A CRITICAL ASSESSMENT ON HEALTH AND ACADEMIC WELLNESS

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ABSTRACT:

By reviewing many publications, we may have a better understanding of the relationship between health and academic wellness in this paper. Health, according to the World Health Organization (1948), is defined as a complete condition of physical, mental, and social well-being, rather than simply the absence of sickness and infirmity. Physical, mental, and social health are the three components of health proposed by the World Health Organization (WHO). Diet, Physical Activity, and Sleep are the three pillars of physical health. Breakfast promotes focus; yet, if a student skips breakfast, he or she will be unable to concentrate. Thirty minutes of frequent physical activity every day, such as a workout, walking, or aerobics, is beneficial to one's health. If a person sleeps for 7 to 8 hours, it is beneficial to their health. Their academic performance is good. However, the World Health Organisation (WHO) asserted that health is not merely the absence of diseases, but a complete state of well-being. Wellness can be defined as a lifestyle that promotes health. Academic wellness here referred as academic achievement. Academic achievement and general success in life is therefore determined by each individual to be their personal collection of accomplishments for their life. Academic achievement is commonly measured by examinations or continuous assessment. Most of the reviews used statistical tools as correlation and regression to find the relationship. There is a significant relationship between health and academic wellness.
Keywords: Health, Wellness, Academic Achievement.

Introduction

The World Health Organization (1948) redefined health to be a complete state of physical, mental, and social well-being, and not merely the absence of disease and infirmity. The World

Health Organization (WHO) proposes three dimensions of health, which are physical health, mental health and social health.

The researcher is keen to identify is there any relationship between health and academic performance, so, started collecting the materials available to the study. The objective of this paper is to understand the relationship between health and academic wellness from the various previous researches related to the study.

Discussion

Physical Health can be divided into three layers – Diet, Physical Activity and Sleep. Let's see each layer in detail as follows

Diet

A healthy diet helps to protect against malnutrition in all its forms, as well as non communicable diseases (NCDs), including such as diabetes, heart disease, stroke and cancer. Unhealthy diet and lack of physical activity are leading global risks to health.

Physical Activity:

Physical activity refers to all movement. Popular ways to be active include walking, cycling, wheeling, sports, and active recreation and play, and can be done at any level of skill and for enjoyment by everybody.

Regular physical activity is proven to help prevent and manage non-communicable diseases (NCDs) such as heart disease, stroke, diabetes and several cancers. It also helps prevent hypertension, maintain healthy body weight and can improve mental health, quality of life and well-being.

Sleep:

Sleep is as essential to our daily needs as food and water. Sleep plays a critical role in brain as well as physical functioning.

Lemma S, etal (2014) showed that the mean CGPA was highest for Students who slept 6 – 7 hours per night compared to those who sleep higher or lower than 6 – 7 hours.

Critical Review of previous researches

1. Paper Titled: Understanding the Impact of Lifestyle on the Academic Performance of Middle- and High-School Students, Author: Suchithra Rajendran, University of Missouri. Journal of Sociological Research August 2019.

○ Objectives: The objective of this research was to study the relationship between lifestyle and academic performance

Methods:

Data Collection and Analysis: 18 schools were selected in a metropolitan city in India. Questionnaire is used to collect data which involved 21 questions investigating varying aspects of life, such as physical activities, sleeping habits, nutrition information. The data were analysed using R software.

Procedures:

Path Analysis is a series of "layered" multiple regressions used to understand the causal relationship between variables. This research, explores the direct and indirect relationship between lifestyle and academic performance among adolescents in India.

The correlations between the following sets of variables are studied as follows:

• Lifestyle and Stress, Stress and Obesity, Lifestyle and obesity, Lifestyle on academic performance and Stress on academic performance.

Hypotheses: The Research aims to hypothesize the following

○ Hypothesis I : An unhealthy lifestyle will lead to an increase in the stress levels (i.e., a healthy lifestyle will lead to reduced stress)

○ Hypothesis II: An Increased stress level leads to obesity.

○ Hypothesis III: A negative relationship exists between a healthy lifestyle and obesity.

Proposed Conceptual Framework using Path Analysis
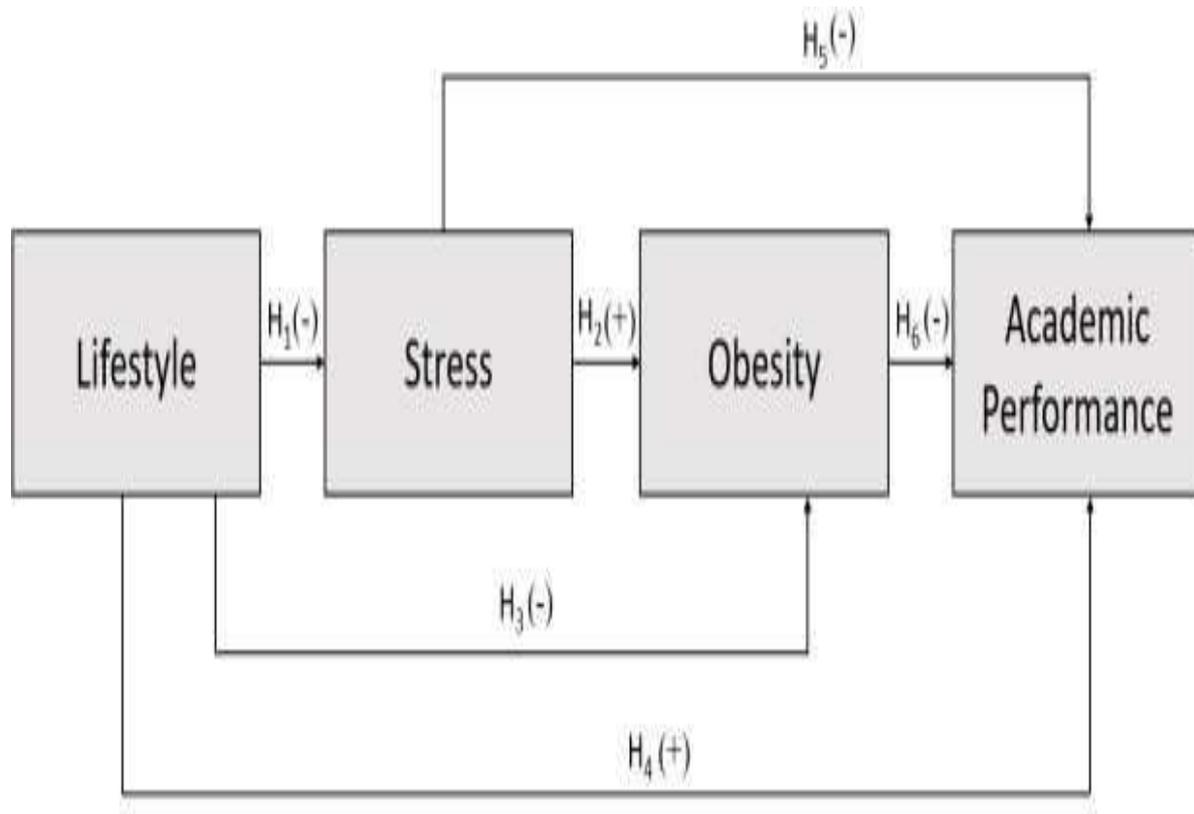
Source: Figure: 1 Proposed Conceptual Framework using Path Analysis

Results

2050 Questionnaires were distributed across the 18 schools. Recovery rate 97.61%, 2001 completely filled valid questionnaires A Majority of the students lacked physical fitness due to their high pressure of performing well in academics to increase their chances of getting into good university.

In Support of the Hypothesis I – The more the students stated that they follow a healthier lifestyle, less the perceived stress. As anticipated, results proved that stress increases with age and level of education. In addition, the researchers found that girl students underwent more stress compared to their counterparts.

2. Paper Titled: Impact of Lifestyle on Academic Performance of Medical Students at University of Tabuk. Authors: Osama Salih Mohammed, Abdullah Alyoussef, Hyder Mirghani, Abdulateef Elbadawi, Journal: Indian journal of Applied Research, August 2015

   Objective: To assess the impacts of lifestyle on the academic achievement among medical students

Methods:

Study Population: A Cross- Sectional Study was conducted. Eighty-nine Students were enrolled, they all responded to the self –administered questionnaire. The survey was designed to assess demographics, English language entry score, attendance, seating preferences, reading materials, study preferences, reading styles, dietary habits, sleep duration and average spent on social media.

Statistical Analyses

Approval was obtained from the ethical committee of the Faculty of Medicine. SPSS Version 20 and MS Excel 2010 were used for the data management and statistical analyzes. Both student t test and chi-square test were used for testing the significant difference between study groups.

Results

Out of 89 students, 57 (64%) of them were male. There were statistically significant differences between excellent and average students concerning weekend learning activities, sleeping from 6 to 9 hours and spending fewer hours on social media.

A statistically significant relation between excellent performance and sleep duration from 6-9 hours, in accordance with BaHammam AS, et al (2012), who concluded that academic performance was adversely affected by the short duration of nocturnal sleep, late bedtimes, and increased daytime somnolence.

Similarly, Lemma S, etal (2014) showed that the mean CGPA was highest for students who slept 6 – 7 hours per night compared to those who slept higher or lower than 6-7 hours.

Conclusion:

After reviewing the various papers on lifestyle and academic wellness, the researcher understand the relationship between health factor and academic performance. Having few critical questions as follows: How reliable on the self reported questionnaire? The small sample both had the adverse effect on the reliability of the study. For Data Analysis, they have used t test and chi square test. The researcher suggests that SEM can be used to study the relationship among the constructs.

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