

Health and Well-being: Fundamental Concepts in Promoting Efficacious and Successful Lives

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Abstract

Health and well-being are the concepts, which are regarded to be of utmost significance. The individuals, belonging to all age groups, categories, and backgrounds need to pay attention towards these concepts. The reason being, when they will be healthy, they will be able to concentrate well on the implementation of various tasks and activities. Furthermore, they will be able to achieve the desired goals and objectives and live efficacious lives. The individuals need to pay attention towards physical as well as psychological health conditions. Good physical and psychological health conditions will contribute in living efficacious and successful lives. The individuals need to generate awareness and augment their understanding in terms of factors that are necessary in promoting good health and well-being. In accordance to the research studies, the individuals, belonging to deprived and underprivileged sections of the society are also generating awareness in terms of modern and scientific methods to promote good health and well-being. The individuals, such as, medical practitioners, health care specialists and professional counsellors are rendering a significant contribution in imparting information among the individuals in terms of measures to promote health and well-being. The main areas that are taken into account in this research paper are, relationship between health and well-being, measures to promote health and well-being and benefits of health and well-being.

Keywords: Communities, Health, Illnesses, Living Conditions, Measures, Problems, Well-being

Health is important for individuals, belonging to all age groups, categories and backgrounds. It is not merely referred to absence of the disease, health problem or an illness. When the individuals experience any types of health problems or illnesses, it is stated that they are not keeping good health. When the individuals will possess good health, they will be able to carry out their job duties well and render a significant contribution in achieving personal and professional goals and in sustaining one's living conditions in an appropriate manner. The individuals belonging to urban as well as rural communities are putting into

operation the measures to promote good health. The research studies have indicated that in rural communities, the individuals mostly make use of traditional methods. They usually obtain herbs and medicinal plants from the forests, which are needed in promoting good health and treating health problems, illnesses and wounds. In the present existence, with advancements taking place, there have been establishment of medical and health care centres in rural areas. These have contributed effectively in promoting health and well-being of individuals.

In urban areas, there are establishment of medical and health care centres, which are making use of modern, scientific and innovative methods in making provision of medical and health care facilities to the individuals. The individuals are different from each other in terms of number of factors, such as, caste, creed, race, religion, ethnicity, gender, age, educational qualifications, personality traits, and socio-economic background. Irrespective of these differences, all the individuals need to pay attention towards promoting good health. ‘Health is wealth’, this concept is widely acknowledged by all individuals. During the stage of early childhood, the health and well-being of the individuals are taken care of by their parents. When the individuals begin to grow, they generate awareness and augment their understanding in terms of factors, necessary in promoting health and well-being. In implementing ways, which are needed to sustain one’s living conditions in an adequate manner, the individuals need to focus upon the ways of promoting good health and well-being.

When the individuals reach old age, they are likely to experience health problems and illnesses. After the age of 70 years, usage of words and vocabulary begins to decline. In addition, the individuals also experience visual impairments, hearing impairments, pain in the joints, and other health problems, and illnesses. Hence, when they are unable to take care of their health conditions on their own, they need help and support from others, these include, caregivers or family members. In accordance to the research studies in some cases, the elderly individuals are not well-aware in terms of measures to promote good health. This is primarily in case of individuals, belonging to deprived, marginalized and economically backward sections of the society. Hence, they need to make visits to medical and health care centres and communicate with the medical practitioners and health care specialists. Communicating with them will help the elderly individuals as well to augment their understanding in terms of measures to promote good health. There are elderly individuals, who are unable to understand the aspects. In such cases, information is imparted to caregivers

or family members. Therefore, it is comprehensively understood that individuals need to possess satisfactory information and augment their knowledge in terms of measures to promote good health.

Relationship between Health and Well-being

Well-being is a positive outcome that is meaningful for the individuals belonging to all sections of the society. The reason being, the individuals perceive that their lives are going well. Good living conditions are regarded as fundamental to well-being (Health-Related Quality of Life, n.d.). The various factors of good living conditions are, housing, financial resources, employment opportunities, education, competencies, skills, abilities, aptitude, and career. The individuals focus upon these aspects throughout their lives, as they are regarded to be of utmost significance in promoting well-being. The relationship between health and well-being is highlighted in the fact that to ensure all the aspects that are needed to promote well-being can be put into operation in a satisfactory manner, when the individuals maintain good health. It is apparent that when they will be healthy, they will be able to focus upon enrichment of all the above stated factors.

In order to promote well-being, the individuals not only need to focus upon maintaining physical health, but also psychological health conditions. They need to be mentally sound. When they will be mentally sound, they will be able to put into practice critical thinking, analytical and problem solving skills in an appropriate manner. Furthermore, they will be able to make wise and productive decisions. Throughout the lives of the individuals, the individuals need to put into operation these skills within homes and in educational institutions and employment settings. Hence, when they will maintain good health physically and psychologically, they will be able to contribute significantly in enriching their lives. One of the important aspects that all individuals need to understand is, they do experience psychological problems of anger, stress, depression, frustration and anxiety within their lives. But they need to be well-equipped in terms of measures and approaches to curb them and prevent them from assuming a major form. In this manner, they will be able to contribute effectively in promoting good health and well-being.

Well-being of the individuals have an influence upon their health conditions. When the individuals are experiencing any major problems, which are having detrimental effects upon their well-being, then their health conditions will also get affected. On the other hand, when they experience problems, which are having detrimental effects upon their health

conditions, then their well-being will also get affected in a negative manner. These factors are, conditions of poverty, backwardness, unawareness, illiteracy, unemployment and homelessness. Hence, the research studies conducted on health and well-being have indicated that all individuals aim to eliminate these problems and promote better livelihoods opportunities. Therefore, the relationship between health and well-being is acknowledged, when the individuals understand that in promoting well-being, they need to be healthy physically as well as psychologically. On the other hand, implementing all the factors, leading to well-being will enable the individuals to maintain good health.

Measures to Promote Health and Well-being

The measures to promote health and well-being have been stated as follows:

Diet and Nutrition – Diet and nutrition are regarded as indispensable factors that the individuals need to focus upon, irrespective of their age groups, communities, categories and backgrounds. Consumption of a healthy and nutritious diet leads to effective growth and development. The individuals need to ensure that they consume a healthy and nutritious diet on daily basis. They render a significant contribution in promoting health and well-being. Obtaining healthy and nutritious diet will enable the individuals to obtain the essential nutrients, which are needed in promoting good health. In addition, the individuals obtain the necessary energy, which is required to get engaged in various tasks and functions. The individuals need to ensure that they obtain the diet, which is essential for their body. On the other hand, obtaining extra calories than what is required would lead to an increase in body weight. In other words would cause obesity. Therefore, the individuals need to understand in an adequate manner that diet and nutrition is regarded as one of the crucial factors in promoting good health and well-being.

Managing Psychological Problems – Individuals, belonging to various age groups, categories and backgrounds need to understand that they will have to experience psychological problems such as anger, stress, depression, frustration and anxiety within their lives. But they need to ensure that they do not assume a major form and should not cause any unfavourable effects upon oneself as well as others. In addition they need to be well-aware in terms of measures and approaches to curb them and prevent them from assuming a major form. In accordance to the research studies, when the problems of anger, stress, depression, frustration and anxiety are experienced to a major extent, they do have detrimental effects upon the health and well-being of the individuals. In managing these psychological problems,

the individuals need to obtain help from health care specialists, medical practitioners, professional counsellors, family members and so forth. Therefore, managing psychological problems is a crucial measure to promote health and well-being.

Get Engaged in Exercise and Physical Activities – The individuals belonging to all age groups need to get engaged in exercise and physical activities. These are of different types such as, walking, running, yoga, meditation, physical exercises and so forth. The type of exercise and physical activities that the individuals are engaged in depends upon their body weight, health conditions and overall personality traits. From the stage of early childhood, the individuals are encouraged to get engaged in exercise and physical activities. The primary benefits of exercise and physical activities are, the individuals are able to maintain body weight, relax their mind-sets and manage stress. In some cases, the individuals make it a point that they have to take out time for exercising and getting engaged in physical activities out of their busy schedules. Therefore, it is comprehensively understood that individuals need to get engaged in exercise and physical activities to promote health and well-being.

Encourage Health Education in Educational Institutions – In educational institutions at all levels, the individuals need to encourage health education (Health Education, 2020). The primary objective of health education should be to impart knowledge and understanding to the individuals in terms of measures to promote good health. In accordance to the research studies on health education regarding students, it has been found that there has been an increase in the obesity rate. The main reason being, they get engaged in binge eating and do not pay attention towards their diet. Hence, through health education, the instructors will impart them information in terms of measures, which need to be put into operation to promote health and well-being. Upon acquisition of information, the individuals need to put into operation these factors throughout their lives. Therefore, it is comprehensively understood that encouraging health education in educational institutions is essential to promote health and well-being.

Form Cordial Terms and Relationships with Others – In promoting good health physically as well as psychologically, the individuals need to form cordial terms and relationships with others. The others include, family members, relatives, friends, neighbours, instructors, fellow students, supervisors, colleagues, employers and other members of the community. When the terms and relationships with these individuals are pleasant and amiable, the individuals obtain support and assistance needed in implementation of their job

duties well and generate the feelings of pleasure and contentment. In addition, they are able to provide effective solutions to various types of problems and challenges that are experienced. When the individuals will be successful in their jobs, they would be able to promote good health and well-being, as they would be able to form connections. Therefore, it can be stated that formation of cordial terms and relationships with others is an important measure to promote health and well-being.

Establish Positive Thinking – It is apparent that individuals in some cases do possess the feelings of antagonism and resentment against others. When they depict anger and ill feelings in terms of other individuals, they feel stressed and it may have an effect upon psychological and physical health conditions. Hence, in order to promote health and well-being, the individuals need to focus upon establishment of positive thinking. When they will establish positive thinking and not possess ill feelings against others, they will be able to promote health and well-being. The reason being, they will feel pleasurable and will focus upon the achievement of goals and objectives in a well-organized and prolific manner. The reason being, in achieving personal and professional goals and in leading to well-being, the individuals need to put emphasis upon this measure throughout their lives. Therefore, it can be stated, establishing positive thinking is a vital measure to promote health and well-being.

Avoid Smoking and Use of Alcohol – Smoking and excessive use of alcohol are injurious to health. The individuals need to avoid smoking, as it can cause diseases, which can prove to be fatal as well. Though alcohol is publicly accepted. In marriages, parties as well as other functions, there is availability of alcohol. The individuals need to ensure that they make use of alcohol to such an extent that it does not have an effect upon their health and well-being. The consumption of too much of alcohol has detrimental effects upon the health of the individuals and impairs their thinking abilities as well. In health education as well in medical and health care centres, when individuals are imparted information in terms of measures to maintain good health, they are generated awareness in terms of avoiding smoking and use of alcohol. Therefore, it is well-understood that avoiding smoking and use of alcohol is an indispensable measure to promote health and well-being.

Check your Daily Routine Activities – The individuals of all age groups need to pay attention towards daily routine activities. It is stated that early to bed and early to rise is a healthy strategy. When the individuals wake up early in the morning, they will be able to take out sufficient time for all tasks and activities. Furthermore, they will be able to pay adequate

attention towards the measures as well to promote health and well-being. In the implementation of daily routine activities in a well-organized manner, the individuals need to put into operation, proper time management skills. These skills will enable them to assign priorities and take out time for all tasks and activities. The individuals normally take pleasure in watching television shows. But when they experience visual impairments, they will not be able to watch television programs. Hence, the daily routine activities should not be such, which would have negative effects upon the health of the individuals. Therefore, to promote health and well-being, the individuals need to check their daily routine activities.

Stay Active – It is recommended that in spite of experiencing health problems and illnesses, the individuals need to stay active. As it has been stated above that in old age, the individuals do experience health problems and illnesses. But in some cases, the elderly individuals are optimistic in their approach and they do not let health problems and illnesses to become barriers within the course of implementation of their tasks and activities. They are actively involved in various tasks and functions. On the other hand, young and middle aged individuals are more energetic and are involved in number of tasks and activities. In some cases, particularly when the individuals are experiencing severe health problems, such as visual impairments or are not ambulatory, they may experience problems in participating in various tasks and functions. But to promote health and well-being, the individuals need to stay active. Therefore, this is regarded as an essential measure, which would prove to be worthwhile in terms of all individuals.

Obtain Medical Check-Ups – Obtaining medical check-ups on regular basis is regarded as one of the fundamental measures, which would render a significant contribution in enabling the individuals to promote health and well-being. When the individuals experience any kinds of health problems or illnesses, they need to make visits to medical and health care centres. Seeking medical treatment and consulting medical practitioners and health care specialists will facilitate in making provision of information, which would enable them to treat their health problems and illnesses and promote health and well-being. When the individuals are senior citizens and are above 60 years of age, they need to make visits to medical and health care centres on regular basis. On the other hand, when young and middle aged individuals experience health problems, they too need to obtain medical check-ups. Therefore, obtaining medical check-ups is a vital measure, which would augment knowledge and understanding among individuals in terms of measures to promote health and well-being.

Benefits of Health and Well-being

The benefits of health and well-being are, increases productivity and profitability, improves health behaviours, reduces the risk of diseases and health problems, improves employee morale, improves employee retention, causes reduction in stress levels and decreases rate of absenteeism. These are stated as follows:

Increases Productivity and Profitability

When the individuals will be healthy physically as well as psychologically, they will be able to inculcate the traits of diligence, resourcefulness and conscientiousness and put in their efforts to lead to an increase in productivity and profitability. When the individuals are engaged in hazardous jobs and are required to make use of tools, machines and other materials in performing their job duties, they are required to take precautions and measures. The precautions and measures need to be focused upon in promoting good health, well-being and security. When the individuals are healthy, they will be able to work efficiently and lead to an increase in productivity and profitability. In addition, they will be able to concentrate better towards their job duties. Furthermore, they feel motivated towards their work and develop interest and enthusiasm. Therefore, it is comprehensively understood that one of the indispensable benefits of health and well-being is it leads to an increase in productivity and profitability.

Improves Health Behaviours

In the present existence, there have been introduction of wellness programs in organizations as well. The primary benefits of these programs is to bring about improvements in the health behaviours of the employees. It is of utmost significance for the employees to be healthy to lead to effective functioning of the organizations. These programs contribute efficiently in leading to improvements in the health behaviours of the employees. They generate awareness in terms of all methods and approaches that are needed to promote good health. It is apparent that when the employees are overwhelmed by job duties, they will feel stressed. Through these programs, they are able to generate awareness in terms of ways of managing stress. In addition, the individuals are able to augment their knowledge and understanding in terms of ways that are necessary to curb health problems and illnesses (Top 10 Benefits of An Employee Wellness Program, 2019). Therefore, it can be stated, information in terms of bringing about improvements in health behaviours can be acquired

through wellness programs. Furthermore, the individuals will acknowledge that it is an important benefit of health and well-being.

Reduces the Risk of Diseases and Health Problems

When the individuals are well-aware in terms of approaches and measures to maintain good health, they will cause reduction in the risk of diseases and health problems. In causing a reduction in the risk of diseases and health problems, the individuals need to generate awareness in terms of various methods and approaches. For instance, to prevent cold, the individuals need to ensure, they wear proper attire, keep a normal room temperature and so forth, particularly during the winter season. Healthy behaviours lead to a decrease in health risks, leading to less chronic diseases. Various types of health problems such as, high blood sugar, high blood pressure and so forth are caused by poor diet and lack of participation in exercise and physical activities. When the individuals get engaged in wellness programs and generate awareness in terms of the measures to promote good health and well-being, they will be able to maintain their health in an appropriate manner. Furthermore, they will be able to cause reduction in the risk of diseases and health problems. Therefore, it is well-understood that a significant benefit of health and well-being is that it causes reduction in diseases and health problems.

Improves Employee Morale

When the individuals will maintain good health, they will be able to generate pleasure and contentment. When they will feel pleasurable and contented, they will be able to focus well upon their job duties and maintain amiable terms and relationships with other individuals as well. Employee morale and happiness are significant factors in determining the success of the organization. When the employees are healthy, they will be able to put in their efforts towards the implementation of their job duties in an efficacious manner. For instance, when instructors are giving lectures, they need to put into operation their speaking and writing skills to a major extent. They need to work towards up-grading these skills throughout their jobs. When they will be healthy physically as well as psychologically, only then they will be able to concentrate well on their job duties and generate the desired outcomes. Therefore, it is well-understood that the key benefit of health and well-being is that it brings about improvements in determination and self-confidence among employees and in employee morale.

Improves Employee Retention

Health and well-being improves retention of the employees (Half, 2020). It is comprehensively understood that in all types of organizations, the employees are recruited, who are healthy physically and mentally sound. The reason being, the job duties in all fields are demanding and individuals are required to work hard and put in efforts to the best of their abilities. When the employees are physically healthy, when they possess the essential skills and are well-aware in terms of their job duties, they will be able to carry out their job duties in accordance to the expectations of the employers and retain their jobs. The research studies have indicated that even when employees are not ambulatory and possess health problems, they get retained in their jobs, provided they are capable and possess the essential educational qualifications, skills and abilities. Hence, individuals with health problems also get retained in jobs. Therefore, it is well-understood that a vital benefit of health and well-being is that it brings about improvements in determination and self-assurance among employees and in employee retention.

Causes Reduction in Stress Levels

The individuals normally feel stressed, when the job duties are demanding and tedious. Through measures of promoting health and well-being, they are able to generate awareness in terms of ways of managing stress. Stress is experienced in a major as well as in a minor form. When it is experienced in a minor form, it can be curbed in a manageable manner. Whereas, when it is experienced in a major form, it can have unfavourable effects upon health and well-being of the individuals. Hence, the individuals need to be well-aware in terms of managing stress in a satisfactory manner. Stress is regarded as one of the major barriers within the course of implementation of job duties in a well-organized manner and in achieving personal and professional goals. Hence, the individuals need to ensure that when they are carrying out their job duties, they do not experience stress. Therefore, one of the fundamental benefits of health and well-being is the individuals learn to manage stress and in this manner, they are able to cause reduction in stress levels.

Decreases Rate of Absenteeism

It is apparent that good health will enable the individuals to lead to a decline in the rate of absenteeism (Kenton, 2019). When the individuals will experience good health, they will not take leave from work due to health problems and illnesses. They will depict regularity and conscientiousness in terms of their job duties. It is comprehensively understood that directors, heads and supervisors will want their employees to be healthy

physically as well as psychologically. This is necessary for the overall functioning of the organization. For example, when the employees are working on a project in a group and the group leader has to take leave from work due to health problems, in such a case, the project and the other group members will have to experience detrimental effects. Hence, the members of the organizations need to be well-aware in terms of measures to promote health and well-being. Therefore, one of the essential benefits of health and well-being is it leads to a decline in the rate of absenteeism.

Conclusion

Health and well-being are important for individuals, belonging to all age groups, categories and backgrounds. When the individuals will possess good health, they will be able to do well in their jobs and contribute well in achieving personal and professional goals and in sustaining one's living conditions satisfactorily. There is a positive relationship between health and well-being. The measures, which need to be put into operation to promote health and well-being are, diet and nutrition, managing psychological problems, get engaged in exercise and physical activities, encourage health education in educational institutions, form cordial terms and relationships with others, establish positive thinking, avoid smoking and use of alcohol, check your daily routine activities, stay active and obtain medical check-ups. The benefits of health and well-being are, increases productivity and profitability, improves health behaviours, reduces the risk of diseases and health problems, improves employee morale, improves employee retention, causes reduction in stress levels and decreases rate of absenteeism. Finally, it can be stated, when the individuals will maintain good health and focus on well-being, they will be able to do well in their jobs and contribute in a well-organized manner in achieving personal and professional goals and in sustaining one's living conditions satisfactorily.

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