TO STUDY ABOUT THE COMMUNITY WELL-BEING RELATED TO THE HEALTH AND MORALITY WITH REFERENCE TO PUNE DISTRICT

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ABSTRACT

Individuals and communities have the prerequisites for well-being. To achieve our goals, we must let go of our fears, serve others, and develop a deeper understanding of our interconnectedness with one another and the larger environment in which we live. When people feel alone and divided, they experience dread, which can lead to depression, violence, and sickness. Hope, love, and freedom to grow in consciousness and well-being can be found wherever there is a sense of connection and togetherness. People who wish to improve their self-awareness and self-esteem should utilize their intelligence to learn how to deal with their concerns and put an end to their conflicts, as shown by the comparison between ill health and well-being. Violence, oppression, and exploitation have never generated happiness or contentment. As Gandhi says, "When I lose hope, I remember that throughout history the path of Truth and Love has always been successful. There may be oppressors and murderers and for a time they may seem insurmountable, but in the end, they always fail. Think always. Researchers are increasingly measuring the social impact of study findings, such as changes in diverse contexts, to see how they affect people's well-being. This is an emerging trend in scientific research. Societal objectives can be influenced by psychological research, one of the many fields of study. It's an important topic of research to pay attention to because of the potential benefits to people's quality of life. Philosophers in ancient Greece concentrated on the way to "well health," which we now call welfare, as the origins of modern social study.

KEY WORDS: Community Wellbeing, Health, modern social, intelligence, study.

INTRODUCTION

Concept of Community Wellbeing

Well-being in a community is a collection of factors related to social, economic, environmental, cultural, and political factors that are seen as critical to the well-being of a community. Many a times when we look at the concept of community it is when people care about each other and the place they live in together. Community wellbeing also denotes the quality of life being lived, happiness, health and welfare. Community wellbeing can also be understood as a concept where there is absence of diseases, high standard of living, healthy food and good medical facilities available. The word "welfare" came into use at the beginning of the 16th century but has remained in the force even in 21st century. Happiness, good health, and prosperity are all defined in the Merriam-Webster dictionary as "a condition of being." As we don't define someone who is just as happy, healthy, or successful as having a high level of well-being, the present usage of welfare appears suitable to replace the term "or" with "and." A more common alternative is to refer to people's "wellbeing" rather than "health." Aristotle's Eudemonia is frequently cited by scholars because of its striking resemblance. 'eu' and 'Daimon,' which signify 'good' and 'spirit,' are found in the Greek word eudemonia. A lot of people use the word "prosperity" in its entirety. Although some scholars view eudaemonia as a genre social work, and hedonia (Henderson and Knight 2012), following the work of some scholars who see eudaemonia is closely related to the modern understanding of socialism, while hedonia is closer to happiness (Ryan et al. 2013) Ideas leading to war, greed, and divisive propaganda now dominate the world. Apart from this, there is hope for greater prosperity when people begin to express what we now know about the sources of peace, love and happiness. For a long time, social science has been hampered by a lack of clarity on legal measures and therapeutic efficacy. Due to a fundamental understanding of human nature and well-being, both of these blunders can now be properly remedied.

The problem is that we can't cultivate happiness by just attempting to be like everyone else. Well-behaved therapists can call virtues what they develop as a result of skill training or practicing particular sorts of socially responsible behavior. Positive feelings and optimism cannot be promoted by such acts, and they are swiftly destroyed when reinforcement is not given equally to all participants. Likewise, practicing laughter and rejoicing does not help to highlight one's strengths or good qualities until a person knows for himself what he should be grateful for and enjoy. Individual social characteristics can be imitated at the top, but a set of dynamic features that indicate well-being (such as good emotions, character strength, and a sense of well-being) develops only when self-awareness increases. Because the fundamental conceptions of life-threatening sickness have not altered, the purposeful effort for mental health treatment is difficult work that leads to recurrent relapses and suppressed urges. A person can gain awareness through other forms of behavioral and/or mental experiences, but mental behavioral therapies alone are ineffective unless accompanied by an increase in self-consciousness. Developing self-awareness is essential for achieving long-term happiness.

Today, we have scientific proof proving that "well-being" impacts human health directly. Since then, the pursuit of pleasure or finding the meaning of life has been a theme that has always been dominant in numerous areas.

Health and well being

Rather than referring to merely the absence of disease or illness, health refers to one's overall physical, social, and mental well-being. Because health is defined as the absence of disease, damage, or discomfort, it also refers to the general state of mind, body, and spirit of an individual. Everyday life is a terrific source of inspiration, and it's also a good idea to put an emphasis on physical prowess. Every happy man has one thing in common: good health. 'Health is Wealth,' goes the old proverb. A child's mental and physical well-being is critical for optimal growth and development in the classroom as well as in the field ministry. Taking children to the doctor and learning about their height and weight gain can have a big impact on

how well they do academically and socially in school. If you're in good shape, you can serve as an inspiration to others and share your knowledge about how to stay healthy.

Maintaining good health, leading a healthy lifestyle, and being healthy are all important. In order to be healthy, it's important to drink enough of water. This will help to keep you healthy, as well as keep your skin looking young and vibrant. It will also help to keep your heart healthy, burn fat, and regulate your body's temperature. We must get enough sleep because it calms and relieves stress in our bodies. We must have access to wholesome food and be able to move quickly over great distances. Keep your body clean and presentable should be your philosophy. Laughter is a cure-all and the key to good health, thus we must laugh a lot. To control certain health problems, the government should implement integrated health programmes into public policies.

World Health Organization (WHO) defines health as not only the absence of disease or disability but also complete bodily, mental, and social well-being. In line with the bio-psychosocial health paradigm, which considers the interrelationships among physical, psychological, and social determinants of health and disease. Different from the standard medical model that stresses clinical diagnosis and treatment as a way to define health, this model views health as the absence of disease or ailment The WHO views health as a human right that necessitates both physical and social resources in order to acquire and preserve. When we say "healthy living," we mean it in a good way, as opposed to a negative one. The Ottawa document of 1986 redefined health as 'an instrument of daily life, not a living thing,' changing the previous meaning. This point of view sees health as a way of life that encourages people to link their health to their social involvement.

There is a major critique of this approach to health: it's nonsensical because it "leaves most of us unhealthy most of the time." Few, if any, people will always be in good physical, mental and social health, which can make this strategy ineffective and unproductive. This is true. Furthermore, it ignores the growing number of persons with chronic diseases and disabilities as

well as short-term illnesses. The pursuit of 'perfect' health as a goal, on the other hand, could be argued to increase public awareness of diseases with high mortality rates.

The ability of humans to adjust to their circumstances is now included in the new definition of health as "adaptive and self-regulating." Life and health have different meanings to different people based on their context and need. There are many who disagree, citing welfare as the limiting factor because it is not intended nor quantifiable. This is covered in greater depth below (Mental health and well-being).

Emotional Well-Being as a Scientific and Public Health Concept

In 1947 the World Health Organization described health as "the state of complete physical, mental and social well-being." However, the "Our Healthy Nation" green paper suggests that NHS priorities may need to shift from physical health promotion to other areas. Health is defined as "confidence and confidence, as well as the ability to cope with difficult and terrible situations in life." This underlines the significance of emotional well-being. According to epidemiological, social science, and experimental research, initiatives that just focus on physical well-being while neglecting mental and social well-being may be doomed to failure.

In comparison to physical health, mental and social well-being are less well defined. The definition of mental wellness is still up for grabs. People in poverty are more familiar with mental and emotional well-being because they believe that mental illness is synonymous with mental health issues. There has been debate about the NHS's role in social and mental health concerns (such as drug and alcohol abuse, domestic violence, and child abuse).

In other words, health is a condition of total physical, social, and mental well-being, not merely the absence of disease or illness. As a result, life is defined as the absence of illness, injury, or pain in one's physical, mental, or spiritual body or mind. Everyday life is a terrific source of inspiration, and it's also a good idea to emphasize physical prowess.

The key to everyone's pleasure lies in maintaining good physical and mental health. 'Health is Wealth,' goes the old proverb. Keeping children healthy is critical for their mental and physical development since they must concentrate and participate fully in the field ministry. Parents should have their children undergo a physical examination and learn about their height and weight from an expert to ensure their children are performing at their optimal levels. If you're in good shape, you can serve as an inspiration to others and share your knowledge about how to stay healthy.

Maintaining good health and leading a healthy lifestyle are top priorities. It's essential to drink enough water to be healthy. That will help to keep you healthy, as well as keep your skin looking young and vibrant. It will also help keep your heart healthy, burn fat, and regulate your body's temperature. We must get enough sleep because it calms and relieves stress in our bodies. We must have access to wholesome food and be able to move quickly over great distances. Maintaining a clean and appealing appearance should be our life's mission statement. Laughter is both a remedy and a secret to good health. Therefore let's all laugh out loud. To control specific health problems, the government should include integrated health programs into public policies. We should consume only fresh foods such as fruits, vegetables, milk, and eggs. Our bodies require a certain quantity of protein, minerals, and vitamins each day. We must keep our houses and surroundings clean and our hygiene, in addition to eating healthily and exercising. A person who wants to achieve in life and positively impact the world must maintain both physical and mental strength. The Buddha's truthful saying about life and vitality is, "Keeping the body healthy is a task, otherwise we will not be able to keep our mind strong and clear".

Most people are unaware of the importance of maintaining a healthy weight and physical fitness. As a result, they greatly overvalue good health. We all realise that life is precious, but only a few live properly. Being fit and strong allows us to get more done. A healthy body and mind are devoid of disease and conflict. A sick individual cannot have a healthy body. It is

important to eat well, exercise, and be happy. Good mental health and physical fitness contribute to our overall sense of well-being. Sickness and frailty are the hallmarks of a diseased body.

We must be well-informed about how to maintain our bodily and mental well-being. However, some people know exactly how to keep their bodies spotless while still harboring feelings of unworthiness in their minds. Mental health problems get worse and worse over time. People that take their health and fitness seriously work out every day and eat healthfully at the appropriate times. They are health-conscious and steer clear of bad habits like being lazy, overeating, and sitting down for long periods.

RESEARCH METHODOLOGY

In this research total number of respondentswere 300 used for this study.

Secondary Research

Secondary research is conducted to gather aspects associated with Public Health System, Community Wellbeing and Moral values in urban and rural Pune District, Maharashtra.

Information gathered in this research is used as an input to design Primary Research.

The official papers of government agencies, as well as local government offices in the study districts, tehsils, and villages, are the primary sources of secondary data.

Other sources cited include those from both the state and federal governments, such as the Maharashtra and Indian governments' Directorates of Economics and Statistics, the Ministry of Health and Family Welfare's Directorate of Health Services, and the Government of India's Directorate of Health Services; data from international organisations like the World Bank and WHO's websites; and research published in journals and books, among others. In addition,

researchers gather previously unreleased information from the Maharashtra Joint Directorate of Health Services and other sources. It has been discovered that secondary data is valuable in assessing the current state of health care services and infrastructure in Pune District, Maharashtra, as well as health facilities and contributors in rural and urban areas.

Information areas covered in secondary research

The broad areas of information that are collected in the research are defined as given below:

- Understanding of concepts – healthy life, Public Health, Community Wellbeing and Moral leadership, Ethical framework
- Residential Healthcare facilities – safe drinking water, sanitation & hygienic residential areas, garbage collection, playground, gardens, pollution free zones, hospitals, etc.
- Organizations of Public Health Services – Private/Public Hospitals, Doctors, NGO's, financers/Health Insurance companies, governing bodies,
- Other Government organisations - Law and Order services, Social justice system
- Health information systems, Health indicators, Health Care Facilities in Public and Private sector

Primary Research

For the current study Primary research is comprised of Qualitative & Quantitative Research

Qualitative Research

It is conducted among individuals/citizens across different genders, age groups and key stakeholders such as doctors, community leaders, government health workers and NGOs etc.Total 10In-depth interviews are conducted among these individuals, information collected in in-depth interviews helped identifying keyhealth facilities and indicators that can be used for

defining hypothesis with regard to public health and its impact on community wellbeing and morality.

The study also helped to develop battery of statements that described attitudes towards healthy life.

Quantitative Research

Along with Public health facility/Contributors' awareness questions, hypothesis statements and psychographic statements defined in the above Qualitative study are used for developing questionnaire for large Quantitative Survey.

Face to face interview is conducted among respondents using questionnaire.

HYPOTHESIS 1	
Statement 1	Public health plays an impact in promoting wellbeing in the society
H_0	Public health plays no impact in promoting wellbeing in the society
H_1	Public health plays positive impact in promoting wellbeing in the society
HYPOTHESIS 2	
Statement 2	Public health plays an impact in reducing inequality among people in society
H_0	Public health plays no impact in reducing inequality among people in the society
H_1	Public health plays positive impact in reducing inequality among people in the society

RESULTS AND DISCUSSION

Statement 1: Public health plays an impact in promoting wellbeing in the society.

Null Hypothesis (H_o): Public health plays no impact in promoting wellbeing in the society.

Alternate Hypothesis (H_1): Public health plays positive impact in promoting wellbeing in the society.

Table 1: Response to the statement "Public health plays an impact in promoting wellbeing in the society"

S. No.	Response	Respondents (Numbers)	Respondents (Per cent)
1	Strongly Agree	128	38.79
2	Agree	166	50.3
3	Neutral	22	6.67
4	Disagree	9	2,73
5	Strongly Disagree	5	1.52
	Total	**330**	**100**

Step 1: Null Hypothesis (H_0): There is an independent relation between two attributes of the research. In this hypothesis the two attributes are public health and wellbeing in the society.

Step 2:Kolmogorov Smirnov Test using SPSS software

One-Sample Kolmogorov-Smirnov Test			
Statement : Public health plays an impact in promoting wellbeing in the society			
N			330
Normal Parameters[a,b]	Mean		4.22
	Std. Deviation		.808
Most Extreme Differences	Absolute		.283
	Positive		.220
	Negative		-.283
Test Statistic			.283
Asymp. Sig. (2-tailed)[c]			<.001
Monte Carlo Sig. (2-tailed)[d]	Sig.		.000
	99% Confidence Interval	Lower Bound	.000
		Upper Bound	.000
a. Test distribution is Normal.			
b. Calculated from data.			
c. Lilliefors Significance Correction. (The Lilliefors test is a **test for normality**)			
d. Lilliefors' method based on 10000 Monte Carlo samples with starting seed 92208573.			

Step 3: Hypothesis Test Analysis

Asymptotic Significance 2 Tailed Test is < 0.001 which is less than 0.05 hence the null hypothesis is rejected and alternate hypothesis is accepted. Therefore, the study reveals that there is positive impact of Public Health in promoting wellbeing in the society.

Statement 2: Public health plays an impact in reducing inequality among people in society.

Null Hypothesis (H₀): Public health plays no impact in reducing inequality among people in the society.

Alternate Hypothesis (H₁): Public health plays positive impact in reducing inequality among people in the society.

Table 2: Response to the statement "Public health plays an impact in reducing inequality in the society"

S. No.	Response	Respondents (Numbers)	Respondents (Per cent)
1	Strongly Agree	121	36.67
2	Agree	178	53.94
3	Neutral	27	8.18
4	Disagree	1	0.3
5	Strongly Disagree	3	0.91
	Total	**330**	**100**

Step 1: Null Hypothesis (H_0): There is an independent relation between two attributes of the research. In this hypothesis the two attributes are public health and equality in the society.

Step 2:Kolmogorov Smirnov Test using SPSS software

One-Sample Kolmogorov-Smirnov Test			
Statement : Public health plays an impact in reducing inequality in the society			
N			330
Normal Parameters[a,b]	Mean		4.25
	Std. Deviation		.693
Most Extreme Differences	Absolute		.275
	Positive		.275
	Negative		-.264
Test Statistic			.275
Asymp. Sig. (2-tailed)[c]			<.001
Monte Carlo Sig. (2-tailed)[d]	Sig.		.000
	99% Confidence Interval	Lower Bound	.000
		Upper Bound	.000
a. Test distribution is Normal.			
b. Calculated from data.			
c. Lilliefors Significance Correction. (The Lilliefors test is a **test for normality**)			
d. Lilliefors' method based on 10000 Monte Carlo samples with starting seed 1335104164.			

Step 3: Hypothesis Test Analysis

Asymptotic Significance 2 Tailed Test is < 0.001 which is less than 0.05 hence the null hypothesis is rejected and alternate hypothesis is accepted. Therefore, the study reveals that there is positive impact of public health in reducing inequality among the people in the society.

CONCLUSION

Government and health service providers should pay attention to understand that ethics-based decision making has an impact on discrimination against group of people, on equality of opportunity for all group of people, on relations between different groups, on tackling harassment as well. Health practitioners as well as government and policy makers also pay attention to as how people are making their decisions about diet and nutrition, about exercise and physical activity, about impact on risk taking behavior, about impact on education and learning skills.

Ethics based decision making has contribution towards social environment as well. Policy makers and health practitioners should make people aware about ethics-based decision making on social status, on employment, on social and family support and on income. It is suggested that people should be made aware about ethics-based decision making on access of services as it has impact on health care, on social services, education and on other necessities.As India's expenditure on health sector is very less and it is half of what experts suggest it should be. There is a huge scope for improving Public Health and development in the health department.

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