

Emerging Health Issues and Psychology

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Abstract

Health psychology is concerned with the different types of ways to promote health by all means and to avoid and prevent illness. Health psychologists both study such issues like why people fall prey to drugs and smoking when they already know the negative effects of them and promote interventions to help people stay well or get over illness. There is increasing evidence that much of the illness and mortality is caused by lifestyles and health damaging behaviour. Also there is increasing acceptance that individuals themselves are responsible for their own health. People are getting more aware of the bio medical health care systems but now this concept of health is changing, more focus is now on bio- psychological model. According to Bio-Psychological Social Model (BPSM) health is the result of the interplay of various social, biological and psychological factors, whereas the Biomedical model does not consider the social and psychological factors but the imbalance of various neurotransmitters, enzymes, abnormal somatic process and various neurophysiologic abnormalities as reason for illness. Using descriptive research, this paper suggests the reasons why people fall ill and when they fall ill how they respond to it, how individuals can stay healthy and how psychological factors influence all these activities.

Keywords: Health, Illness, Mortality, Psychological, Interventions.

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I. INTRODUCTION

Every individual has his/her own way of living life. A specific behavioural pattern forms his lifestyle. These specific behavioural patterns are linked to the quality of his life. Some people smoke, drink alcohol, eat an unbalanced diet while others exercise regularly, stay away from drugs and consume a balanced diet. These two groups of individuals have different lifestyles and therefore, have different beliefs about health. These beliefs and behaviours form the focus of health psychology. Health psychology also emphasises that body and mind are important determinants of health and disease. Engel (1980) pointed out that in health psychologist opine that our beliefs, attitudes and behaviours contribute significantly to the initiation and prevention of a disease. According to Marks & others (2008), "Health psychology is an interdisciplinary field concerned with the application of psychological knowledge and techniques to health, illness and healthcare." According to Pastorino & Portillo (2010), "Health psychology is concerned with ways to promote health and prevent illness."

Health psychology, often known as behavioural medicine or medical psychology, is concerned with the psychology of a range of health-related behaviours including nutrition, exercise, healthcare utilization, and medical decision-making. For example, certain behaviors can, over time, harm (smoking or consuming excessive amounts of alcohol) or enhance health (engaging in exercise). The field of health psychology includes two sub-fields. Behavioural health focuses on prevention of health problems and illnesses, while behavioral medicine focuses on treatment. Health psychologists take a biopsychosocial approach.

II. NEED FOR HEALTH PSYCHOLOGY

- i. Changing patterns of illness
- ii. Expansion of health care services
- iii. Increasing medical acceptance
- iv. Demonstrated contributions to health
- v. Methodological contributions

III. OBJECTIVES OF HEALTH PSYCHOLOGY

1. **To understand behavioural & contextual factors of health, illness and related dysfunctions:-** Health psychologists attempt to understand the causes and correlates of health, diseases and related malfunctions. They give comparatively more attention to behavioural and social factors in the origin of diseases. They also try to identify behavioural factors that can affect health as well as the effectiveness of health care. They try to improve health care and health care policies by understanding these factors. For example, health psychologists develop methods that can be adopted to reduce smoking, improve eating habits, etc. By adopting these methods, health can be improved and diseases can be avoided. Health psychologists not only do try to understand the cause-effect relationship but also try to find the correlates of illness. For example, some psychologists try to find the relationship between illness and personal characteristics. Health psychology attempts to understand the contextual factors associated with diseases. In this context, importance is given to economic, social and cultural factors affecting the individual. Psychologists try to find

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out the separate and combined contribution of various biological, psychological and social factors that may impact a person's health and well-being. For instance, "seductive advertising" may contribute towards the psychological dependence of tobacco. Some studies have suggested a relationship between unemployment and high BP levels. By understanding these factors, psychologists can provide information to individuals can stay healthy and adopt better treatment methods when they are sick.

2. **To promote and maintain Health:-**The promotion and maintenance of health is also a prominent objective of health psychology. Psychologists try to find out ways to develop good habits in children, how to motivate them for regular exercise and how to conduct mass communication campaigns that can improve eating habits of individuals. Health psychologists help individuals in such a manner that they form good habits at an early age and maintain them throughout life. They motivate them to lead an effective lifestyle. They help national and community level agencies in such a way that general public can be motivated to adopt a healthy lifestyle. For example, public can be educated about the ill-effects of tobacco consumption. Laws should be passed to make certain life-saving behaviours mandatory. For example, laws can be enacted to make use of helmet mandatory for a scooter/motorcycle rider as it reduces the risk of head injuries. , "Health Enhancing Behaviours" and "Health-Compromising Behaviours" attract the attention of health psychologists. Public Health Psychologists have the main objective of promoting and maintaining public health.
3. **Treatment, Prevention and Management of Illness:-** The psychological aspects of disease treatment, prevention and management is an important objective of health psychologists. In order to achieve this objective, health psychologists work with a belief in the "Biopsychosocial Model". According to this model, health and disease are the result of the interaction between biological characteristics, behavioural factors and social conditions. Health psychologists focus on the physical illness and dysfunctions of a person suffering from specific disease and use psychological principles to improve the effectiveness of treatment by becoming the part of the hospital team. They conduct researches on the methods of "Secondary Prevention" and "Tertiary Prevention" in addition to treatment methods and utilise the ones that are found to be effective. Management is also a major objective of health psychologists. For example, health psychologists can teach employees positive coping patterns so that they can deal with stress effectively and protect their health from possible negative effects.
4. **To improve the health care system and formulation of health policy:-** Improvising health care system and make better health policies is also an important objective for health psychologists. Health psychologists focus on the issue of equality of opportunities and resources for better health care. To achieve this objective, they analyse how power, economy and macro- social processes affect

health, health care and social issues, and try to implement the key findings from their analysis. They critically analyse the activities of clinical, public and community departments. Health psychologists can create awareness among general public regarding authority's actions in relation to health and disease. This objective brings out the real picture of health psychology. Health psychologists critically analyse beliefs of our day-to-day lives and the traditional methods and principles used in psychology. They try to develop appropriate knowledge and strategies for building a healthier world. They study how healthy policies affect inequality and social injustice. To remove these inequalities and injustices, they try to contribute to the creation of health care systems and health policies so that a better world can be created.

IV. CONCEPT OF HEALTH

Health is such a priceless wealth which cannot be compared with any other wealth. The life of a healthy person is full of happiness. A healthy person is determined and does everything with pleasure. By getting a little information about the care and protection of health from birth to death, we can live this life better. Therefore, for this reason it is very important for us to understand the word health and get information about it.

Good health, healthy behaviour pattern, wholeness of being and well being are phenomena of universal and everlasting human interest .However, people belonging to different cultures view these concepts differently. Health is defined as a state and condition of being whole or sound .Health is an overall physiological, mental, spiritual aspect of a person. Health is mostly considered as a positive entity. According to the ancient greek people(Boruchovitch and Mednik 2010),health was seen as a 'divine responsibility' and illness as a 'supernatural phenomenon'. It was later studied that health is the outcome of the personal lifestyle, habits and environmental factors. With evolution of various medicine, sociology, political science, environmental science the concept and definition of health found a new meaning and understanding in the society.

Today, three types of definition of health seem to be possible and are used. The first is that health is the absence of any disease or impairment. The second is that health is a state that allows the individual to adequately cope with all demands of daily life (implying also the absence of disease and impairment). The third definition states that health is a state of balance, an equilibrium that an individual has established within himself and between himself and his social and physical environment. As suggested by Balog (1978),three major views of health have emerged in more recent time: the traditional medical concept of health, the world health organization concept and the ecological concept of health. The traditional medical concept of health merely restricts the meaning of health to the absence of disease and illness. On the contrary, the World Health Organization (WHO), defines health as a state of complete physical, mental and social well being and not merely the absence of disease or infirmity, WHO went beyond the disease free mentality to conceptualize health more in a holistic manner, incorporating

the physical, the psychological and the social aspect of the human life. The ecological concept of health which underscores the relative nature of the concept and the fundamental inter relationships that exist between the environment and individual. Health psychologists are looking for a concept of health psychology that is universally acceptable. In this context, Balog pointed out that two criteria defining health that is, firstly, the biological functional objectives of all individuals are common, for example, species preservation. And secondly the individual functional objectives are unique to the individual, for example, maintaining self-consciousness. Balog has therefore, suggested that health is a state of body and mind well functioning which affords man the ability to survive towards his both functional objectives and culturally desired goals.

V. CONCEPT OF ILLNESS

According to Balog, 1978 as much as health is difficult to define satisfactorily, most scientists agree that improper functioning and deviation from normality are essential components of disease. There is little agreement on what should be included in proper functioning and how to describe deviations from normality. It is found that some persons act improperly but such persons cannot be declared ill. Moreover, medical professionals and lay persons differ in their judgements and interpretations of symptoms and signs. Thus, what is considered as a sick condition by the former group may not be so designated by latter. Value judgements and social norms have played a strong role, not only in defining health, but also in defining illness.

VI. HEALTH BEHAVIOUR

The Psychology and Health focuses on an important topic for contemporary health psychology, namely health behaviours. Health behaviour are those set of behaviour which enhance or deteriorate the health. Good healthy habits enhance the health and bad habits deteriorate the health and further leads to health problems and chronic disorders. Health behaviours have been defined as '... overt behavioral patterns, actions and habits that relate to health maintenance, to health restoration and to health improvement' (Gochman, 1997). There are two types of health behaviours-Health Enhancing behaviour and Health compromising behaviour.

Health enhancing behaviours—Health enhancing behaviors enhance the health. Research shows that these are the result of profession, accident prevention, cancer detection at early stages, weight management, balanced diet, exercise, etc. The basic aim of health psychologist is to find out various ways to prevent disorder and various diseases. Intensive research is going on to find out health patterns to reduce heart related problem.

Health compromising behaviour—Addictive and an unbalanced lifestyle leads to various health problem. For example, smoking and drinking. Health psychologists have found that health compromising behaviors have their roots in childhood and the type of social structure one is in. Researchers have also shown that such behaviours flourish during adolescence and gradually turn into habits due to many factors. Increased advertisement of smoking and

alcohol consumption through means of movies has led to a lifestyle approach of consumption of these products as a style statement and an important social move. Most of the unhealthy lifestyle is a result of observational learning. Improper use of technology, internet, mobile phones is also responsible for deterioration of health and various lifestyle related disorders. Health psychologists have established a social engineering approach to as a remedy to this problem.

Stress and Stressors : Stress is an important subject in health psychology. While defining psychological stress, emphasis has been laid on the relationship between the individual and the environment. An individual perceives those events as stressors for which he feels that there is lack of resources to tackle stress. Stress causes negative emotional reactions, cognitive responses and physiological changes in the individual. Researches have shown that individuals generally perceive those events as stressful and negative that cannot be controlled and predicted. It also includes studying day-to-day life stresses such as getting stuck in the traffic, standing in a long line, lack of money, a taking care of a sick loved one at home. Studies have been conducted on the role of stressors on the performance of individuals at the workplace like high workload, hazards at work place etc.

Researches have shown that stress affects the functioning of various parts of the body negatively. There are internal and external factors which affect the relationship between stress and disease. These factors are known as moderators of stress. Studies in health psychology show that individuals evaluate a particular situation in two stages. In the primary stage, the individual tries to determine whether the incident is harmful, threatening or challenging. In the second stage, the individual tries to assess whether the person has coping resources to face this event. There are various coping strategies that individuals employ in dealing with stressful situations. People should make effort to learn and develop effective coping mechanisms.

Patient in a Treatment Setting : Health psychologist analyses that when does a person takes a decision that he is ill and needs to be treated by a professional doctor. It is important to find out various factors that are important in identifying and interpreting the symptoms of the disease and the methods that can be used to motivate patients to get admitted to hospital. Apart from this, they also try to know which group of people is more likely to get health services. Studies have found that women as compared to men, persons with high income, children and older people are more likely to receive health services. Health psychologists also try to find out the effects of hospitalization on patient's mental and physical health. Apart from this, health psychologist also try to explore to how to manage stress related to hospitalization.

Health psychology also gives importance to patient-provider relationship. The term provider refers to doctors and other members of their team like nurses, ward boy, assistants etc. Health psychologists try to explore factors that influence patient-provider interactions. In this context, health psychologists have found that the doctor's use of jargons, difficult terminology and not listening to patient properly are some of the factors that affect their interaction with the patient. Efforts are made to make the conversation effective between the patient and the provider. The results of

interaction between the patient and doctor are also studied by health psychologists.

Health psychologists try to study pain because the experience of pain and suffering is mostly psychological and subjective and it is difficult to make it objective. To understand the physiological science behind the experience of pain, different techniques, such as biofeedback, progressive relaxation, hypnosis and meditative methods to help people control their pain. In addition to these, various programs for management of chronic pain and questionnaires to measure pain have been developed.

Management of chronic and terminal diseases:- There are psychological and social factors involved in chronic diseases like asthma, heart disease, diabetes, ulcer etc. When people come to know that they are suffering from chronic and fatal diseases, they usually react negatively. Strategies should be devised to help individuals cope with chronic diseases. It is important to know how the patient's beliefs about chronic diseases affect them and on this basis programs for rehabilitation of persons suffering from chronic diseases are made. There are various psychological and social factors associated with death at different age levels and health psychologists also try to find out how the perception of death changes at different age levels. It is also important to find out how a person should prepare for death and they also try to explore the factors that influence the behaviour of a person suffering from terminal illness.

Psychological management of a person suffering from terminal illness plays an important role in health psychology as health-psychologists study in depth methods of solving problems faced by the family members after the death of the person suffering from terminal illness. It has also been found that heart disease is the leading cause of death in India. Psychologists believe that heart disease is related to lifestyle; hence, they try to find out the reasons behind having a faulty lifestyle, which leads to an individual becoming a victim of heart disease. Health psychologists have attributed heart disease to obesity, smoking, low physical activity level and stress. There are several stress management and relaxation techniques for the treatment of heart disease. Besides these, there are psychological and social factors involved in chronic and fatal diseases such as hypertension, stroke and diabetes and efforts are being made to find psychological techniques so that these diseases can be prevented. Psycho-neuroimmunology holds a very important place in health psychology. There are factors that weaken the immune system, due to which a person becomes a victim of diseases such as AIDS, cancer and rheumatoid arthritis. Apart from this, psychological and social factors of chronic and fatal diseases like AIDS and cancer are explored and efforts are being made to find psychological techniques so that these diseases can be prevented.

VII. COMMON HEALTH ISSUES IN INDIA

Although, India's healthcare sector is one of the fastest growing in the world, lack of availability is still a major concern for the country's tremendous population. Apart from accessibility, cost is a major deterrent to addressing health issues, both in terms of timely and quality care. In fact, as per

the report by National Survey Office, only 19.1% of Indians living in urban India have some form of health insurance or coverage. This leaves a majority of the population without coverage and depleting savings to tackle health problems and meet medical costs.

About 9.1% of urban India are likely to develop common health problems with a major cause being infections, making up 25.4% of hospitalised cases. Other major health problems that urban India is susceptible to include cardiovascular diseases making up 21.9% of the cases with endocrine or metabolic illnesses such as diabetes and thyroid dysfunction, cancer, etc. making up for 20.8%. Such health problems have extremely serious consequences if left undiagnosed or untreated. Some of the common health problems in India include :-cancer, heart disease, respiratory illness, cataract, obesity and diabetes etc.

VIII. BIO PSYCHOLOGICAL SOCIAL MODEL

To understand this model (BPSM), it is imperative to separate it from the Bio-Medical model. According to the Bio-Medical Model (BMM), diseases can be explained on the basis of aberrant somatic processes such as biochemical imbalances or neurophysiological abnormalities and it assumes that psychological and social processes do not play any role in causation of the disease process.

"BMM" is a useful model for the study of diseases but some scientists have pointed out following shortcomings:-

1. "BMM" is a "reductionistic model" as it associates disease with low-level processes. Attempts are made to understand diseases based only on cell disorders, biochemical imbalances, etc. rather than focusing on the role of psychological and social factors.
2. "BMM" is a single-factor model of disease which means that the disease is explained on the basis of biological factors. According to "BMM", biological malfunctions are solely responsible for the disease.
3. "BMM" believes that mind and body are separate from each other and have their own independent existence.
4. "BMM", emphasises primarily on illness rather than on health i.e. it emphasises factors that lead to disease rather than conditions that promote health.
5. "BMM" fails to answer the question as to why a particular set of somatic conditions may not always cause a disease in all individuals. For example, in a particular condition, some people get asthma but in the same condition, other person does not get asthma. "BMM" overlooks psychological and social factors that might be responsible in the development of a disease.
6. "BMM" also fails to answer the question as to why one type of treatment does not benefit all people with the same disorder equally.

The basic assumption of the Biopsychological Social Model (BPSM) states that health and disease are determined by a dynamic interaction between biological, psychological, and social factors. It clearly emphasizes that biological,

psychological and social factors are related to health and are important determinants of disease. Factors like social support, mental depression are counted in macro level processes, whereas cellular disorders, chemical imbalances are counted in micro level processes. In BPSM, it is emphasized that both these macro-level processes and micro-level processes together are responsible for health and diseases. Thus, in BPSM, importance is given to the fact that many factors are responsible for health and diseases and that these factors together produce such effects. BPSM gives importance to the fact that mind and body are not independent of each other, rather they interact with each other to affect the health of the individual. Both health and disease have been given proper place in BPSM. Hence, it can be said that BPSM is an important model for understanding health and illness. The biopsychosocial model argues that any one factor is not sufficient; it is the interplay between people's genetic makeup (biology), mental health and behavior (psychology), and social and cultural context that determine the course of their health-related outcomes.

Biological influences on health

Biological influences on health include an individual's genetic makeup and history of physical trauma or infection. Many disorders have an inherited genetic vulnerability like schizophrenia. The greatest single risk factor for developing schizophrenia, for example is having a first-degree relative with the disease (risk is 6.5%); more than 40% of monozygotic twins of those with schizophrenia are also affected. If one parent is affected the risk is about 13%; if both are affected the risk is nearly 50%. Thus genetics have an important role in the development of schizophrenia.

Psychological influences on health

The psychological component of the biopsychosocial model seeks to find a psychological foundation for a particular symptoms (e.g., impulsivity, irritability, overwhelming sadness, etc.). Individuals with a genetic vulnerability may be more likely to display negative thinking that puts them at risk for depression; alternatively, psychological factors may exacerbate a biological predisposition by putting a genetically vulnerable person at risk for other risk behaviors. For example, depression on its own may not cause liver problems, but a person with depression may be more likely to abuse alcohol, and, therefore, develop liver damage. Increased risk-taking leads to an increased likelihood of disease.

Social influences on health

Social factors include socioeconomic status, culture, technology, and religion. For instance, losing one's job or ending a romantic relationship or death of loved one may place one at risk of stress and illness. Such life events may predispose an individual to developing depression, which may, in turn, contribute to physical health problems. The impact of social factors is widely recognized in mental disorders like anorexia nervosa (a disorder characterized by excessive and purposeful weight loss despite evidence of low body weight). The fashion industry and the media promote an unhealthy standard of beauty that emphasizes thinness over health. This exerts social pressure to attain this "ideal" body image despite the obvious health risks.

IX. IMMUNE SYSTEM AND PHYSICAL DISORDERS

Some health psychologists found that level of stress is also important in the origin of common cold. Some health psychologists have also found that during exams, students are more prone to falling prey to infections. Health psychologists have also reported that stress negatively affects the immune system. Researchers have found through experiments that if an individual becomes a victim of stress, his immune system is affected within two hours of exposure to the stressor. Emotional disorders also increase the chances of getting physical disorders because emotional conditions affect the immune system. Studies among the older people have found that depression slows down the functioning of their immune system. Health psychologists have also studied the effects of short-term and chronic stressors on the immune system and found that continued stress negatively affects the immune system.

Role of Psychological Factors in physical diseases like AIDS, Cancer, Cardiovascular problems, Chronic pain, Chronic Fatigue Syndrome : In modern era, there is continuous increase in those diseases in which psychological factors play an important role. For example, the chances of getting genital herpes disease are increasing due to stress and lack of proper hygiene. Though it is a physical disease but the role of psychological factors has been found in the development of this disease. Studies have found that psychological factors affect the action of neurotransmitters hormones as well as genes. Psychological factors play an important role not only in the occurrence of psychological diseases but also in the occurrence of physical diseases. Studies have found that social factors also play an important role in the origin of physical diseases. For example, people who are separated from their friends and family members in old age are more prone to becoming victims of physical and mental diseases as compared to those who enjoy social support during their old age. Psychological and social factors affect health and physical problems in two ways. Firstly, these factors affect the basic biological processes due to which a person becomes a victim of physical disease and death. For example, AIDS is a disease of the immune system and stress affects the development of AIDS. Secondly, certain behaviour patterns make people more prone to getting health-related problems. For example, smoking causes many physical diseases, such as lung cancer.

(A) AIDS: It is a deadly disease in which the immune system becomes significantly weak. Health psychologists are of the opinion that if an AIDS person is told that he is suffering from an incurable terminal disease like AIDS, then it becomes very stressful for him and his chances of early death increase. Health psychologists have found that various psychological interventions, such as "Psychosocial Stress Reduction Treatment" can strengthen the immune system of a patient suffering from AIDS and increase their life and well-being.

(B) Cancer: Cancer is a dreaded disease. Psychologists have found that if people with life-threatening diseases such as cancer, are provided with psychosocial treatment, such as helping them decrease stress, increasing their sense of

control and social support, then their quality of life can be enhanced. Health psychologists have pointed out that lack of control, excessive stress and utilising, ineffective, coping strategies can worsen cancer. On the basis of their research, psychologists have shown that psychological factors play an important role in the treatment as well as recovery from cancer.

(C) Cardiovascular Problems: There is an increase in heart-related problem in today's times due to increased stress levels and unhealthy lifestyle. Hypertension and coronary heart disease are some of the prominent cardiovascular problems:

1. Hypertension: Hypertension or high blood pressure has been called the 'silent killer'. Biological, psychological and social factors contribute to this disorder. Some health psychologists have reported that both anger and hostility are related to hypertension. McClelland has stated that the development of high BP is dependent on 3 factors: a high need for power, a strong tendency to inhibit the overt expression of this need in the form of aggressive actions and strong situational challenges to use power. Health psychologist have also found that people with lack of flexibility (rigidity), high sensitivity, chronic underlying hostility are more prone to have high BP.

2. Coronary Heart disease (CHD): Heart-disease is the main cause of death around the world. Health psychologists have reported that stress has a major role in the origin and development of this disease. Nancy Erasare-Smith (1991) studied 461 men who were hospitalized after getting a heart attack. This group was divided into two parts- experimental and controlled. The patients in the experimental group were given Stress Reduction Treatment and the patients in the control group were given the usual medical treatment. Equal opportunities for exercise were provided to both the groups. After follow-up, it was found that patients in the control group suffered more heart attacks as compared to those in the experimental group who were provided with Stress Reduction Treatment. Some researchers have showed that individuals who experience anger over a long period of time develop coronary heart diseases. Anxiety, and depression have also been found to be significant contributors in the development of CHD. Some psychologists have linked hostility to heart diseases and have said that people who are hostile are more prone to getting heart diseases.

(D) Chronic Pain: Pain is not a disease but it is an important aspect of every disease and injury. Pain can either be acute or chronic. Studies have found that pain has psychological and social aspects and it is a subjective experience. The experience of pain is significantly affected by psychological and social factors, for instance, studies have found that individuals who experience a sense of control, have an optimistic outlook, feel less anxious about completing their tasks, and receive social support experience less pain as compared to those who do not possess these characteristics.

(E) Chronic Fatigue Syndrome: During the 19th century, it was observed that a lot of people complained of low

energy, extreme tiredness and mild fever and were often hospitalised due to these reasons. But when they were diagnosed, no physical disease could be detected in them. This condition was termed as Neurasthenia and psychosocial factors such as material success, performing excessively difficult tasks and changing role of females, were considered responsible for this disease. Nowadays, the prevalence of CFS seems to be increasing and its symptoms appear similar to those of Neurasthenia. Symptoms of CFS include loss of memory, sore throat, joint pain, headache, constant fatigue, etc. CFS negatively influences the functioning of the individual and the causal factors behind it also seem to be psychosocial in nature.

X. METHODOLOGY

The paper throws light on the emerging health issues in relation to Psychology. Researcher has collected data from both sources primary and secondary. For this study researcher has used survey and questionnaire. A total of 65 people (age range 16-65 years) have been selected through convenient sampling method from across the Tricity-Chandigarh, Panchkula and Mohali. Researcher have also received information from health psychologists involved and dealing with health issues and problems who are the key informers of the study. The study is undertaken because of the universal importance given to concept of health. Health behaviours, habits (good healthy habits and bad habits), lifestyle of people living in the tricity was observed and noted down.

Table No.1
Data Collection showing high incidence of disease in Tricity

S.No	Gender	High incidence disease in Tricity	High incidence disease in Tricity
1.	Males (Adults)	Obesity And Cancer	Cardiovascular disease
2.	Females (Adults)	Breast cancer	Cervix uterine cancer
3.	Elderly and old people	Respiratory and lung disease	Depression
4.	Adolescents (youth)	Lung disease (smoking) and liver cirrhosis (alcohol consumption)	Depression and infertility

XI. PURPOSE OF THE STUDY AND TOPICS EXPLORED

The aim of this study is to explore and describe the reasons why people fall ill and when they fall ill how they respond to it, how individuals can stay healthy and how psychological factors influence all these activities with the help of descriptive research method.

XII. RESULTS AND DISCUSSION

Results suggest that more health issues and problems were faced by middle aged group people. Major findings of the

study revealed that in the Tricity- Chandigarh, Panchkula and Mohali, adult males health is adversely due to unhealthy lifestyle and unhealthy bad habits. Obesity and heart risk is common among males. Intensive research is going on to find out health patterns to reduce heart related problems. Aerobic exercises have proven to be effective in preventing heart risk. Cognitive behavioural interventions can have an effective result in moulding individuals habits into healthy lifestyle. Among females, mental health problems were found which included stress related problems, depression and anxiety. Cervix uterine cancer is second leading cancer followed by breast cancer in Chandigarh and Mohali. Adolescence is a window of vulnerability for most bad health habits. It was also found that along with depression, adolescents suffer from liver and lung diseases. Stress, depression and anxiety leads to physiological disorders and there are various psychological factors responsible for physiological disorders and physical illness. Psychological and social factors play an important role in diseases like AIDS, Cancer, cardiovascular problems, Coronary Heart Disease(CHD) and CFS. Behavioural immunization programs are already in existence for smoking, drug abuse diet and eating disorders that are somewhat successful in keeping adolescents from undertaking such habits. Interventions should focus on helping the elderly achieve the highest level of functioning possible through programs that emphasise diet, exercise, control of alcohol consumption, and other health habits.

XIII. CONCLUSION AND FUTURE CONSIDERATIONS

To conclude, regular health check up leads to prevention of diseases. Timely checkup can help prevent high-risk disorders. Once a disorder is treated and health is secured it is important to further maintain the health and reduce further risk of falling prey to the disorder again. Maintaining a healthy lifestyle is important. Cognitive behavioural approach can be applied to achieve this goal. In the clinical field, keeping BPSM model in mind the doctor must take into consideration all the biological, psychological and social factors responsible for a patient's disease so that it can be treated properly. When a person is healthy and the objective before the doctor is to maintain his health, then it would be crucial to understand the person's psychological and social context and importance should be given to his habits. If a person's habits are not desirable, the doctor should try to improve them. A person should engage in health-promoting behaviors, like taking medication, proper diet or nutrition, and engaging in physical activity.

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