A study to assess the concept of health and illness among adults in selected urban slum areas of Pune city

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Abstract
Different concept of health and illness has an influence on individual’s health practices as well as in the behavior. Continuous technological advancements in health care have greater impact and individuals views about the health and illness has also altered according to the development.

Methodology: A Quantitative research study was conducted to assess the concept of health and illness among adults using non-experimental exploratory research design. 200 samples were selected from Padmavati and Talajli slum areas of Pune city using nonprobability convenient sampling technique. Data was collected using self-structured questionnaire during the month of October 2018.

Result: Findings of the study revealed that regarding the concept of health 71% of samples has ‘holistic concept’ and 29% of samples has ‘biomedical concept’. For the concepts of illness 90% of adults has a concepts that: ‘in this world all suffering with some or other health problems and it is very common’ and 10 % of samples has a concept that ‘the extent to which we care ourselves will be the outcome; it can either be health or illness’.

Keywords: Concepts, health, illness, adults

Introduction
Every tradition has its own different enlightenment regarding the concept of health and illness. As a community assimilate to different culture, health and illness concepts experience changes; yet communities persist to hold back the beliefs, inhabitant logics, and their perspectives from one generation to another.

People living in densely populated areas are more prone to infirmity due to low socioeconomic category and poor living circumstances which are unhealthy and give rise to infections. Historical outlook shows the word ‘health’ has appeared nearly about in the year 1000 A.D. by “Dolfman (1973) and Balog (1978)” in which they has studied the origin of concepts of health. For the Ancient Greeks, health was anaccredit of greater significance, for them health was a divine responsibility and sickness was a mystic phenomenon. Weinhardtal, (1990), in their study defined infirmity in terms of job or work that an individual would perform. They affirmed that people who performed their work or job well are stated as ‘healthy’, yet in pain or misery from chronic infirmity or a life threatening diseases [1].

Need of the study
Different concepts of health & illness have an influence on individual’s health practices as well as in the behavior. In Ancient period’s views of health is, equilibrium between an individual and the environment to which he belongs too, the harmony of soul and body and the innate source of disease was the backbone of the realization of health. In late 1940’s the World Health Organization (WHO) had stated health as a “state of complete physical, social and mental security and not merely as the absence of disease or infirmity”. Nowadays, Modern concept of health focuses on “whole man concept”. Continuous technological advancements in healthcare have enhanced the excellence of life and individuals views about the health and illness has also altered according to the development. Adults have different knowledge or a perception about their personal health and being ill, their thoughts has an influence on their health- attitude and behavior.

So these changing views of health as well as illness has arisen a need for the study to know the present concept of health and illness.
Research methodology

**Research approach**
Quantitative approach was used in this study

**Settings**
In this study, research setting refers to selected urban slum areas of Pune city i.e., Madinavi and Talaji.

**Target population**
The population selected for current study is adults with an age group from 18-59yrs.

**Sample**
Adults – Younger adult, middle adult and older adult.

**Sampling technique**
- Non probability purposive sampling technique

**Sample size is 200**

**Tools for data collection**
- Informed Consent form
- Tools A– Demographic data
- Section B: Self structured questionnaire
- Section C: Structured statements regarding the concept of health and illness

**Analysis of the data**
- Descriptive Statistics
- Inferential Statistics

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**Procedure for data collection**
- Administrative approval from college ethical committee.
- The whole process is described to the participant.
- Informed written consent were taken from the participants.
- Demographic data was collected.
- Structured questionnaire was given to the participants and they were given time to express the views regarding the concept of health and illness.

**Data analysis**
Descriptive Statistics & Inferential Statistics was used to examine the data according to the purpose of research.

**Results**

<table>
<thead>
<tr>
<th>Item</th>
<th>Frequency</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Health is the complete physical, spiritual, mental and social wellbeing &amp; not just absence of disease/infirmity.</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>2. Health will be an absence of diseases&amp; if one is said to be free from disease, then that person will be considered healthy.</td>
<td>58</td>
<td>29%</td>
</tr>
<tr>
<td>3. Health is affected by social, cultural, psychological, economic and political factors, in which people are disturbed.</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>4. Health implies all the aspects of the culture that will have an impact on wellbeing through food habits, education, occupation, community, home environment &amp; society.</td>
<td>142</td>
<td>71%</td>
</tr>
<tr>
<td>5. Health might be the absence of pain, suffering and distress &amp; would be a constant adaptation to the situation or surroundings to make sure of optimal function.</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>6. Illness is the curse from God for my bad deeds.</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>7. In this world all suffering with some or other health problem and it is very common.</td>
<td>180</td>
<td>90%</td>
</tr>
<tr>
<td>8. The extent to which we care ourselves will be the outcome; it can either be health or illness.</td>
<td>20</td>
<td>10%</td>
</tr>
<tr>
<td>9. Illness can be from ancestor’s sin.</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>10. Some illness in our life will be the effect of black magic done by someone.</td>
<td>0</td>
<td>0</td>
</tr>
</tbody>
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**Conclusion**
From our study to assess the concept of health and illness among adults; majority (71%) of them has a holistic concept. And 90% adults has a concept that in this world all are suffering from some or other health problem and it is very common and 58% of adults has biomedical concept. And rest only 10% of adults having a concept that the extent to which we care ourselves will be the outcome; it can either be health or illness.
References


