

Lifestyle of Health and Sustainability (LOHAS): A Comparative Study on Undergraduate Students

Bishal Das¹, Prasanta Gayen², Dr. Subir Sen³

¹Student, Department of Education, Sidho-Kanho-Birsha University, Purulia, West Bengal, India

²Research Scholar, Department of Education, Sidho-Kanho-Birsha University, Purulia, West Bengal, India

³Associate Professor, Department of Education, Sidho-Kanho-Birsha University, Purulia, West Bengal, India

Corresponding Author: *Prasanta Gayen*

Abstract: *In today's world where the pace of life seems to be accelerating and the delicate balance of our planet is increasingly at risk, sustainable lifestyles are seen as a beacon of hope that leads us to live more conscious and responsible lives. Present work aims to find out the relationship among Lifestyle of Health and Sustainability (LOHAS) and its associated factors of undergraduate students of Purulia district of West Bengal, India in regard to stream, locality and gender. It is a descriptive survey type research. "Lifestyles of Health and Sustainability Scale" by Choi and Feinberg (2021) has been used in this study to collect the data randomly from 151 undergraduate students of Purulia district of West Bengal. Descriptive statistics like mean, standard deviation and Pearson coefficient of correlation have been used in this study to analyse the data. The result revealed that there is a significant relationship among LOHAS and its associated factors of undergraduate students. However, no significant relationship has been found among LOHAS and its associated factors among of female students and urban students of Purulia district of West Bengal, India.*

Keywords: LOHAS, Physical Fitness, Mental Health, Emotional Health, Spiritual Health, Environmentalism, Social Consciousness

REFERENCES

- [1]. Adams, R. (2022). *The Sustainable Home: Transforming Spaces for a Greener Future*. Eco Living Books.
- [2]. Adhikari, A. (2023a). Application of Mahalanobis distance in education and educational psychology: A review. *Innovare Journal of Education*, 11(4), 5-7.
- [3]. Adhikari, A. (2023b). Socio-educational perspectives: A study on human adjustment. *EPRA International Journal of Research & Development (IJRD)*, 8(1), 97-101.
- [4]. Adhikari, A., & Sen, S. (2023a). Cluster analysis on institutional commitment and organizational climate. *International Journal of Research Publication and Reviews*, 4(5), 4974-4988.
- [5]. Adhikari, A., & Sen, S. (2023b). Recent trends of cluster analysis in education. *International Research Journal of Modernization in Engineering Technology and Science*, 5(8), 1858-1861.
- [6]. Adhikari, A., Gayen, P., Mahato, R. C., Pal, I., & Sen, S. (2023a). Multi-dimensional data analysis in education: Accumulation and comparison among variables. *International Journal of Research Publication and Reviews*, 4(5), 2243-2245.
- [7]. Adhikari, A., Gayen, P., Sutradhar, A., & Sen, S. (2023b). A measure for measure: Statistics in education. *International Journal of Research Publication and Reviews*, 4(5), 4239-4243.
- [8]. Adhikari, A., Mahato, R. C., & Sen, S. (2023c). Anxiety, depression, stress, general self-efficacy and specific self-efficacy: Comparison among science and social science students. *International Journal of Advanced Research in Science, Communication and Technology (IJAR SCT)*, 4(1), 382-389.
- [9]. Ahmed, E. A., Banerjee, M., Sen, S., & Chatterjee P. (2020). Application of Mahalanobis Δ_2 on achievement tests on Mathematics: A study on higher secondary level students. *Indian Journal of Psychology and Education*, 10(1), 36-40.

- [10]. Ahmed, E. A., Banerjee, M., Sen, S., & Chatterjee, P. (2021). Comparison of achievement of higher secondary subjects among tribal and non-tribal students of Bodoland Territorial Region, Assam, India using Mahalanobis distance. *Journal of Calcutta Mathematical Society*, 17(1), 61–66.
- [11]. Ahmed, E. A., Karim, M. R., Banerjee, M., Chatterjee, P., & Mandal, G. (2022a). A comparative study on academic achievement of Mathematics and English with other subjects of secondary level in BTR of Assam, India, using Mahalanobis distance. *Education Research International*, 1-10. <https://doi.org/10.1155/2022/3669065>
- [12]. Ahmed, E.A., Karim, M. R., Banerjee, M., & Sen, S. (2022b). Comparison of scholastic attainment in English and Math amongst other studies at the higher secondary level: A study using Mahalanobis distance. *KuramveUygulamadaEgitimYonetimi Educational Administration: Theory and Practice*, 28(4), 1-13.
- [13]. Ansary, K., Ansary, S., Adhikari, A., & Sen, S. (2023). Clustering technique for analyzing attitude towards value-oriented education among undergraduate students. *International Journal of Research Publication and Reviews*, 4(5), 5576-5584.
- [14]. Ansary, S., Ansary, K., & Adhikari, A. (2022). Attitude towards social adjustment among the undergraduate students of Purulia district. *EPRA International Journal of Research and Development (IJRD)*, 7(12), 21-26.
- [15]. Chen, L. H. (2021). Sustainable Living and Social Equity: Bridging the Gap. *Sustainability Review*, 38(4), 567-582.
- [16]. Choi, S., & Feinberg, R. A. (2021). The LOHAS (Lifestyle of health and sustainability) scale development and validation. *Sustainability*, 13(4), 1598.
- [17]. Das, B., Gayen, P., & Sen, S. (2023). Lifestyle of health and sustainability (LOHAS) of undergraduate students of Purulia district of West Bengal. *EPRA International Journal of Socio-Economic and Environmental Outlook (SEEO)*, 10(8), 13-19.
- [18]. Dasgupta, P., & Goswami, R. (2017). *Sustainability assessment of integrated farming systems in selected blocks of coastal saline agroclimatic zone of West Bengal India*. Ramakrishna Mission Vivekananda Educational and Research Institute, Howrah.
- [19]. Deepthi, R., & Meera, K. P. (2018). *An exploratory study on sustainable lifestyle practices in upper primary schools of Kerala*. University of Calicut, Kerala. <https://doi.org/10.3390/su13041598>
- [20]. Gayen, P., & Sen, S. (2021). Prevalence of anxiety, depression and stress among postgraduate students during COVID-19 situation: A study on postgraduate students. *International Journal for Innovative Research in Multidisciplinary Field*, 7(9), 172- 178
- [21]. Gayen, P., Sen, S., & Adhikari, A. (2023). Relationship between organizational climate and institutional commitment of secondary school teachers of West Bengal. *International Journal of Scientific Research and Engineering Development*, 6(3), 426-436.
- [22]. Gorain, S. C., Adhikari, A., Saha, B., & Sen, S. (2021). A study on internet dependency, social isolation and personality using Mahalanobis distance. *EPRA International Journal of Research and Development*, 6(9), 179-184. <https://doi.org/10.36713/epra8471>
- [23]. Gorain, S. C., Mondal, A., Ansary, K., & Saha, B. (2018). Social isolation in relation to internet usage and stream of study of under graduate students. *American Journal of Educational Research*, 6(4), 361-364. DOI:10.12691/education-6-4-10
- [24]. Gorain, S. C., Saha, B., Maji, S., & Sen, S. (2022). A study on relationship and cluster analysis among internet dependency, social isolation and personality. *International Journal of Research Publication and Reviews*, 3(1), 884-888.
- [25]. Haldar, P., Roy, S., Gorain, S. C., Adhikari, A., & Saha, B (2022). Measuring attitude towards sustainable development among trainee teachers in Purulia district of West Bengal. *American Journal of Educational Research*, 10(12), 682-696.
- [26]. Ilanchezhian, T., & Akthar, N. (2002). *Reproductive health education for school going adolescents towards sustainable future*. University of Madras, Chennai.
- [27]. Johnson, M. P. (2019). The Road to Sustainable Consumption: A Behavioral Analysis. *Environmental Science and Policy*, 14(2), 211-228.

- [28]. Khatri, N., & Rathee, B. S. (2016). *Lifestyle diseases factor and physical fitness status of women a survey of Gurgaon*. Maharshi Dayanand University, Haryana.
- [29]. Khatun, S., Ansary, K., & Adhikari, A. (2022). Attitude towards yoga education among undergraduate students. *EPRA International Journal of Multidisciplinary Research*, 8(12), 9-13.
- [30]. Kulkarni, S. J., & Rao, P. (2019). *A study of linkages between organization culture and sustainability with special reference to passenger vehicle manufacturing unit in Pune region*. Symbiosis International University, Maharashtra.
- [31]. Mahato, A., Gayen, P., & Mahato, R. (2023a). Relationship between cognitive failure and internet addiction of higher secondary students of Purulia district of West Bengal: A study. *Innovare Journal of Education*, 11(3), 15-19.
- [32]. Mahato, D., Gayen, P., & Mahato, R. C. (2023b). Relationship between academic resilience and internet addiction of undergraduate students of Purulia district of West Bengal: A study. *EPRA International Journal of Multidisciplinary Research (IJMR)*, 9(3), 103-106. <https://doi.org/10.36713/epra12603>
- [33]. Mahato, M., Gayen, P., & Mahato, R. C. (2023c). Relationship between self-efficacy and m-learning of undergraduate students of Purulia district of West Bengal. *International Journal of Research Publication and Reviews*, 4(4), 3219-3222.
- [34]. Mahato, R. C., & Sen, S. (2021a). Application of Mahalanobis distance to determine the dynamical nature of academic stress, self-efficacy in mathematics and anxiety in Mathematics. *International Journal of Advances in Engineering and Management (IJAEM)*, 3(5), 1398-1401.
- [35]. Mahato, R. C., & Sen, S. (2021b). Academic stress, self-efficacy and anxiety: A study on Mathematics of higher secondary level students in Purulia district of West Bengal, India. *International Journal of Creative Research Thoughts*, 9(5), c969-c980.
- [36]. Mahato, R. C., & Sen, S. (2023). Relationship among contexts knowledge (CK1), technological pedagogical content knowledge (TPCK) and attitude towards creative teaching for pre-service trainee teachers: A study on Mathematics method subject. *International Journal of Creative Research Thoughts*, 11(4), d301-d314.
- [37]. Mahato, R. C., Sen, S., & Adhikari, A. (2023). A study of DASS-21 and the self-efficacy scale on post-graduate students. *International Journal of Research Publication and Reviews*, 4(6), 4249-4255.
- [38]. Minooei, O., & Mokshapathy, S. (2018). *A study on energy resources for sustainable agriculture in Karnataka*. University of Mysore, Karnataka.
- [39]. Mohanta, R., Adhikari, A., Pal, I., & Sen, S. (2023a). Introspecting institutional commitment using cluster analysis. *International Research Journal of Education and Technology*, 5(4), 198-217.
- [40]. Mohanta, R., Gayen, P., Pal, I., Mahato, R. C., & Sen, S. (2023b). Comparison among different dimensions of organizational climate of secondary school teachers of West Bengal by Mahalanobis distance. *EPRA International Journal of Research and Development (IJRD)*, 8(4), 129-133.
- [41]. Mohanta, R., Gayen, P., Pal, I., Sutradhar, A., & Sen, S. (2023c). Comparison among different dimensions of institutional commitment of secondary school teachers of West Bengal by Mahalanobis distance. *International Research Journal of Modernization in Engineering Technology and Science*, 5(4), 4088-4093.
- [42]. Mohanta, R., Sen, S., Adhikari, A., & Pal, I. (2023d). Perceptual environment: A study on organizational climate using cluster analysis. *International Journal of Research Publication and Reviews*, 4(4), 1336-1346.
- [43]. Mondal, A., Ansary, K., Gorain, S. C., & Saha, B. (2018). Internet affinity in relation to personality and gender. *American International Journal of Research in Humanities, Arts and Social Sciences*, 22(1), 11-15.
- [44]. Murarka, S., & Kumar, S. (2011). *Role of oxidative stress lifestyle and environmental factors in human male reproduction*. Gujarat University, Gujarat.
- [45]. Phalgune, D. S., Deodhar, N. S., & Mutatkar, R. K. (1999). *A study on lifestyle and health*. Savitribai Phule Pune University, Maharashtra.
- [46]. Roy, C., & Mitra, S. (2018). *Sustainable rural development a study of Sagar block in the Indian Sundarbans*. Jadavpur University, Kolkata.
- [47]. Saha, B., & Maji, S. (2013). Building the sustainable development through environmental education: A conceptual study. *Review of Research*, 2, 1-3.

- [48]. Saha, B., Sen, S., & Adhikari, A. (2021). Analysis of attitude towards yoga among college students using clustering techniques. *EPRA International Journal of Multidisciplinary Research (IJMR)*, 7(9), 308-314.
- [49]. Sen, S., & Pal, I. (2020) Mahalanobis distance: A study on achievement of science and mathematics. *International Journal of Creative Research Thoughts*, 8(7), 2542-2547.
- [50]. Sen, S., Adhikari, A., Ansary, K., Roy, S., & Pal, I. (2023a). Clustering technique for analyzing leadership style of the head of the institutions. *International Journal of Advanced Research in Science, Communication and Technology*, 3(3), 220-228.
- [51]. Sen, S., Gayen, P., Mahato, R.C., & Adhikari, A. (2023b). A correlational study on organisational climate and institutional commitment of secondary school teachers. *International Journal of Multidisciplinary Research and Publications*, 5(12), 152-155.
- [52]. Sen, S., Gayen, P., Pal, I., Sutradhar, A., Ansary, K., Mahato, R.C., & Adhikari, A. (2023c). Comparison among different leadership styles of head of the institution of West Bengal by Mahalanobis distance. *International Research Journal of Modernization in Engineering Technology and Science*, 5(4), 5005-5010.
- [53]. Sen, S., Mandi, A., Dhara, B., Ansary, F., Mandi, M., Murmu, M. B., & Gayen, P. (2021a). General self-efficacy and specific self-efficacy of postgraduate students in the covid-19 pandemic: A study. *International Journal of Research Publication and Reviews*, 2(9), 531-536.
- [54]. Sen, S., Pal, I., & Adhikari, A. (2023). Comparison among self-efficacy, Depression, Anxiety and stress of postgraduate students by Mahalanobis distance. *International Journal of Advanced Education and Research*, 8(1), 85-88.
- [55]. Sen, S., Sau, P., Mahato, S., Satpati, S., Afreen, T., & Gayen, P. (2021b). Depression, anxiety and stress of postgraduate students during covid-19 pandemic: A study on postgraduate students of Sidho-Kanho-Birsha University, Purulia, West Bengal, India. *International Journal of Research Publication and Reviews*, 2(9), 586-591.
- [56]. Smith, J. A. (2020). Sustainable Living for a Healthier Planet. *Journal of Environmental Studies*, 25(3), 78-95.
- [57]. Subramanyachary, P., & Ranga Reddy, A. (2007). *Environmental degradation and sustainable development of Chittoor district*. Sri Venkateshwara University. Andhra Pradesh.
- [58]. Sutradhar, A., & Sen, S. (2022a). Effect of Different Dimensions of Emotional Maturity on Academic Achievement of B.Ed. Trainees—A Study. *International Journal of Research Publication and Reviews*, 3(11), 1237-1247. <https://doi.org/10.55248/gengpi.2022.3.11.13>
- [59]. Sutradhar, A., & Sen, S. (2022b). Emotional maturity and study habits of B.Ed. trainees—A correlational study. *International Journal of Multidisciplinary Research and Development*, 9(12), 77-83.
- [60]. Sutradhar, A., Adhikari, A., Sutradhar, S.M., & Sen, S. (2023a). Use of correlation in educational research. *International Research Journal of Education and Technology*, 5(5), 731-737.
- [61]. Sutradhar, A., Sen, S., Adhikari, A., & Sutradhar, S. M. (2023b). Self-efficacy, depression, anxiety and stress of university students: A study by Mahalanobis Distance. *Galore International journal of Applied Sciences & Humanities*, 7(3), 7-15.
- [62]. Thompson, R. D. (2018). Sustainable Living: A Holistic Approach. *Ecological Perspectives*, 10(1), 45-62.