



6th International Conference on Salutogenesis

Advancing Salutogenesis towards thriving societies

ID: 12

AGENCY: THE HIDDEN DIMENSION OF THE SALUTOGENIC MODEL

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The way in which individuals perceive their quality of life is influenced by the contexts in which they live. Each of them perceives these contexts differently. Moreover, individuals' perception of their possibilities to influence their context and make use of their resources, differs greatly and appears to depend on aspects as individual motives, limiting or stimulating factors, resources, and whether these activities are meaningful to them. These aspects are interrelated within their contexts in complex and fluid ways. To better understand this fluidity we contend that the conceptualization of 'agency' of individuals from the Capabilities Approach, is useful. Agency refers to the conversion of a person's assets into realistic opportunities, allowing him/her to exercise agency by choosing how he/she prefers to function. This conversion process is limited or enhanced by factors in the social, physical and personal environment. This suggests that Salutogenic theory and the Capability Approach (CA) have complementary qualities. Therefore, we propose adding the dimension of 'agency' to the dimensions of SOC in the salutogenic model to better understand and facilitate how individuals experience quality of life.

Moderators: Gwendolijn Boonekamp, John Dierx

Structure of the session

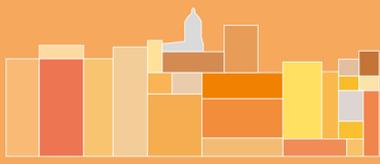
We will first introduce the Capability Approach and the theme of agency related to Salutogenesis. This will be followed by a discussion of research findings about the added value of agency as a dimension to the salutogenic model. Participants will be invited to engage in a dialogue about the potential added value of agency to the Salutogenic model and how this would influence their practice.

Learning goals

By the end of this session, participants will be:

- familiar with how the Capabilities Approach aligns with the Theory of Salutogenesis;
- able to identify different views on the added value of adding a dimension of agency to the salutogenic model.

Presenters' Biography Gwendolijn Boonekamp, MSc, trained at Wageningen University, previously worked at the Valencian Institute for studies in Public Health, Spain and the Dutch Olympic Committee and Dutch Sports Federation. Currently senior lecturer at HAN University of Applied Sciences and Part-time PhD candidate in Health Sciences at the University of Alicante, Spain.



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Main interests: applying a salutogenic and assets approach to empower people to improve their quality of life.

John Dierx, PhD, MPH, background in neuroendocrine science. Currently professor of the research group 'Living in Motion', Avans University of Applied Sciences focusing on Salutogenic approach, health assets and positive health.