



PSYCHOLOGY FOR HOLISTIC DEVELOPMENT



Notes

Asha is a 30 year old woman with two children. She has never worked professionally earlier. However, after the recent demise of her husband, she had to start working to sustain her family. But, it is becoming extremely difficult for her to cope with everyday issues of life. The same is also making her feel weak physically and mentally. This makes her quite sad at times, but seeing her young kids she decided to carry on with her life and also make others happy. The mentioned example highlights the importance of dealing with all kinds of uncertainties and be resilient during adverse situations.

Holistic Development refers to human development that is meant to involve all over development of an individual especially during the childhood of a person. It accommodates physical development, mental growth, emotional development and social development.



LEARNING OUTCOMES

After studying this lesson, learner :

- defines and describes holistic development;
- identifies health and positive emotions (Happiness, life satisfaction, resilience);
- defines and describes happiness and its constructs;
- understands the concept of Life Satisfaction and Subjective Well being; and
- understands resilience and strategies to build Resilience.

Health and Well-being

24.1 MEANING OF HOLISTIC DEVELOPMENT



Notes

Holistic development is overall development of an individual which includes individual's Physical, Mental, Social, Emotional and Spiritual Growth. Holistic approach involves studying different factors which affect the development of a person/individual, how one factor affect the other factor and how it affect the individual as whole. In Psychology, Holistic means looking how they are influencing persons psychology as whole.

It is based on the assumption that an individual finds purpose and meaning in life through connections to the world outside, nature, community and value of humanitarian ground.

The holistic viewpoint is based on the premise that the system as a whole will determine how its individual component acts.

A humanistic psychologist, for example, might consider an individual's environment (including where they live and work), their social connections (including friends, family, and co-workers), their background (including childhood experiences and educational level), and physical health (including current wellness and stress levels).

For example, a psychologist might consider person's Environment (the surrounding where he live or work) social relationship (which includes friends family, colleague), Physical (Health, wellness) and Mental Health (stress or anxiety) how these are affecting individual well-being.

24.1.1. Components of Holistic Development

1. Physiological- this attribute include the sensory organs (five sense organs- skin, ear, nose, tongue and eyes).
2. Cognitive- the intellectual functions of the mind: thinking, recognizing, reasoning, analysing, projecting, synthesizing, recalling, and assessing.
3. Psychological- this component depicts how thinking, feeling, and behaving interact and happen in a person
4. Social- the manner by which an individual interacts with other individuals or groups of individuals.
5. Spiritual- the attribute of a person's consciousness and beliefs, including the values and virtues that guide and put meaning into a person's life

24.1.2. Health and Positive emotions (Happiness, life satisfaction, resilience)

Health is of prime importance of individual. It is very important to recognize your health problems. Whenever you recognize any symptom in your body it need to be address as soon as possible as the problem may progress fast whether it is mental problem or physical. You should proceed to take the necessary corrective steps at the earliest as per his/her consultation and guidance. Research suggests, having a positive mindset might help to improve your physical health as well.

24.1.3. Positive Emotions

It is often said that a smiling face indicates happiness and mental health. It is true but it misses one important information- that experiencing positive emotions like love, affection, interest, empathy, forgiveness, gratitude etc. contribute to one's state of health and well being. Recent studies indicate that the experiences of various positive emotions enhance the status of one's health. It is, therefore, important to discover, identify and create opportunities for experiencing positive emotions in every possible time and moment .If u face a problem, positive attitudes help us to look at the situation more realistically and finding alternative to problem and better way to solve it.

All emotions-whether positive or negative-are adaptive in the right circumstances. The key seems to be finding a balance between the two. Having positive outlook does not mean you never feel negative emotions, People need positive and negative emotions as well. Positive emotions expand our awareness and open up for the new ideas and creativity and negative emotions are required move through difficult situations and respond to them appropriately in the short term. Negative emotions can get us into trouble, though, if they are used excessively, and if they are causing problems like worry and anxiety.



Health and Well-being



Notes

Health and Well-being



Notes

Experts say that people who are emotionally well, have fewer negative emotions and are able to bounce back from difficulties faster. This quality is called "Resilience". Another sign of emotional wellness is being able to hold onto positive emotions longer and appreciate the good times. Developing a sense of meaning and purpose in life and focusing on what's important to you also contributes to Emotional Wellness.

**INTEXT QUESTIONS 24.1**

1. Explain the importance of Resilience.
2. Elaborate on the components of Holistic Development.

24.2. HAPPINESS

According to psychology, happiness is about more than simply the experience of a positive mood. In order to describe happiness, psychologists commonly refer to as subjective well-being (Kesebir & Diener, 2008). In other words, happiness is "people's evaluations of their lives and encompasses both cognitive judgments of satisfaction and affective appraisals of moods and emotions" (Kesebir & Diener, 2008, p. 118).

There are three ways that psychologists study happiness:

1. Need and Goal Satisfaction Theories

These theories suggest that happiness results from striving to achieve appropriate goals and meeting one's fundamental human needs (Nelson, Kurtz & Lyubomirsky, in press). Deci and Ryan (2000) for example, proposed Self-determination Theory, which stipulates that wellbeing is achieved when one meets their basic human needs including autonomy, competence, and relatedness.

2. Genetic and Personality Predisposition Theories

These propose that wellbeing is influenced by genes and is associated with the personality traits of extraversion and neuroticism (Nelson et al., in press).



3. Process/activity theories

Process/activity theories argue that wellbeing may be improved by participating in activities that are engaging and require effort (Nelson et al., in press).

Psychologists ask the question, 'Is it possible to increase one's happiness?'. Some psychologists claim that making an attempt to enhance happiness is pointless because happiness levels are predetermined and stable over time (Norrish & Vella-Brodrick, 2008).



Notes



INTEXT QUESTIONS 24.2

True and False

- 1) According to psychologists, happiness is only about experiencing positive moods- True/False
- 2) Process/activity theories suggest that happiness can be improved by engaging in activities that are challenging and require effort- True/False
- 3) According to Norrish & Vella-Brodrick (2008), attempting to enhance happiness is pointless because happiness levels are predetermined and stable over time- True/False

24.3. LIFE-SATISFACTION

Life satisfaction is a multidimensional concept related to psychological and environmental life conditions. The term life satisfaction can be split into two words- life and satisfaction. Life is the state of functional activity peculiar to organized matter and especially to the portion of it such as, constituting an animal or plant before death (Oxford Dictionary, 1990). Satisfaction is a Latin word that means to make or do enough.

24.3.1. Definitions of Life Satisfaction

According to Hamilton (1995) in the Dictionary of Developmental Psychology, life satisfaction is the degree of contentment with one's own life style. Life satisfaction is referred as an assessment of the overall conditions of existence as derived from a comparison of one's aspiration to one's actual achievement (Cribb, 2000).

Health and Well-being



Notes

Life satisfaction gives meaning to one's life and it can be source of a feeling or self-worth. In the Indian context, most of the elderly review their past life in terms of self fulfillment (Butler 1976)

Life Satisfaction is the central aspect of human welfare. It is the ultimate goal and every human being strives to achieve this goal throughout the life. Humans are always striving toward achieving life satisfaction by establish few goals and ultimately achieving those goals, Perhaps, it can be said that the final aspiration of every human being is to attain his goals and desires and this attainment leads to life satisfaction.

In Indian Philosophy, satisfaction includes the capacity for enjoyment i.e. more enjoyment leads to more happiness. A satisfied and meaningful life involves both subjective thinking and objective component. The three foundations of a satisfied life are-

- The establishment of depth relationships;
- The commitment to projects and goals; and
- The use of stories that place life in genuinely ultimate context.

Therefore, life satisfaction is a complex index of one's adjustments, attitudes towards life and events, perception and experience of problems and interactional events.

So, to be truly satisfied and stimulated by life, a person needs to be intrinsically satisfied. It is thus apparent that a person can be happy only when he has a realistic appraisal of his abilities and potentials to develop realistic aspirations and expectations.

24.3.2. Factors Affecting Life Satisfaction

- Personal
- Environmental

24.3.2a. Personal Factors:

Satisfaction of needs - our needs or urges always creates tensions and worries in our mind. As result, we become restless and dissatisfied. The various needs are as follows-

Physiological - needs include food, clothing, dwelling & sex.

Psychological - needs include self-esteem, attitude, social intelligence, mental health, anxiety, frustration, life skills, emotional stability.

Social - needs include strong family support (satisfaction with spouse, with children and with rest of family), social participation, social support social cognitive skills, family relationships, social status and other social outlets and affiliations.

Education - It has been realized that education plays a pivotal role in the life satisfaction of an individual. Education is very much important for everyone. It dispels mental illusions and its place cultivates good thinking, knowledge, attitudes, values etc, which helps in bringing life satisfaction.

Nature of Job - Man, being a social animal needs social recognition which is marked by his status and position in the society. Job is an important factor to upgrade the social status and position of a man. Hence, suitable job gives satisfaction in life.

Economic Status - Satisfaction with housing and living conditions, with income's purchasing power and with financial solvency

Others factors includes

- Leisure Activities
- Marital Status
- Sports Participation
- Mental and Physical Health
- Positivity of Emotions
- Coping Abilities
- Ego Identity

24.3.2b. Environmental Factors

Environment includes everything that surrounds us. It is one of the important factors which influence not only the various psychological traits but also our good social behaviour. If the environment is peaceful and congenial, it helps to facilitate balanced life. Good social relationships with neighbors, colleagues and participation in social activities also provide life satisfaction for example, social circle friendship, place to live, occupational and professional opportunity to develop, congenial environment of



Notes

Health and Well-being



Notes

the family, community full with all the basic facilities such as transport, safety, trust in local neighborhood.

24.4. RESILIENCE

Resilience is the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress - such as family and relationship problems, serious health problems or workplace and financial stressors. It means "bouncing back" from difficult experiences.

People commonly demonstrate resilience. Being resilient does not mean that a person doesn't experience difficulty or distress. Emotional pain and sadness are common in people who have suffered major adversity or trauma in their lives. In fact, the road to resilience is likely to involve considerable emotional distress.

Resilience is not a trait that people either have or do not have. It involves behaviors, thoughts and actions that can be learned and developed in anyone.

24.4.1. Factors affecting Resilience

A combination of factors contributes to resilience. Many studies show that the primary factor in resilience is having caring and supportive relationships within and outside the family. Relationships that create love and trust, provide role models and offer encouragement and reassurance help bolster a person's resilience.

Several additional factors are associated with resilience, including:

- Positive attitude
- High Self esteem
- The capacity to manage strong feelings and impulses.

24.4.2. Strategies for Building Resilience

Developing resilience is a personal journey. All people do not react in a similar manner to traumatic and stressful life events. An approach to building resilience that works for one person might not work for another. People adopt varying strategies to develop resilience.

Some variation may reflect cultural differences. A person's culture might have an impact on how he or she communicates feelings and deals with adversity - for example,

whether and how a person connects with significant others, including extended family members and community resources.

24.4.3. Ways to build resilience

Creating Connections- Good relationships with close family members, friends or others are important. Accepting help and support from individuals strengthens resilience. Eg, Being active in civic groups, faith-based organizations, or other local groups providing social support.

Dealing with challenging problems- Interpret and Response to difficult events can be changed. Looking beyond the present is necessary.

Acceptance of change- Accepting circumstances that cannot be changed can help in focusing on circumstances that can be altered.

Making goals- Developing some realistic goals. SMART (Specific, Measurable, Attainable, Relevant, Time Bound) goals can be created that are attainable.

Decisive actions - Acting on adverse situations and taking decisive actions, rather than detaching completely from problems and stresses and wishing they would just go away.

Nurturing a positive view- Developing confidence in an individual's ability to solve problems and trusting their instincts helps build resilience.

Keeping things in perspective- Even when facing very painful events, trying to consider the stressful situation in a broader context and keeping a long-term perspective.

Maintaining an optimistic outlook- An optimistic outlook enables to expect that good things will happen in life.

Introspection and caring for oneself- Paying attention to own needs and feelings. Engaging in activities that are enjoyable and relaxing. Meditation and spiritual practices help individuals build connections and restore hope.

24.5. INTERVENTIONS FOR HEALTH AND WELL-BEING

Health and well-being are significant aspects of human existence. The various interventions that be utilized are:



Notes

Health and Well-being



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1. Diet & Life style

Healthy Diet can help in maintaining a Positive Lifestyle. A healthy lifestyle includes eating balanced diet as well as healthy habits such as not taking Alcohols, drugs etc.

2. Exercise

Exercising regularly can help an individual to keep oneself physically healthy. Proper exercise can maintain good health.

3. Yoga and Meditation

Yoga and Meditation can be the healthy positive alternatives that can help an individual maintain Positive Well-being. Current research also suggests that meditating and doing yoga can boost overall well-being and resilience to stress factors. The potential health benefits of yoga include: Stress reduction. A number of studies have shown that yoga may help reduce stress and anxiety. It can also enhance mood and overall sense of well-being.

Meditation can improve wellbeing and quality of life. There is also evidence that it can help people manage insomnia, depression and anxiety. Some research suggests that meditation physically changes the brain and could help: increase ability to process information, control the brain's response to pain.

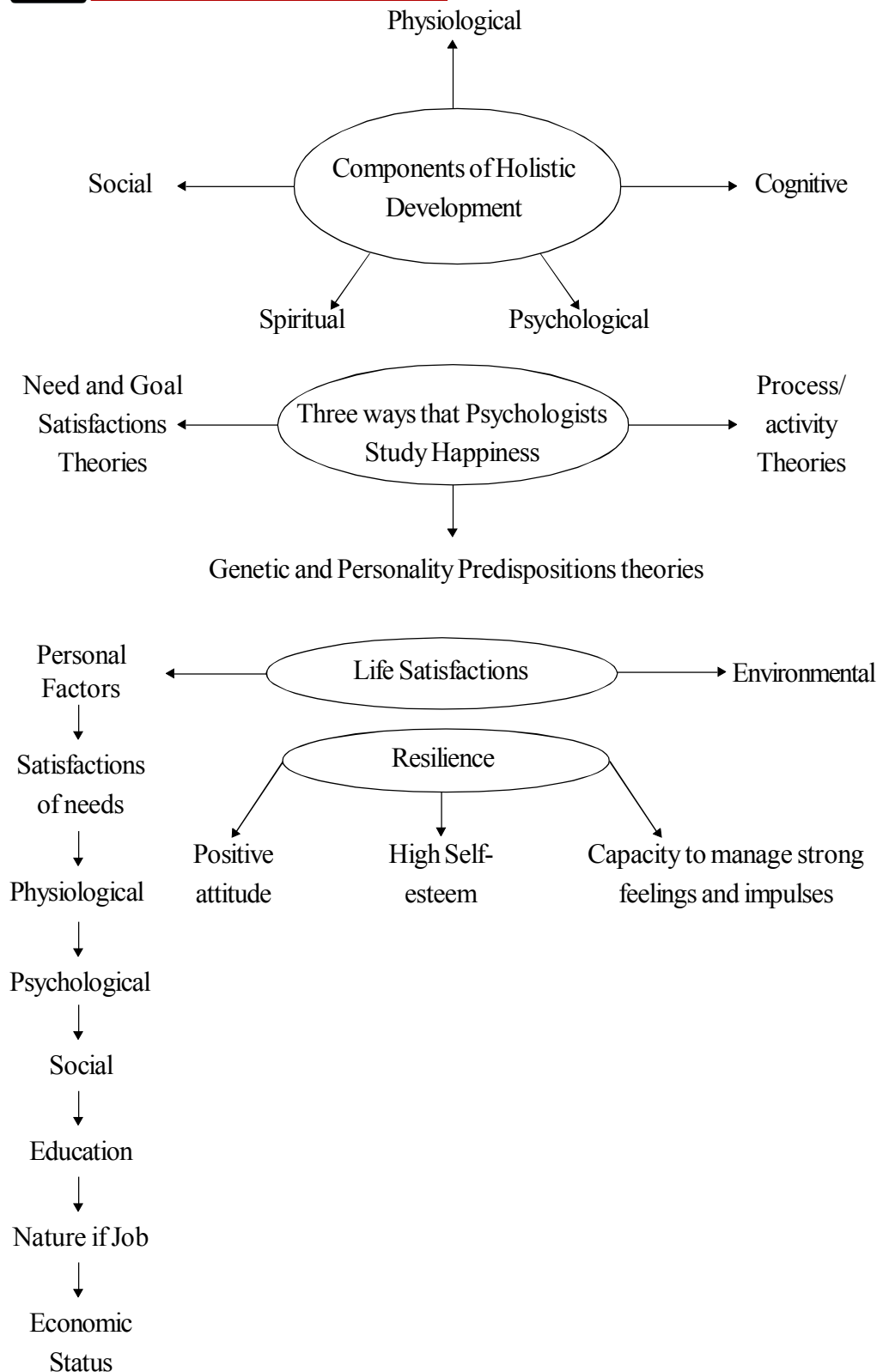
4. Developing Positive emotions

Developing Positive Emotions can help an individual to practice Resilience and also deal with day to day issues. Increased positive emotion can build physical, intellectual, social and psychological resources (B. L. Fredrickson, Tugade, Waugh, & Larkin, 2003). Positive emotion is more than just 'happiness'. There are a range of positive emotions, including amusement, hope, interest, joy, love, compassion, gratitude, and pride. They can be developed by:

- Practicing to be grateful
- Spending time with people
- Doing activities that are enjoyable, such as hobbies or pastimes
- Playing with children, pets or friends
- Listening to music
- Exercising.



WHAT YOU HAVE LEARNT



Health and Well-being



Notes

**INTEXT QUESTIONS**

1. Explain about Holistic Development.
2. What are the factors affecting life satisfaction?
3. Describe the importance of Resilience.
4. Explain the Strategies For Building Resilience.
5. Describe certain ways to build Resilience.
6. Discuss the interventions for health and well-being.
7. How can positive emotions be developed to improve an individual's overall sense of resilience and ability to cope with day-to-day issues?
8. How does a humanistic psychologist consider different factors, such as environment, social connections, background, and physical health, when examining an individual's overall well-being?
9. What are the components of holistic development, and how do positive emotions contribute to an individual's state of health and well-being?
10. What are the three ways that psychologists study happiness and what do they propose about the factors that influence happiness?

**ANSWERS TO INTEXT QUESTIONS****24.1**

- 1) Resilience is an essential quality for emotional wellness as it enables individuals to cope with and bounce back from difficult situations or challenges. Life is full of ups and downs, and everyone experiences setbacks and hardships at some point in their lives. Resilience is the ability to adapt to such challenges, maintain a positive attitude, and recover from adversity.
- 2) Physiological- this attribute include the sensory organs (five sense organs- skin, ear, nose, tongue and eyes).

Cognitive- the intellectual functions of the mind: thinking, recognizing, reasoning, analysing, projecting, synthesizing, recalling, and assessing.

Psychological- this component depicts how thinking, feeling, and behaving interact and happen in a person

Social- the manner by which an individual interacts with other individuals or groups of individuals.

Spiritual- the attribute of a person's consciousness and beliefs, including the values and virtues that guide and put meaning into a person's life

24.2

- 1) False. Psychologists refer to happiness as subjective well-being, which encompasses both cognitive judgments of satisfaction and affective appraisals of moods and emotions.
- 2) True. Process/activity theories argue that engaging in activities that are challenging and require effort can improve well-being.
- 3) True. Norrish & Vella-Brodrick (2008) claimed that attempting to enhance happiness is pointless because happiness levels are predetermined and stable over time.



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