



HEALTH AND WELL-BEING AS A PATHWAY TO SUSTAINABLE DEVELOPMENT: A PSYCHOLOGICAL PERSPECTIVE

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Abstract

The world is approaching a milestone for global sustainable development. Sustainable development is a process for meeting human development goals while maintaining the ability of natural systems to continue to provide the natural resources and ecosystem services upon which the economy and society depend. There are many important pillars of sustainable development-economic, social, environmental and governance. In a Psychological perspective, it can be said that Health and Well-being are concern area for sustainable development, because "Health is a state of well-being with physical, cultural, psychosocial, economic and spiritual attributes not simply the absence of illness". The Government of India has also adopted the principle of "SABKA SATH SABKA VIKAS." The Government is continuously working for improving sanitation, health, education, financial inclusion, dignity and well-being for all. The focus of the present paper is to provide some psychological way for developing and improving health and well-being.

Introduction

Human beings at the center of concerns for sustainable development. They are entitled to a healthy and productive life in harmony with nature. The goals of sustainable development cannot be achieved when there is a high prevalence of illnesses, and population health cannot be maintained without ecologically sustainable development.

The sustainable development strategy for the health and social care system 2014-2020(gateway no.01011), was launched in January, 2014. It describes the vision for a sustainable health and care system by reducing carbon emission, protecting natural resources, preparing communities for extreme. The challenge is how to continually improve health and well-being and deliver high quality care now and for future generation within available financial, social and environmental resources.

Health and Sustainable Development

According to W.H.O Health as a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." The W.H.O. states that "there is no health without mental health. Health is a state of well-being with physical, cultural, psychosocial, economic and spiritual attributes not simply the absence of illness. There are various kinds of health and well-being-Physical, Mental, Social, Emotional, Spiritual, Environmental etc. But Mental and physical health is fundamentally linked.

There are multiple associations between mental health and physical health that significantly impact people's quality of life, demands on health care and other publicly funded services and generate consequences to society. The association between physical and mental health are-

- Poor mental health is a risk factor for physical health and well-being.
- People with poor physical health are at risk of developing poor mental health and well-being.
- People with poor mental health are at high risk of experiencing poor physical health and well-being.

Health is both a pre-condition for and an outcome of sustainable development and relates to all four pillars of sustainable development like-economic, social, and environmental and governance. Health impacts several core dimensions of development. A sick child cannot go to school and students with mal-nutrition perform poorly in academics as well as other extra-curricular activities. A sick employee either stays away from work, affecting overall development.

Well-being and Sustainable Development

Well-being, welfare or wellness is a general term for the condition of an individual or group, for example their social, economic, psychological, spiritual or medical state. In psychological perspective well-being is an important factor in this subjective experience, as well as contentment, satisfaction with the past, optimism for the future and happiness in the present. Nulty, 2012 argues that "Well-being is not determined solely by people's psychological characteristics but instead is determined jointly by the interplay between those characteristics and qualities of people's social environment. When people experiencing well-being they are experiencing a good health.



Role of psychologist in developing health and well-being

A serious shortage of health care providers, threatens well-being around the world. Clearly there is work to be done to meet the world's burgeoning health care needs, especially within the developing world. But more medicine and more doctors are not the only solution. Most global health concerns including HIV, obesity, malnutrition, sanitation, have a behavioral component.

Balster (a psychologist) says "focusing on behavior change would have huge benefits." Regardless of the kind of health care, intervention, psychology needs to be at the table. "**Stout** says that psychologists are probably better trained than any other health care professional to have cultural awareness and sensitivity and that queues us up to be really helpful when we deal with global health issues. Psychologist can help identify and address the underlying reasons to help people make the most of health care resources. There are many psychological way to maintain health and well-being-**eat well with proper nutrition ,think well, speak well, physical exercise, be positive, be in touch with your feelings, respect your needs, developing emotional, social and spiritual intelligence, connect with others, take time to enjoy, share interest, contribute to the community, effectively and logically deal with stress, anxiety and tensions, take rest properly ,challenge yourself and take care of yourself, follow here and now approach, don't think about past negative events, ask for help, laugh, be introspective about your lifestyle, live with your personal values, identify your strength, practice gratitude, get inspired** etc. Enjoying health means having a sense of well- being , being able to functions during everyday life and feeling confident to rise to a challenge when the opportunity arises. After following above all psychological ways, people will enjoy good health and well-being. People with good health and well-being can contribute their best in the sustainable development of India. According to clinical psychologist **Ryan Howes** "Well-being is associated with balance understanding acceptance and constant growth."

References

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