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### Assess the relationship between flourishing mental health, emotional well-being, and life style behaviour pattern among nursing, physiotherapy and dental students

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#### Abstract

The present study was conducted to assess the relationship between flourishing mental health, emotional well-being, and life style behavior pattern among nursing, physiotherapy and dental students. Objectives of the study are describe the relationship between flourishing mental health, emotional well-being, and life style behavior pattern among nursing, physiotherapy and dental students and to find out the degree of association between the flourishing mental health, emotional well-being, and life style behavior pattern among nursing, physiotherapy and dental students. Research design of the study is descriptive research design and used three scales, The emotional well-being scale and it consists of 16 questions, flourishing mental health scale and it consists of 12 questions, life style behavior pattern questionnaire and it consists of 12 questions. Sample size of the study is 120 students. Sample technique is simple random sampling. The major findings of the studies are the emotional well-being was good among nursing students 18(36%) as compared to physiotherapy and dental students. The flourishing mental health was very good among 16(32%) nursing students as compared to physiotherapy and dental students. More students from nursing 19(38%) were in life style behavior pattern as compared to physiotherapy and dental students and there is no significant relationship between emotional well-being, flourishing mental health and life style behavior pattern among nursing, physiotherapy and dental students. The future recommendations of the study is a similar study can be conducted as cross-sectional study.

**Keywords:** Mental Health, emotional well-being, and life style behavior, nursing

#### Introduction

Health is a state of complete harmony of the physical, psychological, emotional and spiritual wellbeing of an individual. Mental health, described as the ability to act on information, clarify values and beliefs, exercise decision-making capacity. The physical health focuses on heightening awareness and increasing knowledge of nutrition, exercise and watching out of early signs of sickness. There is an interpersonal relationship between the mind and body, when the body is physically healthy, the mind is clearly focused and stress is under control. Medical and paramedical professional students are a future generation of educated, motivated people with the professional knowledge to be role models on healthy.

#### Statement of the problem

A co relational study to assess the relationship between the flourishing mental health, emotional well-being, and life style behavior pattern among nursing, physiotherapy and dental students.

#### Objectives of the study

- To assess the flourishing mental health, emotional well-being, and life style behavior pattern among nursing, physiotherapy and dental students.
- To associate the relationship between flourishing

mental health, emotional well-being, and life style behavior pattern among nursing, physiotherapy and dental students.

#### Research design

Descriptive research design

#### Setting of the study

The study was conducted at College of Nursing, College of physiotherapy and dental college.

#### Population of the study

##### Target population

The target population included 40 Nursing students, 40 Physiotherapy students and 40 dental students.

#### Accessible population

Accessible population includes students from various departments such as nursing, physiotherapy and dental.

#### Sample size

The sample size consisted of 120 students.

#### Sampling technique

Simple random sampling technique was used for sample selection.

**Criteria for sample selection**

**Inclusion criteria**

- Students who were in B.Sc. (Nursing), physiotherapy and dental programme.
- Students who were willing to participate in the study
- Student who knows to read and write English

**Exclusion criteria**

- Students who were on long leave
- Students who participated in other recent research studies

**Description of the tool**

The tool consists of 4 sections.

**Section 1**

**Demographic data**

Demographic data consisted of age, educational status, family income, siblings, and religion.

**Section 2**

**Flourishing mental health**

Flourishing Mental Health scale was used to assess the flourishing mental health among nursing, physiotherapy and dental students. It is a standardized tool. The inventory consisted of 12 questions related to flourishing mental health.

**Section 3**

**Emotional well-being**

Emotional well-being scale is measured by the standardized questionnaire (EWS-16 Items). From these 8 items concerned with pleasant feelings and another 8 items concerned with unpleasant feelings.

**Life style behavior pattern**

Life style behavior pattern scale was used to assess the life style behavior pattern among nursing, physiotherapy and dental students.

**Data collection procedure**

The study was conducted in selected college of Nursing, Physiotherapy and Dental. A formal permission was obtained from all the 3 principals. The study was conducted for a period of one week. The investigator introduced self, and the purpose, benefits of the study were explained to the students to ensure their co-operation. The data were collected by using demographic questionnaire, Flourishing Mental Health scale (FMS), emotional well-being scale (EWS), and Life style Behavior pattern scale.

**Data analysis**

The collected data was tabulated and analyzed by using descriptive and inferential statistics. Percentage analysis was used to assess the relationship between the flourishing mental health, emotional well-being, and life style behavior pattern among nursing, physiotherapy and dental students. Chi square was used to associate the level of relationship between the flourishing mental health, emotional well-being, and life style behavior pattern among nursing, physiotherapy and dental students.

**Results**

The description of demographic characteristics of study participants. With regards to age, majority of them 45 (90%) belonged to 20-21 years in nursing, whereas as in arts and engineering majority were aged between 18-19 years. All of them were aspiring education from their respective discipline. Most of their family members were drawing salary <20,000 Rs / month. More than half of them had single sibling. Majority were Hindus' in all three groups.

**Table 1:** Flourishing mental health scores among nursing, physiotherapy and dental students

S.NO	MHFS score	Nursing	Physiotherapy	Dental
1	Extremely high flourishing(80-84)	0	0	1(2%)
2	Very high flourishing(74-79)	16(32%)	11(22%)	7(14%)
3	High flourishing(68-73)	1(2%)	12(24%)	10(20%)
4	Flourishing(60-67)	12(24%)	14(28%)	12(24%)
5	Slight lack of flourishing(48-59)	17(34%)	10(20%)	10(20%)
6	Lack of flourishing(32-47)	4(8%)	3(6%)	10(20%)
7	Extremely lack of flourishing(12-31)	0	0	0

Table-1: Reveals the difference between nursing, physiotherapy and dental student's flourishing mental health. The flourishing mental health was very good among

16(32%) nursing student as compared to physiotherapy and dental students.

**Table 2:** Description of emotional well-being among nursing, physiotherapy and dental students

S. No	EWS score	Nursing	Physiotherapy	Dental
1.	Very happy (24 to 32)	4(8%)	2(4%)	4(8%)
2.	Happy (16 to 23)	2(4%)	10(20%)	7(14%)
3.	Slightly happy (5 to15)	18(36%)	8 (16%)	15(30%)
4.	Neutral, mixed (4 to -3)	19(38%)	20(40%)	9(18%)
5.	Somewhat unhappy(-4 to -12)	5(10%)	9 (18%)	10(20%)
6.	Very unhappy (-13 to -23)	2(4%)	1(2%)	4(8%)
7.	Extremely unhappy(-24 to -32)	0	0	1(2%)

Table-2 reveals the difference between nursing, physiotherapy and dental student's emotional well-being. The emotional well-being was good among nursing students

18(36%) as compared to physiotherapy and dental students.

**Table 3:** Description of lifestyle behavior pattern among nursing, physiotherapy and dental students

S. No	Life style pattern score	Nursing	Physiotherapy	Dental
1.	Very good(16-22)	19(38%)	2(4%)	6(12%)
2.	Good(9-15)	30(60%)	37(74%)	41(82%)
3.	Poor(0-8)	1(2%)	11(22%)	3(6%)

Table-3: Reveals the difference between the nursing, physiotherapy and dental students life style behavior pattern. More students from nursing 19(38%) were in very

good life style pattern as compared to physiotherapy and dental students.

**Table 4:** Association between flourishing mental health, emotional well-being, and life style behavior pattern among nursing, physiotherapy and dental students

S. No	Association	Nursing vs physiotherapy		Nursing vs dental	
		Chi Square	P	Chi Square	P
1	Flourishing Mental Health	23.881	0.248 (NS)	23.451	0.796 (NS)
2	Emotional well-being	36.528	0.064 (NS)	16.481	0.686 (NS)
3	Life style Behavior pattern	0.423	0.981 (NS)	0.919	0.922 (NS)

NS=Non Significant

Table 4 shows that there was no significant association between flourishing mental health, emotional well-being,

and life style behavior pattern among nursing, physiotherapy and dental students.

**Table 5:** Comparison between flourishing mental health, emotional well-being, and life style behavior pattern among nursing, physiotherapy and dental students

S. No	Category	Flourishing mental health			Emotional well-being			Life style behavior pattern		
		Mean	S.E.M	S.D	Mean	S.E.M	S.D	Mean	S.E.M	S.D
1	Nursing	4.5	0.16	0.94	4.16	0.18	1.28	2.12	0.68	0.53
2	Physiotherapy	3.4	0.13	1.13	3.36	0.18	1.27	1.92	0.74	0.53
3	Dental	3.6	0.21	1.47	3.64	0.17	1.21	1.6	0.75	0.48

Table 5 depicts the comparison of flourishing mental health, emotional well-being, and life style behavior pattern among nursing, physiotherapy and dental students. With regards to Flourishing mental health, nursing students scored higher rank than the physiotherapy and dental students. The emotional wellbeing was good among nursing students as compared to the physiotherapy and dental students. The life style behavior pattern was very good among nursing students in comparison with the physiotherapy and dental students. This shows that the nursing students are very good among all the perspective as compared to the physiotherapy and dental students.

**Discussion**

The present study aimed to assess the correlation of demographic factors and relationship between flourishing mental health, emotional well-being, and life style behavior pattern among nursing, physiotherapy and dental students. Descriptive study design was adopted for the study.

**To describe the flourishing mental health, emotional well-being, and life style behavior pattern among nursing, physiotherapy and dental students**

- The flourishing mental health was very good among 16(32%) nursing students as compared to physiotherapy and dental students.
- The emotional well-being was good among nursing students 18(36%) as compared to physiotherapy and

dental students.

- More students from nursing 19(38%) were in very good life style behavior pattern as compared to physiotherapy and dental students

**Association between flourishing mental health, emotional well-being, and life style behavior pattern among nursing, physiotherapy and dental students**

There was no significant association between flourishing mental health, emotional well-being, and life style behavior pattern among nursing, physiotherapy and dental students.

**Conclusion**

This study finding clearly indicates that the nursing students were good in flourishing mental health, emotional well being and good life style behavior pattern as compared physiotherapy and dental students. The findings of the chi-square test showed no association between flourishing mental health, emotional well-being, and life style behavior pattern among nursing, physiotherapy and dental students.

**Limitations**

This sample size was limited to only female students.

**Implication**

1. Study helped to gain knowledge about the flourishing mental health, emotional well-being, and life style behavior pattern.

2. Nurse investigator can encourage the students to overcome the problem.

### Recommendations

A similar study can be done in a large sample for the purpose of generalization.

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Nil

### Conflict of interest

There is no Conflict of interest

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### How to Cite This Article

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