

**TABLE 5.1**  
**SUMMARY OF PROFESSIONAL LITERATURES' DEFINITIONS AND CONCEPTUALIZATION OF HEALTH**

AUTHOR	World Health organization	McKenzie and Pinger	Blackburn	Kiger	Blaxter	Airhihenbuwa	Smith and Jacobson
<b>MAIN ATTRIBUTES OF THE CONCEPT HEALTH</b>	(1947) <ul style="list-style-type: none"> <li>• Complete physical, mental, social wellbeing</li> <li>• Not absence of disease and infirmity</li> </ul> (1984) <ul style="list-style-type: none"> <li>• Individual is able to realize aspirations</li> <li>• Satisfy needs</li> <li>• Change/cope with the environment</li> <li>• Resource of everyday life not the object of living</li> <li>• Positive concept emphasizing social/personal/ Physical capacities</li> </ul>	<ul style="list-style-type: none"> <li>• Means different things to different people</li> <li>• Blending of physical, emotional, social, intellectual and spiritual resources</li> <li>• Mastering the developmental tasks necessary to enjoy a satisfying, productive life</li> </ul>	<ul style="list-style-type: none"> <li>• Varying understandings of the concept</li> <li>• Physical, psychological, social well being</li> <li>• Social and economic factors that play a role in the concept health is: Education, occupation, income, housing tenure and conditions, car ownership, environmental conditions</li> <li>• Social class, gender and race and</li> <li>• Culture plays a role in an individual's understanding of the concept health</li> <li>• Everyday living experiences</li> <li>• Functional state of "coping" and 'getting through'</li> <li>• Absence of disease</li> <li>• Sense of well being</li> </ul>	<ul style="list-style-type: none"> <li>• Is a definition and subjective perception</li> <li>• Wholeness</li> <li>• Well being</li> <li>• Happiness</li> <li>• Physical, mental, social, spiritual.</li> <li>• State of balance between various aspects of life</li> <li>• Health is dynamic</li> <li>• Condition of mastery, achieving potential</li> <li>• Ability, opportunity to make decisions about one's own life</li> <li>• More than absence from disease or infirmity</li> <li>• Implies adaptability</li> <li>• Optimum health varies</li> <li>• Health necessary for purpose of life</li> <li>• Adds to quality of life</li> </ul>	<ul style="list-style-type: none"> <li>• Freedom from illness</li> <li>• Ability to function, fitness</li> <li>• 'Reserve' can be diminished by self-neglect and accumulated by 'healthy behavior'</li> <li>• Largely determined by heredity</li> <li>• Influenced by childhood and traumatic events</li> </ul>	<ul style="list-style-type: none"> <li>• Culture</li> </ul>	<ul style="list-style-type: none"> <li>• Extent being able to meet obligations and enjoying the rewards of living in their community</li> </ul>