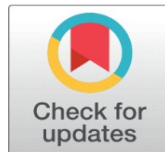
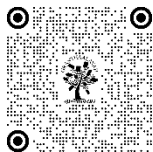


A COMPARATIVE STUDY ON WELLNESS LIFESTYLE OF MALES AND FEMALES OF HIGHER EDUCATION INSTITUTIONS IN DELHI: AN EXPLORATION ON GENDER DIFFERENCES

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ABSTRACT

The term Wellness is a multifaceted notion that includes one's state of mind, body, and social relationships. Delhi's higher education institutions are multicultural and accommodate students from various racial and cultural backgrounds. The main aim of the present research endeavor is to examine current behavioral patterns and wellness lifestyle of males and females in higher education institutions in Delhi and identify any necessary amendments which are needed for long-term health and wellness. In the present research work, total numbers of 132 undergraduate students comprising of 63 males and 69 females of 17-21 age groups from various Higher Education Institutions in Delhi, have been randomly selected. There are nine variables namely 1) Health Related Fitness, 2) Nutrition, 3) Avoiding Chemical Dependency, 4) Stress Management, 5) Personal Hygiene/Health, 6) Disease Prevention, 7) Emotional Wellbeing, 8) Personal Safety, 9) Environmental Health & Protection etc which have been measured by the questionnaire namely "Wellness Lifestyle Questionnaire" (LQ) by Hoeger & Hoeger. Each questionnaire responses have been converted into scores from Always to Never (5 to 1). For analyzing the data, descriptive statistics have been employed :-mean, standard deviation and also percentage have been used to illustrate the data. Based on the findings, it has been concluded that Male students are excellent and good in variables like: - Health Related Fitness, Nutrition, Avoiding Chemical Dependency, Stress Management, Personal Hygiene/Health, Emotional Wellbeing but Male students need improvement in other variables such as: Disease Prevention, Personal Safety and Environmental Health & Protection. Whereas Female students found excellent and good in variables like: Nutrition, Avoiding Chemical Dependency, Stress Management, Personal Hygiene/Health, Emotional Wellbeing but Female students need improvement in other variables such as: Health Related Fitness, Disease Prevention, Personal Safety and Environmental Health & Protection.

Keywords: Wellness, Lifestyle, Females and Male, Higher Education, Institutions, Gender Differences

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1. INTRODUCTION

The term Wellness is a multifaceted notion that includes one's state of mind, body, and social relationships. To live a healthy and full life, one must actively pursue a wellness lifestyle. Nevertheless, variables, including gender, might impact a person's approach to wellbeing (Mehdi, n.d.). Delhi's higher education institutions are multicultural and accommodate students from various racial and cultural backgrounds (APA PsycNet Buy Page, n.d.). An important phase in a student's life is

moving to higher education that frequently results in changes to lifestyle preferences. The main purpose of the present research work is to examine current behavioral patterns and Wellness Lifestyle of males and females in higher education institutions in Delhi and identify any necessary amendments which are needed for long-term health and wellness. *"Wellness Lifestyle is getting into trends in India in early Twenties as people are less aware but lot of MNCs are investing in Wellness Lifestyle of their employees to reduce absenteeism and increase productivity, this study was assessing Wellness Lifestyle of students of different IIMs (Indian Institutes of Management) of India who will be joining this healthy/unhealthy workforce. Aim- The objective of the study to assess the Wellness Lifestyle of Post Graduate Program (MBA) students (N=600) of IIM-Ahmadabad (N=100), IIM-Bangalore (N=100), IIM-Calcutta (N=100), IIMIndore (N=100), IIM-Kozhikode (N=100), IIM-Lucknow (N=100). Methodology- Data was collected through random sampling method (On and Offline Mode), Descriptive Statistics was applied M.S. Excel. Results- On the basis of W.K.Hoeger Wellness Lifestyle questionnaire rating the overall descriptive statistics shows that 76% of students need Improvement on health related Fitness factor, 72% students" needs improvement on Nutritional level, 71% students were good on Avoiding Chemical Dependency, 45% of overall students need Improvement on stress management, 54% students needs Improvement personal health and hygiene factor, about 69% students were needing improvement on their emotional wellbeing factor, 50% of students from all 6 IIMs are under excellent category, 41% of the students are excellent with their personal safety measure and lastly Environmental health and protection students were categorised as Excellent, Good and Needs Improvement with 32%,35% and 32% respectively. Apart from Avoiding Chemical Dependency and Disease Prevention variable students are falling under „needs improvement" category, rest Health Related Fitness, Nutrition, , Emotional Wellbeing, Stress Management, Personal Health and Hygiene, Personal Safety Environment Health and Protection variable" (Joshi et al., 2018).*

"A study was conducted on the wellness lifestyle of the inter-college players of Uttarakhand. The sample was selected randomly of 100 inter-colleges players of Uttarakhand. Wellness lifestyle of the inter-college players measured by Questionnaire which was developed by W.K. Hoeger. This questionnaire contains a total of 36 questions regarding wellness lifestyle related to nine variables like health-related fitness, nutrition, avoiding chemical dependency, stress management, personal hygiene, disease prevention, emotional wellbeing, personal safety, environmental health, and protection. Descriptive statistics used to assess the data we explain the data through the percentage (Thiel et al., 2011). Based on data obtained from the inter-college players of Uttarakhand, studied 9 variables related to a wellness lifestyle. It showed that 25.67% of players were found under excellent category, 39.89% of players were found under good category and 34.44% players were found under the need's improvement category. Thus, the players were aware of the importance of a wellness lifestyle in their lives and pay proper attention to it but there is room for improvement. Even small changes can often help you to achieve better wellness lifestyle. In the variables like nutrition, stress management, disease prevention and emotional well-being the players need improvement and in other variables the players were excellent and good" (Tyagi & M., 2018).

2. OPERATIONAL DEFINITIONS

Lifestyle: The term lifestyle incorporates activities and practices that promote the growth of overall fitness—physically, mentally, and spiritually—and lowers the risk of developing serious illnesses (Jensen, 2007). Regular workouts, eating well

balanced diet, having adequate rest, relaxation, quitting smoking, abstaining from non-essential drug use, and limiting alcohol use are all examples of healthy activities and behaviors (*Healthy Lifestyle, n.d.*).

Wellness: "The Global Wellness Institute defines Wellness as the active pursuit of activities, choices and lifestyles that lead to a state of holistic health" (*What Is Wellness?, n.d.*)

With the purpose of achieve, healthier mental and physical results and to thrive rather than just survive, one must practice healthy habits on a regular basis, this is called Wellness (*What Is Wellness? | Pfizer, n.d.*) (Kirkland, 2014).

Significance of the study: By assessing the wellness lifestyle of males and females of higher education institutions in Delhi, an overview and useful insights have been obtained about the areas which need modifications and therefore specific intervention strategies have been made to correct the same.

Objectives

- 1) To find out the wellness lifestyle practices/current behavioral patterns of males and females of higher education institutions in Delhi.
- 2) To find out and compare the gender differences in nine variables namely 1) Health Related Fitness, 2) Nutrition, 3) Avoiding Chemical Dependency, 4) Stress Management, 5) Personal Hygiene/Health, 6) Disease Prevention, 7) Emotional Wellbeing, 8) Personal Safety, 9) Environmental Health & Protection etc.
- 3) To examine the factors influencing wellness lifestyle of males and females students.
- 4) To offer suggestions for Organizations and policymakers to improve wellness initiatives, programs and support system for males and females students.

3. METHODOLOGY

Selection of the subjects: For the purpose of the present research work, total numbers of 132 undergraduate students comprising of 63 males and 69 females of 17-21 age groups from various higher education institutions in Delhi, have been randomly selected for data collection and statistical analysis. For the present study a random sampling technique has been used.

Criterion measure: There are nine variables namely 1) Health Related Fitness, 2) Nutrition, 3) Avoiding Chemical Dependency, 4) Stress Management, 5) Personal Hygiene/Health, 6) Disease Prevention, 7) Emotional Wellbeing, 8) Personal Safety, 9) Environmental Health & Protection etc which have been measured by the questionnaire namely "Wellness Lifestyle Questionnaire" (LQ) by Hoeger & Hoeger (Adegboyega & Ajoke, 2015).

Description of the Questionnaires: These tests are said to be reliable as these have been used in many studies. The Questionnaire consisting of nine variables in which each variable having Five Point Likert Scale and have been scored from Always to Never (5 to 1). The scoring has been rated as 1) Excellent, 2) Good and 3) Needs Improvement. Questionnaire had four questions in each segment having 5 marks each, as per marking criteria when the score is above ≥ 17 that is counted as Excellent, 13-16 will be counted as Good and ≤ 12 is showing health risk and comes under Needs Improvement criteria. For Wellness Lifestyle Questionnaire, there were five-point rating scale which are as follows:

S.No.	Rating Scale	Points
1.	Always	5 points
2.	Nearly Always	4 points
3.	Often	3 points
4.	Seldom	2 points
5.	Never	1 point

Administration of the Questionnaire: The subjects have been contacted and the purpose of the study was explained to them to determine willingness to respond questionnaire. They voluntarily agreed to extend full cooperation. The questionnaires had been distributed sequentially to all volunteer. Instructions and objectives of the research have been explained. Following this process, the researcher was able to collect the valid and reliable data of wellness lifestyle. Each questionnaire responses have been converted into the scores. The subjects have been selected on voluntarily acceptance basis. The purpose and the procedure have been explained to them for prior willingly acceptance of each undergraduate females so that their schedule should have no hindrance.

Statistical technique for analysis of data: For analyzing the data, different statistical techniques have been employed in different steps: the descriptive statistics have been employed in which mean, standard deviation and also percentage have been used to illustrate the nine variables connected to the lifestyle of males and females of Delhi. Variable-wise graphical representation have been presented.

4. RESULTS AND DISCUSSIONS:

Table 1

Table 1 Descriptive Statistics of the variable-wise responses of the Female and Male Students of Higher Education Institutions in Delhi

S.No.	Variables	Mean (Females)	SD (Females)	Mean (Males)	SD (Males)
1.	Health Related Fitness	11.9	3.5	14	5.3
2.	Nutrition	18	3.8	18	7.2
3.	Avoiding Chemical Dependency			17	6.6
4.	Stress Management	16	4	14	8
5.	Personal Hygiene/Health			13	7.3
6.	Disease Prevention	11.1	3.5	10	6.5
7.	Emotional Wellbeing			16.2	10
8.	Personal Safety	8.5	2.0	5.9	3.9
9.	Environmental Health & Protection			4.2	1.4

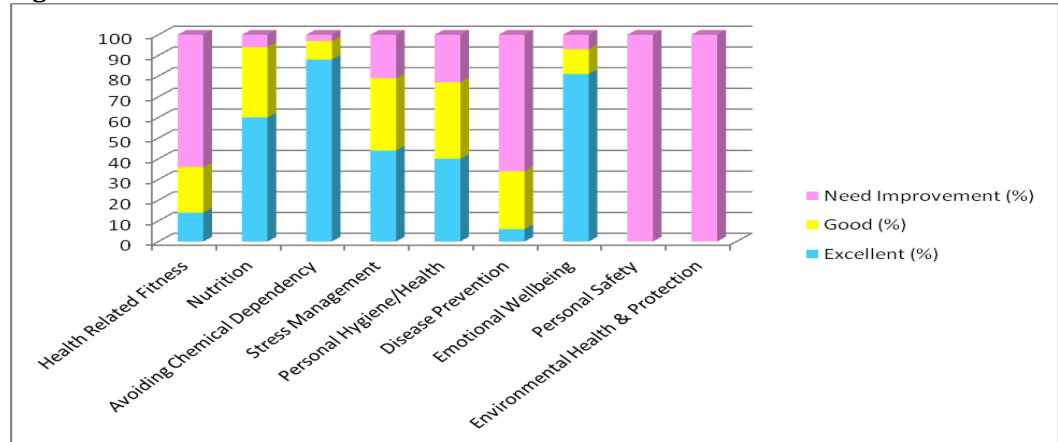
S.D. = Standard Deviation

Table 2

Table 2 Variable-wise Percentage distribution of responses of the Female Students of Higher Education Institutions In Delhi

S.No.	Variables	Excellent (%)	Good (%)	Need Improvement (%)
1.	Health Related Fitness	14	22	64

2.	Nutrition		60	34	6
3.	Avoiding Dependency	Chemical	88	9	3
4.	Stress Management		44	35	21
5.	Personal Hygiene/Health		40	37	23
6.	Disease Prevention		6	28	66
7.	Emotional Wellbeing		81	12	7
8.	Personal Safety		0	0	100
9.	Environmental Protection	Health &			

Figure 1**Figure 1** Graphical representation of variable wise assessment of 69 females (N=69) students of Higher Education Institutions in Delhi.**Table 3****Table 3 Variable-wise Percentage distribution of responses of the Male students of Higher Education Institutions in Delhi**

S.No.	Variables	Excellent (%)	Good (%)	Need Improvement (%)
1.	Health Related Fitness	43	27	30
2.	Nutrition	68	13	19
3.	Avoiding Dependency	85	5	10
4.	Stress Management	54	16	30
5.	Personal Hygiene/Health	38	29	33
6.	Disease Prevention	18	22	60
7.	Emotional Wellbeing	70	5	25
8.	Personal Safety	0	0	100
9.	Environmental Protection			

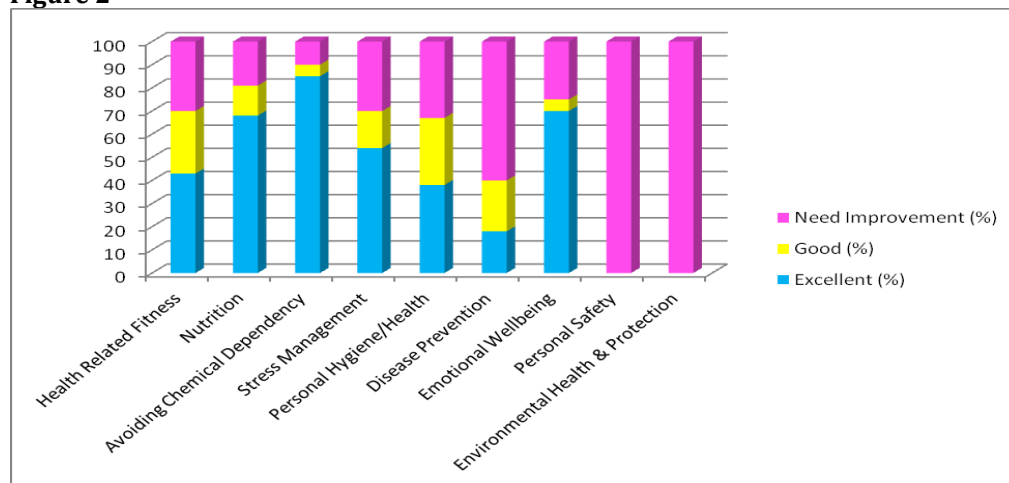
Figure 2

Figure 2 Graphical representation of variable wise assessment of 63 males (N=63) students of Higher Education Institutions in Delhi.

5. DISCUSSION

On the basis of data analysis, it has been evaluated that in variable-wise percentage distribution of responses of the female students of higher education institutions in Delhi, 14% female students were Excellent, 22% were good and 64% of female students needs improvement on "Health Related Fitness factor". 60% female students were Excellent, 34% were good and 6% female students needs improvement on "Nutritional level". 88% female students were Excellent, 9% were good and 3% needs improvement on "Avoiding Chemical Dependency". 44% female students were Excellent, 35% were good and 21% of female students needs improvement on "Stress Management level". 40% female students were Excellent, 37% were good and 23% female students needs improvement on "Personal Health and Hygiene factor". 6% female students were Excellent, 28% were good and 66% female students needs improvement on "Disease Prevention". 81% female students were Excellent, 12% were good and about 7% female students were needing improvement on their "Emotional Wellbeing factor". 100% of female students needs improvement on "Personal Safety Measure" and also on "Environmental Health and Protection Factors".

Further, it has been analysed in variable-wise percentage distribution of responses of the male students of higher education institutions in Delhi, 43% Male students were Excellent, 27% were good and 30% of Male students needs improvement on "Health Related Fitness variable". 68% Male students were Excellent, 13% were good and 19% Male students needs improvement on "Nutritional level". 85% Male students were Excellent, 5% were good and 10% Male students needs improvement on "Avoiding Chemical Dependency". 54% Male students were Excellent, 16% were good and 30% of Male students needs improvement on "Stress Management". 38% Male students were Excellent, 29% were good and 33% Male students needs improvement on "Personal Health and Hygiene factor". 18% Male students were Excellent, 22% were good and 60% Male students needs improvement on "Disease Prevention". 70% Male students were Excellent, 5% were good and 25% Male students were needing improvement on their "Emotional Wellbeing factor". 100% of Male students needs improvement on "Personal Safety Measure" and also on "Environmental Health and Protection".

6. CONCLUSION

- 1) Based on the findings, in the variable of **Health-Related Fitness**: Large number of female students need improvement in this category and should regularly participate in all kind of vigorous-intensity aerobic activity and also in strength training programs, whereas as per the findings, male students are excellent and good in this category, which means that they were concern about their health and regularly participating in strength training and flexibility exercises.
- 2) **Nutrition**: As per findings, both female and male students found excellent and good in this category. The findings are clearly evident that majority of both female and male students are having proper nutrition and aware about balance diet.
- 3) **Avoiding Chemical Dependency**: The result shows that majority of both female and male students found excellent and good in this category which means students are fully aware about the harmful effects of the alcohol, addictive drugs and other chemicals substances. Thus, they always avoid the intake of these addictive drugs.
- 4) **Stress Management**: Based on the findings, majority of both female and male students found excellent and good in this category that means both perform effective stress-management techniques by discuss personal problems and expressing their feelings freely with their close friends and relatives and approach them for help and also spend daily leisure time in wholesome recreational activities.
- 5) **Personal Hygiene/Health**: Majority of female and male students found excellent and good in this category; they are aware of the basic knowledge of personal hygiene.
- 6) **Disease Prevention**: Both female and male students are falling under "needs improvement" category, which means that both of them should be educated and aware of the warning signals, cause and symptoms of various disease and also about their preventive measures and proper treatment of the disease. The athlete should have a regular dental and medical check-up to be all-time healthy.
- 7) **Emotional Wellbeing**: Both female and male students found excellent and good in this category, the result depicts that maximum number of both female and male students are emotional optimistic, strong and healthy and deal effectively with disappointments and temporary feelings of sadness, loneliness, and depression and they can work out emotional problems without turning to alcohol, other drugs etc. and generally connect to those people who have a positive attitude towards life. They also don't waste time and talent worrying about failures.
- 8) **Personal Safety and 9. Environmental Health & Protection**: Both female and male students are falling 100% under "needs improvement" category. Finally, it has been concluded that male students are excellent and good in variables like: Health Related Fitness, Nutrition, Avoiding Chemical Dependency, Stress Management, Personal Hygiene/Health, Emotional Wellbeing but male students need improvement in other variables such as: Disease Prevention, Personal Safety and Environmental Health & Protection. Whereas female students found excellent and good in variables

like: Nutrition, Avoiding Chemical Dependency, Stress Management, Personal Hygiene/Health, Emotional Wellbeing but female students need improvement in other variables such as: Health Related Fitness, Disease Prevention, Personal Safety and Environmental Health & Protection.

7. RECOMMENDATIONS

It is recommended:

- 1) To perform a similar study focusing on State or National level players.
- 2) To conduct a similar study on school students.
- 3) To expand the research to include a large scale and a broader population.

CONFLICT OF INTERESTS

None.

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None.

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