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Nibedita Jena

Satya Sai Women's College, India

BIOGRAPHY

Nibedita Jena is currently working as a State Advisor and as a Director of Youth Policy, in the Department of Higher Education, Government of Odisha, India. She has completed her PhD in Psychology from KIMS, BBSR Odisha, India.

drnjena@gmail.com

LIFE STYLE, MENTAL HEALTH, ILLNESS, HEALTHY LIVING AND YOGIC MEDITATION: A PREVENTIVE COMPREHENSION OF PERSONALITY TYPE

Attainment of happiness is the innate desire of every human being, but our life style, attitude and values have undergone a radical change with rapid modernization and more towards consumerist culture. Positive state of physical, mental and social well-being is known as health. It has been described as a value judgement, as a continuum from illness to wellness. Health is more than the absence of problems. The question is can life style modification help someone? How we define the term life style? In general term life style means the way of life, the pattern of living of a person-how he spends his time from moment to moment. It also means the food we take, drinking habit, exercise, diet-particularly overeating and consuming too much high fat, low fiber food-constantly facing higher stress situations, likes and dislikes of a person. These result from a life style of experience, beginning in early childhood, evolving through adolescence and adulthood. A healthy life style holds the key to the prevention of many diseases. Behavioural risk factors such as smoking cigarettes, drinking excessively, using drugs, eating high fat and high cholesterol diets, eating too much and becoming over weight, inviting stress are the causes of major chronic diseases which can be controlled through modifications of life style. Personality and individual behaviour style play a crucial role in health habit. The disease prone personality is characterized by depression, anxiety and even hostility. Indian thought contains valuable conceptual, methodological and theoretical ideas and

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insights that could provide alternative hypotheses concerning human nature that could be genuinely complementary to the western approach in taking almost wholly a mechanistic view of man, the belief that by practicing yoga and meditation one could attain wellness in life. Indian psychology searches for techniques for controlling body and mind-relaxation, meditational techniques for self-control and the ultimate aim being the highest well-being of man. Wellness is characterized by Lyon (1990) as the experience of somatic comfort and a functional ability level at or near the person. There are two approaches to control and express emotions: Somatic control (Emotions, mood, calmness, pleasure, joy, relief and happiness) and physical sensation energized awareness, emotion and growth. Illness occurs on a continuum from low (I am not feeling well) to high (I am very much ill). Health and illness have changed across culture and time. The main objective of study was to determine the relationship between life style and healthy living in exploring predominant personality type. Three questionnaires were used in the present study with survey method. The mean age group of younger male groups were 24.7 years. Younger female groups were 23.5 years, older males were 59.4 years and older females were 59.2 years. It has been found out that people who followed a healthy life style were healthier than other people irrespective of age and sex.