

Introduction

This monograph is of interdisciplinary character. It constitutes a dimension of a debate and a discussion subjected to health as the most important value of every person. The afterthoughts, considerations, explications and explorations undertaken by the Authors of this publication refer to health as the subjective and objective dimension of a human being. The presented discussion is aiming at the direction of the committed reflections and self-reflections around health on which a series of integrated factors having the significant influence on human functioning do interact.

The issue of health is analysed in the theoretical, empirical and methodological context. In two excellently complementing parts of the monograph the Authors consider some essential factors disturbing and making the dimension of the human health dynamic. The significant disturbing factors include the stressful day-by-day situations being experienced by a human being, i.e. various illnesses which are referred to/ analysed by the Authors. The dynamic dimension of health is considered in the context of widely-run preventive and helping-supportive activities. The Authors, among others, indicate the values of prevention-therapeutical classes of music run at kindergartens, parents' knowledge and attitudes towards children's injuries prevention, supporting children's mental condition during their parents' divorce, the preventive actions related to health being performed by teachers

working with children with some intellectual disabilities. Additionally, they cover the issues related to the prevention and the therapy conducted at the medical centres, i.e. the role of nursing in supporting the disabled, the application of hippo-therapy with some paediatric patients, or the institutional character of support with the reference to the health of the elderly. A crucial advantage of the prevention-therapeutical actions is an anti-suicidal programme directed at the youth.

This monograph is of cross-border character. It is the result of the international discussion and cooperation of the representatives of the national and international academic centres. It has been brought into being thanks to the scholars of the University of Zielona Góra, the State College of Applied Sciences in Skiernewice, The John Paul II Catholic University of Lublin, University of Entrepreneurship in Warsaw, Alexander Dubcek University of Trencin, Palacky University Olomouc, Catholic University in Ruzomberok, Comenius University in Bratislava, University of SS. Cyril and Methodius in Trnava, Slovak Medical University in Bratislava and Mykolo Romerio universitetas in Vilnius.

The editors are convinced that this monograph will make a profound reading among the academics (pedagogues, special education teachers sociologists, psychologists, health professionals,) and most of all it will constitute an excellent source of knowledge to anyone for whom health is priceless. The students of pedagogical, sociological and medical studies will benefit from it as the academic material indispensable during some exams as well as while preparing their BA or MA theses.

We are grateful to all the Authors for their participation in creating this monograph whose dimension is timeless. We also wish to thank the reviewers for their invaluable remarks, hints and the subject-matter analysis of this monograph which supported its values and emphasised its spectacular qualities.

The editors