

Women's health and health behaviours. Social-pedagogic perspective

SUMMARY

A 21st century woman is still the gentle sex, who knows her value, perceives her shortcomings and qualities. She is a financially independent woman, aware, well-organized, active in many fields, demanding a lot from herself, able to successfully fight for her beliefs, at the same time realizing her aspirations and passions. A modern woman is characterized by anxiety concerning her identity, which is a consequence of social-cultural transformation. This anxiety together with ongoing changes, new tendencies, conditions her social functioning and playing a number of social roles and activities also outside the home environment.

Living in selected structures (social, economic, cultural), an individual adopts attitudes and behaviours which represent certain values for her. One of commonly desired values is health, which over the centuries became the most important, and even, which can be discovered by analyzing the subject literature, has become the value of our times.

Health is a value for every human; however, taking into consideration the social functions, the roles played and the significance of a woman in the society, I dedicate this paper to her, attempting to draw the attention of the society to the health in the life of a woman.

The woman's life is a basic condition of her functioning in many social roles; it is a value which guarantees the realization of targets and life tasks, and thus, satisfaction from life. A modern woman is a *multi-task* person, who has a skill to organize working time and strategic multi-plane action. This multi-tasking can result in physical overload of the body, stress and consequently the occurrence of diseases and various ailments.

The excess of professional duties, as well as family duties connected with looking after children, often other family members and housekeeping too often lead women to neglect their own health. The health awareness and thus making health-conscious behaviours choices are the grounds conditioning the preservation of good health. Despite prophylactic programmes implemented on a large scale for many years, it is still necessary to make efforts and be involved in health-oriented actions, for both representatives of medical professions as well as territorial and state authorities. At the same time there is a need to incorporate issues regarding the physical and psycho-social health in pedagogic impacts. Such possibilities are provided by health education, which is at the same time an element of health promotion, the process of which should be initiated since the earliest age. In research on broadly understood health issues the social pedagogy and research on the environmental health conditionings cannot be omitted. The need for social-pedagogic considerations of health is necessary. In this scope the reference to Helena Radlińska's thought, which emphasizes the need „to bring up for health issues” as assistance for people to acquire knowledge about health, shape habits, skills and abilities to keep and improve health, is fully justified.

Key words: woman, health, health education