

## “HOLISTIC PSYCHOSOMATIC ASSESSMENT OF HAPPINESS QUOTIENT IN URBAN INDIAN SUBJECTS”

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### I. INTRODUCTION:

Positive thinking is the key to good health and having a better attitude to tackle the ups and downs of life and increasing one's **happiness quotient**. In today's world of competition, stress has become a very common occurrence among people, compelling the brain towards negativity resulting in various compromises in health and problems in life. Stress is a common term used by people when they encounter an obstacle in their life. This obstacle could be anything from the work environment to the passing away of a family member. However, when you hear someone mention that they are 'stressed out', the likelihood is that this person does not know the full extent and magnitude of what stress actually is. Stress, in biological terms refers to the after effects of a person failing to respond properly to an event that has occurred in their life, whether physical or emotional. Imagine a person encountering a problem and bottling up these emotions inside without releasing them. This behavior brings stress upon the body and the condition gets worse with time. Stress may have many adverse effects on the health of an individual as well as in the context of sociocultural aspects. Positive thinking helps not only to generate a capacity of handling the situation but also reduce the ill effects of stress. This research endeavour attempts to find a connecting link between a positive frame of mind, stress management and overall wellness of an individual subject. Benchmarking of the **happiness quotient** of the subject would accurately reflect the holistic aspects of physical, psychological, emotional, spiritual, socio-cultural and professional segments of the individual. Researchers continue to explore the effects of positive thinking and optimism on health. Health benefits that positive thinking may provide include:

- Decreased negative stress
- Greater resistance to catching the common cold
- A sense of well-being and improved health
- Reduced risk of coronary artery disease
- Better coping skills during hardships

This study is an attempt towards predicting the happiness quotient of people by executing a survey. The survey consisted of a structured, self administered questionnaire. It included information about the factors that could help to judge the physical well-being of the subjects. These subjects were from different age groups principally, college going students. The findings of this research suggest a link between the biochemical manifestations and the individual's attitude towards Life.

### Sample selection:

Our Research study has involved the panel of students from various backgrounds. Some of the students were with scientific, humanity and psychological background, capable of interpreting their point of view and also who understand the epitome scientifically.

### Participants:

A random sample of college students in the age group of 18 - 30 years was selected with the scientific, humanity and psychological background. The participants were precisely briefed about the nature and the purpose of the research. The willing participants took part and gave their informed consent. The subjects completed questionnaires which included their anthropometric indices namely height, weight as well.

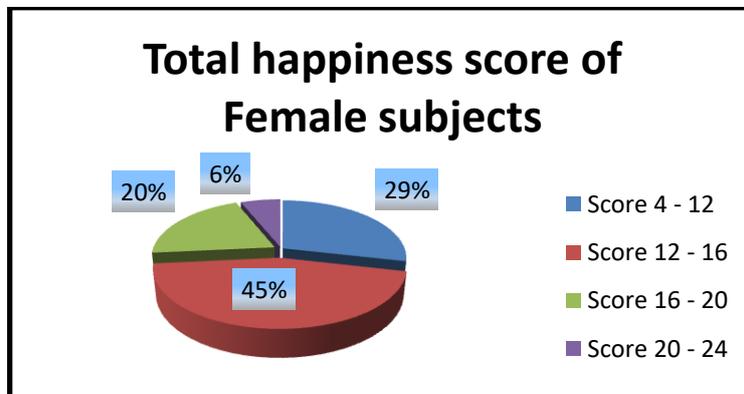
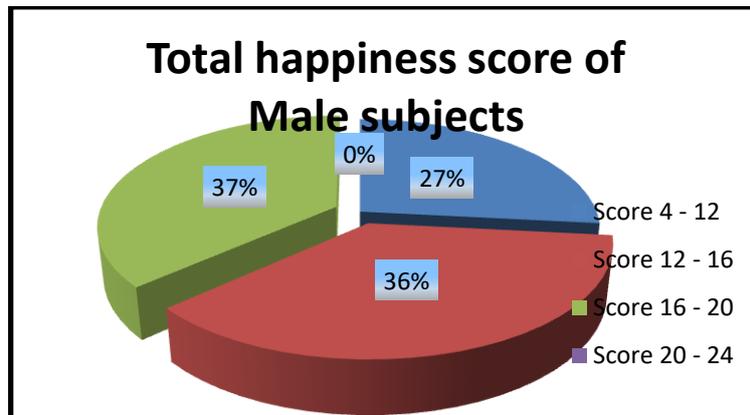
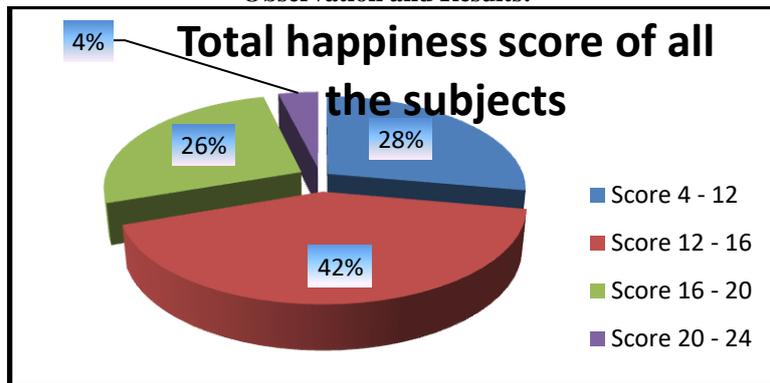
### Procedure:

A carefully structured questionnaire was self-administered to the urban student subjects from India in the age group of 18 – 30 years with the view of obtaining a holistic picture of their perspective towards positive thinking. The questionnaire comprised of the information of following details:

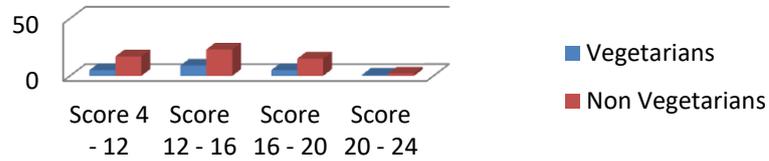
- Gender
- Education and the stream: Science or Humanities
- Blood group
- Anthropometric details namely height and weight
- Dietary habits: vegetarian or non-vegetarian
- Hobbies

It also included ten statements on which the subjects were asked to give happiness score. The findings were statistically analyzed. The findings have reconfirmed an emphatic relationship between the positive frame of mind, stress management and overall wellness of an individual.

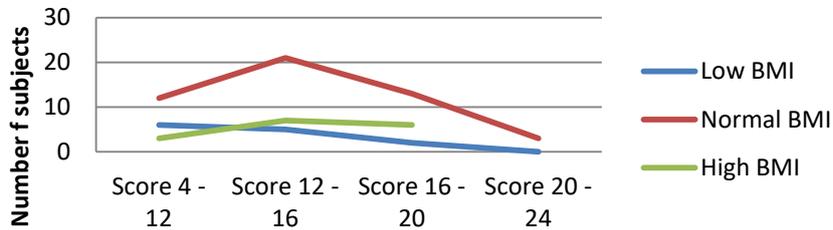
**Observation and Results:**



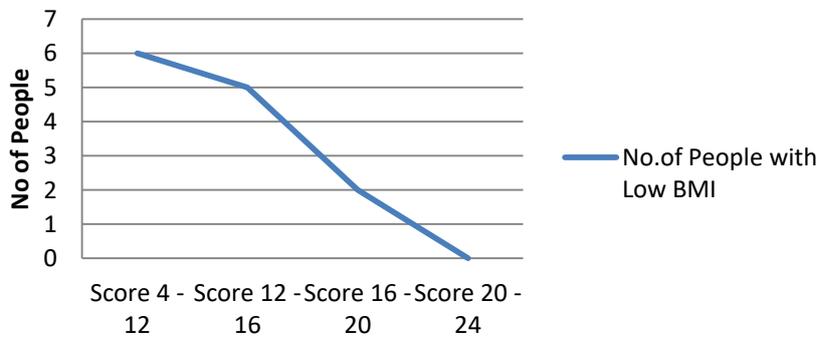
### A comparative graph of happiness score and dietary pattern



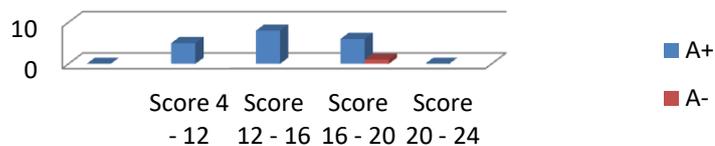
### A comparative graph of happiness score and BMI



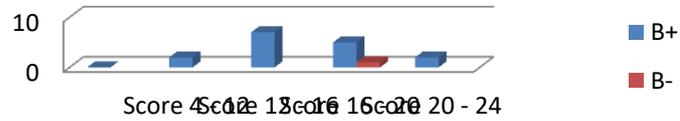
### Low BMI Trend



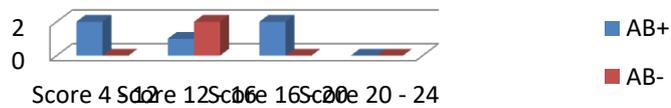
### A comparative graph of happiness score and 'A' blood group



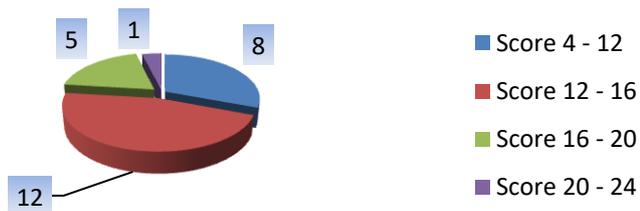
### A comparative graph of happiness score and 'B'...



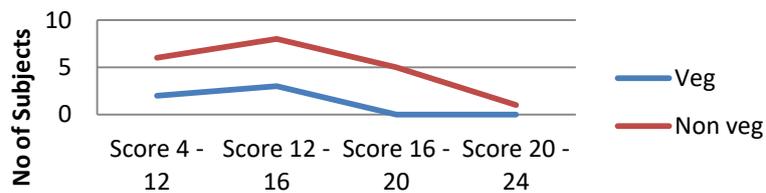
### A comparative graph of happiness score and 'AB'...



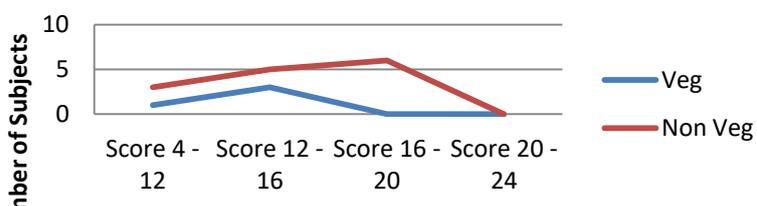
### No of People having blood group O+



### A comparative graph of happiness score and Dietary...



### A comparative graph of happiness score and Dietary...



## **II. RESULT AND CONCLUSION:**

- Out of the total number of subjects assessed maximum subjects were in the category of positivity score 12 – 16 (42%)
- Only 4% of the total number of subjects assessed were with positivity score 20 – 24 (the maximum score)
- Out of the total 79 subjects, only 3 subjects are present in highest score category
- The Category of highest score which is 20 – 24 consists only of female subjects. 6% of the female subjects are present in this category
- Out of the 3 female subjects present in 20 – 24 category, 2 have B+ve blood group and 1 subject has O+ve blood group.
- All the 3 subjects in the 20 – 24 category have normal BMI value
- The subjects with Low BMI are present in greater number in the category of positivity score 4 – 12 and no subjects with low BMI are present in 20 – 24 category.

The findings suggest that, there is a direct relation between happiness score and low BMI of the individual. This reflects that, more the happiness score, there are more chances that the subject will be having a normal BMI. A body mass index in the low range signals that one could be malnourished. Maybe one's body is not properly absorbing nutrients or maybe one is not getting enough calories to support the activity level. Conversely, having a BMI on the higher end alerts your physician that your risks of heart disease, diabetes and certain cancers are higher than someone with a normal BMI. The individuals with a BMI in the normal range showed a higher happiness score. Hence there is a connecting link between the BMI, happiness score and health and wellness of the subjects.

## **III. FUTURE PROSPECTS:**

- In the survey carried out majority of the subjects were non-vegetarian subjects. Hence a further study is required to find a connecting link between the dietary pattern and happiness score of individuals.
- To establish relationship between happiness score and blood group of the individual a camp to determine the blood groups of different subjects using simple biochemical kits can be organized.
- A remedial workshop of pranic healing emphasizing the absolute need and role of positive thinking for stress management and maintenance of optimum health is been conceptualized.
- Studies in which moods and emotions are experimentally manipulated, and effects on physiological variables that could affect health can be done.

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- [5] Barker, P (2003) *Psychiatric and Mental Health Nursing: The Craft of Caring* Arnold, Great Britain.