

CHAPTER - I INTRODUCTION

Self means one's opinion about oneself, self is expressing in term of mine and it is a product of social interaction. It may be pointed out that the concept of self, is analogous to the concept of ego, in that both represent sub-systems which are concerned with evaluation, decision making, planning and coping. Roger's new point, however extends further to include self identity in an individual towards growth and self-confidence.

The extent to which an individual is confident of his abilities also seems to be an important factor in conformity to social pressures persons who have confidence in their own judgments are more resistant to pressures to conform than those who do not have this confidence Intelligence and confidence in one's own abilities determine the extent of conformity.

According to Join, student confidence is process of becoming the best possible person one can become at achieving one's own goals in life. It is highest human motive. It is, need for 'Self-fulfillment' in the sense one becoming everything that he or she capable of being. Until one has achieved self-esteem, he will not full secure enough to

become a fully actualized person that is unless one has confidence in himself he will not dare to express in his own unique way and make his own contribution to society each person's self is different because genetic and socio - cultural inheritance are different.

Any individual's success or failure depends not upon his/her abilities, but upon his perception about himself. In other words while doing any work how he perceives himself "whether I do this work, whether the given problem is simple or complex, may I attain success or not" all such perceptible factors determine the output. Strictly speaking any kind of failure or success will be determined by the self-confidence. Self-confidence is an attribute of perceived self, it is not apart from the self or it is not independent from the self. Self-confidence refers to an individual's perceived ability to act effectively in a situation to overcome obstacles and to attain successes.

More often the very choice of an individual's type of education soon after the completion of secondary education depends upon the level of self-confidence, which he has. To take decision on his/her own, about any matters educational, vocational etc., is possible only for those individuals whose confidence is high in this context it is important to measure the self-confidence of students in general and to study its

effects on students academic performance particularly on their academic achievement. In general terms, self-confidence refers to an individual perceived ability to act effectively in a situation to overcome obstacles and to get things go all right.

Different researchers have measured self-confidence as a construct, variously in the past. Klein and Schoenfeld (1941) measured it by asking the subjects to state the degree of confidence they felt in the accuracy of their performance after they had taken some psychological tests. Immediately thereafter each subject was asked to rate his performance on the task just finished on a three point rating scale and these ratings were used to infer self--confidence.

Personal Characteristics of self-confidence of people

1. They perceive realities it is make accurate judgment of themselves and others.
2. They accept others and themselves without pose.
3. They have great spontaneity, simplicity and naturalness.
4. They have sense of mission and purpose in life.
5. They identity with humankind.
6. They have deep emotionally ties with a few loved ones.
7. They are democratic in attitude and behaviour towards others.

8. They focus on ends rather than on means.
9. They are creative and inventive.
10. They resist conformity, particularly in the face of injustice.

How to build Self - Confidence

1) Give it our best:

When we do our best with confidence, we feel good about ourselves and come through everything that we do giving it our best. Unafraid to take risks or step out of our comfort zone, we become confidence builders.

2) Persevere:

Everybody has setbacks and obstacles that undermine our confidence. Treat them as opportunities, resolve them, and then persevere.

3) Overcome adversity:

Overcoming adversity builds self-confidence. Experiencing sadness and rising above it gives rise to hope and triumph. It makes you stronger than you were.

4) Accomplish something:

Set goals of yourself and then reach them self-confidence goals when you know you confirm your mind to it makes you feel unstoppable.

5) Separate yourself from the event:

You are neither happens to you nor are you defined by how others see you choose to be a person at character, dignity and self-confidence.

6) Confront your fears:

There's nothing that destroys self-confidence than succumbing to fear everyone feel fear at various time however facing circumstances with courage and poise strength and builds self-confidence.

A country with a lower GNP may manage to achieve higher levels of well being in terms of health, education and nutrition than countries with a higher GNP. Due to over concern for economic and political development man himself as an individual was ignored although the development was oriented towards him. Since now man is accepted as the main concern, his health becomes the most important component of development.

It is well understood that economic development plays an important role in human progress, but economic development alone is not human progress. Social indicators show a true picture as they record fundamental human progress whereas a rising GNP, after a certain point, is directed to less and less fundamental improvements in the quality of life (UNICEF, 1989). The quality of life of the people can best be indicated by their health status, and life expectancy, etc.

The Alma Ata declaration of 1978 "Health for all by 2000 AD" was universal commitment to which India was a party. And India has agreed to formulate the policies and draw a plan of actions to attain the goal. Accordingly efforts were made to provide basic health infrastructure in the country. The models of health services adapted for the purpose were not suited properly. The strategy of health development was not successful. Now is the appropriate time to take a fresh look at the priorities and alternative approaches.

Attempts to change the priorities and search for alternative approaches have been necessitated because of the kind and seriousness of health problems. The incidence of deaths and disabilities, ordinarily preventable by vaccine is more in the third world. But India's share in this incidence is the highest. Grant, in his annual report on the state of

the world's children, has recorded "Whether issue is diarrhoeal death or vaccine preventable diseases, low birth weight or malnutrition, infant death or childhood disability nearly 30% and sometimes more of those live in India" (Grant, 1987).

The recent research in the area of preventive health care, knowledge and techniques which are simple, inexpensive, universal and free from cultural prejudices have been made available. The information and techniques are mostly related to respiratory infections, immunization, growth chart, breast feeding, supplementary food for pregnant mothers and children, birth control, oral dehydration and so on. These techniques are low cost, low risk and low resistance in action and easy to implement as they need not depend on economic and political changes. Ramalingaswami, confirms the same by saying that the new knowledge and techniques that we possess make us believe that the dream of health for all can be a reality soon.

The scientific know how and financial resources appear to be no longer problems in the improvement of health status. On the contrary, the main obstacles are wide spread ignorance and misconceptions about health and disease. A number of studies have reported, ignorance and misconceptions of these issues in the population (Singh, 1983, Halyal, 1990).

Health is the capacity of an individual to cure himself. When a person loses this capacity to restore himself or herself he or she is in a state of ill health. Health is an important internal resource, which assures a stable quality of life. This capacity is achieved when a person possesses a strong body capable of working, a controlled and balanced state of mind, a companionate health, a discriminative intellect and a purposeful life. Thus, total health is state where there is a balance in body and its functions, mind, social and spiritual well being. In health occurs in a gradual manner at any level and affects the individual. Understanding health and related behaviour include range of human activities, which have direct and indirect effect on individual's health status. Many habits, pattern of thinking, emotional experience and attitude influence the overall quality of life. In addition socio-ecological and cultural background does influence many aspects of life styles (Joseph and Juliana, 2000).

Health is a continuous balancing of the physical, emotional, social, intellectual and spiritual components of an individual to produce happiness and higher quality of existence. Wellness means engaging in attitudes and behaviour that enhance quality of life and maximize personal potential. Health knowledge and attitude constitute an important dimension contributing to health and wellness. The aim of

life must be to remain healthy as the poet, philosopher Ralph Waldo Emerson in nineteenth century had said, the first wealth is health. People have always valued good health but in the modern time of stress and anxiety they are becoming more health conscious than ever before.

The word health means different things to different individuals. To many individuals it merely means freedom from any obvious disease, and to someone it is freedom from poor health. To a psychologist, health is the normal functioning of the mind, to a physician, it is principally the normal functioning of the body. People's attitude to health, their ideas about the causes of illness, and the relationship between attitudes and behaviour portrays different meanings of health in their mind (Cartwright et al., 1973).

According to an old definition, health is the absence of disease. Another older definition of health is the ability to function effectively within one's environment. In the Oxford English dictionary, health is defined as soundness of body and mind that condition in which its functions are duly and effectively discharged. A sound mind in sound body has been recognized as an ideal starter by the Indian sages and seers. They paid attention to the unconscious where in according to them unfulfilled desires and compositions lead people to go astray.

By mastering their mind people could attain the highest level of emotional equilibrium pertaining to mental health. In their views, mental health is the balanced development of the individual's personality and emotional attitudes, which enable him to live harmoniously with his/her fellow men/women.

Health is a state of being that is subject to wide individual social and cultural interpretations and social influences. Recent studies of beliefs about health suggest that people's perception of their own state of health influences how they define health (Cox et al., 1987). Older people are more likely to view health in terms of function and coping; young people frequently define it in terms of fitness, energy, vitality and strength, emphasizing positive attainment and a healthy lifestyle. A person's age is only one of the many factors that may influence their definition of health. The health and lifestyle survey (Cox et al., 1987) documented differences in responses between men and women. Younger women tend to link energy and vitality to undertaking household tasks. Whereas younger men linked energy and fitness to participating in sports.

According to WHO (1974), "Health is not merely the absence of disease, but a state of complete physical, mental, spiritual and social

well being. This definition seems to equate health with all round well being. It highlights health as a positive goal rather than just a neutral state of 'no disease' and indicates that this is to be achieved by personal and social change as well as by medical advance. As a definition, it contains almost as many new problems as it tries to solve. Its idealistic, even utopian nature has been commented upon by critics (Seedhouse, 1986). In a similar way to the absence of disease' approach, the apparent simplicity of the WHO definition conceals a range of assumptions about what health should be. Freedom from disease is not health; real health is viewed as the transformation of 'no disease type health into all round well being. Health becomes a personal struggle and a goal to be worked towards on a community national and global level. These sense of health as action and adoption is captured in the WHO Working Group Report (1984) on health promotion, which conceptualized health as the extent to which an individual or group is able on the one hand, to realize aspirations and satisfy needs and on the other hand, to change or cope with the environment. Health is therefore seen as a resource for everyday life not the objective of living; it is a positive concept emphasizing social and personal resources as well as physical capabilities WHO (1984).

This later and less frequently quoted world health organization comment emphasizes that health is embedded in the processes and actions of everyday life. It related health to one's ability to cope and adopt within a particular environment. This deliberately avoids objectifying health; instead, health is viewed as a resource for living. It also identifies health as a multi dimensional and shifting which can't be easily analyzed or measured.

The notion of health as an 'absence of disease' and as a 'complete state of well being' both have their origins in official medical publications. 'Absence of disease' derives from a medical concept of disease as a pathological state which can be diagnosed and categories or as deviation from measurable biological variables which represent 'normal' parameters in the 'healthy' body.

The WHO definition connects to a social model of health, which emphasizes the environmental causes of health and disease in particular the dynamic interaction between individuals and their environment. Health is seen as being produced not just by individual biology and medical intervention, but by conditions in the wider natural, social, economic and political environment and by individual behaviour in response to that environment (Lalonde, 1974). A number of studies

have indicated that patterns of living and social relationships are seen by people as being important in maintaining health. Respondents in the health and lifestyle survey (Cox et al., 1987) endorsed this view, although there was a major influence. Smaller scale, more intensive contextual studies have provided stronger evidence of people's belief that environmental factors influence their health (Cornwell, 1984).

DIMENSIONS OF HEALTH

Physical dimension

The state of physical health implies the notion of perfect functioning of the body. It conceptualize health biologically as a state in which every cell and every organ is functioning at optimum capacity and in perfect harmony with the rest of the body.

Mental dimension

Good mental health is the ability to respond to the many varied experiences of life with flexibility and a sense of purpose. Mental health has been defined as a state of balance between the individual and the surrounding world, a state of harmony between oneself and others a coexistence between the realities of the self and that of other people and that of the environment.

A few decades ago, the mind and body were considered independent entities. Recently, however, researchers have discovered that psychological factors can induce all kinds of illness, not simply mental ones. They include conditions such as essential hypertension, peptic ulcer and bronchial asthma. Some major mental illnesses such as depression and schizophrenia have a biological component.

Social dimension

Social well being implies harmony and integration within the individual, between each individual and other members of society and between individual and the world in which they live. It has been defined as the “quantity and quality of an individuals interpersonal ties and the extent of involvement with the community”.

The social dimension of health includes the levels of social skill's social functioning and the ability to see oneself as a member of a larger society. In general, social health takes into account that every individual is part of a family and of the wider community and focuses on social and economic conditions and well being of the whole person in the context of his social network.

Spiritual dimension:

Spiritual health refers to the part of the individual which reaches out and strives for meaning and purpose in life. It includes integrity, principles and ethics, the purpose in life, commitment to some higher being and belief in concepts that are not subject to a “state of the art” explanation.

Emotional dimension:

Historically the mental and emotional dimensions have been seen as one element or as two closely related elements. Mental health can be seen as ‘knowing’ or cognition while emotional health relates to feeling. Experts in psychology have been relatively successful in isolating these two separate dimensions, with this new data, the mental and emotional aspects of humanness may have to be viewed as two separate dimensions of human health.

Vocational dimension:

The vocational aspect of life is a new dimension. It is part of human existence. When work is fully adopted to human goals, capacities and limitations, work often plays a role in promoting both physical and mental health. Physical work is usually associated with an improvement in physical capacity, while goal achievement and self

realization in work are a source of satisfaction and enhanced self esteem.

Positive health:

Health in the broad sense of word does not merely mean the absence of disease or provision of diagnostic, curative and preventive services. It also includes and embodies in the WHO definition, a state of physical, mental and social well being. The harmonious balance of this state of the human individual integrated into his environment, constitutes health, as defined by WHO.

The state of positive health implies the notion of “perfect functioning” of the body and mind. It conceptualized health biologically, as a state in which every cell and every organ is functioning at optimum capacity and in perfect harmony with the rest of the body, psychologically, as a state in which the individual feels a sense of perfect well being and of mastery over his environment, and socially, as a state in which the individuals capacities for participation in the social system are optimal.

Determinants of health:

Health is multifactorial. The factors which influence health lie both within the individual and externally in the society in which he or she lives. It is a truism to say that what man is and to what diseases he may fall victim depends on a combination of two sets of factors: his genetic factors and the environmental factors to which he is exposed. These factors interact and these interactions may be health promoting or deleterious. Thus, conceptionally, the health of individuals and whole communities may be considered to be the result of many interactions like heredity, environment, lifestyle, socio-economic conditions, health and family welfare services etc.

The physical and mental traits of every human being are to some extent determined by the nature of his genes at the moment of conception. From the genetic stand point, health may be defined as that "state of the individual which is based upon the absence from the genetic constitution of such genes as correspond to characters that takes the form of serious defect and derangement and to the absence of any aberration in respect of the total amount of chromosome material in the karyotype or stated in positive terms, from the presence in the genetic constitution of the genes that correspond to the normal characterization and to the presence of a normal karyotype".

It is an established fact that environment has a direct impact on the physical, mental and social well being of those living in it. The environmental factors range from housing, water supply, psychosocial stress and family structure through social and economic support system, to the organization of health and social welfare services in the community.

Health requires the promotion of healthy lifestyle. In the last 20 years, a considerable body of evidence has accumulated which indicates that there is an association between health and lifestyle of individuals. Many current day health problems especially in the developed countries are associated with lifestyle changes. In developing countries, like India, where traditional lifestyle still persist, risk of illness and death are connected with lack of sanitation, poor nutrition, personal hygiene, elementary human habits, customs and cultural patterns.

Socio-economic conditions have long been known to influence human health. Health status is determined primarily by their level of socio -economic development, e.g., per capita GNP, education, nutrition, employment, housing, the political system of the country etc.

Mental health is an important aspect of one's total health status and is a basic factor that contributes to the maintenance of physical health and social effectiveness. It means the ability to balance feelings, desires, ambitions and ideals in one's daily life. It means the ability to face and accept the realities of life.

Mental health has two important aspects. It is both individual and social. Social forces are in constant flux. They are constantly moving and changing. Similarly our mental adjustment is affected by various stresses. Mental health is a process of adjustment, which involves compromise and adaptation, growth and continuity. Because of the significance of individual and social aspects, some psychologists have defined mental health as the ability of the individual to make personal and social adjustments.

Being mentally healthy doesn't just mean that people don't have a mental health problem. If one is in good mental health, one can make the most of potential cope with life, play a full part in family, workplace, community and among friends. Some people call mental health 'emotional health' or 'wellbeing' and it is just as important as good physical health.

Mental health is everyone's business. We all have times when we feel down or stressed or frightened. Most of the time those feelings pass. But sometimes they develop into a more serious problem and that could happen to any one of us. Everyone is different. One may bounce back from a setback while someone else may feel weighed down by it for a long time. Mental health doesn't always stay the same. It can change as circumstances change and as we move through different stage of life. There's a stigma attached to mental health problems. This means that people feel uncomfortable about them and don't talk about them much. Many people don't even feel comfortable talking about their feelings. But its healthy to know and say how we are feeling.

A healthy individual is not only physical healthy but also mentally healthy. The modern concept of health extends beyond the proper functioning of the body. It includes a sound, efficient mind and controlled emotions. It means that body and mind are working efficiently and harmoniously.