

## Metaparadigm Integration in the Theory of Self-Health Care Behavior

### Person-

In SHCB, the person encompasses the individual, family, or group experiencing health transitions. Persons are viewed as self-aware beings capable of choice, change, and personal growth. Movement across health zones is influenced by internal forces—**Hard Core** (discipline-driven, activating) and **Soft Core** (comfort-seeking, inertia)—as well as external factors such as environment, resources, and social context.

### Health-

In the SHCB theory, health is a dynamic, continuously evolving state along a continuum from optimal wellness (**Healthy Zone**) to significant functional compromise (**Unhealthy Zone**), including intermediate states of fluctuation and instability. Beyond the mere absence of disease, health reflects the harmonious integration of physical, emotional, mental, and spiritual well-being. It represents an individual's capacity to maintain, adapt, and restore equilibrium through active self-regulation, guided by the interplay of internal forces—**Hard Core** (discipline-driven, activating) and **Soft Core** (comfort-seeking, inertia). This process is mediated by **Health Regulation Pressure (HRP)**, which rises in response to challenges—such as illness, stress, or environmental barriers—or falls to support adaptive behaviors, facilitating movement across health zones and promoting self-health transformation.

### Environment –

Environment refers to the dynamic set of internal and external conditions that influence the dynamics of an individual's Health Regulation Pressure (HRP), influencing their movement across the Self-Health Care Behavior (SHCB) continuum from the Unhealthy Zone to the Healthy Zone. Within SHCB, environment is not viewed as a static backdrop but as an active modulator of behavior, either facilitating or hindering self-health transformation.

- **Physical Environment:** Encompasses tangible aspects such as cleanliness, noise levels, climate, and the availability of supportive resources. A nurturing physical environment strengthens the Hard Core (discipline and activation forces), facilitating routine health behaviors, whereas a disruptive one may reinforce the Soft Core (comfort zone, inertia).
- **Social Environment:** The behaviors, attitudes, and norms of peers, family, and society can significantly influence an individual's health-related actions. Individuals or groups operating within the **Healthy Zone** can positively affect others by reinforcing the **Hard Core**—promoting discipline, self-growth, and consistent health behaviors. In contrast, interactions with people in the **Unhealthy Zone** can strengthen the **Soft Core**, encouraging comfort-seeking, unhealthy habits, and resistance to change. Therefore, the **social environment functions as a powerful external force**, shaping the individual's movement along the SHCB continuum and either facilitating or hindering progression toward the Healthy Zone.
- **Emotional Environment:** Refers to the psychological and affective atmosphere that surrounds an individual, encompassing feelings of safety, emotional validation, empathy, and trust. A supportive emotional environment strengthens the Hard Core, minimizes internal resistance, and facilitates upward movement along the Self-Health Care Behavior (SHCB) continuum toward self-actualization and sustained health-promoting behaviors.

- **Intellectual Environment** –It includes exposure to new ideas, accurate health knowledge, opportunities for critical thinking, and reflective learning. Such stimulation enhances self-awareness, encourages introspection, and helps individuals cross the awareness threshold—the point at which they clearly recognize their current health state and the need for change—thereby strengthening the alignment of personal goals with health-promoting behaviours.

## **Health Care Professional Practice**

In the Theory of Self-Health Care Behavior (SHCB), health care professional practice is conceptualized as a facilitative and empowering process that enhances self-health practices by promoting autonomy, resilience, and behavioral transformation. **Self-Health Care Behavior Transformation Facilitators (SHCB-TFs)**—including doctors, nurses, nutritionists, trainers, counsellors, and allied practitioners—serve as external anchors in the transformation journey. They address psychological, social, and environmental barriers that impede the effectiveness of the Health Regulatory Force (HRF) and support individuals in navigating transitions across health zones and stages of transformation. Through education, communication, and personalized guidance, SHCB-TFs strengthen the Hard Core and promote sustainable self-care behaviors.

## **Nursing in SHCB**

Nurses, as central SHCB-TFs, have a **distinctive role** due to their continuous engagement, holistic perspective, and therapeutic relationship with individuals. Nursing interventions focus on education, motivation, and emotional support to promote introspection, reduce psychological inertia, and reinforce the Hard Core. Nurses guide individuals across health zones and transformation stages, contributing to prevention, rehabilitation, and sustained well-being, complementing broader SHCB-TF efforts.