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## The role of the family in achieving health security for children

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### Abstract:

Health security is considered one of the requirements of the family that seeks to achieve it, so the study aimed to identify the role of the family in achieving health security for its children. Identify the extent to which the family contributes to enhancing the health culture of its children in order to achieve health security, and reveal the challenges facing the family in achieving health security. Health care for children, developing proposed scenarios to activate the role of the family in developing health awareness for its children in order to achieve health security. The study used the descriptive analytical method, One of the most important findings of the study is that family health education contributes to raising health knowledge and instilling healthy behaviors at the family and community levels. The study showed that the partnership between the kindergarten and the family in developing the child's health awareness and increasing health education contributes to achieving health security and protecting the environment from pollution. Among the most important recommendations that the study reached is creating guidance programs for the family in order to help them achieve health security for their children, supporting the family and helping them develop Awareness of the characteristics of a child's development, which increases the ability to give him healthy behavior and deal with him in different situations in a sound educational manner that avoids many health problems and the spread of .infections and diseases

### Keywords:

Health security, health awareness, family

## **Introduction**

Security is defined as the state in which a person is protected against a threat that threatens him or has a feeling of freedom from fear. Security is also defined as the sense of reassurance that an individual feels, whether due to the absence of dangers that threaten his existence or as a result of his possession of the means to confront those dangers if they appear.(Al-Hassan, 2013).

The concept of security, despite the abundance of what has been written about it, is still in need of real rooting and a new proposal as a comprehensive concept and as a societal phenomenon with full dimensions. If the concept is an expression of certain historical traditions rooted in the depths of human history, it has been subjected in previous years to certain developments that have affected The concept and cast a shadow of complexity and ambiguity on it. The trends in defining the concept of security can be divided into three trends: the first trend is the strategic trend, the second trend is the strategic economic trend, and the third trend is the integrative trend that focuses on the comprehensive dimensions of security, including health security . (Al-Sayed, 2023).

There is a comprehensive definition of security as the ability by which the state is able to secure the release of its internal, external, economic and military sources of power in various fields in the face of the sources that threaten it at home and abroad and in peace and war, with the continued secure deployment of that power in the present and future in planning for planned goals, as well as Human security is an affirmation of the necessity of satisfying the basic needs of human beings. The United Nations Development Program has specified a security map regarding the dimensional content of human security in seven integrated dynamic dimensions, which are:

- Environmental security means creating policies, mechanisms and laws that include in their rational management logic the necessity of protecting the environment from pollution as a basic condition for the continuation of life.
- Health security is the effort made to ensure the health of a specific population or target group, and this definition comes against the background of the human security approach.
- Food security requires the continuous provision of sufficient healthy food in a way that achieves a balance in human growth and maintaining good health, with international efforts to prevent the occurrence of famine and malnutrition disasters. The state must also provide its food security.
- Individual security is related to enabling a person to realize his religious, linguistic and cultural specificities, as well as enabling the individual to form a family and achieve ambition within a societal system based on equality of opportunities and justice in distribution.
- Cultural security, which requires the actual empowerment of minorities from their cultural rights without exception in the name of state security or the necessities of societal harmony.

- Community security, which means creating an actual balance between cultural, linguistic, and ethnic religious specificity and the necessity of building a logic of national integration of citizens in building a pluralistic and just society.
- Political security, which means empowering citizens with their civil and political rights under a democratic system.

In view of these overall dimensions, it can be said that human security, both cognitively and implicitly, is an actual expression of a global desire to address the dangers and threats that have been drawn up for the future of a global system whose mainstay is humanitarian disasters and health disasters that threaten health security.

In the perspective of the World Health Organization, health security is based on the following points:

- A well-functioning and comprehensive health system that increases the chances of detection and the possibilities of containment and strong preparedness
- Countries with strong health systems are better prepared to meet the additional demand for health services resulting from outbreaks and health emergencies. T-Universal health coverage would achieve trust and reassurance with the public, which are the basis on which compliance with the recommended control measures is based
- Countries seek to develop their health and medical fields, prepare to confront diseases, and strengthen their health security. (World Health Organization, 2023)

As stated in the provisions of Article 22 of the Universal Declaration of Human Rights: “Every person, as a member of society, has the right to social security, and has the right to be provided, through national effort and international cooperation, and in accordance with the structure and resources of each state, economic, social and cultural rights.” Which is indispensable for his dignity and for the development of his personality in freedom.”

Likewise, Article 25 stipulates that: “Every person has the right to a standard of living sufficient to guarantee the health and well-being of himself and his family, especially in terms of food, clothing, housing, medical care, and necessary social services . He has the right to security from harm in cases of unemployment, illness, disability, or widowhood, old age, or other circumstances beyond his control that deprive him of his livelihood, motherhood and childhood, the right to special care and assistance. All children have the right to enjoy the same social protection, whether born within marriage or outside this framework (Universal Declaration of Human Rights 2015).

In addition to what was stated in the International Covenants on Economic, Social and Cultural Rights in 1966, in Article 12 thereof, that: “1. The States Parties to the present Covenant recognize the right of every human being to the enjoyment of the highest attainable standard of physical and mental health. 2. The measures that must be To ensure the full exercise of this right, the States Parties to this Covenant must take the necessary measures to: A- Work to reduce the neonatal mortality rate and infant mortality rate and ensure the healthy development of children. B- Improve all aspects of environmental and

industrial health. C- Prevent diseases Epidemic, endemic, occupational and other diseases, their treatment and control(Talib,2020).

### **The study problem**

Childhood is one of the important stages in an individual's life, due to its profound impact on the formation of his personality. It is the period in which his abilities grow, his talents blossom, his directions are determined, and his concepts are defined. In gaining the correct compatibility with the external environment in which he lives, and learning about systems and traditions. Social and preventive health concepts and the formation of emotional habits towards others, and his awareness increases. The importance of this stage, and teaching Many concepts to a child at this age is something that deserves attention, care, and focus results of previous studies confirm that the most important years in a child's life are the I considered it a critical period in the child's development, as it is the )3-6( period from, basic rule for preparing and influencing processes Education and learning in the following stages of life.( Al-Jundi,2022).

This stage is considered one of the most important stages that a person goes through in his life, as the child's susceptibility to being affected by the factors surrounding him increases. Which crystallizes the importance of the first five years in forming his personality and building his being in a way that leaves an impact on him throughout his life, and makes his upbringing at this stage an important matter that deserves the utmost care, as his linguistic vocabulary increases, and the way is opened for him to express his thoughts accurately (Al-Hariri, 2013).

Based on this and in addition to that, the early childhood stage develops the following aspects in children: teaching them personal hygiene, developing healthy eating habits, education in a healthy environment, the ability to deal with daily pressures and promoting health factors, and there is no doubt that all of the above is linked to basic requirements such as food. And housing and economic security. Some children grow up under unequal living conditions. We must pay attention to children in the early stage, because tomorrow's children deserve a new kind of education, high-quality education that strengthens their abilities and achieves a high level of quality of life for these children. The specialized national councils have recommended the need to pay attention to spreading health awareness among children, and rejecting bad health and social habits, so that it helps children transform information into actual practices. One of the most important conditions for the child's normal development is his health safety, and many psychological and educational studies in the field of childhood indicate that All the learning an individual achieves begins to be rooted in early childhood, and the future characteristics of the )individual are determined in the first six years of his life. Etman.2016)

The problem of the study is determined in the following questions:

- 1) What is the role of the family in achieving health security for its children?
- 2) To what extent does the family contribute to promoting the health culture of its children in order to achieve health security?
- 3) What challenges does the family face in achieving health security for its children?

- 4) What are the proposed concepts that contribute to activating the role of the family to achieve health security for children?

### **Objectives of the study**

- 1) The objectives of the study are determined as follows:
- 2) Identify the role of the family in achieving health security for its children.
- 3) Identifying the extent to which the family contributes to enhancing the health culture of its children in order to achieve health security
- 4) Revealing the challenges facing the family in achieving health security for children.
- 5) Developing proposed scenarios to activate the role of the family in developing the health awareness of its children in order to achieve health security.

### **The importance of studying**

- The importance of the study comes from the importance of the role that the family plays in achieving health security for its children, so that it contributes to developing the health awareness of its children, protecting them from contracting diseases, and protecting, fortifying and stabilizing society.
- This study is an indication of the need for health security, which has a significant impact in protecting society from diseases and epidemics that threaten its security and stability.
- This study is an attempt to advance the important role of the family to become one of the main components in the development of society, and is useful in highlighting the role of the family as an institution of socialization that contributes to supporting and supporting community health issues.
- The current study derives its importance from the attempt to shed light on the preventive and awareness-raising role of the family at the present time, so that this can be used to protect the health of the family and the health of children for the benefit of society as a whole.
- Highlighting the role of the family in contributing to spreading health education and educating its children about healthy health behaviors.

### **Terminology of study**

#### **Definition of family**

Definition of family: The sociology dictionary defines family through the biological dimension, the social dimension, and its most important functions. It defines the family as a regular social-biological group consisting of a man and a woman (between whom there is an established marital bond) and their children. One of the most important functions carried out by this group is the satisfaction of needs. Emotional and creating the appropriate social and cultural climate for caring, raising and guiding children (Ghaith, 2006)

#### **Definition of health security**

It is a commitment to a result and not just a commitment to provide care. Therefore, this health coverage should include all citizens alike and on an equal footing, as it is known to be

protection from disease and disability. However, this view has begun to expand in scope, and health has begun to be viewed in a different light. A high comprehensiveness in which many components and elements are integrated, which reflects the World Health Organization's definition that it is a state of complete physical, mental, physical and social well-being, not just the absence of disease and disability.

### **Definition of health awareness**

It is defined as knowledge, understanding, and the formation of inclinations and trends for some health issues appropriate to the age stage, which reflects positively on daily health behavior. Health awareness begins with the individual acquiring health facts, which turn into an emotional feeling through certain health trends that form in him and ultimately affect his practices and habits. Which appears in the form of healthy behaviors. (Ammara, 2022).

### **Study methodology**

The study relied on the descriptive analytical approach as the appropriate approach to the nature of the current study by reviewing literature, books and periodicals related to the research topic and then drawing conclusions and arriving at a set of recommendations.

### **Brevious studies**

Health security is the concern of every individual and it is a dream that everyone pursues, and in order to make it a reality and a tangible reality, we must take the initiative to invest in this field. Health security revolves around how to protect individuals in society from all the health risks they face, in order to make them enjoy a healthy and more safe life. Stable, and despite the progress witnessed in health care, there are more than twenty million,

People die from diseases that cannot be prevented. Health is an essential component, because at the basis of security is the protection of human life. Good health constitutes a precondition for social stability. The factors that affect health are many, the most important of which is the factor of malnutrition, whether in the case of a lack of quantity or Food or its poor quality, in both cases it negatively reflects on the health of individuals, and the environmental pollution that affects water and air due to many diseases that can take the life of an individual, and poverty also plays a prominent role in the deterioration of the health of individuals, as those who do not have money find it difficult to go To the doctor, it also makes it difficult for them to follow up on medical treatment, which leads to a deterioration in their health condition.(Al-Hassan, 2013).

Health security has been explicitly defined as: a component of human security from the beginning (alongside economics, food, environment, identity, society and politics). In clear contrast to the narrow focus on infectious disease threats described above, health security has been deliberately viewed in the broadest sense, integrating the full range From infectious and non-communicable diseases, and explicitly linking health to poverty and inequality, health security is the pursuit of liberating a person from all threats that could negatively affect his physical well-being. Mental and social, and not just providing health care that protects him from illness and disability. In other words: health security refers to all measures taken by the

state with the aim of ensuring the physical, mental and social well-being of all its citizens without discrimination.

It is important for both policy makers in the Arab world and researchers interested in health security studies to pay attention to the necessity of adopting a concept of health security that combines the two approaches, that is: a concept that takes into account the liberation of the Arab person from all threats surrounding his physical, mental and social well-being, through care. Integrated health care, provided to all individuals without discrimination, in addition to working with countries around the world and international organizations to preserve human security from the threats of disasters, accidents, and infectious diseases. It is also important to stress the need for Arab governments not to abandon their role in formulating Health security policies in Arab countries, and monitoring the private sector in relation to the services and forms of care it provides. (Aboudouh, 2021)

Many studies have confirmed that the first years of a child's life are important for physical, mental, and emotional development. Health and health security are among the most important ways that grant the child healthy physical, mental, and spiritual development. The family is considered the first cell in society and is capable of performing many social, health, cultural, and economic functions. For its members, the family is the first institution, Responsible for the child's social upbringing, in addition to the importance of the family in providing the child's material needs such as food, clothing, and housing. The family is what makes the child a social being who knows how to deal with others. The parents are the ones who directly and indirectly instill in the child right behavior, appropriate behavior, and moral behavior. Since With the softness of his nails, the child finds himself surrounded by a set of laws that determine for him when to eat, when to wear, and when to sleep. These are what determine for him the school in which he will learn. Thus, the child finds himself surrounded by the large society surrounding him, and with the passage of time this society becomes an integral part of his testicles. Sociologists confirm that the family is the most suitable environment for raising and forming young people, especially in the first years of life, because the relationship between parents and children is one of the strongest relationships.

Which can exist between individuals or groups, and hence the child's upbringing between his parents is the best opportunity for his physical, mental, moral and social development. Social studies have also proven that children always turn to the family because they are looking for protection, compassion and tenderness, which both the father and mother provide them, especially when children encounter the greatest difficulties in this fast, complex modern life full of various problems, and the parents always remain the child's only refuge for guidance and care. And various protection.( Bin Omar.2018)

If the family, through its role as the most important institution of social upbringing, contributes to shaping the behavior of children, then it cannot be denied the role of the social climate in which this family lives and the certain qualities, characteristics and subculture that distinguish it from other societies, which have an impact. No less important is the role of the family in relation to its members, as the social climate undoubtedly contributes to the adoption of certain methods of socialization, which differ from one society to another and from one family to

another. Cultural, social, and economic capital may play a prominent role in these differences.( Qanzoul,2019).

The family is the one that provides the child with the first balance of social behavior methods and thus provides him with the light that guides him in his actions and all other circumstances of his life. Dealing with others and how to gain the approval of the group. The family also determines for the child from the beginning his behavior trends and choices. It determines for him the type of food he eats, how and when he eats it, the clothes he wears on every occasion, the type of education he learns, the religious doctrine he embraces, and the political leanings he follows. Rather, it also determines for him the types of activities and methods of promotion that he practices and the times for which they are practiced.

The child's awareness also opens within the family and grows through the many stimuli provided by family life. According to the results of analytical psychology, the first five years of the child's life are of very great importance in his mental development and it increases. The effectiveness of contact with others when he learns his national language and becomes able to communicate with them, and when he goes through the stage of questioning in the period between three and six, he finds in the family help in discovering the world surrounding him, and thus satisfies his needs for security and reassurance. He notices that the children's linguistic dictionary is compatible with the cultural levels of their families and on It emphasizes the extreme importance of the family in socialization.( Ma Touri,2016).Family security is considered one of the requirements of the family that all its members seek to face any challenges, i.e. external challenges. Family security is represented in providing and satisfying the needs of family members in all aspects of the family's material and moral life in a way that achieves a feeling of safety, reassurance and protection, and it is linked to the security of society. There is a mutual influence between them, which makes any defect in the economic, social, or environmental components of any of them negatively affect the other. Likewise, achieving security in the family community is considered a prelude to achieving the security of the larger society, establishing its stability, and creating the conditions for its development and progress. Family security is considered one of the requirements of the family that it seeks. All its members are able to face any external challenges, and family security is represented in providing and satisfying the needs of family members in all aspects of the family's material and moral life in a way that achieves a feeling of safety, reassurance and protection. (Muhammad.2019)

### **Study results**

- The family contributes a positive role by achieving health security for children and reducing environmental threats that cause epidemics and diseases and threaten the security and stability of society.
- The study showed that the partnership between the kindergarten and the family in developing the child's health awareness and increasing health education contributes to achieving health security and protecting the environment from pollution.
- The family helps the child practice sports and learn motor and cognitive skills that develop his health awareness, which helps achieve health security for the family and society.



- Family health education contributes to raising health knowledge and instilling healthy behaviors at the family and community levels.

### **Study recommendations**

- Activating the partnership between the family, kindergarten institutions, and the media, and forming a joint mechanism for concerted efforts to develop health awareness and health culture for children.
- Supporting the family and helping them develop awareness of the characteristics of a child's development, which increases their ability to give him healthy behavior and deal with him in different situations in a sound educational manner that avoids many health problems and the spread of infections and diseases.
- Increasing the family's awareness of its role in caring for and protecting their children from health crises, and making them aware of the best methods and practices in caring for and dealing with them.
- Holding meetings and seminars that contribute to raising family awareness about the importance of health security and its role in confronting any diseases or health crises that children may be exposed to.
- The family must keep its children away from manifestations of negativity and follow important healthy behavior and health guidelines that contribute to preserving their safety by observing their relationship with each other inside the home, so that their behaviors must be in line with the morals, ethics, and virtues they were raised on, and here the family must use the method of family dialogue. To know the attitudes of its children and their role in maintaining their personal hygiene and the cleanliness of the environment in which they live.
- Regulating the child's exposure to electronic devices, reducing the hours the child watches social networking sites and programmes, directing the child to the type of useful programs and training him on how to connect them with the reality of life.
- Conduct more scientific studies and research that address health culture, health security, and its relationship to the social and psychological value system of chi

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