

## READING SECTION:

### Unit 1: Concept of Health, Population and Environment Education

#### Health and Health Education

- ❖ According to WHO, 1999 “Health is a state of complete physical, mental, social, dynamic and spiritual well-being and not merely the absence of disease or infirmity”. It has focused on all the aspects of health. It encompasses physical fitness, mental alertness and social adaptability.
- ❖ Health is not only associated to an individual but also to a civilized society and the entire nation.
- ❖ Healthy human resource is necessary for development work and smooth condition of the overall activities of the country.
- ❖ Health education is concerned with establishing changes in the knowledge, attitudes, and behavior of individual for their healthier life. It helps to achieve good health through their own efforts.
- ❖ The World Health Day is observed on 7<sup>th</sup> March every year.

## **Population and Population Education**

- ❖ Population is defined as the total number of people with all ages and genders living within well-defined territory in a specified.
- ❖ Population education is an academic program designed to make learners able to conceptualize and analyze about the entire population related issues. It helps in developing awareness and understanding of population situation and ways towards managing population.
- ❖ The ultimate aim of population education is to create a satisfied individual and a happy family.
- ❖ The World Population Day is celebrated on 11<sup>th</sup> July every year.

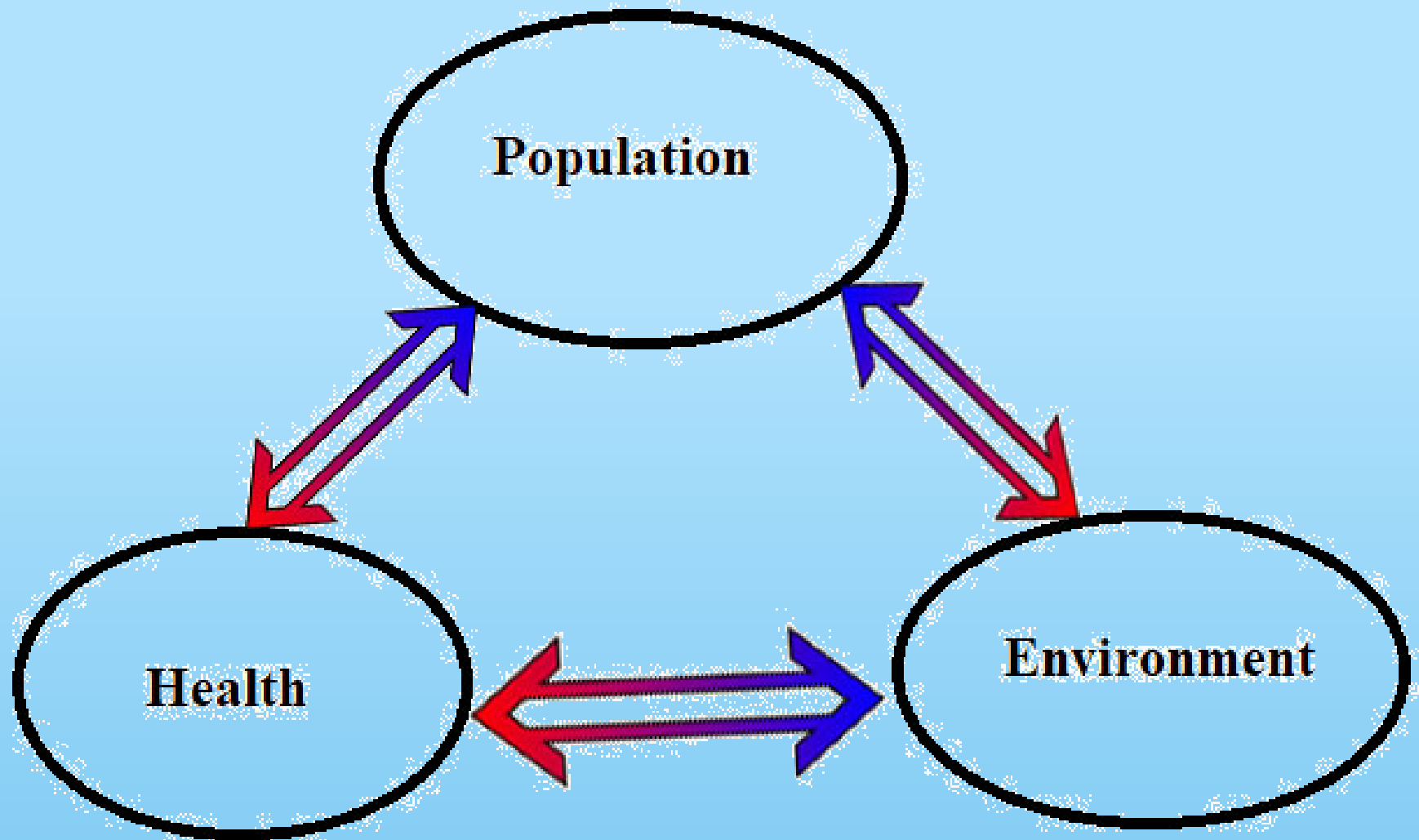
## **Environment and Environment Education**

- ❖ Environment is everything around us consisting of biotic, abiotic and abstract factors and the way in which these interact among themselves.
- ❖ It is the environment which affects the way of life of any society, including a natural, cultural, physical value that exists in an area in a specified time.
- ❖ Environment education is an educational program to make learners able to conceptualize about elements of environment, its impacts and measures of conservation.
- ❖ Environment education helps individual in making capable of preserving, conserving and promoting the environment.
- ❖ The World Environment Day is celebrated on 5<sup>th</sup> June every year.

## **Interrelationship between health, population and environment**

Health, population and environment have been integrated as one subject. When population is changed, it directly or indirectly affects on the status of health and environment. The changes of these three subjects are determined by increasing and decreasing status of each other.

Human beings rely on environment for the growth, development and survival. We get all our basic needs from the environment. Similarly, the environment also depends on the action of human beings. Healthy environment promotes sound health. The human health is unfavorably affected by the circumstances of environment. Different diseases grow due to unhealthy surroundings. The environment plays vital role to promote productive human resource maintaining quality of life. Human beings are the only intelligent creatures who are capable of preserving, conserving and promoting the environment. In this way, health, population and environment are inter-related to each other. It can be represented diagrammatically as shown below:

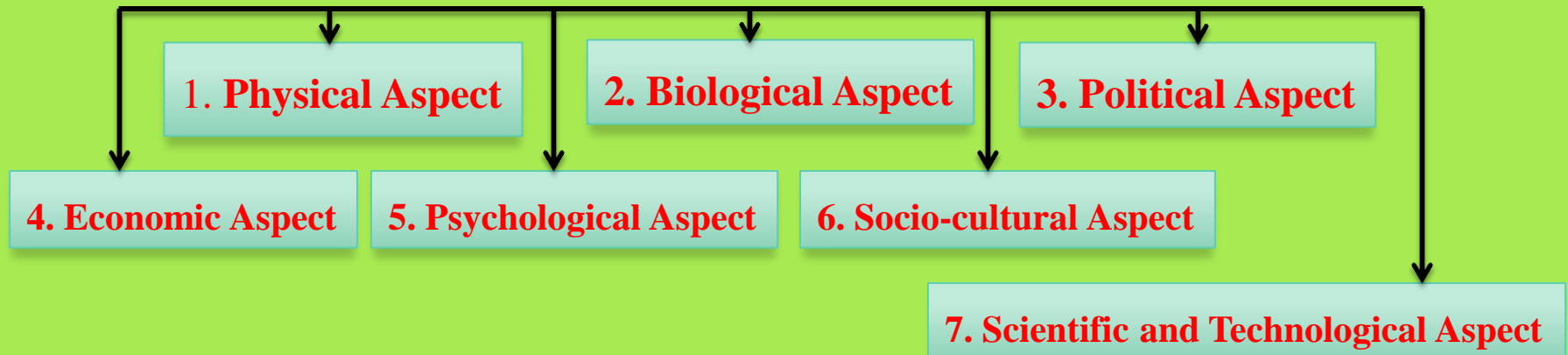


**Fig: Inter-relationship between health, population and environment.**

## Various Aspects of Health, Population and Environment

- ❖ The contents related to different areas of the subjects are known as aspects of health, population and environment.
- ❖ The study of health, population and environment education motivates people to keep the basic knowledge of health education, population management and conservation as well as promotion of clean environment.

### Various Aspects:



## **1. Physical Aspect**

Physical aspect includes non-living things of environment which are both natural and artificial. The elements like land, air, water, mountains, rivers etc. fall under natural aspect and elements like roads, buildings, irrigation canals, means of transport etc. fall under artificial aspect of physical aspect. Existence of life is possible with these elements of the nature.

## **2. Biological Aspect**

Biological aspect includes the various types of plants, animals and micro-organisms available in different parts of the country. It is affected by the variations in climate, topography and altitude of the place. Green forests in Terai, herbs in mountain and hills, various birds and animals whether they are domestic or wild come under this aspect.

## **3. Political Aspect**

Political aspect includes the policies formulated by different administrative sectors and government. Formulation of government, election, social welfare, resource allocation, protection of human rights, different laws, rules, act, programs in Gau/Nagarpalika level like literacy for women and disabled ones etc. fall under this aspect.

#### **4. Economic Aspect**

Economic aspect is related to the various income generating activities. It includes services, business, occupations like tailoring, teaching; working in industry, hotel; etc. We need money, business and exchange of goods and services for our survival.

#### **5. Psychological Aspect**

Psychological aspect deals with human thinking, attitude and behavior. Availability of services and facilities create positive attitude and shortage create negative attitude and behavior with the socio-cultural environment. Provision of education helps change the psychological aspect.

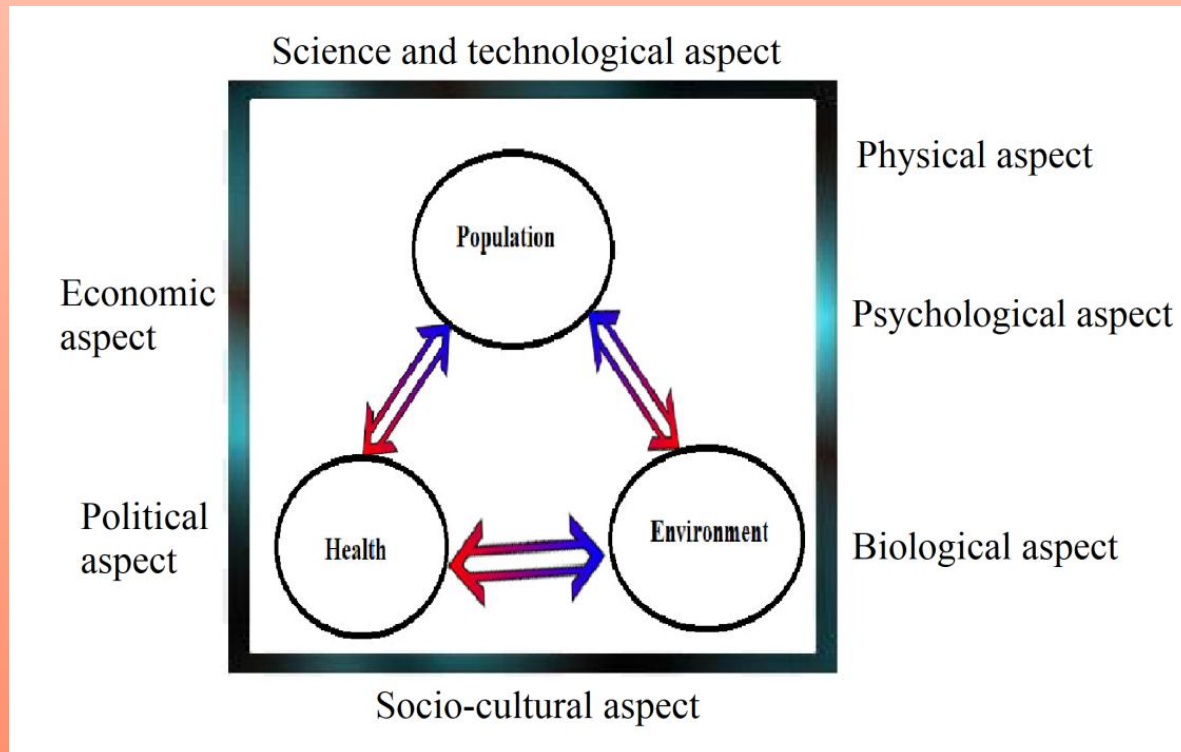
#### **6. Socio-cultural Aspect**

Socio-cultural aspect is a sort of law practiced by human beings from their ancient period. It includes birth and death ritual, marriage ceremony, celebrating festivals, temples, customs etc. They make a person discipline and keep society free from violence.



## 7. Scientific and Technological Aspect

Scientific and technological aspect is related to human civilization. It is concerned with flourishing information and technology. Development of communication, invention of new medicines for curing diseases, human organs transplantation, medical tools, e-learning in education, e-business etc. fall under this aspect. Science and technology has made everything possible for human beings in personality development as well as socio-economic welfare all around the world.



**Fig: Various aspects of health, population and environment.**

## **Relationship of various aspects with health, population and environment**

### **1. Relationship of physical aspect with health, population and environment:**

Physical aspect includes non-living things of environment which are both natural and artificial. The elements like land, air, water, mountains, rivers etc. fall under natural aspect and elements like roads, buildings, irrigation canals, means of transport etc. fall under artificial aspect of physical aspect. Existence of life is possible with these elements of the nature. The quality and status of such physical aspect affects the various aspects of population and health. The place with adequate facility of transportation, health services, food, education, employment physical facilities etc. has high density of population. Utilization of natural resources carefully promotes quality of life and health condition. In this way, physical aspect is directly related to environment, population and health.

## **2. Relationship of biological aspect with health, population and environment:**

Biological aspect includes the living things of the environment. Human beings, animals, birds, insects, plants and vegetation are some examples of biological aspect. It is affected by the variations in climate, topography and altitude of the place. The place with fertile land and high agricultural yield has nationally higher density. In such places, animal husbandry also flourishes. It helps to uplift the living standard of people. As a result, people can get nutritious food and proper care for their own health. In this way, biological aspect is directly related to environment, population and health.

## **3. Relationship of economic aspect with health, population and environment:**

Economic aspect is related to the various income generating activities. It includes services, business, occupations like tailoring, teaching; working in industry, hotel; etc. We need money, business and exchange of goods and services for our survival.

Weak economic aspect leads to the excessive use of environmental resources like forest, land, air, water etc. for the fulfillment of basic needs of poor people. It deteriorates the existing environment. As a result, the environmental imbalance leads to pollution which adversely affects the health of all living beings. In addition, insufficient means and resources for the growing population further deteriorate the health of people. Only after fulfillment of such needs and wants, we can achieve the quality of life. In this way, economic aspect is directly related to environment, population and health.

#### **4. Relationship of political aspect with health, population and environment:**

Political aspect includes the policies formulated by different administrative sectors and government. The population policies, health policies and environment policies are approved in the parliament. These policies create awareness and compulsion for the dwellers of any area for conservation and controlling environment. Strong political commitment helps for the appropriate management and utilization of environment along with population of a nation. Proper policy also determines the condition of health status of the nation. The policies promote health status and produce healthy and creative human resource. In this way, political aspect is related to health, population and environment.

#### **5. Relationship of psychological aspect with health, population and environment:**

Psychological aspect deals with human thinking, attitude and behavior. Availability of services and facilities create positive attitude and shortage create negative attitude and behavior with the socio-cultural environment. The behavior of proper utilization of means and resources of environment helps to maintain the sanitation surrounding environment and conservation of animals and vegetation. Conservation of air, water, land, supports us to be healthy. The mortality rate has been decreased but fertility is still high in rural areas. Environment is not good. Health is also affected. Without changing the psychology of people, expected goal in health, population and environment cannot be achieved.

## **6. Relationship of socio-cultural aspect with health, population and environment:**

Socio-cultural aspect is a sort of law practiced by human beings from their ancient period. There are many rules, regulations, religious and cultural values and norms prevalent to regulate the society in a good manner. Man-made socio-cultural rules directly affect the environment, health and population. In Hindu culture, *peepal tree* and *Tulsi* are worshiped as the symbol of god. People visit *witchdoctor* when they fall sick. Most people worship 'Ban Devi' for nature and conserve it. They also worship wild animals as the god's representative. In this way, socio-cultural aspect is related to health, population and environment.

## **7. Relationship of science and technological aspect with health, population and environment:**

Science and technological aspect is related to human civilization. It is concerned with flourishing information and technology. Science and technology has made everything possible for human beings in personality development as well as socio-economic welfare all around the world. It has facilitated people to travel from one place to another with prior information about the places. The various machines, weapons and tools developed due to science and technology are making the works of people easier. The study of medical science has made treatment of many kinds of diseases possible. The uses of internet, email, multimedia etc. have helped in flourishing information. However, their misuse has resulted into world war, cyber crime, excessive carbon emission and affected health of people and environment. This shows that if we use the scientific knowledge and skill rationally, aspects of environment, health and population are effectively developed. In this way, science and technological aspect is related to health, population and environment.

## A. Give very short answers to the following questions:

- 1) What is health?
- 2) What do you mean by health education?
- 3) When World Health Day is celebrated every year?
- 4) What is population?
- 5) What do you mean by population education?
- 6) When World Population Day is celebrated every year?
- 7) What is environment?
- 8) What do you mean by environment education?
- 9) When World Environment Day is celebrated every year?
- 10) What do you mean by socio-cultural aspect? Write with two examples.
- 11) Under which aspect of health population and environment does plants and animals fall?
- 12) Write two examples that fall under economic aspect of health, population and environment.
- 13) Write two examples that fall under natural physical aspect of health, population and environment.
- 14) Write a difference between psychological aspect and science and technological aspect.
- 15) Under which aspect of health, population and environment does plans and polices fall?

## A. Give short answers to the following questions:

- 1) What do you mean by the aspects of health, population and environment? List the various aspects.
- 2) Describe the inter-relationship between health, population and environment. (*Ans Hint: start from definition of health, population, environment and continue from the content given under the heading inter-relationship between health, population and environment*)
- 3) How are the physical and biological aspect inter-related with health, population and environment? Explain.
- 4) Explain the relationship of science and technology with health, population and environment.
- 5) How is psychological aspect related to health, population and environment? Explain.
- 6) Explain health, population and environment as a multi-disciplinary subject.
- 7) Describe the inter-relationship between health, population and environment education. (*Ans Hint: start from definition of health education, population education, environment education and continue from the content given under the heading inter-relationship between health, population and environment*)

**Note:** (*Ans hint for questions 3,4 and 5: First define aspects of HPE..... health, population and environment are closely related with different aspects.....one of the aspects is..... Then write the content from the particular aspect as asked in the questions*)

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