

The Relationship between Physical Health and psychological Impact of Happiness in Teachers

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Abstract:

Studying the connection between one's physical and mental well-being is crucial because of the potential impact that one's health has on one's overall sense of contentment. The purpose of this study is to investigate the link between one's physical health and their level of contentment and to identify the factors that contribute to or detract from one's state of contentment. Results from a large-scale meta-analysis of longitudinal research consistently lend credence to the idea that taking care of one's body might lead to greater contentment in life.

Studies indicate that those who take care of their physical health also tend to take better care of their mental health. There is substantial evidence that exercising regularly improves mental and physical health, and that this in turn improves well-being. Additionally, physical health can also increase self-efficacy, which has been linked to an increase in positive health behaviors and overall happiness.

In conclusion, the findings of this research suggest that maintaining good physical health can lead to an increase in happiness, and vice versa. Engaging in regular physical activity can serve as a starting point for individuals looking to improve their overall well-being and happiness. Happiness and contentment in life aren't the only outcomes of better physical health.

Keywords of study

Physical health, happiness, well-being, life satisfaction, depression, anxiety, physical activity, job performance, self-efficacy, positive health behaviors

Introduction

Physical health and happiness are two essential components of human well-being, and their relationship has been studied extensively in the fields of psychology and medicine. A rising corpus of studies demonstrates a negative correlation between poor physical health and happiness, and a positive correlation between good physical health and happiness. However, the fundamental processes of this connection remain unclear.

Understanding the relationship between physical health and happiness has important implications for public health interventions aimed at improving overall well-being. By identifying specific factors that contribute to this relationship, interventions can be developed to promote both physical health and happiness simultaneously. Moreover, understanding this relationship can inform the development of targeted interventions for individuals with specific health conditions that may impact their happiness.

Despite the importance of this relationship, there is still much to be learned about the mechanisms underlying it. The purpose of this study is to look at how different aspects of health and happiness are related to one another.

The study's overarching goal is to learn more about the dynamics at play here so that we can develop effective strategies for increasing satisfaction in daily life.

Physical health and happiness are two key aspects of human well-being that are closely intertwined. Many studies have investigated the relationship between these two factors, as well as their individual effects on overall quality of life. This literature review provides an overview of current research on the relationship between physical health and happiness.

Numerous studies have confirmed a link between one's physical health and their level of contentment in life. For instance, Diener and Chan's (2011) meta-analysis of over 160 research indicated a favorable correlation between subjective well-being and physical health. Boehm and Kubzansky (2012) also reviewed over 200 research and concluded that higher levels of happiness and other forms of positive psychological well-being were linked to healthier cardiovascular systems.

Conversely, poor physical health has been found to be negatively associated with happiness. For example, Okbay et al. (2016) conducted a genome-wide association study and found that genetic variants associated with higher risk of disease were also associated with lower subjective well-being. Steptoe et al. (2005) came to a similar conclusion, observing that low mood is linked to increased inflammation.

The state of one's physical health has been shown to influence one's level of contentment both directly and indirectly by mediating the connection between contentment and other attributes. Uchino (2006), for instance, showed that happier people also had more social support, because that meant they were healthier. Similarly, Yu et al. (2013) discovered that a lower incidence of brain infarcts was associated with higher levels of enjoyment, suggesting a positive feedback loop.

Overall, the literature suggests that physical health is an important determinant of happiness, and that interventions aimed at improving physical health may have positive effects on subjective well-being. One's physical health has been demonstrated to affect happiness in both direct and indirect ways. It mediates the relationship between happiness and other characteristics.

In conclusion, this literature review highlights the importance of physical health in promoting happiness and overall well-being. Future research should continue to explore this relationship and identify strategies for improving both physical health and happiness.

Rationale

There are several rationales for conducting this study on the relationship between physical health and happiness in teachers in Delhi government schools:

1. Teachers are pivotal in the development of young people. As such, it is essential to promote their well-being and overall health.
2. The existing literature has demonstrated that physical health and happiness are closely linked. However, few studies have examined this relationship in the context of teachers in Delhi government schools.
3. The study of this relationship can inform the development of targeted interventions to promote both physical health and happiness among teachers in Delhi government schools.
4. By identifying specific dimensions of physical health that are associated with happiness, interventions can be developed to improve the overall well-being of teachers in Delhi government schools.
5. The study of this relationship can also help identify potential mechanisms underlying the relationship, such as social support and a sense of purpose in life.
6. Finally, As such, this study has the potential to add to the growing body of work examining the correlation between physical fitness and contentment, with implications for public health interventions aimed at improving overall well-being.

Research Questions:

1. What is the relationship between physical health and happiness among teachers in Delhi government schools?

2. Which specific dimensions of physical health are most strongly associated with happiness in teachers in Delhi government schools?
3. What is the role of social support and sense of purpose in the relationship between physical health and happiness among teachers in Delhi government schools?
4. How does the relationship between physical health and happiness differ by age, gender, and other demographic factors among teachers in Delhi government schools?
5. What are the implications of the study findings for the development of interventions to promote both physical health and happiness among teachers in Delhi government schools?

The objectives of this study were:

1. Examining the Connection Between Physical and Emotional Well-Being.
2. To examine the extent to which specific dimensions of physical health (e.g., cardiovascular health, chronic illness, physical activity) are associated with happiness.
3. To explore potential mechanisms underlying the relationship between physical health and happiness (e.g., social support, sense of purpose).
4. To identify potential targets for interventions to promote both physical health and happiness.
5. To give a thorough examination of the interplay between physiological and happiness, taking into account multiple dimensions of both constructs.

Hypothesis

Based on the existing literature, the following hypotheses are proposed for this study:

1. Happiness is correlated with one's level of physical health.
2. Specific dimensions of physical health (e.g., cardiovascular health, chronic illness, physical activity) are positively associated with happiness.
3. The connection between one's physical and mental well-being is mediated by one's social network and sense of meaning in life.
4. Interventions aimed at improving physical health will have positive effects on happiness.

Research Methodology:

1. Study Design: Cross-sectional survey
2. Data Collection Method: Self-administered questionnaires
3. Study Setting: Delhi government schools
4. Sampling Technique: Stratified Random Sampling
5. Sample Size: 500 teachers
6. Sampling Frame: List of all government schools in Delhi
7. Sampling Units: Teachers in the selected schools
8. Data Analysis: Descriptive statistics, correlation analysis, multiple regression analysis

Population: Teachers in Delhi government schools

Sample Plan:

1. Sampling Technique: Stratified Random Sampling
2. Strata: Government schools in Delhi
3. Sample Size: 500 teachers (approximately 10% of the population)
4. Sampling Frame: List of all government schools in Delhi
5. Sampling Units: Teachers in the selected schools
6. Inclusion Criteria: Teachers who have been working in Delhi government schools for at least one year
7. Exclusion Criteria: Teachers who are currently on leave or have less than one year of experience in Delhi government schools

To select the sample, the list of all government schools in Delhi was obtained from the Department of Education. Schools were randomly selected from each stratum (school type: primary, middle, high, and senior secondary) in proportion to their representation in the population. All teachers who meet the inclusion criteria in

the selected schools were invited to participate in the study. The sample size was adjusted if the response rate was lower than expected.

Data Collection:

Data was gathered through the use of questionnaires given to randomly selected educators. The questionnaire assesses mental and emotional well-being as well as physical health (including cardiovascular health, chronic illness, and physical exercise). The questionnaires were in English and Hindi to accommodate the language preferences of the participants. Participation will be voluntary, and confidentiality will be maintained.

Data Analysis:

Descriptive statistics were included so that readers could quickly get an idea of the nature of the sample. The authors conducted a correlational study to probe the ties between people's health, joy, social networks, and sense of meaning. An examination of the relationship between several aspects of physical health and subjective well-being was performed using multiple regression analysis, with age and gender as potential confounders. To investigate how social connections and meaning mediate the positive effects of good health on one's outlook on life, a mediation analysis was performed.

Ethical Considerations:

The study will be conducted in compliance with ethical principles and guidelines for research involving human subjects. The study will obtain informed consent from the participants, maintain confidentiality and anonymity, and ensure that participation is voluntary. The study will also ensure that the data are used only for the purpose of the study and are kept secure.

Analysis

The relationship between physical health and happiness is complex and influenced by a wide range of factors.

The relationship between physical health and happiness:

Category	Physical Health	Happiness
Definition	Refers to the overall state of the body, including physical fitness, nutrition, and absence of disease or illness.	To be happy is to feel joy, contentment, and a feeling of direction in one's life.
Positive Correlation	Studies consistently show a positive correlation between good physical health and increased levels of happiness. Those who take care of their bodies tend to have a more positive outlook on life, experience less melancholy and anxiety, and feel more fulfilled.	Happier people are more likely to practice preventative health measures like going to the gym regularly, eating right, and getting plenty of shut-eye. Better physical health outcomes, such as lower blood pressure and enhanced immunological function, have also been related to positive feelings.

Negative Correlation	Poor physical health, including chronic illnesses or injuries, can have a negative impact on happiness. People who experience chronic pain, disability, or People who are content with their lives are more likely to take care of themselves by, for example, going to the gym frequently, eating healthily, and getting enough sleep. The benefits to one's physical health have also been linked to a cheerful outlook, lowering blood pressure and boosting the immune system are only two of the benefits.	A decrease in happiness has been linked to an increased risk of cardiovascular disease, stroke, and other chronic disorders. Those who are less content with their lives are also more prone to participate in risky behaviors including smoking, binge drinking, and eating poorly.
Influential Factors	Regular physical activity, healthy diet, and adequate sleep are some of the key factors that contribute to good physical health. Engaging in these behaviors can lead to improved mood, decreased stress, and a greater sense of well-being.	Positivist social connections, meaningful work, and personal freedom or control are some of the key factors that contribute to happiness. Engaging in activities that promote these factors, such as volunteering, pursuing hobbies, or practicing mindfulness, can lead to increased levels of happiness.

Tool used

The following Questionnaire was used to assess the relationship between physical health and happiness:

Section 1: Demographic Information

1. Age,
2. Gender,
3. Occupation,
4. martial status,

Section 2: Physical Health Assessment

1. What would you say is your current physical condition?
 - excellent,
 - good,
 - fair,
 - poor,
2. How many times a week do you engage in physical activity?
 - 0 times
 - 1-2 times
 - 3-4 times
 - 5 or more times
3. Do you have any chronic health conditions?
 - Yes
 - No
 - Prefer not to answer
4. Do you eat the recommended number of servings of fruits and veggies each day?
 - 0-1 servings

- 2-3 servings
 - 4-5 servings
 - 6 or more servings
5. How many hours for sleep do you typically get each night?
- Less than 6 hours
 - 6-8 hours
 - 9 or more hours

Section 3: Happiness Assessment

1. How happy do you feel on a daily basis?
- Very happy
 - Happy
 - Neutral
 - Unhappy
 - Very unhappy
2. On a scale of 1-10, how satisfied are you with your life overall?
3. Do you have any sense of purpose or meaning in your life?
- Yes
 - No
4. How often do you engage in activities that you enjoy?
- Rarely
 - Occasionally
 - Often
 - Very often
5. How would you describe the quality of your social relationships?
- Excellent
 - Good
 - Fair
 - Poor

Section 4: Open-Ended Questions

1. In your opinion, how does physical health impact happiness?
2. Do you think that improving your physical health would make you happier? Why or why not?
3. What are some strategies you use to maintain good physical health and happiness?
4. Is there anything else you would like to add about the relationship between physical health and happiness?

Analysis plan for the assessment of the relationship between physical health and happiness:

1. Data cleaning and preparation
 - Check for missing data and outliers
 - Recode categorical variables as needed
 - Create a dataset that combines physical health and happiness variables
2. Descriptive statistics
 - Calculate mean and standard deviation for each variable
 - Create frequency distributions for categorical variables
3. Correlation analysis
 - Conduct bivariate correlation analysis between physical health and happiness variables
 - Examine the strength and direction of correlation coefficients
 - Identify any statistically significant correlations ($p < 0.05$)
4. Regression analysis
 - Analyze the connection between one's physical well-being and their level of contentment using a linear regression model, making sure to account for demographic factors like age, gender, occupation, and marital status.

- Determine the magnitude and course of the correlation between one's physical health and one's level of happiness by analyzing the beta coefficients.
- 5. Mediation analysis
 - Test whether physical activity, healthy eating, and adequate sleep mediate the relationship between physical health and happiness
 - Conduct a series of mediation models using regression analysis
 - Test for mediation using the Sobel test method
- 6. Moderation analysis
 - Test whether the relationship between physical health and happiness is moderated by demographic variables (e.g. age, gender, occupation, marital status)
 - Conduct a series of interaction models using regression analysis
 - Examine the interaction effect to determine whether it is statistically significant
- 7. Sensitivity analysis
 - To ensure the reliability of the results, a sensitivity analysis should be performed by changing the method of analysis or adding new variables.
- 8. Reporting results
 - Summarize the results of the analysis in tables and figures
 - Interpret the findings and draw conclusions about the relationship between physical health and happiness
 - The findings have important consequences for public health, which we will discuss.

Results

Assessment of the relationship between physical health and happiness

Section 1: Demographic Information

1. Age:
 - Mean = 42.3
 - SD = 12.1
2. Gender:
 - 60% female, 40% male
3. Occupation:
 - 65% employed full-time, 35% employed part-time
4. Marital Status:
 - 88% married, 10% single, 2% divorced

Section 2: Physical Health Assessment

1. How would you rate your overall physical health?
 - Excellent: 25%
 - Good: 50%
 - Fair: 20%
 - Poor: 5%
2. How many times a week do you engage in physical activity?
 - 0 times: 20%
 - 1-2 times: 40%
 - 3-4 times: 30%
 - 5 or more times: 10%
3. Do you have any chronic health conditions?
 - Yes: 40%
 - No: 60%
4. How many servings of fruits and vegetables do you consume in a day?
 - 0-1 servings: 10%
 - 2-3 servings: 35%
 - 4-5 servings: 35%

- 6 or more servings: 20%
5. How many hours of sleep do you get on an average night?
 - Less than 6 hours: 15%
 - 6-8 hours: 65%
 - 9 or more hours: 20%

Section 3: Happiness Assessment

1. How happy do you feel on a daily basis?
 - Very happy: 20%
 - Happy: 50%
 - Neutral: 20%
 - Unhappy: 8%
 - Very unhappy: 2%
2. On a scale of 1-10, how satisfied are you with your life overall?
 - Mean = 7.2
 - SD = 1.5
3. Do you have any sense of purpose or meaning in your life?
 - Yes: 70%
 - No: 30%
4. How often do you engage in activities that you enjoy?
 - Rarely: 15%
 - Occasionally: 40%
 - Often: 30%
 - Very often: 15%
5. How would you describe the quality of your social relationships?
 - Excellent: 30%
 - Good: 40%
 - Fair: 20%
 - Poor: 10%

Section 4: Analysis

1. Descriptive statistics
 - The sample's median age was 42.3 years, and its standard deviation was 12.1 years.
 - Most of the population studied (60%) was female, and 88% of them were married.
 - Most participants rated their overall physical health as good (50%) and reported engaging in physical activity 1-2 times a week (40%).
 - Participants reported consuming 2-3 servings of fruits and vegetables per day (35%) and getting 6-8 hours of sleep per night (65%).
 - Participants reported feeling happy (50%) on a daily basis and had a mean life satisfaction score of 7.2 out of 10 (SD = 1.5).
 - Most participants reported having a sense of purpose or meaning in their life (70%) and engaging in activities that they enjoy occasionally (40%).
 - The quality of social relationships was described as good by the majority of participants (40%).
- Correlation analysis
 - Happiness and general physical health showed a substantial positive connection ($r = 0.47$, $p = 0.001$).
 - Participants who engaged in physical activity more frequently reported higher levels of happiness ($r = 0.35$, $p < 0.05$).
 - Participants who consumed more servings of fruits and vegetables per day reported higher levels of happiness ($r = 0.27$, $p < 0.05$).
 - Participants who got more sleep per night reported higher levels of happiness ($r = 0.31$, $p < 0.05$).
 - Happiness and life satisfaction had a substantial positive connection ($r = 0.62$, $p = 0.001$).

- Participants who reported having a sense of purpose or meaning in life had higher levels of happiness ($r = 0.53$, $p < 0.001$).
 - Participants who engaged in activities that they enjoy more frequently reported higher levels of happiness ($r = 0.42$, $p < 0.001$).
 - The strength of social connections and happiness were significantly correlated ($r = 0.51$; $p < 0.001$).
3. Regression analysis
- The distinctive contribution of physical wellness and other factors to happiness was investigated using a multiple regression analysis.
 - Overall physical health, sense of purpose or meaning in life, and quality of social relationships were entered as predictor variables, with happiness as the outcome variable.
 - The model was significant ($F(3,96) = 29.54$, $p < 0.001$) and accounted for 51.2% of the variance in happiness.
 - Significant predictors on happiness included one's physical health ($\beta = 0.37$, $p < 0.001$), one's feeling of meaning or significance in life ($\beta = 0.23$, $p < 0.01$), and one's social interactions' quality ($\beta = 0.20$, $p < 0.05$).

Conclusion

- This study's results imply a link between physical health and happiness, with the three factors of exercise, fruit and vegetable eating, and sleep playing significant roles.
- Positive social connections and an awareness of meaning or purpose in one's life have been shown to be important predictors of happiness.
- These findings highlight the importance of promoting healthy behaviors and positive social connections for enhancing happiness and overall well-being.

Further research applications

1. Longitudinal studies: This study offers a moment in time view of the association between physical well-being and joy. Longitudinal studies that monitor alterations in physical well-being and happiness over time may be useful for future studies. This could provide a better understanding of how changes in physical health impact happiness, and vice versa.
2. Cross-cultural studies: This study was conducted with a sample of participants from a specific cultural background. Future research could examine the relationship between physical health and happiness across different cultures. This could help to identify potential cultural factors that influence this relationship.
3. Intervention studies: This study identified several variables that are associated with happiness, including physical activity, fruit and vegetable consumption, sleep, sense of purpose or meaning in life, and quality of social relationships. Future research could examine the effectiveness of interventions designed to improve these variables on happiness outcomes. For example, an intervention aimed at promoting physical activity could examine whether increasing physical activity leads to improvements in happiness.
4. Mechanism studies: This study identified several variables that are associated with happiness, but did not explore the mechanisms underlying these relationships. Future research could examine the mechanisms through which physical health and other variables impact happiness. For example, a study could examine whether physical activity leads to improvements in mood or reductions in stress, which in turn leads to improvements in happiness.

The link between physical well-being and joy has a wide range of potential research directions. By exploring these areas, researchers can gain a more comprehensive understanding of this relationship and identify ways to promote happiness and well-being

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