



Importance of Social Health and Well Being in Health Care

Davide Chiara*

Department of Health Care, University of Bologna, Bologna, Italy

DESCRIPTION

It is an integral component of the World Health Organization's definition of health which recognizes that well-being extends beyond physical and mental dimensions. In this comprehensive analysis into the concept of social health, exploring its importance, key factors and implications for individuals and society as a whole. Social health can be defined as the state of well-being that arises from positive interactions, relationships and integration within a social network or community. It encompasses various dimensions that contribute to an individual's social well-being. These dimensions include social support, social connections, social cohesion and social capital. Social support refers to the availability and receipt of assistance, emotional care and tangible resources from social networks. It plays a crucial role in buffering stress, promoting resilience and enhancing overall well-being. Strong social connections indicate the presence of meaningful relationships with family, friends, colleagues and community members. These connections provide a sense of belonging, companionship, and support, fostering positive mental health outcomes.

Social cohesion reflects the extent to which individuals within a community or society are bonded, sharing common values, goals and experiences. It contributes to social stability, cooperation and collective well-being. Social capital refers to the resources embedded within social networks such as trust, reciprocity and social norms. High levels of social capital can enhance community resilience, facilitate collective action and contribute to positive health outcomes. Social health plays a vital role in individuals' overall well-being and has numerous benefits for physical, mental and emotional health. Socially connected individuals also exhibit better mental health outcomes, including lower rates of depression, anxiety, and loneliness. Social health is particularly crucial during challenging life circumstances such as illness, loss or major life transitions. Strong social support can provide individuals with emotional

comfort, practical assistance and a sense of belonging facilitating coping and adaptation. In contrast social isolation and loneliness have been linked to various negative health outcomes including increased risk of cardiovascular diseases, cognitive decline and premature mortality.

Furthermore, social health extends beyond individual well-being and contributes to the overall fabric of society. Strong social connections and cohesion within communities foster a sense of trust cooperation and shared responsibility. Several factors influence social health and understanding them is crucial for promoting and enhancing social well-being. These factors can be categorized into individual, interpersonal and environmental factors. Individual factors include personality traits, self-esteem and communication skills. Individuals with high self-esteem and positive communication skills tend to engage in more satisfying and meaningful relationships leading to better social health.

Interpersonal factors encompass the quality of relationships and social support networks. Healthy relationships characterized by trust, respect and effective communication contribute to positive social health outcomes. Supportive networks provide emotional, instrumental and informational assistance during times of need, fostering resilience and well-being. Environmental factors play a significant role in shaping social health as well. The social and physical environment in which individuals live can impact their social health. Factors such as community resources, neighborhood safety access to social activities and cultural norms all influence social interactions and the formation of relationships. A supportive and inclusive environment that promotes social participation and interaction can enhance social health outcomes. Furthermore, societal factors including social policies and economic conditions also affect social health. Inequalities in income and access to resources can create social disparities and impact social well-being. Policies that promote social equality, social inclusion and access to healthcare and education can contribute to improved social health outcomes for individuals and communities.

Correspondence to: Davide Chiara, Department of Health Care, University of Bologna, Bologna, Italy, E-mail: chiara@gmail.com

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