

Health and Wellness: Concept Analysis

AUTHOR(S): OSAGIEDE, Rosaline,
OLORUNFEMI, Olaolorunpo (Ph.D),

Abstract

Health and wellness are cornerstone concepts in the field of nursing and are critical to the promotion of patient-centered approaches to care and quality of life and the enactment of preventive health strategies. Health is a multidimensional concept focused on physical, mental, emotional, social and spiritual wellbeing, and wellness focuses on being proactive in behaviours that support and aid in optimal functioning and fulfilment. The interconnection between health and wellness activities the importance of holistic approaches in the practice of nursing where physical activity, nutrition, stress management, social engagement and spiritual practices all collectively have an impact on the overall wellness. Nurses play a critical role in supporting health and wellness by patient education, self-care promotion, prevention promotion, as well as advocating for policies that address social determinants of health. Empirical indicators, including biomarkers, quality of life, behavioral observations as well as patient-reported outcomes, provide measurable evidence of health and wellness to guide assessment, intervention and evaluation in a variety of clinical and community-based settings. The antecedents and consequences of health and wellness illustrate the influence of lifestyle, environmental, psychological and social factors on the individual and population outcomes of morbidity, mortality, productivity and resilience. Understanding these concepts helps nurses to implement holistic approaches to care that will enhance patient outcomes, lower healthcare costs, and professional fulfillment. Integrating health and wellness into nursing practice contributes to life-long wellness, patient empowerment, and the strengthening of the ability of communities to sustain themselves healthfully.

Keywords: Health, Wellness, Nursing practice, Holistic care, Patient empowerment, Preventive health,

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About
Author

Author(s):

OSAGIEDE, Rosaline

Department of Post Basic Nursing Studies,
College of Nursing Science,
University of Benin Teaching Hospital,
Benin City, Edo State, Nigeria

OLORUNFEMI, Olaolorunpo (Ph.D)

Department of Nursing Science,
College of Nursing Sciences,
Achievers University, Owo, Ondo State, Nigeria

Introduction



The place of health and wellness in the life of every human being cannot be given too much importance especially in the wake of the global economic challenges which has led to an increase in hardship levels and the difficulty in accessing affordable healthcare from many people. Nurses must therefore appreciate and understand these concepts as they are the basis of professional goals and responsibilities in the provision of healthcare. Health and wellness are not static concepts at all; indeed, they have evolved over time. In 1948, the World Health Organization stated that health was a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity. Similarly, the Centers for Disease Control and Prevention (CDC) is in agreement with this definition and further defines wellness as the extent to which the individual is aware and intentionally chooses choices toward becoming a more successful and fulfilling person including choices toward a healthy lifestyle, the ability to regulate one's health, and health practices.

Health and wellness are key concepts that are related to an individual's physical, mental, and social well-being and require a holistic approach in order to achieve them fully. This approach recognises how important it is to meet physiological, psychological, developmental, sociocultural, and spiritual needs. Achieving optimum health and wellness includes regular physical exercise, adequate nutrition, adequate rest, successful ways of meeting stress such as mindfulness and meditation, and medical attention when needed. Prioritizing health and wellness can lead to a huge improvement in mental health by boosting energy levels, mental function, lowering the chance of chronic non-communicable diseases, and promoting a more optimistic view of life. By practicing healthy habits and prioritizing the general well-being, people can enhance their quality of life and develop resilience in the face of life's challenges.

Health and wellness is a dynamic process which calls for lifelong dedication to self-care and personal development. While health has primarily focused on the state of physical, mental, and social well-being, the focus of wellness is on a more inclusive view of the individual taking into account physiological, psychological, developmental, sociocultural, and spiritual dimensions. Wellness is about lifestyle, behaviors, values and choices that serve the purpose of balance and fulfillment. Together, health and wellness affect the quality of life of individuals, families, and populations. Indeed, health is wealth as a healthy person is wealth or asset to self, family and society owing to the ability to live productively and contribute meaningfully.

The aim of this study is to clarify the meaning of the concept health and wellness in nursing, its attributes, dimensions and explore its importance in nursing practice.

Methodology

This study adopted the concept analysis approach proposed by Walker and Avant to examine and clarify the concepts of health and wellness. The method was selected because of its systematic and structured framework for analyzing abstract concepts commonly used in healthcare and social sciences. The analysis involved an extensive review of literature drawn from theoretical, philosophical, and empirical works related to health and wellness. Relevant materials were sourced from reputable academic databases, including PubMed and the Cumulative Index to Nursing and Allied Health Literature (CINAHL), as well as other peer-reviewed journals and scholarly publications. These sources provided a broad and diverse understanding of how the concepts have been defined, interpreted, and applied across different disciplines and contexts.

Following Walker and Avant's method, the literature was critically examined to identify defining attributes, dimensions, antecedents, and consequences of health and wellness. Particular attention was given to how the concepts have evolved over time and how they are currently understood within contemporary health discourse. The analysis also explored the multidimensional nature of health and wellness, highlighting their physical, emotional, social,

spiritual, intellectual, occupational, financial, and environmental aspects. By synthesizing findings across multiple sources, the study aimed to provide conceptual clarity, distinguish health from wellness, and demonstrate their interrelated nature. This methodological approach ensured a comprehensive and holistic understanding of the concepts, thereby supporting their effective application in health education, practice, and policy development.

Conceptual Analysis of Health and Wellness

Health and wellness are foundational ideas within the field of healthcare, in the nursing and public health care practicalities reflecting the general well being and functional capability of individuals as well as populations. Health is increasingly accepted as a multidimensional concept that goes beyond the absence of disease to the physical and mental well-being, emotional health and social well-being. This holistic awareness of human health is determined by biological, psychological, social, and environmental determinants interacting dynamically over time. (Huber et al., 2011) Consequently, to achieve optimal health, it takes more than a medical treatment to be optimally healthy; it requires a holistic approach that takes into account the entire range of human experiences.

The concept of health can be explored and analyzed through multiple dimensions that are inter-related with each other to actualize a comprehensive picture of the individual well-being. These dimensions commonly include physical, emotional, social, spiritual and intellectual health. Each dimension therefore adds to the overall health in its own significant way, and when one aspect of health is ignored, it can have a negative impact on the other aspects (Svalastog et al., 2017). For instance, emotional distress such as anxiety or depression may lead to reduced physical activity, appetite, and social engagement and thus promote chronic illness and reduction in functions. This interdependence emphasises the need to address the health issue in a comprehensive and integrated way. Physical health describes the ability of one body to function productively and efficiently in one's daily life. It includes ability to do the activities of daily living, healthy body weight, prevention of illness and recovery from disease. Health-promoting behaviours such as regular physical activity, balanced nutrition, adequate sleep and adherence to medical recommendations are central to maintaining physical health (Warburton and Bredin, 2017). Deviations from ample health extent can reduce cracking of independence and lower total layout respectively of well-being giving concentrate on the use of preventing and health propagating strategic approaches.

Emotional health is based on the capacity to identify, express and manage emotions in a constructive way. It also includes effective dealing with stress, resilience and maintenance of positive self-esteem. Individuals with good emotional health are better able to cope with the challenges of life as well as remain psychologically stable (Gross, 2015). Practices such as mindfulness, meditation, relaxation techniques and stress management interventions have been shown to aid emotional regulation and psychological wellness. Poor emotional health, on the other hand, can lead to maladaptive behaviors and make one vulnerable to mental and physical disorders. Social health is related to a person's capacity to build and sustain meaningful relationships, engage into social activities, and feel a sense of belonging into family and community systems. Strong social connections have been consistently shown to be linked with better health outcomes both physically and mentally, while social isolation is linked to greater morbidity and mortality (Holt-Lunstad et al., 2015). Effective communication, social support and community engagement are therefore core elements of social well-being and health overall.

Intellectual health indicates the ability to think critically and the capacity to learn new things and to engage in creative and stimulating activities. Lifelong learning, problem-solving, and intellectual curiosity are related to cognitive resilience and adaptability throughout life-span (Stern, 2012). Intellectual engagement has also been linked to lower risk of cognitive decline

and better decision making, which can be advantageous for health-related behaviour. Spiritual health is about the quest for meaning, purpose and inner peace and is expressed in the form of religion or not. It includes personal values, beliefs and a connection with one's self, other people, nature or a higher power. Spiritual well-being has been associated with a better coping ability, lower stress levels and higher quality of life, especially in the context of illness and adversity (Koenig, 2012). Spiritual health supports the holistic approach to care by addressing some of the existential issues that commonly occur in health and illness.

Closely related to the idea of health is the concept of wellness, which places an emphasis on being actively involved in behaviors and choices that encourage people to function optimally and experience satisfaction with their lives. Wellness is a dynamic and ongoing process as opposed to a static state in which intentional effort is required and personal responsibility occurs (Myers et al., 2000). Contemporary models of wellness refer to multiple interdependent dimensions of wellness: physical, emotional, social, spiritual, occupational, intellectual, financial, and environmental wellness. These dimensions interact continually which means challenges to one area may have an impact on others.

For example, occupational wellness is all about job satisfaction, a work-life balance and opportunities for growth whereas financial wellness is about ability to manage income, expenses, savings and financial stress. Financial insecurity can have negative impacts on emotional well-being, social participation and healthcare access, all of which in turn diminish overall well-being (Sweet et al., 2013). Environmental Wellness - Remarking the importance of safe, supportive, sustainable environment accessibility to clean air, water, healthy living and working conditions. Environmental factors have an important influence on the development of physical health and long-term well-being (Frumkin et al., 2017).

Health and wellness are complex and interconnected concepts that have a holistic and integrative perspective. Health is a state of functioning described as whole well being, whereas wellness places a focus on proactive involvement in behaviors and lifestyles that increase quality of life. These ideas and their dimensions must be understood for the benefit of the individual and the population as a whole. A holistic approach that seeks to address physical, emotional, social, intellectual, spiritual, and environmental factors is the best way to provide a solid foundation for optimal health and sustainable wellness.

Uses of the Concept of Health and Wellness in Nursing

Health and wellness are fundamental concepts to nursing that is a guide to providing care to an individual, family, and community all-around. Nurses use these concepts to apply a holistic approach focusing on the integration of physical, emotional, social, and spiritual needs at the same time, rather than only focusing on the disease or its symptoms. Holistic care supports the improved patient outcomes by integrating mind, body and spirit in the health promotion and health treatment interventions (Huber et al., 2011; Myers et al., 2000). Emphasizing health and wellness also helps to promote preventative care practices, such as patient education, lifestyle modification, stress management, and early detection of illnesses. Preventive approaches play a vital role in reducing the risk of chronic diseases and improving the overall quality of life of patients (Warburton & Bredin, 2017). In practice of nursing, creating a culture of wellness assists patients in their active participation in their health, adopting strategies for self-care and responsibility for their physical and psychological well-being. Health education allows patients to be able to make knowledgeable choices regarding nutrition, physical activity, sleep and coping executions which are integral to promoting long term wellness (Frumkin et al., 2017; Gross, 2015). Furthermore, nurses apply these concepts in the design and implementation of community-based interventions and wellness programs aimed at improving the health of the population and the reduction of burden of preventable diseases.

Patient empowerment is another key use of health and wellness in nursing. Encouraging self-care practices and goal-setting can increase patient engagement in their health journeys, leading to better adherence to treatment and motivation for adopting sustainable lifestyle changes. This is through education and counselling that patients become able to handle the chronic conditions, reduce stress and prevent disease progression (Sweet et al. 2013). Health and wellness frameworks are also theoretical foundations in nursing research and practice to guide nursing interventions based on information, which may lead to a holistic care approach. Nursing theories such as Watson's Theory of Human Caring and the Wheel of Wellness accept these concepts into the practice by addressing the interrelatedness among physical, emotional, social and spiritual wellness (Myers et al., 2000; Koenig, 2012). By using these frameworks, nurses can identify health behaviors, interventions to support coping and resilience, and outcomes to ensure quality care. These theoretical applications allow for professional development and the adoption of professional development strategies that enable nurses to provide patient-centered and holistic patient care (Stern, 2012).

Health and wellness concepts are also important to address social and environmental determinants to health and promoting culturally competent care. Positive social relationships and feeling part of a community are vital ingredients for wellness as social isolation and loneliness are associated with an increase in morbidity and mortality (Holt-Lunstad et al., 2015). Nurses integrate cultural sensitivity and knowledge of diverse health beliefs when formulating care plans in an effort to reduce health disparities and provide individualized care. Environmental factors, such as access to safe living conditions, clean air and water, and opportunities for leisure and physical activity, also have a central position in health outcomes and general wellness (Frumkin et al., 2017). Interdisciplinary collaboration is crucial in addressing these determinants which enables nurses to collaborate with physicians, therapists, social workers, and public health professionals to craft an integrated care plan to address the holistic needs of patients (Svalastog et al., 2017). Promoting health and wellness in the nursing profession not only enhances the patient outcomes but also supports the well-being and the job satisfaction of the nurses by doptating workplace wellness initiatives and reducing the occupational stress (Sweet et al., 2013). Ultimately, incorporating health and wellness into one's nursing practice will ensure a proactive, patient-centered approach that promotes resilience, high-quality of life, and supports sustainable health behaviors among populations.

Attributes of Health and Wellness

Health and wellness are complex and multidimensional concepts that include physical, mental, emotional, social and spiritual aspects that all interact to determine the overall wellness of an individual. Physical health is not just about the absence of disease, but about the presence of capacity to function, fitness and resilience in the face of stressors. Mental/emotional well-being refers to psychological balance, self-awareness and acceptance, and the ability to control emotions constructively which directly affect behavior and interaction among persons (Gross, 2015). Social well-being emphasises the importance of positive interactions, social support and belonging to a community as loneliness and social isolation has been found to have a significant impact on the increase of morbidity and mortality (Holt-Lunstad et al, 2015). Spiritual health, although more subjective, helps with having a sense of purpose, connectedness and inner peace that buffers against stress and can improve coping with illness (Koenig, 2012). It is by being aware of how multidimensional health is and wellness that nurses and healthcare providers can adopt a holistic approach to of their provision of healthcare or treatment that considers the interplay between physical, mental, social and spiritual factors in promoting a state of optimal well-being (Huber et al. 2011).

Health and wellness by nature are dynamic and constantly evolving and are affected by a range of factors, both internal and external, such as genetics, lifestyle behaviors, environmental exposures, and social determinants of health. For instance, physical fitness, risk of chronic disease, and mental health outcomes can be positively impacted through engaging in regular physical activity and eating well balanced meals, but sedentary habits and eating poorly can result in negative and unhealthy health trajectories (Warburton & Bredin, 2017). Environmental exposures, including access to clean air and water and safe living conditions as well as recreating opportunities, are an integral component of physical and mental wellness (Frumkin et al., 2017). Similarly, cognitive reserve and lifelong learning may affect mental resilience and counteract the susceptibility to neurodegenerative diseases, which illustrates the temporal interplay of dynamic factors throughout life affecting health outcomes (Stern, 2012). Understanding that health and wellness is dynamic, it becomes even more critical to assess and adapt interventions to the changing needs throughout life.

The concept of health and wellness is also very subjective because people perceive and prioritize different aspects of well-being based on their personal experiences, cultural backgrounds and values (Svalastog et al. 2017). For example, someone might be focused on physical fitness and diet while another person might be more valuation of spiritual or social connectedness. These subjective perceptions influence health behaviors and motivation, the need to consider personalized and cultural sensitive actions in nursing practices (Myers et al., 2000). Finally, health and wellness are proactive concepts, and it requires individuals to actively participate in maintaining and improving their well-being, through self-care, preventive practices, and health-promoting behaviors. Engagement in physical activity, stress management strategies, mindfulness practices and social participation are examples of proactive wellness behaviors that strengthen resilience and prevent illnesses (Frumkin et al., 2017; Sweet et al., 2013). By understanding health and wellness in terms of multidimensional, dynamic, subjective, and proactive perspectives, nurses can create holistic care plans, empower patients, and promote long-term health and wellness ultimately leading to better individual and community health outcomes.

Construction of Case Model

A 32year old lady who engages in eating adequate diet, does regular exercise, has adequate sleep and engages in stress free and stress reducing technique such as mindfulness, meditation also has a social support network and access to healthcare sources will be seen as maintaining a state of health and wellness.

Contrary case

A 40year old man who smokes cigarette drinks alcohol, consumes high fat diet, lives a sedentary lifestyle and has limited social connections and inadequate access to healthcare resources will have issues with his health .

Borderline case

A 28 year old lady who takes poor unbalanced diet ,inadequate sleep, and has some social connections but limited access to healthcare resources will be on borderline state of health and wellness

Identifying Antecedents and Consequences

Antecedents and consequences are important aspects of the concept of health and wellness since they allow you to understand the influence that affects well-being and the consequences that arise from healthy behaviors. Antecedents are events or conditions which occur prior the manifestation of the concept and are indicators of an individual's potential to maintain optimal health/wellness. Genetic predisposition is also very important and the genetic characteristics each person inherits from their parents such as the strength of their immune system, their metabolism, and their susceptibility to certain diseases, affects their health

level. Moreover, lifestyle choices play a huge role when it comes to wellness; participating in regular physical activity, eating a healthy and nutrient-rich diet, avoiding harmful substances such as excessive alcohol and tobacco, as well as other positive health behaviors, play a huge role in maintaining overall wellness (Warburton & Bredin, 2017). Psychological factors such as emotional regulation, resilience and self-awareness are also important antecedents and influence how individuals respond to stress and manage their mental health (Gross, 2015).

Socioeconomic factors also contribute to the outcome of health, as access to quality education, adequate income and healthcare resources gives people the tools needed to make informed decisions about their wellness (Sweet et al., 2013). Environmental exposures such as pollutants and toxins and other stressors are components that enhance or threaten health depending on the quality of the physical environment and ability of the person's ability to practice the protective behaviors (Frumkin et al., 2017). Nurses and healthcare workers who know what these antecedents are can create specific health promotion actions, and design educational interventions and strategies to obtain resources to promote patient wellness, ultimately addressing preventive care behaviors and healthy communities (Svalastog et al., 2017). In addition to the physical benefits, health promoting immune system function, and promote longevity (Warburton & Bredin, 2017).

Consequences of health and wellness are the consequences that occur in response to the utilization of positive health behaviors and can be physiological and psychosocial. Those who constantly practice wellness practices are characterized by lower morbidity and mortality, a lower risk of chronic diseases including cardiovascular disease, diabetes, obesity and lower susceptibility from premature death (Huber et al., 2011). Physical activity and proper nutrition improves functional capacity, cardiovascular, behavior to improve the state of mind, reduce symptoms of stress, anxiety, and depression, improve cognitive functions, and emotional regulation (Gross, 2015; Stern, 2012). Social and community engagement, enabled by the practice of wellness, aids in fostering good interpersonal relationships and a sense of belonging to others - both of which are associated with a decreased risk of isolation and associated health effects (Holt-Lunstad et al., 2015). Furthermore, adherence to wellness behaviors leads to increased levels of productivity, motivation and overall quality of life, giving individuals the ability to engage in active participation of working, leisure and social activities (Myers et al., 2000). Understanding the consequences of this enables nurses to advocate for comprehensive health interventions that not only address disease prevention but focus on holistic health, taking the physical, mental, social and environmental dimensions into consideration in the planning of care and public health interventions (Koenig, 2012; Frumkin et al., 2017). By connecting antecedents and outcomes together, healthcare professionals can create positive healthcare programs and interventions that maintain optimal health across populations.

Empirical Referents for the Concept

Empirical referents are measurable indicators which signify the presence or degree of a concept, and in the context of health and wellness, these refer to objective and subjective indicators which can be used to assess aspects of physical and psychological well-being. Health-related quality of life is often measured by different instruments like the SF-36 or EQ-5D, which measure physical, mental, as well as social functioning and give insight into the impact of health conditions on daily life (Huber et al., 2011; Svalastog et al., 2017). Biomarkers, such as blood pressure, blood glucose, cholesterol level, and body mass index, represent physiological indicators of the state of health, and are vital in detecting risks of chronic illnesses and emphasizing on preventive interventions (Frumkin et al., 2017). Behavioral observation of health-related practices including dietary habits, exercise routines, sleep patterns, and adherence to medical advice also forms an important empirical referent

as they have a direct impact on physical and mental well-being (Warburton and Bredin, 2017; Sweet and others, 2013). Clinical assessments such as diagnostic tests, physical examinations and vaccination status complement these measures, as providing evidence of the objective status of the health of the individual. Functional status, such as the capacity to do activities of daily living, mobility, strength, and endurance are additional indicators of health capacity and wellness (Stern, 2012). Self-reported health measures, such as patient survey and self-rated health scales, add further information on the perception of individuals with regard to their own well-being, which is a vital element to holistic well-being assessment (Huber et al., 2011). Morbidity and mortality rates as well as life expectancy are population-level indicators which are contextualising health outcomes and the wider consequences of health and disease (Holt-Lunstad et al., 2015).

Wellness, which covers proactive and holistic approach to living, has its own set of empirical referents, which capture physical, emotional, mental, social, environmental, sulphural dimensions. Physical wellness is determined by regular exercise participation, balanced nutrition, sleep, and hydration that support greater physiological functioning and despite disease (Warburton & Bredin, 2017). Emotional wellness is measured in terms of self-awareness, emotional regulation, stress management techniques, and the quality of social relationships reflecting individuals ability to deal with difficulties and psychological stability (Gross, 2015). Mental wellness constitutes mental activities, a persistent pattern of learning, practice of mindfulness and availability of mental health resources, which help cognitive resilience and adaptive function (Stern, 2012). Spiritual wellness might be measured by involvement in religious or spiritual practices, sense of purpose and meaning in life, as well as agreement with personal values which add up to psychological and existential well-being (Koenig, 2012). Social wellness is reflected in quality and quantity of interpersonal interactions, involvement in community activities, and accessibility of support networks which reduces loneliness and supports social connectedness (Holt-Lunstad et al., 2015). Environmental wellness is measured in terms of access to clean air, water, safe housing and the contact with nature, as well as the avoidance of contact with environmental hazards, which have direct implications on the physical and psychological health (Frumkin et al, 2017). Occupational well-being is defined in terms of job satisfaction, work-life balance, and participation in meaningful professional work or undertaking activities including correlating the manifestations of professional fulfillment and wellness interaction (Myers et al., 2000).

Health and wellness are interrelated and one negatively affects the other, as poor health affects wellness and poor wellness leads to health issues. Comprehensive assessment often entails combined empirical referents, for example, health risk assessments, bringing a sense of behavioural, physiological, and psychosocial factors for the future outcome (Svalastog et al., 2017). Health behavior surveys monitor lifestyle behaviors, such as substance use, exercise, and engagement in preventative measures, such as screenings and vaccinations, and provide information about modifiable risk factors (Sweet et al., 2013). Quality of life indices, including the WHO Quality of Life scale, offer composite measures, taking into consideration both physical, mental and social dimensions which are important to provide a holistic measure of wellness (Huber et al., 2011). Patient-reported outcomes (PROMs) allow direct feedback from individuals regarding their perceived health and wellness, combining clinical evaluation and subjective experience. Together, these empirical referents can be put into a holistic framework for assessing, monitoring and improving health and wellness in both individual and population levels and guide evidence-based intervention and facilitate holistic care in nursing and public health practices (Frumkin et al., 2017; Warburton & Bredin, 2017).

Implication for Nursing Practice

Nursing practice is of paramount importance in the promotion of health, prevention of disease and overall wellness of the patient, the family and the community. Nurses help people promote their health by teaching people about healthy lifestyles such as good nutrition, regular physical activity, stress management, and wellness practices. They work in disease prevention, such as determining risk factors for certain diseases, conducting disease assessments, and implementing early interventions in order to help decrease the chance of chronic diseases. Health education is of fundamental importance to nursing practice - it gives patients and communities the knowledge and skills to effectively manage their health. Nurses also promote self-care by helping patients engage in activities that promote physical, mental, and emotional well-being, such as relaxation techniques, mindfulness practices, and social support. Recognizing the interconnectedness of the mind, body, and spirit, nurses offer holistic care that is inclusive of all forms of health and well-being including spiritual and emotional development in order to help nourish resilience and well-being. Additionally, cultural competence is seen to ensure that care is so specific to different patient populations in terms of values, beliefs, and preferences and attention to social determinants of health helps build health equity and access to resources.

Through these practices, nurses empower the patient to take an active role in the management of their health, promoting self-management of chronic health conditions and addresses improvement in adherence to treatment regimens. Patient centered care enables nurses to focus on physical, emotional, social and spiritual needs which help lead to an improved health outcome, shorter hospital stay, and lower cost of care. Integrating mental health support into care plans helps to strengthen overall well-being and help patients to cope with an illness or stress. Nurses also work as advocates for making policy changes that will help implement equitable access to healthcare and address some social determinants that affect health. By helping patients reach their best possible health and wellness levels, nurses gain greater fulfillment in their professional work and strengthen their dedication to the provision of compassionate, comprehensive, and evidence-based care. Ultimately, nursing practice focuses on holistic and proactive approach that promotes patient empowerment, quality of life, and continuity of the health of the various communities.

Conclusion

Health and wellness are core concepts in nursing which affect patient care, health promotion, and policy development. Concept analysis of such terms enable nurses to understand the multifaceted nature of these terms and to employ them effectively in the course of practice. By incorporating health and wellness into nursing care that is patient -centred, nurses can play a role in improving patient outcomes, promoting preventive care, and contributing to the overall well-being of individuals families and communities. Health and wellness concepts are essential to the nursing practice especially this present day high inflation rate in the country. Nurses are able to include strategies that enhances healthy behaviors, preventing diseases and also addressing the social determinants of health Nurses play a vital role in promoting health and wellness by health education , playing the role of advocate to address health disparities, social determinants of health thus promoting health equity and improve access to healthcare for the vulnerable population.

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