

INTROSPECTION METHOD

It is the most simple & oldest method of psychological investigation. In the early days ~~psychology~~ of evolution psychology was studied through self examination of inner observation called as Introspection. Introspection is made of two words Intro meaning inward or within & spiere meaning to look. Hence introspection looking within or inwards. In this, one is required to get inside one's mind. It is a sort of self observation in which one perceives, analyses & reports one's own feelings & infact everything that takes place in one's mind during the course of a mental act. Thus introspection involves careful examination of one's thoughts, feelings, sensations & actions.

In introspection one relies on memory or draws on his past experiences or analyses his current behavior. It is a method by which the individual examines & reports his own psychological processes. He tries to see & describe what goes on within himself or the

nature of attributes or events that are being experienced by him at a given moment. Introspection is very useful for studying human behavior because without knowing what exactly the individual experiences in a particular situation it may not be possible for us to interpret the behavior. Introspection is the direct procedure for experiencing the stimulus or the phenomena existing in the external environment. The impact of the stimulus on the individual. For example if the person is meditating, the experimenter may be able to measure physiological changes but full knowledge including how the person feels can be obtained only through the method of Introspection. The individual alone will be able to provide exact & accurate information of his experience.

Advantages

It is a simple & readily available method. One's mental processes are always present & can be introspected any time. Introspection gives us direct insight into one's mental

processes without involving any expenditure of any material. It provides us enough knowledge of inner or covert experiences ~~with~~ which many times cannot be studied through experimental methods.

Disadvantages

- ① Subject's version is the last word. We cannot check the validity of ~~the~~ his statements.
- ② It cannot be used with mentally ill individuals, children & parents.
- ③ No scope for I.V. manipulation or precise DV measurement.
- ④ The data of introspection cannot be verified by repeating the phenomena as the ~~man~~ mental operations of the individual keep on changing from time to time.
- ⑤ The method is not scientific. Extraneous variables influence the responses & questions can also be raised about the ability of some people to introspect.

To conclude we can say that introspection method which is based on self inspection lacks replicability & accuracy & cannot be taken as an adequate single method for psychological studies.

HEALTH

The definition of Health has cultural element into it, as health is theme of most cultures. One of the oldest definition of health is that it is "the absence of a disease". In some cultures health and harmony are considered equivalent and harmony is defined as "being in peace with the self, the community, the god & the cosmos".

The ancient Indians & Greeks shared this concept & attributed diseases to the disturbances in bodily equilibrium.

Sushrut the ancient Indian proponent of medicine and surgery defined health as "a state of delight or a feeling of physical spiritual & mental well-being".

The essential features of a healthy person are possessing in right quantities the defects or weaknesses, digestive qualities, semen, & normal bodily functions. In this sense health is perceived as total well being & a feeling of happiness.

Despite the understanding in the contemporary society about the importance of health & especially its significance in improving the quality of life. The definition of health remains elusive & there is no single yardstick for measuring health. It's not perceived in the same way by all members of a community & the various professional groups & as a result there is considerable confusion about concept of health.

Over the years it has been realized that health is a fundamental human right & a world wide social goal that encompasses the whole quality of life.

Changing concept of Health :-

Traditionally health has been viewed as absence of disease and if one was free from disease he was considered healthy. This concept is known as biomedical concept. It was propagated by people in medical profession who viewed human body as a machine. Disease as consequence of break down of machine. The task of a doctor was to repair the machine.

This concept was criticized, because it underestimated the significance of environmental, psychological, social & cultural determinants of health. Though biomedical model got spectacular success in treating disease but it was found to be inadequate in solving some of the major problems of mankind viz environment pollution, mental illness, population explosion etc. Development in medical & social sciences led to the conclusion that biomedical concept of health was inadequate. The deficiencies in biomedical concept gave rise to other concepts.

The ecologists put forward an attractive hypothesis which viewed health as a dynamic equilibrium between man & his environment. Disease was viewed as maladjustment of human organism to his environment. Dubos defined health as saying "Health implies relative absence of pain & discomfort & a continuing adaptation & adjustment to the environment to ensure optimal functioning."

Human ecological + cultural adaptations do determine not only the occurrence of the disease but also the availability of food. This ecological concept raises two very important issues.

Imperfect Man.

Imperfect Environment.

The ecological concept highlights the importance of perfect existence between man + environment + the reciprocal relationship that exists between man + environment.

The developments in social sciences advanced our understanding of health further + resulted in the evolution of psychosocial concept of health which advocates that health is not only a biomedical phenomena but one which is also influenced by social economical, and political factors of people concerned. These factors must be taken into consideration in defining, measuring health. The psychosocial viewpoint does not disregard health as a biological phenomena but merely contends that health is also a psychological + social phenomena.

Because there is some merit in each of these models some scientists have attempted to synthesize the above concept which recognizes the strength of social, political, economical, biological, + environmental influences on health. Health is therefore viewed as a multi dimensional process involving the well being of the whole person in the context of his environment. The

holistic approach implies that for promotion of health must adopt a multidimensional approach that focus on not only the individual but also the society + the environment.

The holistic concept of health also emphasized the need to have a universally accepted definition of health therefore WHO came up with a definition which describes health as

'A state of complete physical, mental, + social well-being + not merely the absence of disease or infirmity'

This definition has been criticized as being too narrow for practical purposes. Another criticism was based on health being regarded as a state; in the light of a dynamic changing environment, it must be viewed as a continuous process. WHO's definition therefore only an ideal definition.

WHO's definition referred to a situation that exist in some individual but not everyone all the time + if this definition is accepted then we all are sick. Therefore the need was felt for a more practical + operational definition. WHO's study group therefore came up with new definitions that have operational appeal.

Today WHO recognizes two concepts of health one broad + one narrow. In a broad sense health can be seen as, "A condition or quality of human organism expressing adequate functioning of the organism in given conditions, genetic or environmental".

a state of harmony between oneself + the others + a state of coexistence between realities of self + that of other people + that of environment.

The importance of mental health has increased over the years as it has been realized that there is a reciprocal relationship between mind + body. Psychologists also understand that psychological factors can precipitate physiological illness + physiological illness can increase psychological stress. In spite of this recognition we do not have well defined + precise tools + techniques for measurement of mental health.

Researches over the years have led the psychologists to arrive at following of mentally healthy individual characteristics.

- i) Mentally healthy persons are free from internal conflicts. They are not at war with themselves.
- ii) They are well adjusted, i.e. they get along well with others. They accept logical criticism + are not easily upset.
- iii) They continuously search for identity.
- iv) They have a strong sense of self-esteem.
- v) They know themselves i.e. their needs, problems, + goals.
- vi) They have good self control.
- vii) When ever they face problems they try to handle it intelligently.
- viii) They never deal with the stressor in an impulsive manner + view every challenge as an opportunity to learn + grow.
- ix) They have an optimistic approach to life events + when they face a problem they focus not on the problem but on the solution.

To measure mental health, psychologists make use of mental status questionnaires. They are administered by trained interviewers. These questionnaires seek to detect the presence + the extent of not only various psychological disorders but also various organic disorders. Psychologists also try to determine the extent to which the cognitive + affective impairments impede the role performance or subjective quality of life.

3) Social dimensions: -

Social well being implies harmony + integration with the individual, between individuals, + between the individual + the world he lives in. It has also been defined as the quality + the quantity of an individual's interpersonal ties + the extent of involvement with the community. The social dimension includes the levels of skills one possesses. The kind of social functioning one is capable of and the ability to see oneself as a member of larger society. In general, the social health takes into account that every individual is a part of a family + of wider community + focuses on social + economic conditions + the well being of the whole individual in the context of social networks.

A person who is socially healthy has positive self concept + a positive perception of the environment around.

Measurement of social dimension is perhaps most difficult as number of variables involved are plenty. However, psychologists by the use of questionnaires designed

measure social awareness & the individual's perception of his social environment - try to make assessment of this dimension.

4) Spiritual:-

It plays a role both in health & disease. Spiritual health refers to that part of an individual which reaches out & strives for purpose & meaning in life. It's the intangible something that transcends physiology & psychology. It's a relatively new concept the concrete definition is not possible. However spiritual dimension includes things like integrity, conscience, principles & ethics & the purpose of life, & the commitment to some higher being.

5) Emotional -

This dimension can be placed under mental dimension but has been given separate treatment, because mental health can be seen as 'knowing' & emotional health relates to 'feeling'. Emotionally healthy person is one who is able to control & manage his emotions well & is able to strike a right balance between cognitions & emotions.

6) Vocational:-

Work plays an important role in promoting mental & physical health. Physical aspects of work bring about an improvement in our physical capacities, whereas cognitive aspects of work sharpen our cognitive skills. Further the achievement of goals besides bringing material success also enhances our self esteem & gives us social

recognition.

Work therefore provides us an identity & when this happens to be a positive one it creates in us a sense of general well being.

Others are :-

- (1) Philosophical.
- (2) Nutritional.
- (3) Environmental.
- (4) Educational.
- (5) Preventive.
- (6) Socio-economical.

Determinants of Health :-

- (1) Genetic factors.

The genetic make up of the individual influences his health & health related behavior. From the genetic viewpoint health may be defined as "a state of the individual which based upon absence from the genetic constitutions of such genes that may produce some defect".

- (2) Environmental aspects :-

Environment includes all the stimulations that individual has received from the time of his birth till the time of his death. Environment can be internal & external. Internal environment pertains to each component part every tissue, organs, organ system & their harmonious functioning. Where as external environment refers to stimulations individual receives from the outside world.

from outside his body + which shape his behavior. External environment is the focus of greater attention as it has the capacity to mould human behavior.

It includes -

(i) Life style - refers to the whole range of attitudes + other behavior are of patterns that denote the way people live. Socialization plays an important role in influencing our life style.

(ii) Education: makes the individual health conscious + makes him understand the concept of health better. It promote 'health modernity' which refers to attitudes + values that are compatible with healthy behaviour.

(iii) Occupation -

(a) Exposes the individual to new + more information which can help to promote health.

(b) It guarantees security + thus promotes health.

(c) By providing identity it promotes mental health.

(d) fulfilling our material requirements + improving the material aspect of quality of life it promotes health.

(iv) Political -

(a) leaders can serve as role models.

(b) all important decisions regarding the formulations + implementations of health policies + programme rests with the politicians.

(c) the stable political system provides the people a sense of security.

(d) Political culture - self defeatist attitude.

Health Services: if good services - better health.