



The role of low income people towards health management

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Abstract

Health management is a comprehensive process involving epidemiological enumeration of diseases, planning and executing strategies on preventive and curative Medicare. "Health is a state of complete physical, mental and social well-being and not merely an absence of disease or infirmity" It has frequently been suggested that income affects health there is hardly any research in which this issue has been explored directly. The aim of this study was, here the low income people have much health problem because of influenced by some factors like heredity, environment, life-style, Economic status, education, occupation, political system health and family welfare services, food condition, eating behavior and also other factors. In this research paper analysis has been made on the health management of low income people.

Keywords: health management, low-income, life-style

Introduction

The success and happiness of any community is determined by the health of people. Health is a positive state of well-being in which harmonious development of physical and mental capacities of individual lead to enjoyment of rich and full life. Health is thus vital for concurrent and integrated development of the individual and community and for socio-economic development of the country. According to World Health Organization, Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity. Public Health is the science and art of promoting health, preventing disease, and prolonging life through the organized efforts of society. Public health is a social and political concept aimed at improving health, prolonging life and quality of life among whole populations through health promotion, disease prevention and other forms of health intervention. Directive Principles of State Policy of Indian Constitution considers that the State shall regard rising of the level of nutrition and standard of living of its people and improvement of public health as among its primary duties. Better health is central to human happiness and well-being. It also makes an important contribution to economic progress, as healthy populations live longer, are more productive, and save more. Many factors influence health status and a country's ability to provide quality health services for its people. It is a matter of common knowledge that every business organization depends for its effective functioning not so much on its material or financial resources but most important need is human resources.

Statement of the problems

Human's general health and status are derived from their entire contribution to society. This has resulted in many work related health problems for male and female workers and has led to phenomenal increase in personal health care expenditures. The work related diseases of women are

therefore, more dangerous, as they affect not only the present but also the future generations. Thus, Human health must address the challenge of confronting health problems and political, social, and economic factors affecting health, not only at the community, state, and national levels, but at the global level as well. It is highly doubtful whether any comprehensive study has been done so far about the health problems caused by industries to its employees especially low income employees. For unawareness, low income and careless of health the people have to get some diseases such as heart disease, Asthma, Obesity, headaches, depression, premature death, low nutrition, Overweight and obesity, substance abuse, mental problems, injury and violence, In this paper an attempt is made to study the health problems and its economic consequences of physical disorders of the low-income people.

Scope of the study

The study indicated the breadth of public health today. Indeed, it is usually termed 'multidisciplinary public health' to highlight its growing importance to all professions, whether they work in healthcare, social care, the independent or voluntary sector, local government, education or almost any other sector in the world. But the case study also signaled that human health is an issue for all citizens too, whether they live alone or in a family. It seems to have become 'everybody's' businesses. As a specialist in health management this study required to respond to various critical health problems faced by hospitals and other agencies under the health sector. India is in need of skilled and efficient personnel who are excellent in medical science and also technologically sound. The goal of health management is the biological, physical, and mental well-being of all members of society. This study introduces the low income people to the scope and current major concerns of health management as we enter the twenty-first century, giving examples of each. It is the goal of this paper to assist the low income people understanding the conceptual

framework of the field, which will help them work to increase social awareness about health management and ways of health management for well-being.

Dimensions of health

According to WHO, health has three specific dimensions--the physical, the mental and the social. Many more may be cited i.e., spiritual, emotional, vocational and political dimensions. As the knowledge base grows, the list may be expanding:

1. **Physical Dimension:** "Physical dimension of health is related to body structure and the physiology. It refers to normal functioning of all the tissues, organs and systems of the body resulting in harmonious functioning of the body". The signs of good health are good complexion, a clean skin, bright eyes, lustrous hair, well built, with firm flesh, a sweet breath, a good appetite, sound sleep, regular activity of bowel and bladder and co-ordinate bodily movements.
2. **Mental Dimensions:** Mental health is related to mind and refers to normal functioning of mind not merely absence of mental illness. It is rather abstract. It is a state of balance between the individual and his self on one side and between the individual and his external environment on the other.
3. **Social Dimension:** "Social well-being of a person implies harmony and integration within the individual, between each individual and other member of the society and between the individuals and the world in which they live". 'Social health' can be defined as "Quantity and Quality of an individual's interpersonal ties and the extent of involvement with the community".
4. **Spiritual Dimension:** It takes into account individual as a whole, comprising of body, mind and soul. As man has body and special senses, the mind has 'spirit of life'. Indian culture names it as 'atma' which is intangible. It transcends physiology and psychology. Spiritual Dimension of health includes integrity, principles, ethics, the purpose in life, commitment to some higher being and belief in concepts that are not subject to "state of art explanation".
5. **Emotional Dimension:** Emotions are sudden forces that emerge in mind which includes thoughts, emotions and will. A healthy mind is one that expresses the right emotions at right time in a controlled form. In psychiatric illness, emotional disturbances are expressed in certain forms like anxiety, depression and mood swings etc. In short, mental dimension deals with 'cognitive' (learned) behavior, while emotional dimensions deals with 'feelings'
6. **Vocational Dimension:** This dimension is concerned with occupation and earning livelihood. If the person and his job are "made for each other", it can be said that he is vocationally healthy. To others, it represents the culmination of the efforts of other dimensions as they function together to produce what the individual considers the life "success".

Determinants of health

Several factors combine together affect the health of low income people. Whether people are healthy or not, is determined by their circumstances and environment. The

social and economic environment, the physical environment, the person's individual characteristics and behaviours and availability/access and utilization of health care services have considerable impact on health.

Social and income determinants

- Income and social status - higher income and social status are linked to better health. The greater the gap between the richest and poorest people, the greater the differences in health.
- Education – low education levels are linked with poor health, more stress and lower self-confidence.
- Social support networks – greater support from families, friends and communities is linked to better health.
- Culture - customs and traditions, and the beliefs of the family and community all affect health.

Psychological Determinants

- Genetics - inheritance plays a part in determining lifespan, healthiness and the likelihood of developing certain illnesses.
- Personal behaviour and coping skills – balanced eating, keeping active, smoking, drinking, and how we deal with life's stresses and challenges all affect health.
- Gender - Men and women suffer from different types of diseases.

Physical Determinants

- Physical environment – safe water and clean air, healthy workplaces, safe houses, communities and roads all contribute to good health.
- Employment and working conditions – people in good working condition employment are healthier, than those who have less control over their working conditions.
- Health care services – availability / access and utilization of services that prevent and treat disease influences health.

Ways of health management to low income people

Healthy eating

Healthy eating habits can improve low income people life in so many ways. When they make healthy choices about what they eat, as well as how they eat, people will have more energy, better health, and quicker recovery from illness or injury. There are a lot ways to think about healthy eating. If low income people try to think about everything at once, it can get confusing. Healthy eating doesn't have to be difficult, though. The simple steps will help you for well health management and feel stronger every day. Low income people can eat whole grain fruits, vegetables, lean meats and low fat dairy, this kind of food habit reduces the risk of chronic disease, heart disease and high blood pressure.

Physical activities

Regular physical activities like help develop in a range of ways. Not only does it help their physical health, it also helps improve brain function and people's emotional wellbeing. People who are make physical activities they have stronger muscles and lower risk of developing coronary heart disease, stroke, diabetes, some cancers. Low income people can easily make simplest exercises that are walking, swimming, cycling.

In reality, even though human get older, their bodies still require sufficient exercise to keep them stronger and less prone to illness. It also helps to keep a positive state of mind and enhancement their social lives.

Walking

Many low income people forget how essential walking is to our wellbeing. It keeps us active, mobile and out in the fresh air. Setting aside 30 minutes at least four times a week for a brisk, powered walk not only improves circulation, maintain weight and reduce the risk of heart disease. Taking a walk after a stressful day at work can release endorphins which help to relieve their tension. Depending on their current fitness level, they can choose to go for a light stroll or a powered walk.

Cycling

There are a lot of people haven't touched wheels in quite some time. But cycling is not an activity that should solely be kept for when people are young. While cycling majority of muscles are activated, giving to body a holistic workout. Everything from the legs, core, back and shoulders are worked when they push those pedals.

Swimming

Any time in the water improves health. No matter how intense people's stroke, swimming is a gentle exercise with a big impact. Especially when they have an injury, it helps to gently move their ligaments in fluid motions. Swimming is also a really relaxing activity, increasing blood flow and lungs work out to help with breathing. It trains multiple areas of the body, gradually increasing strength and keeping them in great shape.

Better sleep

People are feeling like they don't have the time get a full night's sleep. But skimping on sleep leaves interferes with their daytime productivity, creativity, problem-solving skills, and ability to focus. The better rested they are, the better equipped they will be to tackle their job responsibilities and cope with workplace stress.

- People should try to improve their quality of sleep by going to bed and getting up at the same time every day, even on weekends. Aim for 8 hours a night the amount of sleep most adults need to operate at their best.
- Turn off screens one hour before bedtime. The light emitted from TV, tablets, smartphones, and computers can severely disrupt people's sleep.
- Avoid stimulating activity and stressful situations before bedtime such as catching up on work. Instead, focus on quiet, peaceful activities, such as reading or listening to soft music, while keeping lights low.

Workplace stress

In some workplace excessive stress, it can interfere with individual productivity and performance, impact your physical and emotional health, and affect their relationships and home life. It can even mean the difference between success and

failure on the job. They can't control everything in work environment, but that doesn't mean they are powerless even individual stuck in a difficult situation. Whatever ambitions or work demands, there are steps people can take to protect them self from the damaging effects of stress, bolster well-being and out of the workplace. Stress is not always bad. A little bit of stress can help stay focused, energetic, and able to meet new challenges in the workplace. It alerts to prevent accidents or costly mistakes. But in today's hectic world, the workplace too often seems like an emotional roller coaster. If stress on the job is interfering with your work performance, health, or personal life, it's time to take action.

Prioritize tasks

Tackle high-priority tasks first. If people have something particularly unpleasant to do, get it over with early. The rest of their day will be more pleasant as a result.

Break projects into small steps

If a large project seems overwhelming, focus on one manageable step at a time, rather than taking on everything at once.

Responsibility

People don't have to do it all them self. Let go of the desire to control every little step. They will be letting go of unnecessary stress in the process.

Be willing to compromise

Sometimes, if people can both bend a little at work, they will be able to find a happy middle ground that reduces the stress levels for everyone.

Conclusion

The research paper concludes that low income people's contributing to the interest in health improvement become their well-being and absence of illness. Health can be seen to depend not only on medical care but also on other factors including individual behavior and genetic makeup and social economic conditions. This study committed to promote intake of nutrition food, modification of life style pattern such dietary intake by restricting junk food and excess calories consumption, restricting in the front of TV, Computer coupled with greater snacking, following an exercise pattern and protective them from infection diseases. The social environment determinants like knowledge, attitudes, social cultural norms and behaviors and these are play an important role in health at the individual and family so people should be aware about health management. By following the suggestions, ways of health management and taking necessary actions low-income people can develop their health.

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