

Sociology

Illness, Wellness, Well-being

Definition

Well-being: A subjective perception of a good and satisfactory existence(presence) in which the individual has a positive experience of personal abilities, harmony, and vitality ..

Elements of well-being

These elements are the currency of a life of that matters. They represent five broad categories that are essential to most people.

1- Career Well-being

The first element is about how you occupy your time or simply liking what you do every day .

Elements of well-being

2- Social Well-being

The second element is about having strong relationships and love in your life:

3- Financial Well-being

The third element is about effectively managing your economic life

4- Physical Well-being.

The fourth element is about having good health and enough energy to get things done on a daily basis.

5- Community Well-being

The fifth element is about the sense of engagement you have with the area where you live.

Wellness

An active process of becoming aware of and making choices toward a healthy and fulfilling life .

Note : Maintaining an optimal level of wellness is absolutely crucial to live a higher quality life.

The condition of good physical, mental and emotional health, especially when maintained by an appropriate diet, exercise, and other lifestyle modifications.

Components of Wellness

1. Physical Wellness: It concentrates on getting in shape, shedding extra pounds, rejuvenate body with healthy eating, restful sleep, vigorous(active) exercise and a new look.

Requisites of getting physical wellness

1. jogging
2. swimming
3. playing games and sports
4. spending time daily outdoor in breathing fresh air.
5. doing yard work and etc.

Components of Wellness

2- Social Wellness : It focus to improve social and communication skill of an individual.

Requisites of promoting social wellness

In order to promote social wellness, a person must :-

1. create a positive and lasting first impression
2. be distinguished
3. earn respect
4. speak in public
5. Articulate thoughts
6. make others feel important
7. visit neighbors and friend and etc.

Components of Wellness

3. Emotional Wellness: Its aims

1.To get more out of every day with laughter and enjoyment,

2.To reduce stress.

Requisites of promoting emotional wellness

1. avoiding overload
2. watching comedy films
3. lighting up and learning to laugh
4. distancing oneself from drama and chaos
5. seeking the help of therapist (if needed)
6. taking an anger and stress management activities etc.

Components of Wellness

4-Spiritual Wellness : It emphasizes on spiritual renewal and inner peace.

Requisites of promoting spiritual wellness

To promote spiritual wellness, a person must be:-

1. True to him/her self
2. Build character
3. Build virtues
4. Create a life of order and do meditation(تأمل)
5. Perform prayer and faiths
6. Learn and give respect to religion.

Components of Wellness

5- Nutritional Wellness : It focus to achieve maximum energy levels through healthy eating.

Requisites of promoting nutritional wellness

In order to attain nutritional wellness individual must :-

- 1.reduce fat
2. eat more raw fruits and vegetables
3. eat less fried food
4. learn new recipes
5. serve healthy food at home
- 6.eliminate junk food
7. drink plenty of sugar free liquids or juice

Components of wellness

6-Relationship wellness : It focus on recapture the spark and zeal of personal relationships.

Requisites of promoting relationship wellness

In order to promote relationship wellness, a person must

1. Laugh
2. Love
3. Live
4. fix a special meal
5. dress up for no particular reason
6. be patient
7. give bear hugs
8. go out on a date once a week etc.

Components of wellness

7- Financial Wellness: It focus on people to establish financial bonds.

Requisites of fostering fin. wellness

In order to foster financial wellness a person must

1. create money management goals
2. spend less money
3. get out of debt دين
4. set up saving plan
5. donate some savings to a charity .

Components of wellness

8- Personal Wellness : It emphasizes to enrich personal life of an individual through growth and change.

Requisites of personal wellness

In order to accomplish this aim, a person must

1. see a fashion consultant to keep himself/herself update
- 2., whiten teeth
- 3., lose weight
- 4., polish shoes
- 5., get a new piece of jewelry
- 6., clean bedroom and other living spaces
- 7., prevent injuries and observe safety.

Illness, is what the individual senses that is 'wrong' with her or him, and may lead to making an appointment to see a doctor.

Disease is what the individual has wrong with her or him on the return from that appointment.

**Changing from being ill to 'being diseased
depend on:-**

1.beliefs of the individual

2. actions of the individual

3.behaviour of health-care practitioners

Sick role

Parsons (1951) :Being ill is not simply how micro-organisms, neoplasms(tumors) , disability or trauma affect the body.

Illness itself is regarded by society, as a form of deviance

Illness for **Parsons** had to be regulated so that society is able to function properly.

e.g Too much illness amongst the working population would be dysfunctional for industry, and place too heavy demand on health and welfare(رفاهية) services

Therefore, there has to be a formula for allowing a certain amount of 'legitimate' (شرعي) sickness. This formula takes the shape of a social contract between the person who is ill and health-care practitioners (principally, the medical profession) who represent the interests of society as a whole.

It is the responsibility of the medical profession, supported by the discipline of nursing, to use its power to control access to the sick role.

Nurses working in general practitioners' surgeries may be delegated some elements of this process, and therefore are also involved in deciding who is and who isn't legitimately sick.

When an individual is given permission by health practitioners to enter into the sick role, she / he is accorded(given) a collection of social privileges(امتياز), as well as being given a number of social obligations(التزام)

The sick role

Parsons' model of sick role

Rights of the sick person

The sick person is given the right to stay away from work, and has exemption from family responsibilities

- Exemption of responsibility for her/his illness

Obligations of the sick person

- Must be motivated to get well
- Seeks technical help (i.e. from the profession of medicine) and co-operates with her/his doctor

Rights of the doctor

- Controls entry to sick role
- Granted(given) access to intimate(deep) physical and personal information
- Professional autonomy (independency) and dominance (هيمنة)

Obligations of the doctor

- Acts in accordance with the health needs of the patient
- Follows the rules of professional conduct
- Uses a high degree of expertise and knowledge
- Remains objective and emotionally detached(separated)

But there are still faults with Parsons' model (disadvantages):

- 1. Realistically, many people are not able to take advantage of their rights when sick. Women who are in paid employment and become ill still tend to have to care for their children and hence (then) cannot easily 'take to their beds'.**

2. Whilst Parsons' sick role may be an appropriate way of describing what occurs in acute illness, when people suffer from chronic illness it is less likely that their social obligations will be met. This is no more true than in the case of such potentially long-term conditions as depression or schizophrenia.

3. Certain diseases carry with them a high degree of social stigma (for example, gonorrhoea, AIDS, alcoholism and epilepsy). **Here the individual is blamed for contracting the condition.**

4. Medical practitioners may not always be working directly for the benefit of their patients. On **occasions** patients may be unaware that they are undergoing trials for particular treatments.

Szasz and Hollender (sick role)

Types of role adopted

1- Active- passive

(doctor is active, patient is passive)

Example

**Patient is unconscious, psychotic, or toxaemic ,
during surgery**

2- Guidance–co-operation

(doctor guides, patient cooperates)

Example

Acute conditions with known etiologies, treatments and prognoses (for example, acute respiratory or genitourinary infections)

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3- Mutual participation

(doctor and patient negotiate openly)

Example

Chronic conditions with indeterminate etiologies, treatments and prognoses

(as in, for example, AIDS, Alzheimer's disease, chronic anxiety).

Disadvantages

- 1. People in the main self-medicate or allow symptoms to take their natural course towards resolution.**
- 2. Doctors and nurses have nothing what's ever to do with the vast(wide) majority of illness experienced by the population.**

3. Furthermore, patients may give the impression of co-operating with medical advice, but deliberately reject, ignore or deviate from given guidelines.

4. Alternatively, they may not follow the directives because they did not understand them in the first place.

Advantages

1. Szasz and Hollender's model can be very useful for nurses, not just as a descriptive tool through which they can evaluate their own interactions with patients, but as a method of reflecting on what should be the form of communication for any particular patient.

2. That is, nurses may use this simple typology in their planning of individualized care, choosing which communicative pattern is appropriate to which patient

3. Furthermore, the three elements can be regarded as stages in a hierarchy of communication, with the activity of the doctor or nurse diminishing (decreasing), as the involvement of the patient in her or his own care increases.