

HEALTH AND WELLNESS

@ Uni

A Module to Enhance Students' Health and Well-being



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UNIVERSITI TEKNOLOGI MARA

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PREFACE

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This module guidebook aims to empower students of Universiti Teknologi MARA with knowledge of how to be healthy. It is a valuable resource and provides guidance on a comprehensive way of managing mental health problems among UiTM's students. It is hoped that students use this module guidebook to ensure they have optimum mental health and to assist them in managing their psychological problems.

The guidebook covers the comprehensive concept of health, wellness, and illness and provides guidance, tips, and steps for the holistic management of mental health problems among students. Fundamental divisions of the comprehensive approach include biological (or physical), psychological, social, and spiritual interventions. Examples of scenarios of psychological problems commonly encountered among students and steps by steps ways of how and what students should do are easily discussed. Students also can learn of various facilities and services available in UiTM to assist them. This would provide an easier guide and safer environment for students whilst providing high-quality healthcare to them.

I would like to thank the team from various faculties and centres in UiTM for their hard work and time in creating this module guidebook. I would like to thank Pfizer Malaysia Sdn. Bhd. for providing educational grant for the production process of this module guide.

I encourage all students to read and practise the formula, tips, and guides available in this module guidebook as their routines. The content of this module guidebook is also available online in our Massive Open Online Course (MOOC).

Practising comprehensive biopsychosocial and spiritual aspects of life is the key to health and wellness.

Thank you

1.1 INTRODUCTION

Welcome to Health and Wellness @ Uni, a module which aims to empower you with knowledge of how to be healthy. In this chapter, you will be introduced to the comprehensive concept of health, wellness, and illness. Holistic management of illness will also be discussed briefly. At the end of the chapter, you will learn of various facilities and services available in UiTM to assist you, should you have any problems. You should attempt all the self-reflections and activities suggested from all chapters in this module too.

1.2 THE CONCEPT OF HEALTH AND WELLNESS

1.2.1 The comprehensive concept of health

Health and wellness have a broader meaning and not merely the absence of a disease. According to the World Health Organization (1999), a person who is truly “healthy” is those who are healthy in all aspects of life; physically, psychologically, socially, and spiritually (Refer to Figure 1.1). A person who is healthy, looks good, feels good and are good to others.

The key to true health is to practise a healthy lifestyle. A healthy person maintains a healthy weight, eats healthy food, exercises, does physical activities and monitors his or her physical health regularly.

Other elements to add to the list are managing stress well, having good emotional control and maintaining healthy interpersonal relationships with family, friends, colleagues, lecturers, superiors, and others in the surrounding environment.

Acting in concert to be a healthy person, one should avoid taking hazardous substances such as cigarettes, alcohol, and illicit substances.

In the era of advances technology, WHO (2019) also emphasizes the importance of being healthy in your interaction with the surroundings including in media and technologies.

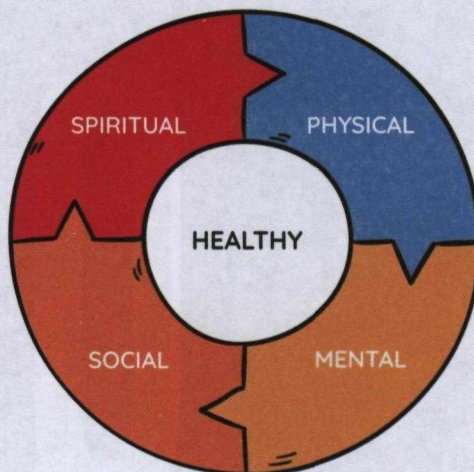


Figure 1.1 Comprehensive Concept of Health