

Preliminary Note: Rationale and Personal Motivation for Developing the Theory of Self-Health Care Behavior (SHCB)

The Theory of Self-Health Care Behavior (SHCB) was developed in response to a noticeable gap in existing health behavior theories—particularly the need for a more integrative model that captures the internal conflicts individuals face in sustaining long-term wellness. Existing frameworks have offered valuable insights, but many remain either too clinically oriented or too narrowly focused on motivation and environment, without addressing the internal tug-of-war between discipline and comfort that underlies daily health decisions. Through years of academic, clinical, and research experience, I observed that individuals often struggle not because of inadequate knowledge, but because of inconsistent motivation, wavering self-discipline, and lack of structured self-awareness.

Health behaviors were not linear; instead, they reflected cycles of progress, relapse, and recovery. People often oscillated between phases of healthy living and phases of neglect, even when environmental conditions remained stable. This pattern suggested that health behavior was influenced not only by external barriers but also by internal forces—psychological, emotional, and physiological—that interact dynamically over time. Existing theories did not fully explain this phenomenon, leaving a critical gap that SHCB aims to address.

My personal journey has been a major source of inspiration for this theoretical model. Over more than a decade of dedicated practice in yoga and meditation, I have come to deeply appreciate the interplay of mind, body, and spirit in sustaining health. My daily life is structured around a holistic routine—early rising, consistent physical exercise, mindful eating, emotional regulation, and spiritual practices—that has reinforced the value of discipline in health maintenance. Sports such as tennis not only nurture physical stamina but also sharpen focus, resilience, and mental alertness. Likewise, my engagement with music and playing the flute has given me a soulful outlet that cultivates inner calm, emotional balance, and creativity—dimensions of well-being often overlooked in conventional health frameworks.

In addition, my long-standing commitment to martial arts has been a transformative part of my health journey. Earning a **black belt in Shutokan Karate** strengthened my Hard Core discipline, resilience, and mental toughness. Karate training taught me perseverance, self-control, and the importance of consistency—qualities that directly resonate with the principles embedded in SHCB. Even at the age of 48, maintaining this discipline stands as a testament to the fact that age need not be a barrier to building inner strength or pursuing peak health. I include this not merely as a personal achievement but as motivation for others: that disciplined self-care practices can be adopted and sustained at any stage of life.

These lived experiences have demonstrated that true health is multidimensional. It is not merely the absence of illness, nor is it reducible to diet, exercise, or stress management alone. Instead, it arises from the alignment of inner discipline (Hard Core) with life's pleasures and comforts (Soft Core) in a conscious, regulated manner. This realization gave birth to the dual-force concept at the core of SHCB, supported by insights from neurobiology (e.g., hormonal regulation of motivation and stress), psychology (e.g., self-regulation and resilience), and nursing science (e.g., patient education, empowerment, and preventive care).

Sharma's Theory of Self-Health Care Behavior (SHCB) thus conceptualizes human health behavior as a dynamic and cyclical process governed by internal self-regulatory forces, behavioral health zones, and the Health Regulatory Pressure (HRP). The model provides both

professionals and the general public with a framework to understand where they currently stand in their health journey, why they fluctuate between healthy and unhealthy states, and how they can cultivate sustainable well-being by consciously strengthening their Hard Core while balancing the natural pull of the Soft Core.

In this way, SHCB is more than an academic model; it is a bridge between science and lived human experience, offering individuals and health professionals alike a structured yet human-centered approach to preventive and holistic health.