

Health Psychology And Spiritual Response

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Abstract: Health Psychology is the study of the relation between Psychological variables and health, which reflects the view that both mind and body are important determination of health and Illness. In short health Psychologists explore the relationships between Psychological factors and physical ailments or diseases for example experts in this field study how psychological factors like stress, tension, anxiety and unsupportive home conditions lead to physical illness, now-a-days there is a growing awareness among doctors that almost all physical ailments have a psychological base. Further they also deal with methods and strategies to promote awareness among people regarding their health. Spirituality is the realm of causality Which time can strengthen. The birth of spirituality is slower. In then early stage it seems to be such a fragile plant that love to self-other springing up close to its pole weak stalk may mother it. Spirituality is the positive dimension of human life or quality that we must admire it. It follows the ways of spiritfulness believing in sacredness, unity and transformation. It rests upon religious traditions which survive in each of us it is though from the mind and heart and as such, becomes poetry art love painting culture therapy etc. spirituality is beneficial for the physical, social and mental well-being. It alone brings harmony, peace and happiness.

I. INTRODUCTION

Health Psychology is the field devoted to understanding how peoples stay healthy, why the become ill and how they respond when ill, these psychologist are concerned with health promotion and maintenance, prevention and treatments of illness, causes and correlates of health, illness and dysfunction and improvement of health care system and health policy information.

Now we will discuss about a working definition of health psychology which is relatively easy to remember. We can emphatically say that the primary aim of health psychology is to promote and maintain the well-being of individuals, communities and populations. So health psychology is an inter disciplinary field concerned with application of psychological knowledge and techniques to health, illness and health care.

At a theoretical level, health psychology is concerned with understanding the relationship between mind and body as these affect the overall state of an individual's well-being. But practically, it is concerned with intervening in the interfact interface between the individual the health care system and society.

Health is not simply the absence of illness it is a state of being with physical cultural psychological economical and

spiritual attributes the world health organization (WHO) provides this definition of health was described and explained in various discourses which were socially constructed. However the concepts of health body and mind very across time, place and culture. Much of our health is influenced by or dependent on our behaviours and our choices.

On the whole health is the condition in which both body and mind are sound and vigorous as well as free from illness or injury. Our physical health is linked with our state of mind and the world around us. Experts of health psychological view "health" as a complex and dynamic experience.

Broadly speaking "well-being" is a researching concern for every human being group or society "wellness" is optimal health including full, active functioning in the physical, intellectual domains. A healthy habit or behaviour pattern is one which operates automatically without extrinsic reinforcement or incentives and contributes directly to our overall health.

The very word "health is derived from German and Anglo-Saxon words meaning 'whole' hele and haly health is associated strongly with the ideas of wholeness holiness cleanliness, sanity, sanitariness, goodness and saintliness both culturally and Historically. In china and Greece, health was seen as a state of harmony, balance or equilibrium with nature.

Given this situation, it is imperative that we take another look at this resource we call health just as in the field of energy resources, we are seeking alternative to our dependence on oil in the field of health we must seek an alternative to traditional concepts of health care this means we must understand what health really is.

POSITIVE HEALTH

Aside from general agreement that it is something which should be promoted maintained there is no universally accepted definition of health. Many experts employ same version of the definition offered by the world health organization (WHO) which states. Health is a state of complete physical, mental and social wellbeing and not merely an absence of disease or infirmity other authorities add a fourth dimension to the definition suggesting Spiritual wellbeing as essential to the true condition of human health the attributes of the foregoing dimensions of health are generally described as follows:

PHYSICAL HEALTH

- ✓ Balanced dietary habits a sweet breath and sound sleep.
- ✓ Regular activity of bowel and bladder and smooth coordinated bodily movements.
- ✓ Resting pulse rate, blood pressure, body weight and exercise tolerance are all within the normal range of the individuals size, age and sex.
- ✓ All the organs of the body are of unexceptional size and function normally.

MENTAL HEALTH

- ✓ Happiness calmness and cheerful demeanour self satisfaction no conflict within the self.
- ✓ Accommodative intellect able to accept criticism not easily upset. Understanding of the emotional need of others considerate and courteous in all dealings open to new ideas.
- ✓ Self control not dominated by the emotions of fear anger attachment, jealousy guilt, or worry. Not driven by lust or greed, able to face problems and solve them intelligently.

SOCIAL HEALTH

- ✓ Forms friendship which are satisfying and lasting.
- ✓ Keep family and social relation hearty and frictionless.
- ✓ Acts for the benefit of the society in accordance with real capacity.

SPIRITUAL HEALTH

In this textbook on preventive social medicine Dr. J.E. Park describes spiritual health as something intangible that transcends physiology and psychology from my experience of Raja Yoga. I feel the following three attributes properly describe at least minimally the spiritually healthy person.

- ✓ Possession of accurate knowledge and continuously experienced awareness of the self as a soul (the non-material point of light in the centre of forehead) the feeling-state of such a self realized soul will be peace and purity.
- ✓ Living without attachment to any object in the physical world including one's own body. A sense of brotherhood with other souls without coming under their influence one's actions will be elevated and characterized by integrity.
- ✓ Constant intellectual communion with the supreme being by which positive energy is received and transformed into pure action the soul will be experienced by himself and others as humble in corporeal and viceless No worldly obstacles can affect him.

YOGA FOR THE GOOD HEALTH

According to the yoga shastra of patanjali the path of yoga includes eight elements or parts of yoga. These elements of yoga are listed below:

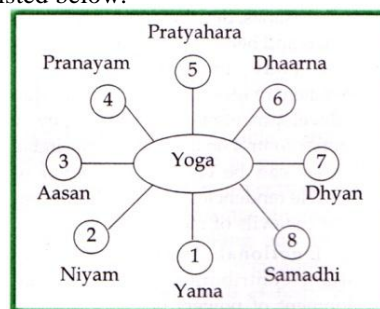


Figure 1

- ✓ **YAMA** – The first element of yoga is called ‘yama’. This element lays down the rules of morality for the individual and the society as a whole. These rules include (i) Satya or truth (ii) Ahinsa or non-violence (iii) Non-stealing (iv) Brahm charya (v) Not desiring what belongs to others or what the others possess. (vi) Not hoarding or collecting things.
- ✓ **NITYAM** – This element refers to the rules of conduct for the individuals. These rules are meant for self purification such rules include. (i) Practice cleanliness (ii) Cultivate contentment or ‘Santosh’. (iii) Educate the self. (iv) Study scriptures and surrender to God.
- ✓ **AASANA** – Aasana mean performance of certain body postures, bandhs and kriyas for acquiring health and internal physiological balance.

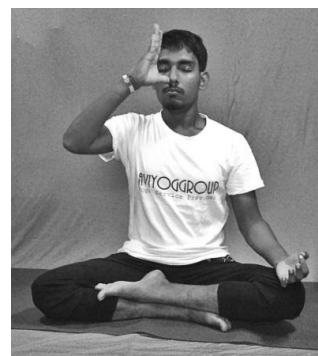


Figure 2

II. A PRANAYAM MUDRA

- ✓ *PRANAYAM* – Pranayam means the science of breath control and includes the process of (i) inhalation (ii) Exhalation and (iii) Retention or holding of breath holding of breath is called “Kumshaka” in yogic terms. Pranayama helps in strengthening the blood and soothing the mind.
- ✓ *PRATYAHARA* – In this fifth element or part of yoga a yogic tries to bring the senses under his control. By doing so he can be successful in destroying the destructive qualities and acquire good or divine qualities.
- ✓ *DHAARMA* – This means an attempt to concentrate on a single point or object. It is the state of complete absorption or Ekagrata. It is difficult to control the mind. However without ekagrata or concentration one cannot master anything.
- ✓ *DHYAN* – It is also called meditation and refers to the concentration on all pervading divinity in order to be transformed into the likeness of the divinity.
- ✓ *SMADHI* – This is the last stage of yoga where a yogi tries to merge his self with the divine spirit. It is said to be the state of going beyond consciousness, but still remaining fully conscious and alert.

Among the elements of yoga asanas and pranayama occupy an important place because they keep the body healthy and free the mind for concentration on other stages of yoga. Because an unhealthy body cannot concentrate mediate and attain Samadhi, therefore asanas and pranayama are considered as very important stage of yoga.

Spirituality is impaired and sustained by transpersonal experiences that originate in the deepest recesses of the human being and they are but the natural manifestation of that domain of the human psyche that contain the greater depth of life. Spirituality may be defined variously.

- ✓ Spirituality refers to the relationship with self, others God and the universe.
- ✓ Spirituality refers to the relationship between me and others and between me and God.
- ✓ Spirituality helps people in reaching and exploring challenges, seeking personal truth, developing the sense of unity of life and developing a personal philosophy.
- ✓ Spirituality is unique to each individual influenced by culture, development, experiences and ideas, meaning transcendent, hope love, quality, relationship and existence.
- ✓ Spirituality is the source of self-confidence without which nothing is accomplished.

There are certain benefits of spirituality as it helps in curing emotional problems.

- (i) Security and safety (ii) Peace of mind (iii) Self-confidence (iv) The capacity to give and receive unconditional love (v) Guidance

III. CONCLUSION

Whenever man is faced with a problem, he makes a physical, mental, verbal, psychological, emotional or spiritual

response to it. Every emotional situation works as a stimulus and draws some kind of response from a living person. It is only a dead thing that does not offer any response at all. The response to a problem may be political, economical, legal, social militaristic diplomatic, technological or any other. Take for example a difficult situation created by a large group of people in particular part of the country who demand some kind of autonomy because for a long time, they have been neglected by a farflung Central Government which has been paying more attention to other region.

Thus, a spiritual response is a moral response, based on the awareness that we are souls and brothers. This response is based on the understanding that all problems arise from our failure to observe some moral or spiritual value and can therefore be solved in the true sense of the word-by observing those values. The spiritual response, therefore implies a response that is based on moral goodness, love peace and purity of motives thoughts and actions, this goodness love peace etc. is derived from spiritual outlook. It is based on the belief in the brotherhood of man and the Fatherhood of God.

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