



Stressabbau durch Lebensfreude. Das Modell der Salutogenese von Antonovsky (German Edition)

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Studienarbeit aus dem Jahr 2003 im Fachbereich Psychologie - Arbeit, Betrieb, Organisation und Wirtschaft, Note: sehr gut, Pädagogische Hochschule Karlsruhe, Veranstaltung: Gesund bleiben im Lehrerberuf, 12 Quellen im Literaturverzeichnis, Sprache: Deutsch, Abstract: Normalerweise beschäftigt sich ein Mensch mit seiner Gesundheit erst, wenn er krank ist. Der Zustand des Wohlbefindens ist für die meisten so natürlich, dass wir ihn kaum bewusst wahrnehmen. So ist es auch nicht verwunderlich, dass es über Krankheiten, ihre Symptome und die Krankheitsverläufe weitaus mehr Literatur gibt als über das Thema Gesundheit. Gibt es überhaupt das Wort 'Gesundheitssymptome'?

Aaron Antonovsky hat sich mit dem interessanten Thema auseinandergesetzt, wie ein Mensch gesund bleiben kann. Er entwarf das Modell der Salutogenese, welches er der Pathogenese gegenübersetzte. Ihm war aber trotz seiner Kritik an dem Letzteren, von Medizinern angewendeten Konzept, wichtig, dass Salutogenese als Ergänzung dient und die Pathogenese nicht ersetzen will. Dieses Modell werde ich im Folgenden vorstellen. Am Schluss werde ich auf das Thema Lebensfreude eingehen.

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