must cherish it with care lest he should lose it. To this end he must have adequate knowledge of how to live healthy. Health is not merely absence of disease, it is positive quality of the living body, of which fitness for one's works and happiness is distinguishing marks. Health education are slowly evolving away from the view that health is merely the treatment and prevention of illness, to a more open ended view that emphasizes the individual's own responsibility for his own well-being. It may be emphasized that health is neither static nor isolated from external circumstances. Our health depends on the way we relate to our environment and to each other, where we live, the jobs we do, the food we eat, the water we drink and the air we breathe are all important. We are now coming to realise that health is extricable bound up with our minds, environment and ways of living. Health is basic to learning, to happiness to success, to effective citizenship, and to worthwhile living. In Ayurveda 'Swasthiya' (Health) has been defined as a well-balanced metabolism, a happy state of being, the senses and the mind. Swami Vivekananda has said, "A weak person who has weak body or weak mind can never be master of a strong soul", Aristotle has also stated that a sound mind lives in a sound body.

### Definitions of Health

"Health means soundness of body or minds, that condition in which its functions are duly and efficiently discharged" (Oxford English dictionary)

"Health is the condition of being sound in body, mind or spirit, especially freedom from physical disease or pain" (Webster)

"It is the quality of life that enables an individual to live most and serve best" (J. F. Williams)

"Health is the condition of the organism which measures the degree to which its aggregate powers are able to function" (Oberteuffer)

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### Dimensions of health

- 1. Physical Dimension:** Physical dimension purely refers to the perfect functioning of the body externally as well as internally. Externally: having good physique, good appearance, good texture and complexion, well-structured and strong body, graceful carriage and efficient movement. Internally: all systems of human body i: e digestive, circulatory, respiratory, nervous and excretory systems and sensory organs are functioning optimally, the pulse rate, blood pressure and body weight being in normal limits according to the age and sex. Physical dimension i: e physical health means proper functioning of the systems and physical well-being of the body, cumulative result being perfect and harmonious functioning of the human body.
- 2. Mental dimension:** It is the balanced development of individual's personality and emotional attitudes which enable him to live harmoniously with his fellow beings. **Sartorius** has defined mental health as "a state of balance between the individual and the surrounding world, a state of harmony between oneself and others, a co-existence between the realities of the self and that of other people, and that of the environment.
- 3. Social dimension:** Social health is the ability to get along with one self and with others, to be independent but at the same time to realize how dependent one is on others. **Donald** has defined social well-being as "the quality and quantity of an individual's interpersonal ties and the extent of involvement with the community.
- 4. Emotional dimension:** Emotional health means emotional fitness and emotional control. A person can be called emotionally healthy if his emotions are always positive, and has full control over his emotions. On the other hand, a person who has no control over his emotions or is over powered with negative emotions can be called emotionally imbalance or emotional ill.

### Objectives of Health Education

- 1. Informing people of health knowledge:** The first objective is to inform people or to develop health knowledge by presenting and interpreting scientific health data based on research and discoveries. Such information will help the individuals to recognise health problems and to solve them by utilising this valid information.
- 2. Motivating people/ development of desirable/health attitude:** 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 ways of living. Individual acquiring such healthful attitudes will tend to transmit this knowledge to their families, community and healthful living.
- 3. Guiding into action/development of desirable health practices:** Knowledge will be of little use unless it ensures good health practices and guides people to adopt and maintain healthy life styles. The health practices will determine, to a great extent, the health status of the person. Adopting harmful habits or practices will result in poor health whereas beneficial health habits will result in good and positive health.

### Principles of Health Education

1. This is a universal fact that people are not interested to

listen those things which are not of their interest and therefore, health teaching and health programmes should be conducted in such a way that it relates to the interest of the people.

2. It is necessary to find out the real health needs of the people and only than people will gladly participate in the programme, i:e programme should be need based.
3. It is important for the health educationist to get into the culture of the community, and only thereafter, to introduce novel ideas with natural ease and a little caution as well.
4. Health education should not become an artificial situation or formal teaching – learning.
5. It is necessary to motivate the people for participating in the health programme by providing appropriate incentives.
6. Health programme should be based on the well-known principle of learning by doing, and it should be practical oriented and positive in nature.
7. There has to be co-ordination and link between the people, teacher and the subject matter for effective results of the programmes.
8. Health programme should be deal not only with the problems of an individual but also of the family, community, society, and nation as well.
9. Health programme should be regularly evaluated through periodical appraisals. This will facilitate the instructor to carry out the programme with appropriate and suitable modifications.
10. Health programme should be planned according to the needs, the resources available, and results to be achieved under the prevailing environmental conditions.

### Importance of Health education

It is necessary for a prosperous country to have healthy citizens. Health education has a very significant role to play as it comprises health knowledge, health habits and health attitudes. It can improve the individual, family, and community life for a bright and prosperous future. Health education helps an individual to distinguish between good and bad health habits and encourages him to make good habits as enduring and lasting healthful behaviour. It is essential to assure that health habits are established early in life, as habits and behaviour adopted in childhood remain unchanged even in adult life.

Health education is a comprehensive, qualitative and a dynamic process of education as:

1. It develops sound attitude towards the importance of good health and safety practice at home and in the community.
2. It provides direct learning experience to encourage the practice of wholesome healthy habits in daily living.
3. It introduces students to the areas of health knowledge, enabling them to better understand and cope-up with individual and community health problems.
4. It introduces students to the basic mechanism and functions of human body.
5. It integrates many sources of health information in the biological, social and physical science so that they can be applied in a meaningful way towards establishing a total health concept.
6. It helps students to achieve deeper insight into the nature of social relationship and family life.
7. It furnishes a setting for learning which enables the students to realize their fullest potentialities.

8. It encourages the development of responsibility and cooperation among students in observing environmental control.
9. It establishes procedure for providing students with satisfactory health counselling and guidance services.
10. It contributes to the education of physically challenged people, enabling them to make the most of educational opportunity available.

### **Conclusion**

The conclusion of this study was that health plays a very important role in our life. Health is very important for an individual to live a happy and prosperous life. 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 behaviors. Health education curricula and instruction help students learn skills they will use to make healthy choices throughout their lifetime. Health plays a very important role in the life of a sportsperson because if the health of a player is not good than he/she can never perform his/her best at the time of competition. Only healthy individual can give their best at the time of competition. If our health is not good than we cannot live happy life and we should encourage everyone to make good habits. If we are healthy than only we can complete our work efficiently.

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