

EDITORIAL

Relentless research in Health Psychology could replace the biomedical concept of health with that of biopsychosocial, which is holistic. Every behaviour, be it a simple act like regular exercise, health risk habits such as smoking, the daily routine of having a meal or sleep at night or facing the inevitable finality of life called 'death'- is not just a simple physiological change in the body involving cells, bones and chemicals, but involves two other integral functions called the cognition and the affect, which in turn have a great influence of social factors. The symbiotic relationship between all the three is what contributes to an individual's health. Apart from the biochemical factors, what one thinks, how one feels and social responses and reactions to the individual make a significant contribution to one's state of health.

The global experience of the pandemic of COVID-19 taught the mankind to tune one's behaviour, handle emotions, adapt to new cognitive and social demands. Indian society faced the pandemic collectively and evolved resilient. Though experienced peak levels of anxiety in the initial three months that witnessed a number of economic, political and social challenges, India as a nation certainly coped remarkably by setting an example to others across the globe. Health care professionals, Psychologists, and scientists from various fields such as biological sciences, computer sciences, engineering engaged in innovative findings in their respective fields. Apart from the innovations it is very relevant to report some social outcomes as racism observed in certain regions.

One of the reasons of panic during COVID-19 was the characteristic of severity and fatality of the disease for which no known treatment was available. Death was a word uttered almost every day, especially during the initial phase of the pandemic. There may be lot of cultural differences in the way various cultures viewed death, not only during the pandemic

but even during normal time. It is of interest to examine the psychosocial differences cross culturally on the conceptualisation of death and assisted death called 'euthanasia'. Once this is understood, it may be of further research interest to see if the global pandemic could level up these cultural differences in the next phase of research.

Research across the culture has evidenced the impact of illness of the loved ones on the care giver. Research in this area is of contemporary interest. The psychological state of the care giver is particularly important in view of the evidence on the mutuality in the impact between the patient and the care giver. In the interest of optimising the disease prognosis, it is necessary to include the 'care giver care' as an integral part of care and cure of the patient

Tobacco consumption is a health risk behaviour which is both the cause and the consequence of stress and illness. The immediate reward reaped by the consumption prevents the individual from breaking the habit despite the statutory warning and medical advice. What seems to succeed in bringing an intent in the patient to abstain is the exposure to visual photograph of the damage caused to one's own oral region. Whether a health promoting behaviour or health risk behaviour, induction of the individual into it has a great social influence. Thus, the health status of an individual has significant sociocultural contributions.

Health is a concept that includes physical psychological, social and spiritual state of the individual. Preserving it depends on the individual's interests, indulgence, involvements and interaction. Involvement in art is one such thing that can contribute to the holistic health of the individual. This issue of the journal covers all the above factors in the six articles.

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