

A CORRELATIONAL STUDY OF WELLNESS LIFESTYLE FACTORS AND ACADEMIC ACHIEVEMENT OF STUDENTS OF SELECTED IIM IN INDIA

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ABSTRACT

Introduction and Background- The lifestyle disorders are increasing at alarming rate, whereas people are inclined towards being physically fit for cosmetic fitness purposes, Where either shedding some kilos or having a toned body like their ideals in the cinema, which keeps them superficial in terms of education and literacy. The fitness or healthy lifestyle is not merely taken as a short sprint but it is a lifelong marathon to run actively. The world is having web of occupational aspirations, We tend to offer highest education to our children to excel academically and then earn a living out of it later in life, This whole process of education and earning taken a mental and physical toll on them, they tend to keep their health and lifestyle at the back seat. This also brings the significance of underlining the relation of their academic grades and Wellness Lifestyle.

Material and Methods- A Wellness Lifestyle questionnaire based study on the students (N= 415) of selected Indian institutes of Management to get Wellness Lifestyle Scores and academic Achievement were taken into consideration.

Results - In our study, students of selected IIMs of India had been taken under observation and resulted a no significant difference between the Wellness Lifestyle Score and Academic grades, therefore no significant correlation was found in all nine variables score of Wellness Lifestyle and academic Achievement

Keywords - IIM - Indian Institute of Managements , Wellness Lifestyle , Academic Achievement.

INTRODUCTION - World is sitting at the verge of obesity and chronic lifestyle disorders, one side overuse of the resources and other part of the world is suffering from humanitarian crises for the basic needs, People or the country who are based in deprived state for the basic needs do not even bother what kind of lifestyle they are leading as long as they food in their plates, However, other side of the developing countries and developed countries have an entirely different set of issues to deal which , the mismanagement or overuse of food or resources led them to obesity and procrastination , which is increasing at an alarming rate subsequently, given a concept of lifestyle disorders as human life was

meant to make things or surrounding simpler and easier for themselves but the grave ramification resulted in the sitting for too long and making the life sedentary and dis-balance in energy expenditure and intake. Wellness lifestyle has never been an old concept since very beginning or in ancient Western and eastern cultures, India in particular had embraced the discipline of eating, living and sleeping for the regimental purposes or to protect the kingdom from the foreign invasions, this is how the importance of physical activity and maintaining a healthy lifestyle came into existence , as the world progressed the things started getting settled and more peaceful ; eventually resulted in laziness and underused human efficiency , which is designed to actively move for a holistic approach.

Linda et al¹ along with the CFAS-Wales study team have done a wonderful cross sectional study on potentially modifiable lifestyle factors, cognitive reserves and cognitive function in later life effects study , where they have attempted to find out the rate of cognitive decline and dementia , the team has explored the mediating effect of cognitive reserve on the lifestyle factors and cognitive function in later stage of participant's life, N= 2,315 , healthy older people aging above 65 years have taken up the study and linear regression modeling was applied to investigate five key lifestyle factors such as physical activity, diet, alcohol consumption, and smoking, cognitive and social activity. There was a positive correlation of 20% in variables such as cognitive and social activity, physical activity, healthy diet, and light-to-moderate alcohol consumption, on a concluding note the study advocated that maintaining a Healthy Lifestyle and habits enhances cognitive health as well.

The World Health Organization (WHO) defines mental health as a “state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community²

Julia Velten³ (2018), had evaluated the predictive values of a broad range of lifestyle choices for positive mental health problems in German and Chinese Students also to identify the healthy lifestyle choices that promote psychological and mental well being. The sample of university students of German and Chinese origin were evaluated on the basis of Lifestyle choices such as , frequency of physical and mental activities, Smoking, Frequency of alcohol consumption , vegetarian diet, social rhythm irregularity and Body Mass Index. Better mental health was predicted when the BMI is at a lower rate. The study resulted with a significant outcome of having good mental well-being, if one is having all the lifestyle choices

¹ Linda Clare et al, (2017) Potentially modifiable lifestyle factors, cognitive reserves and cognitive function in later life : Cross -Sectional Study

² World Health Organization. Mental health: strengthening our response. Fact sheet Nr. 220. Geneva: World Health Organization; 2014.

³ Julia Velten , Angela Bieda, Saskia Scholten , Andre Wannemuller & Jurgen Margraf (2018)

checked The findings advocated the importance of making healthy choices on a regular basis eventually, will yield a productive and better outcome. The study emphasized on positive and healthy lifestyle choices for better mental well-being in later stages of life where cognitive health is at the deteriorating phase.

OBJECTIVE - Determine correlation of Student wellness lifestyle Score and their Academic Achievement.

HYPOTHESIS - It was hypothesized that there would be correlation between the academic achievement and Wellness Lifestyle of the students of selected IIMs in India at 0.05 level. It was further hypothesized that there would be positive correlation between the academic achievement and Wellness Lifestyle of the students of selected IIMs in India.

MATERIALS AND METHODS - A modified questionnaire was taken from Principles and Labs for Fitness & Wellness, Eleventh Edition Werner W.K. Hoeger, Sharon A. Hoeger's Wellness Lifestyle; consisting of nine variables such as Physical Fitness, Nutrition, Avoiding Chemical Dependency, Stress Management, Personal Health and Hygiene, Emotional Well Being, Disease Prevention, Personal Safety and Environmental Health and Protection ; been used as a tool for data collection. Total 600 students from IIM- Ahmedabad, IIM-Bangalore, IIM-Calcutta, IIM-Indore, IIM- Kozhikode, and IIM-Lucknow have taken up the questionnaire. The questionnaire was on a likert scale method, scoring overall 36 Questions, having none variables with four questions from each variable. To investigate the wellness Lifestyle of different IIM' students (N=415) and academic achievement's correlation on their wellness lifestyle were studied. The questionnaire contained the last appeared percentage or CGPA.

RESULTS - Relationship statistics was applied to see the correlation of their Academic Achievement on the basis of their overall Wellness Lifestyle Score. Total numbers of students who have filled their marks were taken into observation out of 600 participants having wellness scores, However, only N=415 have given their marks credentials to investigate correlation between their wellness Lifestyle score and academic achievement Therefore, the scholar has taken only marks or grades containing questionnaires under investigation. There was no significant correlation found between Percentage and overall Wellness Lifestyle Score of the Students of IIMs hence null hypothesis was rejected. Second objective of the study was to find the correlation between the overall Wellness Lifestyle variables of the students and their academic achievement on the basis of their last appeared class marks. There was no correlation found among any of the variables. (Wellness Lifestyle variables and percentage of the students). The summary of the Academic achievement with wellness Lifestyle score is as follow-

	VARIABLES	CORRELATION
415 students IIM-Ahmedabad (N= 88) IIM-Bangalore (N=38) IIM-Calcutta (N=76) IIM-Indore (N=79) IIM- Kozhikode (N=73) IIM-Lucknow(N=61)	Physical Fitness	-.012
	Nutrition	.027
	Avoiding Chemical Dependency	.073
	Stress Management	.057
	Personal Health & Hygiene	.017
	Emotional Well being	.024
	Disease Prevention	.120
	Personal Safety	.070
	Environmental Health Protection	-.041

*Correlation is significant at 0.05 level.

No significant Correlation was found between Percentage and overall Wellness Lifestyle Score of the Students of IIMs.

Discussion - As the students have been coming from a sound and elite academic background , qualifying the one of the most competitive exam in India known as Common Aptitude Test (CAT), the observed students were from the most established and profound IIMs of the country , which has a higher percentile for admission , they are par excellent in coping up with academic pressure and they are flexible in managing their lifestyle habits specially undertook nine variables such as Health Related Fitness , Nutrition, Stress Management, Avoiding Chemical Dependency,Disease Prevention, Personal Safety, Personal Health and Hygiene, Emotional Well-being, Environmental Health and Protection variable couldn't find any significant correlation with their academic achievement, However, the students who have been good at health related fitness had better academic achievement, they are having better CGPA already also maintaining good CGPA in their academic sphere.

References -

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