

# Wellness Awareness and Measures Effective For Wellness Restoration

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## Introduction

We usually see a lot of fitness and wellness advertisements, posters, campaigns, and videos about how to maintain overall fitness. However, the need for these advertisements and campaigns only suggests that people need fitness and wellness products, instructions and tips clearly stating the people irrespective of age, gender, their work, the area they live in are unwell and unfit and that is the reason such wellness projects are conducted and are so popular. People are always ready to receive suggestions about food habits, eating timings and portion control to lose weight or gain weight; they are always keen to know how including a certain ingredient to their routine helps relieving stress, improve hair quality, enable a goodnight sleep, peace of mind and so on. The term wellness is not here only concerned about one's physical health but also their mental health. Talks about mental health awareness have been going on since not recently now. People are aware about the importance of fitness specially after the pandemic and virus and that was totally because of the shaking experience we all have had in the pandemic over selves or with someone close to us. The reason cannot just be the pandemic, there can be seen various illness conditions among people like diabetes, kidney failures, blood pressure issues, depression, suicidal tendencies and so much more that has been affecting people of all age, and area nowadays. The sedentary lifestyle, bad food habits, messed up sleeping patterns, addictions, stress, and tension, bad hygiene are all so popular reasons behind all such issues. However, even if we understand the reasons, it still is difficult to stay fit and sane somehow. The least we can do is first understand that if we are well or unwell and that it needs to be addressed, try including a few easily possible measures to our routine and instead of worrying watching the videos about our problems actually take some steps.

Here in this paper we are trying to achieve the inputs for the same based on a survey.

## Literature Review

On searching for the research papers, documents, journals around wellness restoration measures the relevant ones found are mentioned below.

Study by Institute of medicine of the National Academics (2012) suggests that “the selected cardiorespiratory endurance and body composition measures are related to health; are valid, reliable, and feasible; and should be included in fitness surveys and in schools. Likewise, some valid, reliable, and feasible musculoskeletal fitness measures may be related to health and also should be included in fitness batteries” based on the physical aspects of youth of age 5 – 18.

A study military medicine (2010) states that physical fitness can be divided into health-related fitness and performance related fitness and Physical fitness is composed of the four components: endurance, mobility, strength, and flexibility. Training should include all four components supported by a foundation of core strength and be based on mission tasks the service member is required to perform. Another study by Rachele, Jerome, Washington, Tracy L, Cuddihy, Thomas F, Barwais, Faisal A and McPhail, Steven A (2013) says that Instruments for evaluating wellness are particularly useful for those seeking to influence lifestyle behaviours among youth populations, including health and educational settings. There are a number of tools available to measure wellness, each with its own focus, depending on the definition or model from which it was developed. This may cause debate regarding the appropriateness of some instruments for evaluating wellness and some measures like exercising, running should be included in order to maintain the wellness.

## Research Methodology

It is difficult to understand which exactly is a health measure that would be practical, effective since this topic is very subjective. It is important that the health measure we talk about for wellness should be approved by people, so they do and follow it unlike the fitness regime that people start and quit within a few days.

Therefore, here for this research, a questionnaire-based survey was conducted and based on the results of which the conclusions were drawn.

The people that were taken for the survey are college students and working people to seek diversity and total 85 people. The names, answers and other details of the people was kept not mentioned anywhere.

There are five questions in the survey wherein their opinion on whether they are fit and fine, do they think some health measure is necessary to be taken by them, how frequently do they actually take a step when they are unwell, which wellness measures are effective that you have tried yourself with options ( Improving food habits, yoga and meditation, exercise at home, walk/jog/run, pranayama & breathing exercises, gym, quitting addiction ) and people could also write any other measures that they thought of and their opinion on what would be an effective way of restoring the energy and motivation after a tiring day at work/college and they had to write their own answers without any options given to them.

## Data Analysis

For the analysis of the data achieved after the completion of the survey, I have arranged the questions with the pie chart diagram for the responses in percentage given by the people to make it easier to understand.

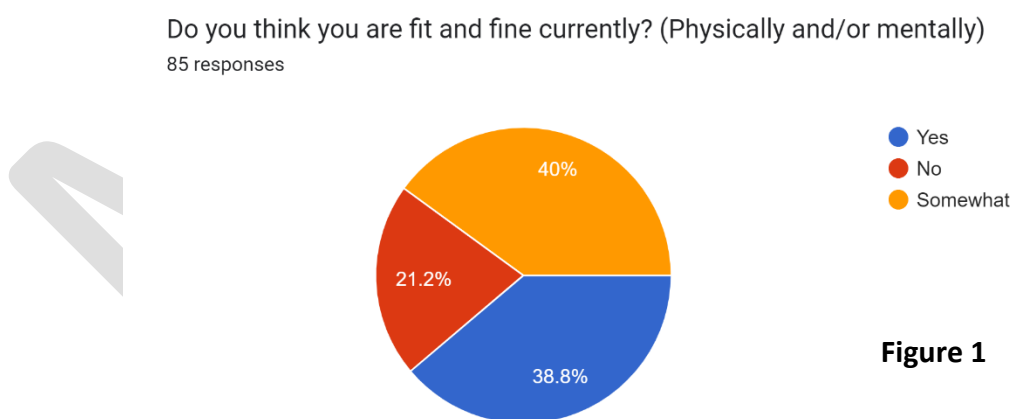
The analysis of the data is as follows.

Q 1 Do you think you are fit and fine currently (physically and/or mentally)

This question had three options (Yes, no, somewhat)

Fig no 1 indicates the pie chart for the responses of question 1.

Looking at the figure, we can understand that 38.8 % of people have said yes and 40% have said somewhat and 21.2 % have said no for this question.

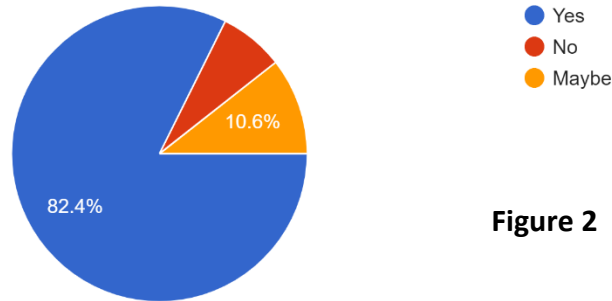


Q 2 Do you think that some health measures are needed to be taken in order to maintain/improve your (physical and/or mental) health?

With options (Yes, no, maybe) In fig 2, we can see that 82.4 % of people have said yes and measures are needed to be taken. 10.6 % have said maybe and 7.1 % have said no to the measures. Stating a huge number of people agree that they need to take some health measure to improve their health.

Do you think that some health measures are needed to be taken in order to maintain/improve your (physical and/or mental) health?

85 responses



**Figure 2**

**Q 3** Which wellness measures are effective and easier to do to maintain physical and/or mental health according to you? (That you yourself have tried so far)

This question had 7 options like (Improving food habits, yoga and meditation, exercise at home, walk/jog/run, pranayama & breathing exercises, gym, quitting addiction) and they could also write any other measures they found helpful. Fig 3 indicates the responses. They could choose multiple options. The option the most chosen was improving food habits with 78.8 % on rank two, it was walk/jog/run at 67.1 %. Third most selected was yoga and meditation. If we arrange the 7 options according to most chosen and least chosen, the list would be like

1. Improving food habits (78.8 %)
2. Walk/jog/run (67.1 %)
3. Yoga and meditation (56.5 %)
4. Exercise at home (45.9 %)
5. Pranayama & breathing exercises (36.5 %)
6. Quitting addiction (29.4 %)
7. Gym (21.2 %)

11 responses had other measure mentioned by people out of which 2 were playing sports and 2 were about doing something you like another 2 were swimming and the remaining 5 were then these ; 8 hours of sleep, medications, , avoiding negative thinking, taking a break, communication.

Which wellness measures are effective and easier to do to maintain physical and/or mental health according to you? (That you yourself have tried so far)

85 responses

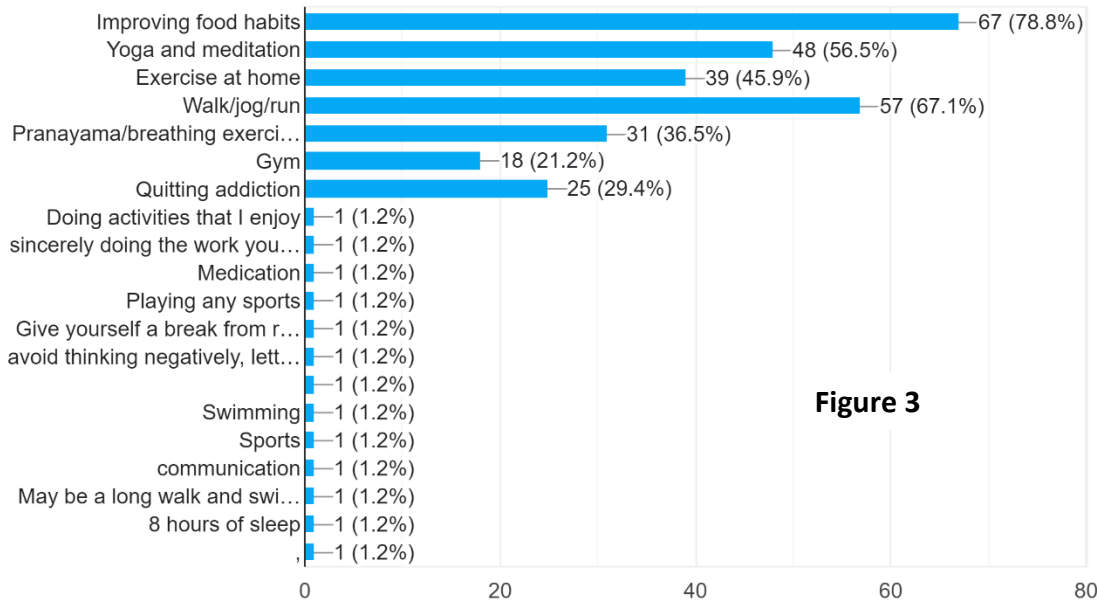


Figure 3

Q 4 How frequently do you take some measure in order to restore your wellness? (Could be taking a day off, going to trip, visiting a doctor, talking to someone, taking medications, resting, etc.)

This question had options (Always, sometimes, never) Fig 4 indicates its response pie chart looking at which we understand that 72.9 % of the people responded sometimes, 24.7 % said always and 2.4% even responded never.

Which seems concerning as people do not always address the unwellness they have.

How frequently do you take some measure in order to restore your wellness? (Could be taking a day off, going to trip, visiting a doctor, talking to someone, taking medications, resting, etc.)

85 responses

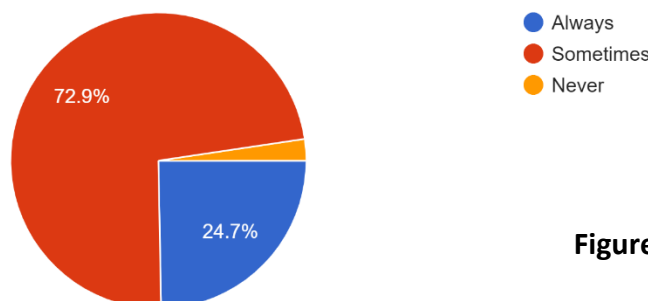


Figure 4

Q 5 Which is the effective way of restoring the energy and motivation after a tiring day at work/college?

Here for this question, I had asked them to write by their own and out of the 85 responses, if arranged in order written by most people, the list would be as follows.

- 1) Listening to music 17 responses
- 2) Taking a nap/rest 15 responses
- 3) Hobby/ Doing something you like 8 responses
- 4) Taking a walk 7 responses
- 5) Meditation 5 responses
- 6) Time with family 5 responses
- 7) Having good food 4 responses
- 8) Reading something 3 responses
- 9) Yoga 3 responses
- 10) Watching something you like 3 responses
- 11) Exercise/gym 3 response
- 12) Breathing exercises/pranayama 3 responses
- 13) Alone time 3 response
- 14) Energy drink 1 response
- 15) Playing with pet 1 response
- 16) Taking a shower 1 response
- 17) Having tea 1 response
- 18) Positive thinking 1 response
- 19) Laugh 1 response

Looking at the responses of this question, we can see some measures being suggested by a lot of people suggest the same measures for energy restoration after a tiring day. For example, 20 % of people said listening to music helps them get refreshed which can be totally said to be fair amount of people. 17 % another fair amount of people suggested taking a nap would be effective. 8.5 % say that perceiving the hobby helps destress. 8 % of people from those who took the survey suggested taking a walk should calm them down after a hectic day. 5.8 % said good family time shall help them reenergize after a tiring day at work. The same percentage of people each for the measures like; reading something, watching something you like, yoga practice, exercising/hitting the gym, breathing exercises/pranayama and alone sweet time are the measures that have been suggested by 3.5% of people for each measure. Then there were only 1 response each for measures like having an energy drink, playing with your pet, taking a shower, having a nice cup of tea, positive thinking, laughing.

We can see interesting pattern in the measures suggested by 85 people.

## Conclusion

We have conducted a survey and analysed the responses of the five questions in the questionnaire-based survey and now for the conclusion, from the first question responses (Do you think you are fit and fine currently (physically and/or mentally) the conclusion is that only about 38 % thought they are fit and fine and rest of the major chunk of people isn't either sure if they are fit and fine or aren't fine at all. This suggests the importance of addressing this point. The answer to second question (Do you think that some health measures are needed to be taken in order to maintain/improve your physical and/or mental health?) the conclusion is most of the people find that they need to take some health measures in order to maintain or improve their overall physical and mental health. The third question's responses (Which wellness measures are effective and easier to do to maintain physical and/or mental health according to you? That you yourself have tried so far) people find improving food habits to be the effective and practical solution as a wellness measure and it can be added to our routine seeing the amount of people choosing it. Other measures from the options like, Walk/jog/run (67.1 %), Yoga and meditation (56.5 %), Exercise at home (45.9 %), Pranayama & breathing exercises are also popular measures chosen by people. One can certainly pick their preferable one from the list and add it to their daily routine and lifestyle. Only



quitting addictions and hitting the gym were at the lowest which might also be out of habit and it being difficult to stop since a habit and also simultaneously difficult to make a habit respectively. From the other measures suggested by people, 2 were playing sports and 2 were about doing something you like another 2 were swimming. Question four responses. The question four (How frequently do you take some measure in order to restore your wellness? (Could be taking a day off, going to trip, visiting a doctor, talking to someone, taking medications, resting, etc.) The response states that only almost one third of the people always address their unwellness and rest of the two third people sometimes take measures or do not take any measures at all. Maybe the research about practical measures to be taken turn out to be useful for such two third of people. For the fifth and last question, (Which is the effective way of restoring the energy and motivation after a tiring day at work/college?) Most people like to listen to music in order to refresh and reenergize after a hectic day. Secondly they like to take a nap to get relaxed and be normal again. These two options actually seem interesting and can be tried by everyone since they seem to be mostly done by people. On the third rank there was doing what you like/hobby and on fourth was taking a walk. These four are mostly done by people in order to feel better after a tiring day. In the descending order then come categories like meditation, time with family, having good food, reading something, yoga, watching something you like, exercise/gym, breathing exercises/pranayama, alone time, energy drink, playing with pet, taking a shower, having tea, positive thinking, laughing which seem a little less popular in people that the first four. At the end it all depends on what you prefer.

## Reference page

Below are the links to reference documents and contents used and referred to to write this research report.

1. [https://vuir.vu.edu.au/40674/1/197-1430-1-PB%20\(1\).pdf](https://vuir.vu.edu.au/40674/1/197-1430-1-PB%20(1).pdf)
2. Singh, D., & Tilak, G. (2019). Effect of Technology Devices on Health of Youth in Pune City.
3. <https://zendy.io/pdf-viewer/10.7205%2Fmilmed-d-10-00058>
4. <https://zendy.io/pdf-viewer/10.17226%2F13483>