



DR VANDANA JYOTI
DEPARTMENT OF PSYCHOLOGY
H.D JAIN COLLEGE ARA

HEALTH PSYCHOLOGY

PG 4TH SEMESTER

NATURE OF STRESS AND HEALTH

Health psychology

- Health psychology is the study of psychological and behavioral process in health, illness and health care.
- It is concern with understanding how psychological behaviour and cultural factor contribute to physical health and illness.
- Health psychology also called as behavioural medicine. Behavioural medicine is interdisciplinary field including both medicine and psychology.
- It deals with the subject of health and illness by merging all knowledge of biological, behavioural ,social and psychological sciences.

Defination

- In 1948 the World Health Organizatio(WHO) defined health as a “ complete state of physical mental and social well-being and not merly the absence of disease or infirmity .”
- Health psychology can be defined as the aggregate the specific educational, scientific and professional contributions of the discipline of psychology to the promotion and maintenance of health, the pervention and treatment of illness and the identification of etiologic and diagonistic correlates of health,illness and related dysfunction.(Matarzoo 1980)
- As Health psychology “ includes psychology’s contributon to
- The enhancement of health.
- The prevention and treatment of disease,
- The identification of health care system
- And shaping of public opinion with regard to health” (Brannon& Feist, 2010)

CONTINUED:

- Friedman and Adler(2007) : Scientific studyof psychological process related to health and health care.
- CURRENT ISSUE IN HEALTH PSYCHOLOGY
- Stress reduction
- Weight management
- Smoking
- Improving daily nutrition
- Reducing risky sexual behavior

continued,...

- Some illness that are related to Psychological or behavioural factors includes:
- Stroke
- Heart Disease
- HIV/AIDS
- Cancer
- Birth defects and infant mortality
- Infectious Diseases

- A positive attitude towards development of health habits, sanitation and regular health checkups comes under the scope of health psychology. Health is wealth and healthy person is a wealthy person. The purpose of health psychology is to make every one understand and realize the essence of the above saying work accordingly.

THANK YOU