



A STUDY ON TRANSFORMATION OF MIND - SET OF PEOPLE TOWARDS HEALTH & WELLNESS AFTER EXPERIENCE OF EFFECTS OF PANDEMIC ON HUMAN LIFE CYCLE

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Abstract:

This paper analysis the shift in the behavioural pattern towards health & wellness after the post pandemic period. Earlier heath & wellness was analysed majorly on the basis of physical activities but with the isolation concept experienced by the people during pandemic period they realised the comprehensive aspects of health & wellness. In present scenario heath & wellness is very much connected with the overall development of the body such as peace of mind, satisfaction, happiness, lifestyle, work life balance and most importantly enjoying what we do along with physical activities like gym, yoga, meditation.

All these activities not only keep one's body away from doctor but also heel him/her from various mental pressures due to which critical diseases may arise at later stages of life span.

The study primarily inclined towards; the role of conventional & modern approaches responsible for the overall development & wellness of human beings. Further, the study also enlightened the areas which keep on gaining acceptance world wide due positive impact of such approaches towards transformation of behavioural pattern of people with the adaptability of modern theories and applications experienced by the people based on the benefits of heath & wellness.

The study is based on the available literature review presented by various research scholars and academicians and present study has identified certain areas on which very minimal work has been done, hence this particular topic has been undertaken for the study and tried to presented those areas which was excluded in available literature reviews.

Keywords: Heath & Wellness, conventional & modern approaches, as peace of mind, satisfaction, happiness, lifestyle, work life balance.

Introduction:

The term "health" refers to a person's general well-being. It covers one's mental, physical, and social health. Physical well-being is defined as the absence of illness or injury as well as the capacity to carry out everyday tasks. Social health is the capacity to engage and communicate with others, whereas mental health is the state of one's emotional and psychological well-being. Due to the country's fast-growing population and rising incidence of chronic diseases like diabetes and heart disease, health and wellness in India is a significant concern. And with the rise in number of diseases there is a shift in a thought process of people. Earlier they used to work out to look attractive and have an amazing body but not people are working out to stay away from diseases and not only physical ailments but mental diseases also.

As there is change in the reason of working out, there is also shift in the way of work out. Indians' exercise habits have changed significantly in recent years. The significance of physical fitness and its connection to general health and wellbeing are being recognised by an increasing number of people. Yoga, Pilates, and functional training have become more and more popular among Indian fitness enthusiasts in recent years.

Growing knowledge of these techniques' advantages and a preference for more comprehensive and long-lasting training regimens are what are driving this movement. Additionally, people can now discover instructors and classes near them and obtain information on various forms of fitness more easily because to the widespread use of social media and the internet. Even though traditional techniques like bodybuilding and powerlifting are still widely used, more people are now willing to give new techniques a try and include them into their fitness regimen. Due to this, there are more gyms and fitness facilities available, and different types of exercise like yoga, pilates, and cardio are becoming more and more popular. Growing interest has also been shown in other types of exercise that are more rigorous and focused on a specific purpose, such CrossFit, HIIT, and functional training. Individualized training programmes that address their unique requirements and goals are becoming more popular. Apart from physical health people are also concerned about mental health. Indians' attitudes around mental health have changed in recent years.

In India, mental health has historically not received the same priority as physical health, and there has been a great deal of stigma and ignorance around mental health issues. However, there has been a rise in knowledge and instruction regarding mental health, and initiatives have been taken to lessen the stigma attached to it. One of the highest global rates of mental illness is seen in India. Nearly 14% of Indians, according to the National Mental Health Survey of 2016, needed active mental health interventions.

An anxiety or depression condition affected one in seven Indians. The quantity has probably doubled. As a result, more individuals now understand the need of maintaining one's mental health and are taking action to do so.

Review of Literature:

Hamilton and Redmond, (2010) Emotional Wellness has been explained in a very simple manner by both the scholars and they stated that a positive response that relates stimulus and capacity to monitor behaviour pattern towards positive direction whereas psychological wellness has been presented as the competency level wellness of an individual by which he/she established positive balance between stress and emotional weakness. The outcome of their study has been defined as both emotional and psychological wellness under balanced conditions which lead to positive outcomes but imbalance in any of the two leads to mental illness and weakness. **Du Plessis and Botha (2012)** They have an opinion that wellness is an approach towards healthy lifestyle, in which healthy body, mind and spirit are integrated by an individual, with an objective to spend his/her life cycle more enthusiastically by not only creating better environment around them but also spend the entire life cycle with a body which is healthy both internally and externally. **National Wellness Institute (2018)** In one of the report National Wellness Institute has enlightened that wellness is a continuous process of understanding about an individual self-consciousness that defines the aspects which make their life more improved in relation to physical fitness and mental wellbeing and the choice of choosing or giving importance to any of the aspects. It directly boosts of their quality of life.

Hettler – (2010) has defined that wellness has been one of the most significant domains on which WHO and UNESCO and various other government and private organizations are conducting multiple surveys and studies because of change in the mindset of the people and this has been globally observed that this sector in a few years has seen growth because it has become more versatile and may enter in the list of top ten best performing sectors as it is directly related with the betterment of the society or it is completely based on the social upliftment of the society via providing them real aspects of sound life cycle. **Indian Retailer beauty and Wellness (2018)** According to the (CAGR 2018-2022) Survey, the revenue estimated USD 908 million and it may go up to by 93% by 2023, that will lead to total market value as USD 1 ,026 million by 2022.This has represented the shift in the behavioural pattern of people which is an outcome of transformation of mindset of people globally towards importance of mental and physical well -being in our life. **Dr Ali Rani** – HOD Max Super Speciality Hospital has presented his view point on the same and stated that in the past fifteen months, the pandemic has made us realize that why exercises at home is important. Now if we do not go to gym then we can perform various exercises at home or homely exercises replacing gym & heavy weight to breathing exercises.

Objective of the Study:

After study of several available literature review's it was found that maximum study has been conducted on the effect of pandemic on the health of people or the number of casualty happened during the pandemic period but very minimal study has been done on the shift in the mind set of the people after visualisation of the effects of pandemic period on the physical & mental health of the people, therefore researcher has

deliberately chosen this topic to analyse the transformation in the mind- set towards various physical and other activities helpful in the overall development of people. Some of the activities such as Yoga, Healthy diet, Peace of mind, and acceptability to both modern and older theories or philosophies provide comprehensive knowledge about healthy health & mind- set.

Some of the olden philosophies are so much popular now a days that it has been adopted globally, hence the objective of the “*study was to analyse the transformation of the mind set of the people towards health and wellness after the pandemic era*”.

Research Methodology:

To gain the deeper insight about the objective undertaken for the study a descriptive study has been conducted after review of several data and facts available on multiple web- portals and researcher has identify the shift by applying observational method through the opinion of multiple academicians, fitness gurus and doctors who has very well explained the change in behaviour pattern of people towards health and mental well-ness post pandemic era.

Analysis through observational Study:

The pandemic has heightened people's attention to the positive effects of exercise on physical health. During the pandemic, the news media disseminates a great deal about the therapeutic effects of physical activities on physical health and people with mild coronavirus infection. Regular and long-term physical exercise enhances the body's immune surveillance capabilities, acts as an anti-inflammatory agent, reduces the risk of developing numerous chronic diseases, and improves the general level of physical health and disease prevention and resistance. From the psychological perspective, there are three potential mechanisms. First, regular exercise increases the exposure to anxiety-related sensations, which helps to reduce anxiety sensitivity, resulting in a better mental health condition. exercise may help build a sense of self-efficacy, improve self-image and confidence, which enhance the sense of control over stressful situations.

Although new habits were formed and a majority of those polled in a Future of Fitness survey say they plan to continue exercising at home even after they feel comfortable returning to a gym, some see that tide turning, just as pandemic influenced extensions of the fitness industry log growth, from mental-wellness. While online yoga offers fitness as well as stress reduction, the use of mindfulness meditation apps soared over the last year, suggesting that people were wanting more than to stay physically fit.

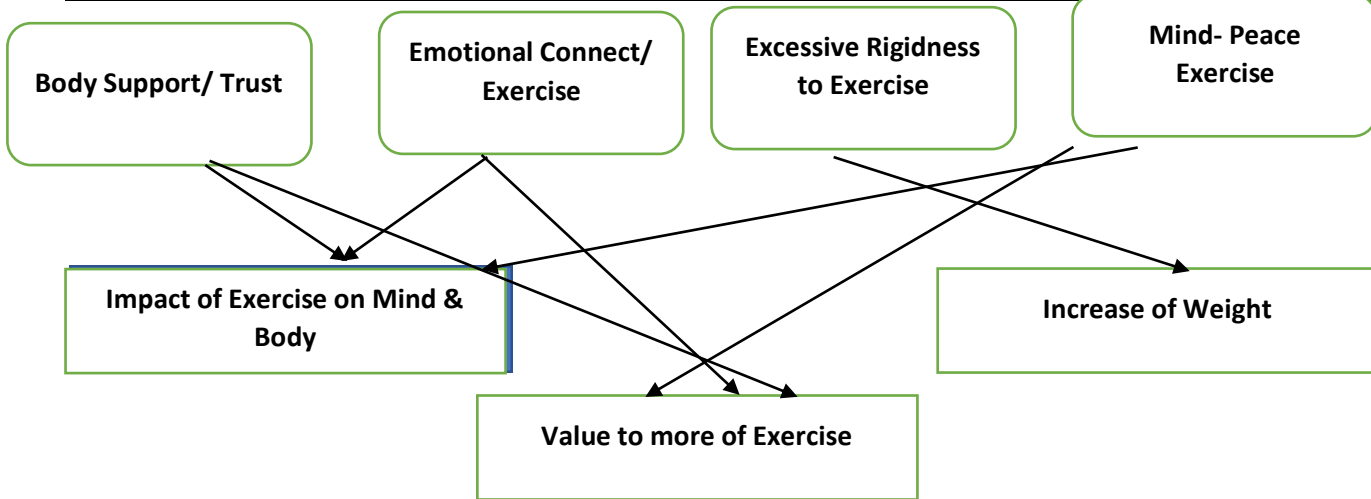


Figure 1: Relationship of behaviour & its impact on thought Process

Relationship Model based on Exercise physical & Mental Development

Rel. w/Exercise More Pos ~						
BT	0.001	0.003	0.16	0.07	0.09	0.12
EE	0.10	0.13	0.14	-0.31 *	-0.35 *	0.10
ER	-0.14	-0.16	0.15	0.20 *	0.30 *	0.11
ME	-0.12	-0.30	0.20	-0.15	-0.27 *	0.10
Exercising More ~						
BT	0.05	0.09	0.15	0.08	0.12	0.12
EE	0.12	0.9	0.14	-0.21 *	-0.27 *	0.10
ER	-0.04	-0.13	0.13	0.27 *	0.41 *	0.14
ME	-0.10	-0.27	0.22	-0.15 *	-0.26 *	0.14
Gained Weight ~						
BT	-0.01	-0.02	0.15	-0.11	-0.13	0.13
EE	-0.07	-0.11	0.13	-0.02	-0.04	0.8
ER	0.06	0.08	0.13	-0.21	-0.21	0.12
ME	0.11	0.24	0.20	0.20	0.26	0.15

Intuitive Exercise before the Pandemic Predicting Exercise Attitudes and Behaviors during the Pandemic

The hypothesized model for intuitive exercise before the pandemic appeared to be a proper fit for the data. The CFI (i.e., comparative fit index, which examines the discrepancy between the data and the hypothesized model, adjusting for errors associated with sample size not addressed in the chi-squared test) was 0.97; the TLI (i.e., Tucker-Lewis index is another model fit statistic that penalizes for model complexity (more parameters = more penalization)) was 0.96; and the RMSEA (i.e., root mean square error of approximation, is a fit index based on the non-centrality parameter) was 0.06, CI90[0.04, 0.07].

The Akaike information criterion (AIC) and Bayesian information criterion (BIC) were 9601.65 and 9834.55, respectively. The chi-squared model was significant, $X^2(101) = 167.85$. However, there were no significant direct effects, meaning that intuitive exercise before the pandemic did not predict exercise attitudes and behaviors during the pandemic

Data from Sensor Tower from the early days of quarantine in April 2020 revealed that globally, top 10 English-language mental wellness apps had close to 10 million downloads, which represents a 24.2% increase from January 2020. In addition to individuals downloading mindfulness and meditation apps on their own, employers have begun to take notice. McClintock believes companies have a responsibility to provide resources for their employees' mental wellness. It's a win-win, he said, noting that multiple studies concluded mindfulness and meditation practices can boost productivity.

Study Limitations

The study has several limitations. The cross-sectional study design is a major limitation of this study. Furthermore, to participate in the survey, the observation method of analysis may vary person to person. The descriptive research study method was used under the non-probability sampling method according to the objective and nature of the study. The study results cannot be generalized to the whole population because it is hard to replicate the outcome of descriptive study to other population based on geographical aspects.

Conflict of Interest

The authors declare that the research was conducted in the absence of any commercial or financial relationships that could be construed as a potential conflict of interest.

Conclusion:

Outcomes of pandemic was declared as a global issue faced economies of all the countries, several cases across globe were confirmed. Due to the severity of the COVID-19, many countries worldwide introduced different measures to contain the pathogen of the pandemic such as lockdown of the whole country, smart lockdown, social distancing, and body temperature monitoring at home confinement. But the post pandemic outcomes were really given new definitions to people and now they have understood the significance of physical and mental health benefits, their entire life projection has been shifted from work pressure to work life balance by adding physical exercise and mental peace by meditation, yoga, and other activities that not only make them fit but also prepare them ready to face the circumstances seen in pandemic period. Hence, the study has shown the drastic transformation in the behavioural pattern of people after understanding of outcomes of the fitness from inside & outside as nothing help you out once such circumstances arise and the last medicine that works is fitness through wellness of body by routinised exercises.

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