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

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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, Conscious and Responsible Lives

REFERENCES


