

Possibilities Regarding Human Health

—From the point of view of salutogenesis—

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Recently, a lot of researchers have been paying attention to “sense of coherence” (SOC), which is a core concept of salutogenesis, and many researchers try to ensure health quantitatively by using various scales. However, we cannot always grasp human states of health through such general ways.

Against this backdrop, the purpose of this paper is to verify hypotheses and deepen the theory of salutogenesis. This study is based on a case study of a 64-year-old woman who was diagnosed with tongue cancer 15 years ago. The researcher requested that she answer a questionnaire on SOC and conducted semi-structured interviews with her. As the result, this case supported salutogenesis qualitatively. It also revealed new knowledge regarding stress-coping mechanisms, such as (a) putting one’s life in the hands of reliable person and (b) rewriting one’s narrative of illness. Furthermore, her SOC is based on consistent relationships between the world, society, and others, all based on a firm sense of self.

Based on these results, it became clear that we cannot grasp human health by simply generalizing it with numbers. The success of this study led to enhancing the original meaning of the SOC and to new hypotheses on regarding salutogenesis.