



IMPACT OF HEALTH BEHAVIOR ON STRESS MANAGEMENT AMONGST YOUNG ADULTS

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ABSTRACT

This Research Examines the Health Behavior and Stress Management of young adults. Health Behavior is a complete state of an individual's Psychological, physical and social well-being. Stress Management is the tools and strategies to reduce stress or negative impact on an individual's life. The aim of the study is to study the relationship between Health Behavior and Stress Management among Young Adults. The sample in the research was collected from fifty individuals, including fifty males and fifty females. Young Adult's age ranges from 18-30 years. For the purpose of the P.G.I Health Questionnaire, N-1 and Perceived Stress Scale. The data was collected and analysed by correlation. The study's finding shows a significant relationship between Health Behavior and Stress Management among young adults. This demonstrates that when young adults have positive Health Behavior there is a lower level of Stress among them.

Keywords: Health Behavior, Stress Management and Young Adults

Introduction

Health according to the World Health Organization's Law, which went into effect on April 7, 1948 is “A complete state of physical, mental, and social well-being”. Different Theories have been proved significance of Health to individuals and society. Health Belief Model was developed in 1950 by social scientist to address and understand why people fail to adapt disease prevention strategies. The health belief model offers important perspectives regarding the behavioral modifications required for preventive measures and early identification of community health issues. It offers a way to comprehend and forecast how people will act in regard to their wellness and also how people will adhere to suggested medical treatments. With the aid of the health belief model, caregiver may better understand the elements that affect people's perceptions,

beliefs, and behaviours in order to help patients maintain, recover from, and avoid illness. (Potter & Perry, 2005).

According to a UNICEF survey 2021, 41% of young individuals in India believe it is wise to get help for psychological and mental well-being issues.

The Government of India's Shri Mansukh Mandaviya, Secretary for Health & Family Welfare, and an expert panel delivered their flagship report, UNICEF cautioned that children and young people in India could continue to be affected by COVID-19's effects on their mental health and well-being for many years to come.

Youngsters in India who have psychological conditions are usually ignored and resistant to seeking help or therapy. According to the findings of the Indian Journal of Psychiatry, more than 50 million Indian children had psychological problems before the pandemic, and 80–90% of them skipped treatment.

There are still substantial gaps in the budget and needs for mental health. According to a 2017 article in the Indian Journal of Psychiatry, mental health receives only 0.5 per cent of the country's annual health budget.

The Union Health Minister, Shri Mansukh Mandaviya, emphasised the value of mental health in his speech. He claimed that it was inextricably tied to bodily health and wellbeing and formed a crucial element of our ancient knowledge. The Union Health Minister of the Government of India emphasised the significance of including knowledge of mental health in teachers' syllabi as they serve as a foundation of support for children. "The significance of parents, families, and communities in supporting children to speak about their psychological problems and listening to them essential to address them early," he said.

"In order for children to have better life outcomes, we must break down the stigma associated with discussing mental health and seeking care." Dr. Yasmin Haque continued, "We must alter the way we think about mental health. In order to maximise each child's potential, we must ensure that there is better understanding for children who are isolated and traumatised."

In order to maintain this ideal level of health, people can access healthcare and to manage stress and live a better, more active life, good health is significant. Almost 800,000 people worldwide commit suicide annually (one death every 40 seconds) WHO Worldwide, 2015. Health research is essential for improving health and gaining a better understanding of oneself. Learn how to cure and prevent illness, as well as to stop engaging in harmful behavior, as this can increase the quality of care. It aids in the identification of illnesses, diseases, and early illness warning signals. It aids in determining the most efficient course of treatment for particular disorders as well as the best methods of patient care. Additionally, it helps to better communicate information about a certain ailment and its treatment and prevents problems from certain conditions from occurring.

There are numerous complicated interactions between the mind and body. It might be challenging to manage your psychological health if you are physically ill. Your mental state can be negatively impacted by conditions such as stress, fatigue, lack of energy, and bad sleep. Individuals are in a state of mental wellness when they are conscious of their own potential, equipped to handle life's common difficulties, effective at work, and able to give forth to their community. Personal health is a prerequisite for individuals as well as the community as

a whole to be able to process information, communicate, work, and enjoy life. The concept of wholeness encompasses a holistic approach to health. An individual is said to be in excellent condition of health if they are in good mental, emotional, social, and spiritual health and are able to communicate all of their unique potentialities within their environment.

The Theory of Reasoned Action (TRA) was renamed the Theory of Planned Behavior (TPB) in 1980 in order to foresee an individual's intent to engage in an activity at a specific time and location. The theory was created to describe every activity over which humans have control. The most essential component of this model is behaviour intent, which is influenced by beliefs regarding the probability that conduct will bring about in the desired end as well as a subjective evaluation of the risks and benefits of that consequence.

The Theory of Planned Behaviour has been used successfully to forecast and explain a wide range of health behaviours and intentions, including taking drugs, infant feeding, healthcare use, and cigarettes. Cognitive success, according to the Theory of Planned Behaviour, is an outcome of capacity as well as a drive (intention) (behavioural control). It breaks down behavioural, normative, and control beliefs.

Individual actions can have a positive or negative impact on their wellness; such behaviours are known as health behaviour. Simple activities such as washing your hands can fall into this group, as may more complex ones such as opting to live in an area with pollutants in the air. In the context of safety for workers, health behaviour implies whenever a staff member acts in a way that jeopardises health and safety, as well as the consequences of employer activities or intentions on employee health. Unhealthy behaviour raises the possibility of conditions, but healthy behaviours lower the risk.

Additionally, there is existing research that lifestyle behaviour changes with age, making elderly individuals a large and unique population to target for treatments. Good health behaviours may prolong life and reduce the risk of losing independence and mobility later in life. Healthy lifestyle choices, such as getting regular exercise and consuming a nutritious diet, have a number of positive effects on one's biological, mental, and societal well-being. Understanding the many elements that might encourage people to pursue these habits is crucial.

Health behaviors are actions people take that have an impact on their health, such as tobacco consumption and exercising. About 30% of health outcomes can be attributed to healthy habits, but being healthy involves more than just trying to make good decisions. Our settings, opportunities, and feeling of community have all had an impact on how healthy we are today. Lack of access to healthy options prevents people from making healthy decisions. On the other hand, not all surroundings offer the same prospects; for example, many people do not have equal access to jobs, education, transit options, upscale housing, reasonably priced nutritious foods, and non-discriminatory workplaces. In order to better understand the causes of disease and individual health habits, data on social, economic, and environmental variables must be linked. Survey conducted in India 2018, Level of Health-Conscious Behaviour among young Indians. High proportion of respondents from urban areas, therefore more middle- and high-income workers. The sample size was 1000, workers 900 and

100 retirees. In order for people to make sound choices that will have a beneficial impact on their health, health enhance entails educating them about their own health.

The foundation of health enhancement is proactive rather than reactive. Instead of focusing on how to respond to potential health risks, it emphasises actions people can take to take control of their health. Using a range of treatments and techniques, health enhancement empowers people to take action to safeguard their health, quality of life, and overall wellness. It focuses on spreading knowledge about health issues in everyday settings like schools, organizations, and public places as well as on improving health via education and reinforcing the foundation of the current healthcare systems. Techniques to encourage health tend to involve:

- Education to encourage health and wellness, including courses and other forms of training.
- Changes in policy, such as better laws and regulations, have a good effect on people's surroundings and make healthy choices accessible to more people.
- Media use and communication, such as public service announcements, are used to make the public more aware of the importance of health - enhancing behaviours

The youth are the most vital and important segment of every country's job market. With a huge youth population, it is thought that investing on rights, wellbeing, and education might result in significant socioeconomic development. It makes sense that the young people of today will be the inventors, creators, builders, and leaders of the future.

Among the ages of 10 and 24, there are over 1.8 billion adolescent and youths worldwide. Putting money into their schooling and medical care can transform their life and have a positive effect on their society and economy. With more than 62% of the population in working age (15-59 years) and more than 54% of its overall population under the age of 25, India has become one of the youngest nations in the world. The young people of today are striving arduously to bridge the gaps and are growing restless.

Relationship between Health Behaviour and stress management

Stress has a huge impact on how we feel emotionally, our feeling of well-being, our behaviors, as well as our mental and physical well-being. Acute responses to stress in young, healthy persons may be receptive and have no adverse impacts on their well-being. The long-term effects of stressful events, on the other hand, can be harmful to health if the risk is consistent, especially in the elderly or the sick. The kind, quantity, and number of days of the obstacles, as well as the individual's physiological sensitivities (i.e., genetics, constitutional traits), psychological resources, and established ways of coping, all influence the relationship between psychosocial pressures and disease. Psychological therapies have been demonstrated to be useful in managing stress-related disorders and might impact the way long-term conditions develop.

Although it wasn't previously understood, the link between stress and disease is now clearly recognised. Hans Selye was the first to introduce the term "stress" into the medical language to define the "nonspecific response of the organism to any demand."

This is hard to comprehend how much stress can affect our life. In context of the COVID-19 problem, this remains truer than ever. In fact, the coronavirus outbreak is cited by 78% of American adults as a primary component of stress in their everyday lives.

Despite the fact that stress levels have risen across the globe in recent years, more people are talking about it. As the dialogue expands, we learn more about the factors that contribute to stress as well as how it affects each of us differently.

The main stress hormone, cortisol, stimulates glucose (sugars) in the blood circulation to improve brain and muscle repair processes, according to the American Psychological Association (APA). By slowing down unnecessary processes like your reproductive and excretory, this hormone also allows your body to become more efficient.

One of the other primary stress hormones, adrenaline, facilitates the utilization of the elevated amounts of blood glucose brought on by cortisol by your muscles. These two hormones work very well together to reduce stress.

A biological stress is defined as "Any sort of pressure that raises an organism's defences and poses a threat to its own life."

The word "stress", which is commonly referred to, was introduced by researcher Hans Selye in 1936, who characterized the concept as "the non-specific responses of the body to any desire for change". Selye had observed in various researches that laboratory animals exposed to acute but different malodorous physical and emotional stimuli (bright light, deafening noise, extreme weather events of extremes of temperature, and ongoing frustration) all showed the same abnormal changes, including intestinal ulcerations, lymph node tissue contraction, and an growth in the size of the adrenal glands. He later showed that chronic stress could lead to the development of numerous illnesses in these animals that are identical to those that affect people, including heart attacks, strokes, renal disease, and rheumatoid arthritis.

Long-term stress can cause personality changes. These alterations could take the form of chronic rage, impatience, hostility, a lack of regard for punctuality, lower productivity, lying, impulsivity, and social withdrawal.

If you are experiencing a lot of mental strain every day, your general health as a young adult is jeopardised. Stress has a bad impact on your mental and physical well-being. The ability to process information logically, perform efficiently, and have fun is impaired. Effective stress management allows you to break free from the control the condition has on your life with the goal to be happier, healthier, and more productive. The main objective is to maintain a life of equilibrium with sufficient time for employment, relationships, leisure, and enjoyment, as well as a capacity to cope with stress and tackle crises.

According to Holzbauer, young adults' mental health could decline as a result of social media. "The younger generation was raised in an era of social media and constant access to information. We can look up the answer to practically any query, which has reduced our capacity to withstand the discomfort of waiting. We don't have to wait any longer to find out who portrayed Ron Burgundy in Anchorman or what the closest library is."

Social media has significantly lowered barriers between users and audiences in a variety of ways. According to Holzbauer, "We can post anything to social media on impulse of the moment which might express a feeling or thought at the time but may not be genuine to us a day later." "When our more composed selves take control again, we may experience shame, embarrassment, or regret for making an impulsive posting."

These health hazards can be largely avoided if we adopt specific lifestyle habits early in life. According to research, practising self-care and being conscious from an early age considerably increases the likelihood of having good health, a strong immune system, a long lifespan, and a high threshold for managing stress.



Review of Literature

1-Conceptual Frameworks and Empirical Developments in Social Determinants and Health Behaviours

People and community well-being and health are affected by health behaviours. Using recent studies, we explore the relevance of the widely utilised "social factors" method for healthcare procedures. The primary goal of this technique shifts from individual responsibility and responsibility to community organisation and the variety of organisations, structures, inequities, and ideas that promote healthy conduct. The present study on the changing patterns of health behaviour incorporates a social factor perspective as well as biosocial approaches. The relationship between psychological, biological, and social variables is simulated in experimental developments. The increased understanding of health habits as multifaceted, integrated into good health, moving throughout the life range and geographical locales, and expressing the dialectic between structure and agency necessitates a requirement to place individuals in context. The ability to depict this complexity will be improved by developments in the measurement and modelling of health behaviours.

2- Health Effects of Stress: Psychological, Behavioral, and Biological Factors

Stressful experiences have a substantial impact on our state of mind, feelings of well-being, behaviour, as well as our mental and physical well-being. Acute responses to stress in young, healthy persons may be robust and have no adverse impacts on their well-being. The long-term effects of stressors, on the contrary, can be harmful to wellness if the risk remains constant, particularly for the elderly or the sick. The category, quantity, and length of the stresses, in addition to an individual's physiological vulnerability (i.e., genetics, constitutional traits), psychological assets, and created ways of coping, all impact the connection between psychosocial forces and disease. Psychological therapies have been demonstrated to be useful in managing stress-related disorders and might impact how chronic conditions emerge.

3- Health behaviours from a stress and coping perspective: theoretical and methodological concerns

Several studies have found a connection between health habits like eating and exercising and stress, and researchers contend that this connection is mostly the result of people using these behaviours to manage stress. Yet, research on health habits in the framework of coping hasn't gotten much attention. In this essay, we provide a brief review of the literature on the connection between strain, coping, and health behaviours, highlighting that little research has specifically looked at health behaviours as a stress management strategy. In order to apply a stress-management and resilience perspective to health behaviours, there are important theoretical and methodological challenges that must be addressed. The requirement for conceptually sound and methodologically rigorous research, the creation of new metrics, and recommendations for future research serve as potential directions for treatments. Also covered are the ideas of self-control and stress reduction and how they relate to health behaviour research and therapies.

4- An Integrative Health Behavior Model for Understanding and Encouraging Stress Management Strategies Among College Students

This study investigated whether increased desire to use SRTs and willingness to endorse SRTs could be explained by a model merging cognitive, social, behavioural, and experiential elements connected to popular health behaviour models (promoter willingness). A survey of 223 college students' health beliefs, past and planned use of SRTs, willingness to suggest SRTs, and possible changes in purpose or promoter willingness in response to short health education messages was completed by the participants. Prior SRT use, descriptive norms from the theory of planned behaviour, and elements of the health belief model all predicted significant variation in promoter willingness and intention (experienced effectiveness of specific SRTs also indicated and health education messages improved both outcomes).

5- Life satisfaction, stress reduction, and health promotion among medical and dentistry students. A comparative study.

During the winter and summer terms of 2008/09 and 2009/10, 101 dental and 237 medical undergraduates from multiple years of Justus-Liebig University Giessen were examined using the intended questionnaires survey on Promoting Health, Life Contentment, and Management of Stress in Dental or Medical Candidates (addressing work satisfaction and subject choice, personal lives, unwinding conduct and stress management, and health behaviour), the Beck Depression Inventory (BDI), and SF-36 Health Survey. The most frequently used tests for statistics were the Mann-Whitney-U-Test, statistical analysis of variance (ANOVA), Pearson correlation, and Chi2-Tests. Students studying dentistry and medicine displayed severe mental impairment on the SF-36. One in five dental students had mild to moderate depression. Medical students reported being happier with their education despite working an average of extra hours each week. More than half of the dental and medical students lacked effective stress management techniques.

6- Stress, exercise, and nutrition relationships: school staff health behaviour

High and frequently ongoing degrees of work stress are experienced by caregivers. Individualized stress-relieving therapies for nurses are required since providing high-quality care demands a healthy staff. In this study, nurses with various degrees of stress and work-related behavioural tendencies were examined for barriers to and resources for engaging in healthy behaviours, and Health Action Process Approach (HAPA) model-based health behaviour determinants were discovered. 84% of the caregivers reported experiencing chronic stress, and 49% of them showed unhealthful behavioural patterns at work. When creating caregiver health promotion initiatives, resources and barriers connected to health promotion should be taken into account. For long-lasting benefits on adherence and health, practitioners must individualise and customise therapies towards stress and behavioural experiences.

7- Young people's health behaviours and issues in India: A cause for concern and a call to action

In the nation of India, young people from 10 to 24 represent some of the nation's most precious resources. They are at a vulnerable stage in their lives, with numerous inherent and external circumstances influencing their health and safety and having an adverse effect on them. Around 10-30% of youths engage in health-harming behaviour or have conditions that require immediate consideration of leaders and healthcare specialists. Deficits in nutrition (both hunger and overnutrition), smoking, excessive drinking and other substance abuse, extremely dangerous sexually explicit behaviour, strain, prominent mental health disorders, and head trauma (motor vehicle accidents, self-harm and assault of various types) have a particular impact on this population. Many diseases and behaviours commonly occur in the same individual, raising their overall likelihood of illness. A lot of those, particularly intellectual and neurological conditions and damage, are antecedents and indicators of non-communicable illnesses (NCDs) with regard to death, illness, disability, and economic losses. Numerous healthcare initiatives and initiatives concentrate on specific individual health conditions, and there is a lack of combined, unified (both of which are vertical and horizontal) approaches. To counteract the growing number of non-communicable illnesses and harms, India must develop beneficial habits and primary prevention strategies and practises that are critical to young people's well-being.

8- A Study of Stress Management Techniques and How They Affect Information Technology Workers' Organizational Behaviour

At present, IT workers are under an enormous amount of stress due to a wide range of factors such as position disagreements, contributions, a lack of a way to provide feedback, and new developments in technology. In the covid 19 situation, IT organisations used many kinds of organisational behaviours to reduce tension among IT personnel. The current study looks at the relationship between stress management practises and their impact on IT professionals at Infosys, Accenture, Wipro, Sonata Software, TCS, Tech Mahindra, and Cap Gemini. Using a random group of 212 subjects, the study investigates the purpose of the framework in connection to stress management practises and its impact on organisational behaviour in specified organisations. The data was gathered using open-ended and closed-ended questionnaires. The study found a significant association between stress management practises among IT professionals.

9- Impact of Parents and Peers on the Development and Transformation of Young Adults' Preventative Health Beliefs and Habits

The factors of consistency and shifts in young peoples' health beliefs and behaviours regarding alcohol, food, exercise, and seat belt use are investigated using a longitudinal data set. Peers have a significant influence on the degree to which health behaviours are performed differently over the initial three years of college. Overall, though, parents play a significantly bigger role in shaping these attitudes and actions than peers do. The direct modelling of behaviour by parents and peers seems to be the most significant social impact pathway among

those taken into account. These findings, in combination with other studies in our programme, point to a pattern of gradually growing parental influence on kids' health beliefs and behaviour while they are still living at home, and the longevity of that effect at least through college.

10- Relationships between emotions, thoughts, and expectation management during stressful uncertain times

In three specimens of persons anticipating crucial news, the current study looked at how conceptual frameworks and emotions typical of awaiting unclear news influenced both beneficial (diet/exercise) and harmful (alcohol usage) behaviours. Citizens who were eligible to vote were the subject of Study 1's examination in the month before the 2016 U.S. presidential elections results were announced. Research 2 looked at the experiences of recent law graduates over a period of four months as they awaited their bar exam results (i.e., the licencing exam they need to pass to practise law). Study 3 focused on recent or current PhD candidates looking for employment in the academic sector. Although there was some variability in the findings across research, they typically point to a link between worry and alcohol consumption as well as good emotions and health-promoting behaviours. There was less of a link among perceived and health behaviours. Together, these findings give a promising first set of insights into how people behave in terms of their health when expecting uncertain news, and they lay the groundwork for further research on the subject.

11-Integrative Techniques for Stress Reduction

The magnitude of psychosocial anguish and stress experienced by cancer patients and survivors, as well as any potential drawbacks from untreated symptoms, are summarised in this narrative review. An overview of published clinical practise guidelines is followed by a more in-depth analysis of the particular integrative interventions with the strongest empirical underpinnings: yoga, mindfulness-based interventions, massage, and cognitive-behavioral stress management. Due to their widespread use, we also offer commentary regarding how to use natural health products. Finally, we offer suggestions for enhancing the standard of research on integrative stress management strategies.

12-Treatment of COVID-19 pandemic-related occupational burnout and stress among community nurses

For many NHS employees, especially individuals working in the community, the COVID-19 epidemic has raised workload requirements. By being genuine leaders and cultivating a supportive workplace where the workload is controlled collaboratively and self-kindness is accepted, healthcare practitioners can make a difference. Regrettably, some employees may become burned out. This article offers a personal management strategy to treat the signs of burnout and speed recovery, but it cannot ensure full recovery if the underlying cause of the symptoms is not treated.

13- An integrated evaluation of nurse supervisors' coping mechanisms and stress

To evaluate and summarize empirical research on the causes of work-related stress and the coping mechanisms nurse managers use to manage stress. The position of a nurse manager is demanding but also exhausting and stressful, and it has a negative impact on a person's personal health and well-being, patients' outcomes, and organisational productivity. Although extensive study has been done, this important organisational problem has not been examined from an updated and wider viewpoint. To locate relevant articles, searches were performed on five databases. Charge nurse, coping, coping strategy, coping style, psychological adaptability, psychological stress, stressors, nurse manager, and unit manager were some of the searches and MeSH terms that were used. This review includes 22 papers in all. The Inclusion In the review Items for Systematic Reviews and Meta-Analyses statements reporting standards were followed. Results: Four themes—moderate stress levels, frequent causes of stress, coping mechanisms, and the influence of nurses' personal traits on stress—were found. The major sources of mild stress for nurse managers were their demanding workloads, a lack of resources, and their financial obligations. Increasing social support and encouraging job control were considered crucial in lowering work stress and the problems that come with it. Further research on this subject, ideally in multicultural contexts, with a more exacting methodology and larger sample size.

14- Healthcare, stability, and balance

This article examines the idea of balance in relation to health. In a grounded theory research on layman conceptualizations of cancer risk, where participants were concerned with living well, which heavily relied on balancing processes, we were interested in balance. This introduced us to the extensive and in require of synthesis qualitative literature on equilibrium in the health sector. We found 170 applicable papers, and then we applied Thomas and Harden's thematic synthesis method to isolate important balance-related themes and expand them into more generic analytic categories. In three health-related scenarios, we discovered that people valued balance and balancing: management of health, control of illness or impairment, and unpaid or paid caregiving. Balanced or unbalance could be a condition or a process in each of these situations. Also, people who used the phrase balance had a tendency to view the world from an internal or exterior perspective. These insights could help practitioners and public health professionals with their studies and communication.

15-Implimentation sleep health with the use of health behaviour theory

Although widespread sleep health promotion initiatives frequently involve sleep hygiene, sleep hygiene education programmes remain relatively ineffective. These programmes' lack of a conceptual foundation places restrictions on them. While many health behaviours have been effectively predicted and changed using health behaviour theory (HBT), its application to the research of sleep health is uncommon. This review serves three distinct purposes. Four dominant HBTs will be presented first. Second, a review of the scant research on HBT and sleep health will be done. An agenda for translational research will then be suggested. The current analysis comes to the conclusion that there are a number of short- and long-term research objectives to enhance these efforts and that HBT exhibits promise regarding the prediction and adjustment of sleep health.

16- A Systematic Evaluation of Health Behavior Modification Programs for Adolescent and Youth Cancer Survivors

Teens and young adult cancer survivors should adopt a healthy life since unhealthy habits may make their health vulnerabilities caused by their treatment and diagnosis worse. This review attempts to summarise the most recent research on therapies designed specifically for cancer survivors who are TYA in age. Studies looking into interventions aimed at one or more health behaviours, such as physical exercise, nutrition, smoking cessation, and alcohol consumption, were sought after in the MEDLINE, EMBASE, PsycINFO, and CINAHL databases. Studies qualified for review if their target audience included teens cancer survivors and if their sample's average age was under 30. Nine of the twelve studies that were found to exist were randomised controlled trials. The health behaviour that was targeted the most was physical activity. Six out of the twelve interventions that were a part of this review were effective in modifying health behaviour. The association among intervention efficacy or result and treatment content, delivery method, or theoretical framework could not be determined because of the variability of intervention characteristics. Yet, patterns regarding the availability and nature of health behaviour interventions created especially for TYA cancer victims began to emerge.

17- The Feeling of Coherence and Health-Related Behavior of Alcoholicly Dependent Men.

The aim of this research was to ascertain the relationship between specific variables or the SOC in addition to the impact of the SOC idea on alcohol addicts' pro-health behaviour. 110 guys receiving care in an addictions treatment centre made up the study group. Two standardised questionnaires, Juczyski's "Health Behaviour Inventory" and Antonovsky's "SOC-29 Life Orientation Questionnaire," were used to assess the SOC. The Pearson's r test was used to determine the coefficient of correlation between the sociodemographic variables. Low SOC and low levels of pro-health behaviours are characteristics of alcohol addicts. By presenting health knowledge to prepare the patient for an independent life in sobriety, increasing the inner level of the SOC might be a component of addiction therapy.

18-Applying theories of behaviour modification to assist patients, health psychology

The challenges of carrying out and sustaining health-related behaviour modifications are underlined by behaviour modification theory and related studies. These theories that affect behaviour change specifically include variables such as the setting of the behaviour, health ideas, past behaviours, intention, social effects, and perceived authority. With this knowledge, carers may find alternative inspiration for a client who is having problems keeping to suggested health behaviour modifications. Five well-known theories of behaviour change are explored in this article: the health belief model, the theory of planned behaviour, the phases of change model, the self-determination theory, and the temporal self-regulation theory. The research and evaluation of the interventions' supporting data based on these hypotheses follows. Depending on the behaviors and patients targeted, the quantity and quality of the evidence vary, however findings from randomized controlled studies suggests that therapies based on theory can improve behaviour.

19- A meta-analysis on self-compassion, physical wellbeing, and healthy behaviour

This meta-analysis assessed connections between compassion for oneself and 1) physical health and 2) health-promoting behaviour using a large pooled sample ($N = 29,588$) taken from 94 peer-reviewed publications. The favourable associations between compassion for yourself and both physical well-being ($r = .18$) as well as wellness behaviour ($r = .26$) were believed to be validated by omnibus research. Moderation analyses were performed on 290 effects, which demonstrated that both associations varied based on the medical area, respondent age, amount of time of the action, and self-compassion rating. Self-compassion predicted results throughout a broad range of health domains, with the greatest benefits on overall wellness, functioning the immune system, holistic behaviours related to health, sleep, and danger avoidance. It did not indicate frailty, improper physical behaviour, or substance abuse. Multi-session self-compassion-enhancing therapies indicated improved biological health as well as behaviours, suggesting a causal relationship between self-love and health outcomes. Single-session inductions exhibited no discernible effect. Self-compassion had no significant mean influence on physical health in young people (12.00-19.99), while it had a barely significant mean effect on health behaviour in senior participants (40.00+). The findings support the notion that cultivating compassion for yourself might boost one's overall wellness. The practical applications of these discoveries are discussed.

20-A systematic assessment of health behaviour change treatments for couples

Relationships have an important effect on the well-being of individuals, and partners have more stable health practises throughout time. According to certain concepts, couple-focused interventions for adapting health behaviours may be more effective than individual therapies. Comprehensive search tactics were implemented to find RCTs (randomised controlled trials) and non-randomized therapies of healthy behaviour modification for spouses with a minimum of a single spouse at risk of a persistent physical condition published between 1990 and 2014. The prevention of cancer (6), obesity (1), nutrition (2), smoking while pregnant (2), physical activity (1), and various health behaviours were the focus of the 14 research we found (2). Couple-focused therapies outperformed standard care in 4 out of seven trials. In two of the four RCTs that compared a couple-focused treatment to an individualistic treatment, found that the couple focused in treatment was more effective.

RATIONALE OF THE STUDY

This research aims to study the Impact of Health Behavior on Stress Management among Young Adults. Young adults whose age vary from 18 to 30 make up the research sample. 100 samples were studied. The study emphasises the relationship of overall health between stress, coping, and health behaviours related to social well-being, psychological well-being, physical well-being and intellectual well-being the need for more research on the use of Health Behaviors as stress management techniques. This study highlights the value of Health promotion and stress management techniques in enhancing young adults' overall well-being. This research bridges the gap of intellectual well-being and self-awareness. It is the capacity to be open-minded to

new concepts and experiences that may be used to inform individual choices, group interactions, and community improvement is referred to as intellectual well-being. We live in a connected society and are social beings by nature. We can improve our ability to be flexible, open and aware to subtle social cues and effectively include people in our interactions by having the possibility to gain access to many points of view to improve our Health Behavior by making sound choices so that one can manage stress effectively.

METHODOLOGY

Aim: To study the relationship between Health Behavior and Stress Management among Young Adults.

Objectives:

- 1- To analyse the positive Health Behaviour and Stress Management among young adults.
- 2- To explore the relation between Health Behaviour and Stress Management.

Hypothesis:

- H1-** There will be significant relationship between Health Behavior and Stress Management in young adults.
- H2-** There will be significant relationship between Positive Health behavior and Low Stress Level among young adults.

Variable:

Health Behavior – Dependent Variable

Stress Management – Independent Variable

Sample and its selection

Young Adults

Young adults whose ages vary from 18 to 30 make up the research sample. Participants under the age of 18 had to be 12th graders or undergraduates studying an MBA, B.com, BBA, BA, LLB, MA, M.com, B. tech or a postgraduate degree. The majority of participants were between the ages of 18 and 25. A sample of 120 persons took part in the study. There were 60 male participants and 60 female ones. The beginning of the questionnaire asked whether the participant voluntarily offers agreement to be a part of the study, and everyone gave their consent. Participants were assured that responses would be kept confidential.

Inclusion

Health based facts which are determined on the basis of some medical study.

Description of Tools

Firstly, the demographic details were included in the questionnaire constituting Consent, Name, age, gender and educational qualification. To measure the variables Health Behaviour and Stress Management in young adults:

P.G.I. Health Questionnaire. N-1

This scale was given by S. K. Verma, N. N. Wig and D. Pershad. This is applied to assess the Physical and psychological health of young adults. It contains 38 items. The questionnaire is divided into two parts A and B. Part A Assesses Physical Health and Part B assesses Psychological Health.

It is 3-point Likert scale.

Part A – Always (2), Sometimes (1), Never (0)

Part B – True (2), Somewhat (1), Untrue (0)

Perceived Stress Scale

The Perceived Stress Scale (PSS) represents one of the world's most extensively used perception of stress assessment tools. Cohen et al. first established the measure in 1983. It is a ten-item scale.

A 5-point Likert scale.

Response of 0 indicates: Never

Response of 1 indicates: Almost never

Response of 2 indicates: Sometimes

Response of 3 indicates: Fairly often

Response of 4 indicates: Very often

PROCEDURE:

Firstly the P.G.I. Health Questionnaire N-1 test was administered to measure Health Behaviour. 5-point Likert scale which involves five answers. Then Perceived Stress Scale test conducted to assess Stress among young adults. It is a 5-point Likert scale which involves five responses Never, Almost Never, Sometimes, fairly often, very often. The test was administered on 100 participants 60 males and 60 females between age range 18-30 (young) adults. The participants were asked to read each item cautiously also choose the answer accordingly. The participants were told to answer on basis of their point of view and choice. There are no correct or incorrect responses. There was no fixed time limit but it required only 15-20 minutes. After the completion test scoring was done. The outcome was calculated alongside response of each individual and both genders in a particular statement was represented.

STATISTICAL ANALYSIS

Descriptive Statistics

	Mean	Std. Deviation	N
PGI. Health	26.09	11.793	100
PSS	21.77	4.861	100

Correlations

		PGI. Health	PSS
PGI. Health	Pearson Correlation	1	.472**
	Sig. (2-tailed)		.000
	N	100	100
PSS	Pearson Correlation	.472**	1
	Sig. (2-tailed)	.000	
	N	100	100

** . Correlation is significant at the 0.01 level (2-tailed).

ANALYSIS RESULT

The variables "PGI. Health" and "PSS" are presented in the table along with descriptive statistics and relationships. The mean PSS score is 21.77 with a standard deviation of 4.861, but the mean PGI. Health score is 26.09 with a standard deviation of 11.793. 100 people make up the sample for each variable. PGI Health and PSS have a statistically significant positive association ($r = 0.472$, $p 0.01$), according to the correlation study.

This suggests that perceived overall health is negatively correlated with perceived stress levels being higher. A somewhat positive link between the two variables is shown by the correlation coefficient of 0.472.

Overall, the findings imply that poorer general health is associated with higher levels of stress.

SUGGESTION:

If we expand our sample size while covering more inclusive area result can be bit more elaborate and inclusive of more possibilities.

LIMITATIONS:

Since all of the participants in this research were from Delhi NCR, the conclusions and results of the study do not extend to the rest of India. Researchers propose that additional methods be used in subsequent experiments for more accurate results. Another thing to consider is having a larger number of participants, when the sample only had 100 due time limitation.

IMPLICATION:

These findings of the research suggests that positive Health Behavior led to lower level of stress. To improve Health Behavior, it is important to make sound choices by being self-aware. Self-awareness helps in identifying the emotional state, cognitions and our behavior. Having an understanding of how you react to the external environment can help us make wise decisions to improve health behavior.

DISCUSSION

The aim of this research was to examine the Impact of Health Behavior on Stress Management among young adults. This research studied 100 samples on Health-related behaviours and actions that have a direct impact on health results. The samples were collected from young adults age range from 18-30 years from Delhi NCR region. The test administered on the sample were based on two variable – Health Behavior and Stress Management.

The finding suggests that the relationship between the two variables is significant. The results analysis also finds correlation significant among both the variables which is 0.472 that indicates moderate correlation between Health Behavior and Stress Management among young adults. It means the first hypothesis is accepted. Supporting our findings, research done by Crystal L Park, Megan O Iacocca, et.al.(2013), suggested that connection between health behaviours like healthy eating, exercising, self-care and stress, contend that this connection is mostly the result of people using these behaviours to manage stress.

The findings also suggests that there is significant relationship between positive Health Behavior and Lower Stress Level among young adults. The results indicate the poor general Health Behavior is associated with higher level of stress among young adults. Supporting our findings, research done by Matthew M. Clark, Sarah M. Jenkins, Philip T. Hagen, et.al. (2016), suggest that a significant relationship between stress level and poor physical health behaviours. In most years, low physical activity levels and confidence, strength, and stair climbing were reported, as with low mental wellness habits (the quality of life, assistance, spiritual well-being, and weariness), poor eating habits (habits and confidence), or worse perceived overall health. One-sixth of members were stressed, and those who were stressed visited a health centre less frequently.

The correlation of Health Behavior and Stress Management is negatively correlated which means if there is positive Health Behavior then there will be lower Stress Level. The finding shows that it has .472 correlation which means moderate linear correlation. It shows that it also has somewhat positive link between both the variables which shows

by correlation coefficient 0.472. Overall findings suggest that if there is positive Health Behavior then the Stress Level will be lower.

Also research done on the perception of young people on young adults by Ewelina Czenczek-Lewandowska, Justyna Wszyńska, Justyna Leszczak, Joanna Baran, Aneta Weres, Artur Mazur & Bogumił Lewandowski, et.al.(2021), Young adults health practises and feelings of generalised worry were increased by the Covid-19 epidemic. The biggest detrimental effect on sedentary behaviour and sleep quality occurred during mandatory lockdown due to generalised anxiety.

SUMMARY AND CONCLUSION

This study has been done on Health Behavior and stress management among young adults. Health Behavior has mainly three aspect physical health, psychological health and social health. Physical health includes taking care of body and on the other hand psychological health include mental health of people. This study focuses on behavior aspect which mean actions of a person that impact their health. Nowadays in this modern era of digitalization there are many factors that are affecting young adults physical and psychological health. There certain factors like negative use of social media, lack of social life, overflow of information, rumours on social media which effect the mind and body.

It also does not allow the mind exercise and slows down the thought process of individual and form dependency behavior on these platforms. This also effects the lack of conscious learning as most the young adults are now involved in mindless scrolling on social media. This behavior in a great deal impact on their intellectual wellbeing, social wellbeing, mental wellbeing and physical wellbeing of young adults which leads to overall imbalance in life.

Conscious learning can improve our health behavior. It means being self-aware of oneself and taking the positive action and being mindful towards health care. Disputation of belief if a person has held an unfounded belief that has resulted in unfavourable effects, they must question that belief and transform it into an incorrect belief and the argument has transformed the irrational belief into a logical belief, and as a result, the person now experiences healthier implications of their belief. Created to achieve them in the future, potentially months or even years from now, long-term goals are objectives. These goals are essential to shaping your life's path and affecting your decision-making. With long-term goals established, you may more effectively prioritise your tasks and commitments, making sure your efforts are in line with your aims. This focus is particularly helpful in the fast-paced, information-rich environment of today when it is all too easy to get side tracked by less important concerns.

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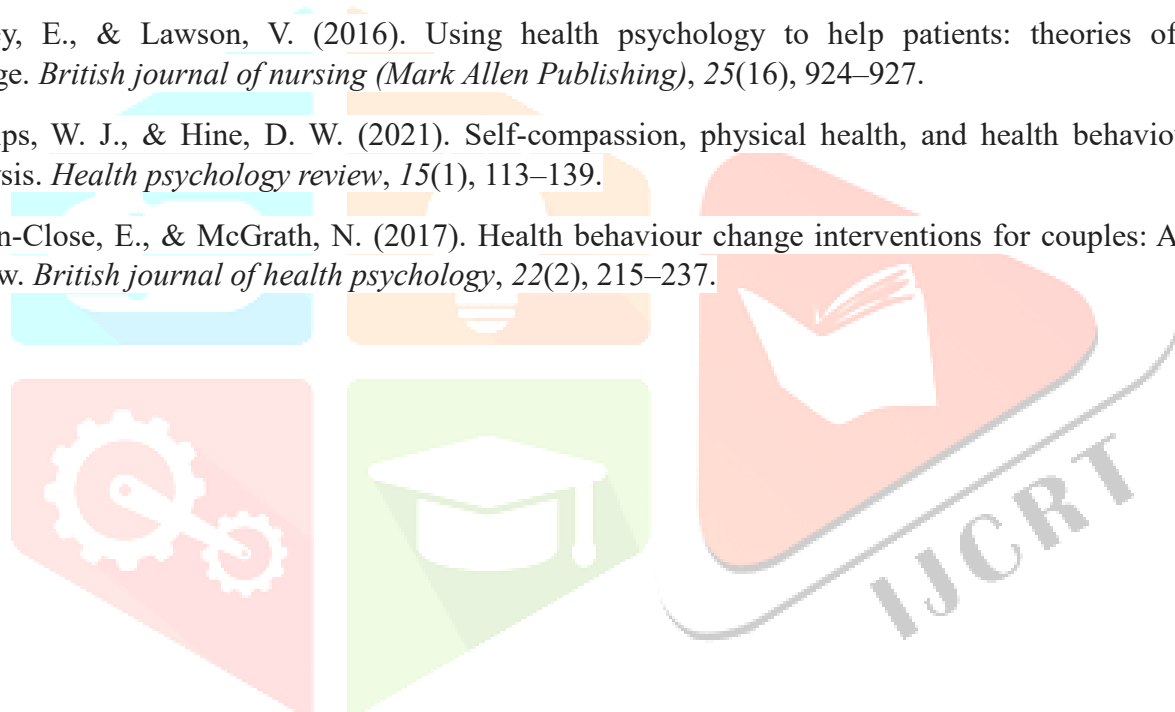
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APPENDIX

Perceived Stress Scale (PSS)

The Perceived Stress Scale (PSS) is a classic stress assessment instrument. The tool, while originally developed in 1983, remains a popular choice for helping us understand how different situations affect our feelings and our perceived stress. The questions in this scale ask about your feelings and thoughts during the last month. In each case, you will be asked to indicate how often you felt or thought a certain way. Although some of the questions are similar, there are differences between them and you should treat each one as a separate question. The best approach is to answer fairly quickly. That is, don't try to count up the number of times you felt a particular way; rather indicate the alternative that seems like a reasonable estimate.

For each question choose from the following alternatives: 0 - never 1 - almost never 2 - sometimes 3 - fairly often 4 - very often

1. In the last month, how often have you been upset because of something that happened unexpectedly?

2. In the last month, how often have you felt that you were unable to control the important things in your life?

3. In the last month, how often have you felt nervous and stressed? _____
4. In the last month, how often have you felt confident about your ability to handle your personal problems?

5. In the last month, how often have you felt that things were going your way? _____
6. In the last month, how often have you found that you could not cope with all the things that you had to do?

7. In the last month, how often have you been able to control irritations in your life? _____
8. In the last month, how often have you felt that you were on top of things? _____
9. In the last month, how often have you been angered because of things that happened that were outside of your control? _____
10. In the last month, how often have you felt difficulties were piling up so high that you could not overcome them? _____

P.G.I. Health Questionnaire. N-1

This scale was given by S. K. Verma, N. N. Wig and D. Pershad. This is applied to assess the Physical and psychological health of young adults. It contains 38 items. The questionnaire is divided into two parts A and B. Part A assess Physical Health and Part B assess Psychological Health.

It is 3-point Likert scale.

Part A – Always (2), Sometimes (1), Never (0)

Part B – True (2), Somewhat (1), Untrue (0)

Area A

1. I get tired easily.
2. I often remain sick
3. I am much worried.
- 4 I worry a lot of about my health.
- 5 My appetite is always poor.
- 6 I frequently suffer from headaches.
- 7 I frequently have colds.
- 8 I have to clear my throat frequently.
- 9 I often have giddiness.
- 10 I have to go frequently for passing urine.
- 11 I have difficulty in falling asleep.
- 12 I suffer from breathlessness.
- 13 I suffer from frequently indigestion.
- 14 I often have thumping of heart.
- 15 I have body ache.
- 16 I pass worm in stool.

Area B

- 17 I am of shy nature
- 18 I am very sensitive.
- 19 I get easily upset.

- 20 I worry a lot.
- 21 I usually ask for advice.
- 22 I cannot take decision quickly.
- 23 I get upset by slight criticism.
- 24 I get upset if I asked to hurry.
- 25 I deliberately work slowly because of fear of mistakes in my work.
- 26 I get disturbed meeting new persons or going to new place.
- 27 I usually feel depressed.
- 28 I cry easily.
- 29 I feel hopeless and in despair.
- 30 I am fearful of loud noise.
- 31 I get upset easily when someone appear suddenly before me.
- 32 I feel nervous and anxious before supervisors.
- 33 I get easily irritated.
- 34 I often lose my temper.
- 35 I am afraid of darkness.
- 36 I get frightening dreams.
- 37 My life seems useless.
- 38 It is better to die than to live.

