IMPLEMENTATION OF THE CATEGORY HEALTH IN DIFFERENT FIELDS OF SCIENTIFIC KNOWLEDGE

Abstract. The article is focused on the study of the category HEALTH as a multifaceted and interdisciplinary phenomenon as well as the most important resource for the development and realization of the individual's potential. The aim of this article is to analyze the degree of implementation of the category HEALTH as a leading category in the study of the problem of young schoolchildren’s social health formation by employees of the psychological service in various fields of scientific knowledge. The article attempts to study the scientific approaches regarding the meaning of the concept of “health” from the point of view of various contexts: philosophical, medical, economic, political, legal, psychological, and social.

Philosophically speaking, human health is revealed from the standpoint of human interaction with the environment, the possibility of establishing a balance between man and society, adaptation to changing social conditions, and as well as a man’s social resistance in general. Modern philosophers continue to interpret the concept of “health” within holistic, phenomenological, axiological, integrative, cross-cultural approaches.

The formation of the “health” concept in the medical aspect bases on numerous anthropometric, clinical, physiological and biochemical indicators, which are not the same for all healthy people, but vary depending on their age, gender, constitutional type as well as geographical and climatic conditions.

The essence of health in the economic aspect consists in increasing labor productivity, creating material goods that improve the well-being of the population and the quality of life.

From the point of view of the political context, the emphasis is on the support of public health, organization of various state and non-state measures for healthy lifestyle promotion, disease prevention, etc. The topic of health is included in a number of priority issues at the civil and state levels, in the rule-making activities of the authorities, state and international organizations.
for health protection, and has been confidently reproduced in recent decades (WHO, Constitution, laws, programs, etc.).

Health psychology studies the influence of psychological factors on people's ability to stay well, such as psychological causes, methods and means of preserving, strengthening and developing human health.

The present research attention is focused on the social component of the notion “health”, which concerns the functioning of a man in society. The concept of “social health” is regarded as a state of well-being of a person in a social environment; as a state of the organism that determines a person's ability and willingness to actively interact with society, which depend on the formation of personal qualities for successful life in modern society.

Keywords: formation, health, scientific category, social health, social work.

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ІМПЛЕМЕНТАЦІЯ КАТЕГОРІЇ “ЗДОРОВ’Я” В РІЗНІ ГАЛУЗІ НАУКОВОГО ЗНАННЯ

Анотація. Стаття присвячена вивченню категорії “здоров’я” як багатогранного явища та міждисциплінарного феномена, як найголовнішого ресурсу для розвитку та реалізації потенціалу особистості.

Метою даної статті є аналіз ступеня імплементації категорії “здоров’я” як провідної категорії у вивченні проблеми формування соціального здоров’я молодших школярів працівниками психологічної служби до різних галузей наукового пізнання.

В статті зроблена спроба аналізу наукових підходів вчених щодо змісту поняття “здоров’я” з точки зору різного контексту: філософського, медичного, економічного, політичного, правового, психологічного та соціального.

У філософському сенсі здоров’я людини розкривається з позиції взаємодії людини з навколишнім середовищем, можливості встановлення рівноваги людини і соціуму, адаптації до зміни умов соціуму та її соціальної резистентності. Сучасні філософи продовжують вивчати поняття “здоров’я” в межах холістичного, феноменологічного, аксіологічного, інтегративного, крос-культурного підходів.

Становлення поняття “здоров’я” в медичному аспекті відбувається на підставі ряду антропометричних, клінічних, фізіологічних і біохіміч-
них показників, які не є однаковими для всіх здорових людей, а
варіюють залежно від їх віку, статі, конституціонального типу,
географічних і кліматичних умов.

Сутність здоров’я в економічному аспекті полягає в підвищенні
продуктивності праці, створені матеріальних благ, що поліпшують
dобробут населення і якість життя. З точки зору політичного контексту
наголошується на підтримці громадського здоров’я, організації
різнопланових державних та недержавних заходів щодо зміцнення
здоров’я, профілактики захворювань, заохочення до здорового способу
життя тощо. Тематика здоров’я входить в ряд пріоритетних питань на
цивілізаційному та державному рівнях, у нормотворчій діяльності
органів влади, державних і міжнародних організацій з охорони
здоров’я, упроваджено вивчається протягом останніх десятиліть (ВООЗ,
Конституція, закони, програми тощо). Психологія здоров’я вивчає
вплив психологічних чинників на спроможність людей залишатися
здоровими, як от психологічні причини, методи і засоби збереження,
зміцнення і розвитку здоров’я людини.

Акцентовано увагу на соціальній складовій здоров’я, що
стосується функціонування людини в суспільстві. Розглянуто поняття
«соціальне здоров’я» як стан благополуччя людини в соціальному
середовищі; як стан організму, що визначає здатність і готовність
людини активно взаємодіяти із соціумом, які залежать від формування
особистісних якостей для успішної життєдіяльності в сучасному
суспільстві.

Ключові слова: здоров’я, соціальне здоров’я, соціальна робота,
наукова категорія «соціальне здоров’я», формування соціального
здоров’я.

The relevance of the research. Theoretical study and analysis of the
concept of “health” as a complex multifaceted and interdisciplinary
phenomenon that combines physiological, psychological, social and cultural
aspects brings a more complete understanding and solution of health
problems under the conditions of social changes and conflicts, especially in
relation to the younger generation.

The aim of this article is to analyze the degree of implementation of
the category HEALTH as a leading category in the study of the problem of
the formation of social health of young schoolchildren by the psychological
service employees in various fields of scientific knowledge.

Analysis of recent publications. The analysis of the leading scientific
ideas regarding the category HEALTH in the scientific works of modern
scientists is provided on the basis of retrospective analysis of this phenomenon, which requires implementation and interaction of various scientific fields.

In the collective monograph “General Theory of Health and Health Preservation” edited by Professor Y. Boichuk, six main types of essential elements of the definition of health are revealed: 1) health as a norm of body functioning at all levels of its organization; 2) health as a dynamic balance (harmony) of the body's vital functions; 3) health as full performance of basic social functions, participation in society and active work; 4) the organism's ability to adapt to changing environmental conditions; 5) absence of pathological changes and normal well-being; 6) complete physical, spiritual, mental and social well-being [1, p. 9]. These different approaches correlate to form a comprehensive understanding of health.

A review of modern literature and publications shows that a unanimous vision of the concept HEALTH is possible only within a certain context or from a certain perspective, and it can be considered as a philosophical, medical, economic, legal, social, psychological category; as an individual and social value, a systemic phenomenon, dynamic, constantly interacting with the environment, which, in its turn, is constantly changing. Our consideration of the main aspects for further perception of the concept of “health” is given below.

The main material presentation. The examination of the notion “health” begins with a philosophical direction and formation of views on its essence in retrospect. The explanation of the concepts of “health” and “disease” was first mentioned by the ancient Greek philosopher of medicine Alcmaeon of Kroton as the balance of essential components such as wet, dry, cold, warm, bitter, sweet and other in the human body, while the dominance of one of them creates a reason for a disease. Thus, health is the appropriate mixture of such forces [2].

Eastern philosophy makes an original contribution to the development of the theoretical aspect of health problem research. For instance, in China, there is a common belief that the physical and spiritual health of people is determined by the interaction of the “yang” and “yin” forces, the balance of which and the presence of vital energy ensure harmony with the environment. The oldest of all known medical systems is the one by Ayurveda, which originates from ancient India and is based on the principles of harmonious interaction between an individual and the world around him or her [3].

This idea is gaining more and more popularity in modern world, so its practical implementation is the task of many natural and social sciences and
modern philosophers within the framework of a holistic approach. The latter allows to consider the category HEALTH to be a certain integrity that is formed throughout a person's life and culminates in the personal maturity and ability of accumulate a person's life experience to avoid the main contradictions of human existence.

Thus, the study of the essence of health as a philosophical category consists in the choice of value orientations, indirectly inferred from the study of medicine about the structure and functions of the human body. The retrospective of philosophical views on the notion “health” represents the identification of certain theories and concepts within the framework of holistic, phenomenological, axiological, integrative, cross-cultural approaches. It does not only develops the essence of ideas about health from the standpoint of the structure of the organism, its functioning and the presence or absence of diseases, but it also speculates on how much human health depends on people’s interaction with the environment, their possibility of establishing a balance between a person and society, adaptation to changing social conditions and their social resistance.

Turning to the medical aspect of the studied category, we note that many researchers traditionally continue to believe that revealing the essence of the concept of “health” is exclusively a problem of the medical and biological sciences, which study the physiological and biological aspects of health, diagnosis and treatment of diseases (biomedical model) [4].

From a biomedical point of view, the first definitions of the essence of health were concentrated on the ability of the body to fulfill its purpose; health used to be regarded as a state of respective activity, which might be disturbed from time to time by illnesses. Among the examples of such an interpretation of the notion “health” is provide here: "a man’s state, which is defined by anatomical, physiological and psychological integrity; the ability to perform personally valuable household work and public tasks; the ability to cope with physical, biological, psychological and social stress [5].

According to the medical encyclopedia, the concept of “health” is such a state of the body in which all its functions and systems are in harmonious interaction and dynamically balanced with the external environment. The formation of the concept of "health" takes place on the basis of a number of anthropometric, clinical, physiological and biochemical indicators, which are not the same for all healthy people, but vary depending on their age, gender, constitutional type as well as geographical and climatic conditions. Thus, we can talk about the convention of the concept, though such indicators are guided by the conclusion about the state of health. The author of the medical encyclopedia P. Cherviak explains the notion “health” within the limits of
human existence in conditions of physical, mental and spiritual harmony [6, p. 388]. According to the new concept of L. Ivashchuk, S. Onyshkevich, “health” is considered a state of equilibrium between the adaptive capabilities (health potential) of the organism and the constantly changing environmental conditions [7].

Most scientists in the medical field regard the concept of “health” as a state of the human body, which is manifested in the ability of the body to fulfill its purpose. In some psychological works, health is explained from the standpoint of the concept of active self-preservation and self-development of the organism, i.e., ability to support the state of the organism for a full-fledged existence and performance of assigned functions and duties in society.

An equally important direction of studying human health is economic, which reveals the essence of the researched category from the view of economic resources, human capital, and socio-economic benefits. We support the opinion of the scientist V. Hryban, who considers health a kind of capital, which provides benefit not only to an individual, but also to society, which requires its preservation and multiplication. An intelligent person should value and cherish his health not only as personal capital, but also as a state value [8, p. 11].

Therefore, the essence of health from an economic point of view consists in increasing labor productivity, creating material goods that improve the well-being of the population and the quality of life. The nature and level of development of the economic benefit of health are characterized by the relationship of the individual with the structural units of society (family, community, organizations, educational institutions), with which social ties are created: work, recreation, everyday life, social protection, health care, security of existence, etc. Unlike gifted goods, it requires labor costs related, first, to the prevention of diseases and a healthy lifestyle of a person; secondly, with direct costs for treatment and alternative costs due to the loss of a person's capacity for conducting work (paid both by the person and the state) and directly depends on the solvency of citizens [1, p. 46].

After all, health, being a socio-economic value, provides not only well-being and a happy life for a person, but also investment potential progress for the development of the economy and society in general. It is a component of the limited resources of economic growth and human development.

Currently in Ukraine, people's health is negatively affected by the war, poverty, instability of economic and political development, people's illiteracy regarding life risks and, unfortunately, often careless attitude towards it due
to the life conditions. All above mentioned emphasizes the importance of educating children about such risks.

Ensuring political stability and national security of the state depends on social policy in the redistribution of resources for social justice and solidarity of the population. The analysis of the role of the state in health care processes conducted by the scientist A. Klantz showed that the state policy in the field of health care should be oriented towards expanding the sphere of individual responsibility of its citizens for their health and the corresponding reduction of the role of the state in this field. That is, the main function of the state is to create a motivational space for citizens to take responsibility for their own health [9]. To ensure this function of the state, it is important to establish a qualitative system of interdepartmental cooperation at the state, regional and local levels for the effective operation of the health care system.

Based on such considerations, a lot of attention is paid by the state in order to support public health, which, in turn, takes care of health threats to the population. In the world community, public health is considered to be the science and art of disease prevention, prolonging life and strengthening health through organized efforts and conscious choices of society, organizations of public and private institutions, communities and individuals [10].

The Ukrainian statesmen V. Lyashko and V. Korolenko proposed the definition of public health as a system of scientific, political, economic, medical and social measures aimed at organizing the efforts of society, state and non-state institutions, communities and individuals to improve health, prevention of diseases, extension of active and working age by ensuring conditions under which people can be healthy, as well as encouragement of a healthy lifestyle [11]. This understanding of public health emphasizes the importance of creating a favorable environment in educational institutions to ensure conditions for encouraging a healthy lifestyle of schoolchildren through the combined efforts of the entire society.

Continuing the study of various aspects of the category HEALTH it is wise to consider its essence from a legal point of view. The term “health” appears more and more often in the rule-making activities of the authorities, state and international health protection organizations, where it has been confidently reproduced during the last decades.

The World Health Organization (WHO) in 1948 proposed a definition of the essence of health, which is aimed not only at characterizing the state of the body, but also pointing out a state of human well-being, interpreting it as “physical, mental and social well-being, not just absence of diseases and ailments”. This explanation is based on the principle of unity of physical, mental and social health.
The development of the movement for health led to finding a new essence of the notion “health” not only as a state, but in a fluid sense – sustainability, in other words, as a “reserve for life”. In 1984, WHO revised the definition of “health”, defining it as “the degree to which a person or group of people is able to realize aspirations and satisfy their own needs and even change or cope with the environment. Health is a means to everyday life, not the end of life; it is a positive meaning that emphasizes social and personal capabilities, as well as physical abilities” [12]. Thus, health refers to the ability to maintain life balance and recover from adverse events. Motivation to ability and recovery encourages mastering (cultivation) of social-emotional skills and stress resistance during the educational process.

Ukraine, in its rule-making activities, also has taken the orientation of the formation of a healthy, competitive personality, able to flexibly approach the processes of life and work. The priority of forming a responsible attitude to health as the highest individual and social value is reflected in Article 3 of the Constitution of Ukraine (1996), Laws of Ukraine “On Education” (2017), Concept of National Security of Ukraine (2018). At the state level, a number of national programmes aimed at the comprehensive development of a person, the formation of his spiritual, mental and physical health have been adopted, namely: “Education (Ukraine of the 21st century)”, “Children of Ukraine”, the National Doctrine of the Development of Education and the program “Health of the Nation”.

According to the Law of Ukraine “Basics of the Legislation of Ukraine on Health Care” (1992), health is defined as a state of complete physical, mental and social well-being, and not just the absence of diseases and physical characteristics. Thus, the creation of conditions for improving the health care system can be implemented through a system of measures carried out by institutions at the state and regional levels, their officials, health care institutions and directly by citizens in order to preserve and restore physiological and psychological functions, optimal working capacity and social activity of a person with the maximum biologically possible individual length of his life.

As for the formulation of the concept of health by the WHO, which we have considered from the legal aspect, health is complete physical, mental and social well-being, but not just the absence of disease, that is, a person is the creator of his own health, and therefore plays the main role in its preservation through mature self-awareness and self-respect. A responsible attitude and conscious behavior regarding the preservation of a person's health throughout his or her life, the realization of the potential to the fullest is considered a healthy way of life.
All in all, based on the mentioned above, health is viewed also at the psychological level, which is closely related to a person's personality. Health psychology depends on positive or negative character traits, moral and ethical behavior, on the choice of valuable life guidelines, etc. In this sphere, the psychological component is determined by preferences, motivation in the behavior of a person to preserve health, which should be formed from childhood through social interaction with a family, peers, and educators. The analysis of modern research has shown that the subject field of health psychology is much wider than only the performance of actions directly related to the state of health and the improvement of a person as an organism.

According to I. Kotsan, H. Lozhkin, and M. Mushkevich, the study of psychological aspects of health includes the analysis of social relations, behavioral strategies, the study of attitudes, beliefs, values, and social ideas that coordinate, direct, and justify actions related to health. From the definition of the term “health psychology”, we can follow the integrity of the specific, educational, scientific and professional contribution of psychology, as well as the contribution to the analysis and optimization of the health care system and the formation of health policy [13, p. 7-8]. It is evident that health psychology is considered a field of various types of activities of health specialists, it can be both educational, consisting in disseminating psychological knowledge, and scientific, aimed at improving this knowledge, as well as professional that uses them.

Analyzing the existing definitions of the concept of “health psychology”, it is important to highlight several of the scientific and educational spheres that are relevant to the present research: Sh. Taylor explains the subject of health psychology as a branch of psychology that studies the influence of psychological factors on people's ability to stay healthy, outlines their importance in the emergence of diseases, as well as their role in shaping the behavior of people during the disease [14]. According to I. Galetska, T. Sosnovsky “…the study of psychological causes, methods and means of preserving, strengthening and developing human health … includes the practice of maintaining human health from conception to death” [15]; according to M. Timofiev, O. Dvizhona, we deal with “…analysis and improvement of the health care system and formation of health strategy (policy)” [16].

In this sphere, attention was drawn to the research of S. Maksimenko and O. Lisova, who define health psychology as an interdisciplinary field of research and practical activity, which is concerned with improving the general level of health of the population (disease prevention, prolonging life, improving well-being ) with the help of social
measures or with the help of influence on the health care system as a whole [17; 18]; O. Kornienko, K. Puhalsky came close to understanding the need to solve the problems of psychological support of a person throughout his life [19; 20]. Therefore, the main goal of health psychology is the development and comprehensive improvement of a person as a constant dynamic process that fundamentally has no end and starts at an early age.

It is necessary to note that the transition from the psychological to the social level has no clear boundaries. Psychological properties of an individual do not exist outside the system of social relations in which it is included. Man is a social being, and, accordingly, the health of the individual depends on the influence of society. A person's mental health is influenced by various social relationships: relations in a family, communication with friends and relatives, integration into work team, leisure habits, religious activity and other communities’ participations. The consequences of these influences are both positive and negative. Only mentally healthy people feel socially active. Educational neglect, low social consciousness, unfavorable environmental conditions may be the cause of various forms of inadequate and unhealthy human behavior in society.

Regarding the analysis of the concept “health” as social phenomenon, there are also different approaches to its definition. The social component refers to the functioning of a person in society: it is his ability to maintain and use relationships with other people, his social connections, resources, the ability to communicate and its quality [13, p.30]. The health of society and the health of each individual are closely interrelated, and such factors as public interests, community and social tasks require excellent health [21, p. 68].

V. Bech determines that the essence of the social nature reveals as an exchange of activities between an individual and social groups, classes, and finally, human world in whole [22]. As we can see, social health is presented as a state of the human body that determines a person's ability and willingness to actively interact with society, which depends on the formation of personal qualities for successful life in modern world. The presence of such qualities allows an individual to be socially active, competitive, capable of self-development and modernization of one's own activities in accordance with personal requests and the needs of society.

In their research, I. Kotsan, G. Lozhkin, and M. Mushkevich consider social health as an integrative indicator of objective and subjective social characteristics of an individual. This phenomenon covers the relationship of the individual with the social environment, the attitude towards oneself and one's place in the social structure, determines its viability, optimal functioning in the social environment, the influence of the immediate
environment and society, the nature and level of development inherent in the main spheres of social life in a certain environment [13, p.163]. Such characteristics ensure harmonious interaction with the micro- and macro-society.

At the micro level, an individual’s social health determines the degree of human comfort in the social environment, the criteria of which are the level of social adaptability in relation to the consistency of existing social norms and one's own beliefs as well as social engagement. In the macrosociety, social health interacts with society as a state of aggregate physical, mental, intellectual, social, spiritual, moral, and reproductive health of the population, the criteria of which are statistical indicators of the well-being of life and harmonious development of society: the standard of living of the majority of citizens, compliance with the principles of social justice, trends in the development of science and culture [23; 24].

Thus, the concept of “social health” considers a state of well-being that determines the effectiveness of a person's interaction with the social environment. The foreign scientists F. Gutzwiller and O. Genry also hold this opinion and consider the health problem from a macro perspective (system, community, etc.); it is about a systemic approach, that is, about the population as a whole, and the following set of tasks for social health is identified: to create such social and environmental conditions that would contribute to the preservation of people's health [25].

Conclusions and prospects for further research. Thus, under the difficult conditions of the war and transformations of social systems, the formation and preservation of the citizens’ health have become most important problems for Ukrainian society. The category HEALTH, being sufficiently substantiated in various fields of scientific knowledge as a modern social phenomenon, has proved to demonstrate an interdiscursive nature. Its origins come from philosophy and medicine as well as other spheres, which is important for understanding aspects of psychosocial well-being of a person. From the numerous research of scientists, it becomes evident that it is necessary to pay attention to health issues and a healthy lifestyle from childhood. Social health as a component of the general concept of “health” and its formation in children needs further development, which seems to be a promising problem for future research.

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