

Comparison of health related life style among different Indian professions in relation to social wellness assessment

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Abstract

The WHO definition suggested that patterns of behaviour are continually adjusted in response to changing social and environmental conditions. Numerous research studies have established clear links between a positive state of mind and good physical health. There are many other studies that suggest deliberately cultivating a positive state of mind can help fight off ill health. Objective: - The purpose of this investigation was to Comparison of Health Related Life Style among Different Indian Professions in Relation to social wellness Assessment. Method: - 800 males of MP were selected randomly as a subject of study. The age of the subjects were ranged from 30-40 years. Subjects were from different professions each group has 1 subjects. All the contents related to life style were assessed by using life style assessment inventory (LSAI). Results: - ANOVA was used to reveal the significance difference among Different Indian Professions in Relation to social wellness Assessment. Level of significant was set at 0.05. A significant difference was found among Different Indian Professions in Relation to social wellness Assessment. Conclusion: - It can be concluded that social wellness Assessment significantly differs among Different Indian Professions.

Keywords: social, wellness, assessment

Introduction

The WHO definition suggested that patterns of behaviour are continually adjusted in response to changing social and environmental conditions. It also suggested that efforts to improve health by enabling people to change their lifestyles must be directed not only at the individual, but also at the social and living conditions which contribute to the behaviour or lifestyle. The WHO definition further stated that there is no one "optimal" lifestyle, and that many factors determine which way of living is appropriate for each individual. A reconstructed definition of lifestyle must incorporate components beyond diet, exercise and alcohol use in order to account for social conditions and processes such as socio-economic status and social relations. Perspectives on lifestyle must move beyond the individual. What Constitutes a Healthy Lifestyle? Recent perspectives on the determinants of population health have broadened our understanding of the elements that constitute a healthy lifestyle, for example Effective coping is now widely recognized as an important determinant of health. Coping behaviours help people deal with the challenges and stresses of life without recourse to risk behaviours. Lifelong learning is part of a healthy lifestyle. Safety and security precautions in the home, school, and workplace are part of healthy lifestyles. Social activity and volunteering are now considered important components of healthy lifestyles, in recognition of the influence of social relationships on health. (Renne Lyons and Lynn Langille, April 2000).

It is how you cope with its matters. A certain amount of creative tension is a stimulus that can motivate and empower a person. However, too much pressure can create constant anger or worry, which in turn, can lower your resistance to illness. A healthy lifestyle is a valuable resource for reducing the incidence and impact of health problems, for recovery, for

copied with life stressors, and for improving quality of life. However, convincing Canadian that health is a good investment, and providing guidance and incentives to create a culture that fosters health, are complex processes. How do we direct efforts to engage people in becoming and staying healthy (Renne Lyons and Lynn Langille, April, 2000).

Material and Methodology

Selection of Subject

For the purpose of present study 800 males of MP were selected randomly as a subject of study. The age of the subjects were ranged from 30-40 years. Subjects were from different professions i.e. 100 subjects from Doctors, 100 from Engineers, 100 from School Teachers, 100 from College/University Teachers, 100 from Businessman, 100 from Beurocrates, 100 from lawyers and 100 from Police services.

Selection of variables

After gleaning through all the scientific literature, journals, magazines available in the library of Lakshmbai National Institute of Physical Education, (Deemed University), Gwalior, M.P. and keeping feasibility criteria in mind following contents related to life style assessment were selected for the purpose of present study:

Criterion measure

All the contents related to life style were assessed by using life style assessment inventory (LSA)

Procedure

The individual from various professions were consulted personally and their co-operation was solicited. Respondents were given a questionnaire with necessary instructions. Necessary instructions were passed on to the subjects before

providing the questionnaire. The research scholar was motivated the student respondents by promising to send a separate abstract of the conclusions of his study to each of the subjects. Confidentiality of responses were guaranteed so that the subject would not camouflage their real feelings. Research scholar was requested for filling the questionnaire as quickly as possible.

Statistical Procedure

Analysis of Variance (ANOVA) was used to see the difference

Table 1: Descriptive statistics of different professions (Doctors, Engineers, School Teachers, College/ University Teachers, Businessmen, Beaucrates, Lawyers and Police Services) in relation to Social Wellness Assessment

Groups	Count	Sum	Average	Variance
Doctors	100	7689	76.89	15.04838
Engineers	100	3932	39.32	29.12889
School Teachers	100	6098	60.98	27.0299
College/ University Teachers	100	5926	59.26	29.04283
Businessmen	100	7776	77.76	18.14384
Beaucrates	100	5855	58.55	24.65404
Lawyers	100	3882	38.82	25.56323
Police Services	100	3993	39.93	27.01525

The average and variance of Doctors 76.89± 15.04838 Engineers 39.32± 29.12889 School Teachers 60.98± 27.0299 College/ University Teachers 59.26± 29.04283 Businessmen 77.76± 18.14384 Beaucrates 58.55± 24.65404 Lawyers 38.82± 25.56323 Police Services 39.93± 27.01525 in relation to Social Wellness Assessment

Table 2: Analysis of Variance of Social Wellness Assessment among Different individuals belonging to different professions on their selected Life Style Assessment Contents

Source of Variation	df	SS	MSS	F-ratio
Between Groups	7	178190	25455.71	1040.993*
With in Groups	792	19367.01	24.4533	

* Significant at 0.05 level of confidence
F 0.05 (7, 792) =2.02

Table – II revealed that there was significant difference the

among the different teams of volleyball players at the significant level of .05. For further analysis “Post Hoc Test” (LSD) was applied.

Result

The questionnaire comprised of 42 questions covering various aspects of mental toughness of universities volleyball (men) players. The findings of the present study are presented in the following tables:-

individuals belonging to different professions on Social Wellness Assessment, as obtained F-ratio was 1040.993, which was higher value than the value 2.02, required for F-ratio to be significant at 0.05 level with (7,792) degree of freedom. Since the one way analysis of variance was found significant in relation to Social Wellness Assessment, the least significant difference (LSD) test was applied to find out which of the differences of the means amongst the different professions were statistically significant.

Table 3: Least Significant Difference Post-Hoc Test for Means of All Professions in relation to Social Wellness Assessment

Doctors	Engineers	School Teachers	College/ University Teachers	Business-men	Beauro-crates	Law-yers	Police services	M.D.	C.D.
76.89	39.32							37.57*	1.370
76.89		60.98						15.91*	
76.89			59.26					17.63*	
76.89				77.76				0.87	
76.89					58.55			18.34*	
76.89						38.82		38.07*	
76.89							39.93	36.96*	
	39.32	60.98						21.66*	
	39.32		59.26					19.94*	
	39.32			77.76				38.44*	
	39.32				58.55			19.23*	
	39.32					38.82		0.5	
	39.32						39.93	0.61	
		60.98	59.26					1.72*	
		60.98		77.76				16.78*	
		60.98			58.55			2.43*	
		60.98				38.82		22.16*	
		60.98					39.93	21.05*	
			59.26	77.76				18.5*	
			59.26		58.55			0.71	
			59.26			38.82		20.44*	
			59.26				39.93	19.33*	
				77.76	58.55			19.21*	
				77.76		38.82		38.94*	
				77.76			39.93	37.83*	
					58.55	38.82		19.73*	
					58.55		39.93	18.62*	
						38.82	39.93	1.11	

* Significant at .05 level.

It is evident from table –12.1 that mean differences of different profession in relation to Social Wellness Assessment was found to be significant between Doctors and Engineers, Doctors and School Teachers, Doctors and College/University Teachers, Doctors and Beurocrates, Doctors and Lawyers, Doctors and Police services, Engineers and School Teachers, Engineers and College/University Teachers, Engineers and Businessman, Engineers and Beurocrates, School Teachers and College/University Teachers, School Teachers and Businessman, School Teachers and Beurocrates, School Teachers and Lawyers, School Teachers and Police services, College/University Teachers and Businessman, College/University Teachers and Lawyers, College/University Teachers and Police services, Businessman and Beurocrates, Businessman and Lawyers, Businessman and Police services, Beurocrates and Lawyers, Beurocrates and Police services at .05 level of confidence. Mean differences of different profession in relation to Social Wellness Assessment was found to be insignificant between Doctors and Businessman, Engineers and and Lawyers, Engineers and Police services, College/University Teachers and Beurocrates, Lawyers and Police services at .05 level of confidence. To observe the difference among the individuals belonging to different professions on their selected Life Style Assessment Contents, the analysis of variance was adopted and data pertaining to these have been presented in table II and III.

Discussion

The analysis of data reveals that there were significant difference in Social wellness assessment among the different profession individual as calculated F (1040.993) were greater than the tabulated F (2.02) respectively. After applying post hoc test as shown in table III it was found that there was significant difference among different professions individuals. As businessman has the highest mean value (77.76). The significant differences in social wellness assessment in various Professions individuals were probably due to the different nature of mental training and prerequisites components for the individual. Such results may also be due to change in climatic conditions, nature of job and may be due to the work pressure.

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