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Wellness and wellbeing: Step towards a healthy community

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Abstract

The New India is India of Young generations with energy and the whole world is predicting that the youth dividends of India will dominate at all sectors. On the other hand, the young India have enough opportunities to explore the knowledge industry. In fact the young generation are the real stake holders of India, different organizations and the family itself. As family is considered to be the key unit of society which needs to be nurtured through different resources. If the family uses the resources in a proper way then the ultimate result will be reflected in the society. In this current era of advanced technology and industrial society the family structure is changing day by day. This change brings many more changes in attitude of the family members as well as creates a great impact on the youth. The feeling of well being is a distant dream for the families because all the members of family struggles for job, money power, work stress and confused about their responsibility. The competition in society, Job insecurity, Squeeze in job market and advanced technology creates a lonely and stressful life. Can the modernity, use of resources, electronic gadgets and even a satisfied job brings happiness, wellness and wellbeing in the family. With this back drop this article tries to analyses the concept of Wellness and Well being, Resource availability and role of community and it's appropriate use with a suggested model.

Keywords: Community, family, wellness, wellbeing

1. Introduction

The modern era is the era of technology, Science and knowledge. In this modern era the work place and home is managed by the same person. At the same time the individuals are struggling with competition, retrenchment from the job, work pressure and lack of job security. These aspects are responsible for creating stress, psychological imbalance, and physical problems of bread earner. And ultimately the family got disturbed. However, there are many indicators fail to identify what people think, feel, act and do for their wellbeing of the family ^[1]. So, a happy life requires appropriate use of resources which available within the family members. Good living conditions are fundamental to well being. In fact the wellbeing of a family can be achieved by the wellness of the family members and the use of the ability, knowledge and skills of the family members. Home Science, Home Economics and Home Management are the 3H solutions to solve the different aspects of the family problems and resources management. So, the students of Home Science are real stake holders to understand the concept of wellness and wellbeing which needs to be redefined, reanalyzed and re-conceptualize. The complexity of modern family can only be understood by understanding the requirement of the family in terms of knowledge, talent, skills and family orientation towards life. Comfort ability and making available of all the daily used assets/articles are now no more considered to be wellbeing of the family, as they are now a required element of the family. So, statistics, opinions and small sample oriented researches will not provide the stable solutions to the smooth resource management, wellness of family members and integrated holistic family wellbeing. The scholar of home science needs to address the aspects of resource management which can be possibly managed by a family. The contemporary families face a number of unprecedented issues related to use of IT tools, Mobile phones, Marital issues and domestic violence etc ^[2]. So, the technical, material and human resources requires to be integrated to bring wellness and used for a continuous wellbeing concept.

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2. Wellness and Wellbeing: Two aspects of healthy life

Wellness and wellbeing are the two sides of a coin. Wellness is an integral part of wellbeing. Wellness is the combination of many steps for a positive health. And the family members having wellness are the real stakeholders of family to bring wellbeing to family. These two aspects are required to be used for the resources management of a family. As all types of resources are limited in nature. The home scientist, academicians and professionals must focus on the resources which are not limited in nature and by using them they increase in shape of energy, knowledge, skill, profession, expertise and vocation. In fact the realities lies with few research results. The employees with poor wellbeing reported as they were only working at 64% of their maximum output (study by T.O.C Tanner Institute, 2015). So the concept needs to understood. Many definitions, ideas and views of the researchers are selectively taken to analyze the concept of wellbeing. Wellbeing of family includes wellness in health, mind and body. As wellbeing integrates mental health (mind) and physical health (body) resulting in more holistic approaches to disease prevention and health promotion [3]. The concept of wellbeing refers to particularly “one ought to live and virtues of finding happiness and satisfaction (Hayborn 2008) [3]. The word well being not only focuses on health but also includes the ideal of “subjective wellbeing” where individual seeks to reevaluate wellness and other social forces like modernity, technology, facilities and all satisfying elements. In nut shell the well being and wellness is analysed as-

- Wellness is related to Health
- Wellbeing is related to Health, Body and Mind
- Wellness is a part of wellbeing
- Wellness of health leads to wellness of the individual
- Wellbeing Includes whole family
- Wellness cannot be achieved for all members of a family
- Wellbeing is a holistic approach which satisfies all the family members.
- Wellness includes positive health
- Wellbeing includes physical, social, emotional and material wellbeing [4].

These two concepts can be properly used when the available resources of the family is identified. In many cases the ignorance, lack of knowledge, lack of facility and improper use leads to dissatisfaction, irritation, incompleteness, delayed in achieving family goals and lack of focus, wrong family orientation and a life with poor environment. Resource use includes human and non-human. As non human resources are limited in nature, one has to focus on human resources of the family to bring wellness and wellbeing. The available resources are need to identified by the home managers. In nutshell the available resources in a family are-

- Family Members
- Skills of the each member
- Hobbies of each member
- Time Availability
- Knowledge level
- Education
- Experience on a field
- Expertise
- Abilities
- Good Physical condition
- Culture
- Vocation
- Harmonious environment

The resources of the family members are available resources which can be used, identified and recognized by the home manager. So, to bring wellness one has to work on the above aspects. Once the wellness of the family is achieved then the family step towards wellbeing. Wellbeing is a continuous approach and life long process. To bring wellbeing in shape of physical, mental, social, psychological, educational, spiritual and economic the family members needs to be aware about their roles, limitations and responsibilities. Hence, the Home Managers, Home Scientists, Professionals and researchers in this field should try to work on a solution model which helps the family as an yard stick for resource use and solve the problems.

3. H Solution: A Suggested Model

Table 1: Identification Home Environment

Number of Family members	Understanding of each members attitude towards family.
Family culture	Orienting the family members with the culture of the family.
Family Economic Condition	Earning capacity of the family members.
Family Harmony	Creating an harmonious feelings.
Family Events	Celebration of birth day, anniversary and achievements of the family members.
Family Orientation	Motivation towards work, truth, love, and struggle of life.

Table 2: Identification of Home Budget

Family Income	Total Income of the family and its sources.
Family Expenditure	Estimation of Family expenditures
Priotising the expenditure	Spending the money as per the need of the hour and emergency
Family Savings and Investment	Selection of ways of saving and investment which multiplies the returns.

Table 3: Need Identification of Home

Family Need	Listing the needs of the family members and long term needs
Prioritisation family need	Listing needs on the basis of educational, medical and financial needs
Planning the future need	Safety, Health and a peaceful life

These above 3H concept is taken from Home Science, Home Management and Home Economics. The simple steps of the 3H model will help the home science scholars, students and researchers to analyse the broader concept resource use and

bringing wellness and wellbeing. This model will help families to analyses their problems, conditions and economic status. The home manager can manage the expectations of the family members and also try to work towards wellness.

Healthy life, Healthy environment and Harmonious life creation is sole objective of all resources which leads to the wellbeing.

4. Family and Community Life: An Integral Part of Healthy Society

Family and community are the most important social institutions to bring healthy and knowledgeable and cultured society. The interdependency of both units cannot be ignored. The concept of wellness demands the optimum use of community facilities. And the community must take care of the issues related to family like resolving the conflict with neighbor, domestic violence and behavioral problems of the children. The basic issues are reviewed to have a clear picture on the role of community for a healthy life. In India family is considered as the most important institution that has survived through ages. India like most other less industrialized and traditional society emphasizes family integrity, family loyalty and family unity. The joint family has always been preferred family type in the Indian culture. (Mullatti 1995). The Indian family has been a dominant institution in the life of an individual and in the life of the community (Mullatti 1992). The studies on Indian family system reveals many more facts but in reality the changing society throws challenges on many front like stress of work, struggle for survival of bread earner at work place, expensive life style and health issues. Above all the psychological health of mind becomes the most alarming issue. So, the community facilities needs to be addressed for taking care of family members. Health clubs, Amusement parks, Play grounds, Theatre arrangement, swimming pool, Musical nights, yoga club and laughter clubs may provide relaxations to family and stress of workplace. The 3H models and community facilities needs to be used by family managers for a better healthy society.

5. Concluding Remarks

This concepts wellness and wellbeing can only be understood by further research on peoples behaviour, attitude, expectations, changing life styles, literacy level and the use of community facilities. The young India must perceive the young energy at every level of work but it can only be generated by proper understanding of resources at home, community and exploring it in different fields. This will lead to a healthy, educated and cultured society.

Resources and community facilities are not limited

Use it, Explore it and Multiply it

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