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EXAMINING THE RELATIONSHIP BETWEEN POSITIVE EMOTIONS AND PHYSICAL HEALTH

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Abstract : The present study examines the association between positive affect and physical health in individuals aged 21 to 30. A sample of 114 people had their positive emotions and physical health markers measured using standardised techniques. The results show that feeling joyful most of the time is strongly correlated with better physical health outcomes for this age group. Additionally, the study discovers that some positive emotions—such as joy and thankfulness—have a particularly potent impact on promoting better physical health. These findings highlight the critical role that positive emotional experiences play in promoting overall wellbeing and provide potential avenues for treatment that may improve the physical health outcomes of young adults.

INTRODUCTION

Happiness affects one's physical and mental health and is a basic part of the human experience. The growing body of research in psychology and medicine is demonstrating the significant impact of positive emotions on a variety of health parameters, ranging from immunological function to cardiovascular health. This essay will define positive emotions and look at how they relate to physical health in an effort to shed light on the complex interaction between the mind and body. Positive emotions include feelings of joy, gratitude, love, optimism, contentment, and a plethora of other positive attitudes and experiences. These emotions are usually associated with positive experiences, such as reaching a goal, forming close relationships with people, or taking in amazing sights. Unlike unpleasant emotions, which usually reflect ideas of positive emotions promote a sense of happiness and well-being, whereas threats or dangers trigger the body's stress response.One of the most fundamental qualities of positive emotions is their transient nature.

While personality traits are permanent, positive emotions are ephemeral and arise in response to certain circumstances or events. For example, after receiving a compliment from a coworker, feelings of pride and satisfaction may fade. Happiness is a transient sensation, yet it can nevertheless have a lasting effect on one's physical and mental health. The connection between positive emotions and physical health has received a lot of attention lately from researchers. Numerous research have shown a connection between positive emotion experiences and better overall health results. According to research by Barbara Fredrickson and colleagues, for example, happiness has a critical role in building resilience and reducing the harmful effects of stress. According to Fredrickson's theory, fostering and extending pleasant feelings makes people more creative, adaptable, and capable of solving problems since they have a longer attention span and have better cognitive function. This growing effect fosters resilience and wellness by allowing long-lasting personal resources, such as social support networks, to be built over time.

Moreover, studies have shown a clear connection between physiological processes in the body and positive feelings. Studies show that positive emotions are associated with stronger immune systems, lower inflammatory levels, and improved cardiovascular health. As an illustration, a study that was published in the journal Psychological Science discovered that those who reported. Moreover, both biological mechanisms and behavioural factors contribute to the positive emotional effects on physical health. Healthy behaviours like eating well, exercising frequently, and getting adequate sleep are more likely to be followed by those who feel good about themselves. Positive feelings can be powerful motivators for embracing and maintaining these practices, which enhance overall health results.

NEED OF THE STUDY.

The complex relationship between pleasant emotions and physical health is of utmost importance in current study because of its substantial implications for overall well-being. Extensive research has examined the deleterious impact of negative emotions on health outcomes; however, the positive end of the emotional spectrum has received relatively less attention. As a result, there is an urgent need to find out how happy feelings like thankfulness, satisfaction, and joy affect all aspects of physical health, including psychological and physiological aspects. Research of this kind has the potential to improve our understanding of theory and to guide real-world treatments that improve health and quality of life. This dissertation aims to advance a more thorough understanding by clarifying the mechanisms by which happy emotions have their healthful impacts.

3.1 Positive emotions

Positive emotions play a crucial role in the human experience since they shape our opinions, behaviours, and overall wellbeing. These feelings encompass a wide range of experiences, from contentment and joy to admiration, serenity, love, and fulfilment. Generally speaking, pleasant emotions support growth, resilience, and interpersonal relationships, while negative emotions are usually associated with danger or difficulties. One of the fundamental theories concerning happy emotions is Barbara Fredrickson's broaden-and-build theory. The hypothesis posits that positive emotions augment an individual's repertoire of transient thoughts and behaviours, hence fostering resilience, creativity, and cognitive flexibility. These positive emotions not only foster long-term psychological health but also assist individuals in building robust social networks, resilient coping strategies, and resilience. Positive feelings are necessary in many areas of life, including relationships, work, health, and personal growth. Happy, loving, and grateful expressions strengthen bonds and enhance communication in a relationship, bringing to a greater sense of intimacy and enjoyment. A positive and lively corporate culture is created at work by happy emotions fostering teamwork, creativity, and productivity. One's physical well-being is significantly impacted by positive emotions as well. Research has indicated that experiencing positive emotions might enhance cardiovascular well-being, decrease stress, and diminish inflammation. You can become less susceptible to the negative effects of stress and hardship and more resilient by maintaining a healthy emotional attitude. In other words, contentment encourages us to pursue completion, happiness, and significance, and it makes our lives more meaningful. By fostering positive emotions through a variety of practices like journaling about gratitude, mindfulness, acts of kindness, and savouring life's pleasures, people can achieve better levels of wellbeing and resilience in the face of life's adversities.

3.2 Psychological benefits of positive emotions

Resilience and psychological well-being are significantly shaped by positive emotions. Beyond just making you feel good, happy feelings have psychological advantages that enhance mental and functional health. Positive emotions have several important psychological benefits, some of which are as follows: • Enhanced resilience: Pleasant feelings strengthen psychological resilience and help people deal with stress, hardship, and obstacles in life more skillfully. Studies indicate that happy emotions broaden a person's cognitive and behavioural repertoire, fostering adaptable coping mechanisms, flexible thinking, and problem-solving abilities. Because of this, people who feel happy all the time are more able to recover from setbacks and face challenging circumstances with hope and tenacity. • Positive emotions have a direct correlation with better mental health outcomes, such as a reduction in the indications and symptoms of stress, anxiety, and depression. Studies reveal that those who exhibit higher levels of positive emotion expression are typically less psychologically upset and have better overall psychological adjustment. Positive emotions work as buffers against the negative effects of stress and bad luck because they are composed of both psychological resilience and emotional balance. Increased life satisfaction: A significant factor in determining one's subjective well-being is happiness and contentment with one's life. When people are experiencing joy, gratitude, contentment, and fulfilment, they feel as though their lives have more meaning and fulfilment. Positive emotions promote happiness in general, the pursuit of worthwhile goals, and gratitude for life's blessings. • Reinforced social bonds: Happy feelings play a major role in the establishment and maintenance of strong social bonds. Feeling good about oneself makes people more likely to act prosocially, that is, with empathy, generosity, and compassion. Social bonds and personal connections are strengthened by these deeds. Positive feelings also help to strengthen social cohesion by fostering feelings of trust, cooperation, and support among members of communities and social organisations.

3.3 Physical Health

Physical health refers to the overall condition of the body and the ability of the body to perform daily activities. It covers a broad range of subjects, including as food, sickness prevention, physical health, and physiological processes. One needs to keep up strong physical health in order to live a long and meaningful life. The cornerstones of physical health include healthy lifestyle choices, such as frequent exercise, a balanced diet, obtaining adequate sleep, and stress management. These practices not only increase physical fitness but also promote overall vitality and the prevention of chronic disorders. Furthermore, physical health and mental and emotional wellness are intimately linked. Research have shown that leading a healthy lifestyle and getting regular exercise can boost mood, reduce stress, and sharpen cognitive functions. This introduction will go through the importance of physical health, the connection between it and overall wellbeing, and the fundamentals of living a healthy lifestyle. By prioritising physical health in their lifestyle choices and preventive measures, people can improve their quality of life and reduce their risk of illness and disability.

3.4 Importance Of Physical Health

Physical health has a direct impact on one's overall wellbeing and quality of life, which makes it crucial. Physical health is more than just the absence of sickness or illness; it also includes all physiological systems operating at their peak. A number of noteworthy factors highlight the importance of physical health: Keeping Yourself Healthy: A balanced diet, appropriate sleep, and regular exercise can help prevent many short- and long-term illnesses. Adopting healthy behaviours can help reduce the risk of obesity, cardiovascular disease, type 2 diabetes, and some malignancies. There is often a lifestyle component linked to these illnesses. • Gaining longevity: Leading a healthy lifestyle extends life duration by reducing the risk of premature death from preventable causes. Numerous studies have shown a connection between longer life expectancy and higher quality of life in later

years and a balanced diet and frequent physical activity. Improved mental health: Because mental and physical well-being are closely linked, maintaining one can benefit the other. In particular, it has been shown that engaging in regular exercise contributes to the release of endorphins, which are neurotransmitters that enhance emotions of wellbeing and relaxation and can, in turn, mitigate the symptoms of depression, anxiety, and stress. Increased vigour and energy: The body receives the nourishment and energy it needs from a diet high in healthful foods and frequent exercise. A sedentary lifestyle and poor dietary habits can lead to fatigue, lethargy, and decreased productivity, whereas prioritising one's physical health may result in increased energy and vitality. Better cognitive function: Physical well-being is closely tied to one's capacity for clear thinking, attentive attention, and decision-making. Regular exercise enhances neuroplasticity, the process by which the brain reorganises and adapts. As people age, this can reduce the chance of cognitive decline and enhance cognitive performance. • Enhancing both the duration and quality of sleep is essential for overall health and wellness. These can be obtained by eating a balanced diet and engaging in physical activity. While getting adequate sleep supports hormone balance, the immune system, and mental clarity, sleep deprivation is associated with an increased risk of obesity, cardiovascular disease, and mood disorders. Elevating the importance of physical health leads to a better quality of life, characterised by more mobility, independence, and overall well-being. When one feels well physically, one may do more, engage in worthwhile activities, and form fulfilling relationships.

RESEARCH METHODOLOGY

TO ASSESS CORRELATION BETWEEN POSITIVE EMOTIONS AND PHYSICAL HEALTH AMONG YOUNG ADULTS.

3.1Population and Sample

It is necessary for those who are between the ages of 21 and 30 to complete this survey. Collect data from a range of sources, such as social media platforms, online discussion boards, regional community associations, and university alumni databases. Individuals between the ages of 21 and 30 should be on the list. Convenience sampling will be the preferred approach because potential participants can be readily reached through online media. However, efforts will be made to ensure diversity in the sample by disseminating the poll through a number of platforms.

3.2 Data and Sources of Data

Create a Google Forms survey with questions on verifiable measures of pleasant sentiments and physical health indicators (such health status, diet, and frequency of activity). To provide context for the sample, ask demographic questions like age, gender, and educational achievement. Several of the questionnaire's questions gauge an individual's positive feelings regarding their physical health, which gives information about their psychological, emotional, and general well-being. A total of 114 adults aged 21 to 30 were chosen to participate in the study. The Patient-Reported Outcomes Measurement Information System (PROMIS) Physical Function is a set of standardised, patient-reported measures used to assess a range of physical functioning and mobility characteristics in a person. PROMIS measures were created by the National Institutes of Health (NIH) to give researchers and physicians a thorough and efficient tool to evaluate patient-reported outcomes in contexts like clinical research. The PANAS (good and Negative Affect Schedule) is a well-liked self-report instrument for assessing emotions, both good and negative. The percentage of people who experience a range of joyful and unpleasant emotions during a specified time frame is assessed.

3.3 Theoretical framework

The conceptual foundations and guiding principles for comprehending the relationship between happy emotions and physical health are provided by the theoretical framework for investigating this relationship. One well-known theoretical framework that is frequently applied in this situation is Barbara Fredrickson's "broaden-and-build theory of positive emotions."

This idea holds that happy emotions boost people's short-term thought-action repertoires, which increases their social, cognitive, and behavioral flexibility. In turn, this expanding effect makes it easier to develop long-lasting human resources including psychological well-being, social support networks, and resilience. As these resources amass over time, people become more resilient to stress and misfortune, which leads to improved physical health outcomes.

According to the broaden-and-build theory, having happy feelings may have an impact on physical health. For instance, happy feelings may result in reduced levels of inflammation and stress chemicals (like cortisol), better immune system and cardiovascular health, and better lifestyle choices (including exercise, a balanced diet, and adequate sleep). Positive emotions may also promote social support and connectivity, both of which have been tied to improved health outcomes.

Research study designs, hypothesis formulation, and interpretation of the association between positive emotions and physical health are facilitated by theoretical frameworks such as the broaden-and-build theory. Through the application of theoretical frameworks to studies, scholars can enhance their comprehension of the fundamental mechanisms that underlie this association and produce valuable findings that influence both theoretical frameworks and pragmatic interventions that strive to enhance health and well-being.

3.4 Statistical tools

PROMIS-29: The Patient-Reported Outcomes Measurement Information System (PROMIS) Physical Function is a set of standardised, patient-reported measures used to assess a range of physical functioning and mobility characteristics in a person. PROMIS measures were created by the National Institutes of Health (NIH) to give researchers and physicians a thorough and efficient tool to evaluate patient-reported outcomes in contexts like clinical research. Physical functioning evaluations include a range of physical task performance assessments. Pain Interference: Indicates the degree to which pain prevents a person from going about their everyday business and functioning. Tiredness: Evaluates the degree and effects of exhaustion on day-to-day functioning. Assesses general emotional well-being as well as the telltale signs and symptoms of anxiety and despair in cases of emotional

discomfort (anxiety and depression). Social functioning, encompassing social interaction and interpersonal abilities, is evaluated as part of social health. POSITIVE & NEGATIVE AFFECT SCHEDULE (PANAS) The PANAS (good and Negative Affect Schedule) is a well-liked self-report instrument for assessing emotions, both good and negative. The percentage of people who experience a range of joyful and unpleasant emotions during a specified time frame is assessed. The PANAS is a helpful instrument for assessing both positive and negative affect, and it can help academics and doctors understand people's emotional experiences more fully overall.

3.4.1 Inclusion Criteria

Only individuals who can read and write in English, use computers, cellphones, and other technologies, and are between the ages of 21 and 30 are eligible to complete this inquiry.

3.4.2 Exclusion Criteria

Participants cannot be those who are legally unable to give consent (children, individuals with severe cognitive impairments, etc.). Language barrier: Participants will not be allowed to participate if they are not fluent in the language or languages used for the survey. informed consent: Participants will not be allowed to participate if informed consent is not provided. Technology Access: Participants who are unable to utilise Google Forms to complete an online survey or who do not have access to the Internet are not eligible.

IV. RESULTS AND DISCUSSION

TABLE 4.1 Shows the data's mean and standard deviation.

	N	MEAN	STD. DEVIATION
PHYSICAL HEALTH	**114**	**18.32**	**2.183**
ANXIETY	**114**	**9.80**	**3.413**
DEPRESSION	**114**	**10.04**	**3.744**
FATIGUE	**114**	**9.94**	**2.504**
SLEEP DIST	**114**	**9.71**	**3.266**
PART IN SOCIAL ROLES	**114**	**16.90**	**2.749**
PAIN INT.	**114**	**6.68**	**3.192**
PAIN INTEN.	**114**	**3.88**	**3.292**
POSITIVE EMOTIONS	**114**	**29.75**	**4.927**
NEGATIVE EMOTIONS	**114**	**30.54**	**5.863**

TABLE 4.2 There is a Pearson association between physical health, pain interference, pain intensity, positive and negative emotions, anxiety, depression, weariness, and sleep disturbance, as well as the ability to participate in social roles.

	PH	ANX	DEPR.	FAT.	SLEEP DIST.	PART. IN SOCIAL ROLES	PAIN INTER.	PAIN INTEN.	PE	NE
Physical health	1	.112	-.056	.115	-.009	-.002	-.021	-.031	-.003	-.087
		.236	.558	.222	.921	.981	.827	.739	.978	.360
	114	114	114	114	114	114	114	114	114	114
ANXIETY	.112	1	.165	.097	-.028	-.062	.074	.047	.064	-.013
	.236		.079	.305	.771	.509	.432	.617	.496	.893
	114	114	114	114	114	114	114	114	114	114
DEPRESSION	-.056	.165	1	.006	.018	.067	.201*	-.008	.016	.005
	.558	.079		.950	.848	.476	.032	.930	.867	.960
	114	114	114	114	114	114	114	114	114	114
FATIGUE	.115	.097	.006	1	-.008	-.209*	.028	-.080	-.012	.084
	.222	.305	.950		.936	.026	.763	.395	.899	.373
	114	114	114	114	114	114	114	114	114	114
SLEEP DIST.	-.009	-.028	.018	-.008	1	-.280**	.003	-.005	-.002	-.122
	.921	.771	.848	.936		.003	.976	.958	.981	.195
	114	114	114	114	114	114	114	114	114	114
PART. IN SOCIAL ROLES	-.002	-.062	.067	-.209*	-.280**	1	.047	-.075	-.008	-.152
	.981	.509	.476	.026	.003		.621	.430	.936	.107
	114	114	114	114	114	114	114	114	114	114
PAIN INTER.	-.021	.074	.201*	.028	.003	.047	1	-.134	-.006	-.236**
	.827	.432	.032	.763	.976	.621		.157	.952	.011
	114	114	114	114	114	114	114	114	114	114
PAIN INTEN.	-.031	.047	-.008	-.080	-.005	-.075	-.134	1	-.259**	-.149
	.739	.617	.930	.395	.958	.430	.157		.005	.113
	114	114	114	114	114	114	114	114	114	114
Positive emotions	-.003	.064	.016	-.012	-.002	-.008	-.006	-.259**	1	.279**
	.978	.496	.867	.899	.981	.936	.952	.005		.003
	114	114	114	114	114	114	114	114	114	114
Negative emotions	-.087	-.013	.005	.084	-.122	-.152	-.236*	-.149	.279**	1
	.360	.893	.960	.373	.195	.107	.011	.113	.003	
	114	114	114	114	114	114	114	114	114	114
		* The correlation is significant at the two-tailed 0.05 level.								
		**At the 2-tailed 0.01 significance level, the correlation is significant.								

The purpose of the study is to look at the relationship between pleasant emotions and physical well-being. The mean and standard deviation for each dimension are shown in Table 1. There is a mean of 18.32 and a standard deviation of 2.183 for the Physical Health statistics. Anxiety and Depression show a mean of 9.80 and a standard deviation of 3.413 and 3.744, respectively, and Fatigue: The mean is 9.94, the standard deviation is 2.504. Sleep disturbance: the mean is 9.71, the standard deviation is 3.266. PARTICIPATION IN SOCIAL ROLES: the mean is 9.71, the standard deviation is 2.504. Pain intensity: Mean = 6.68, Standard Deviation = 3.192 Pain intensity, possibly a duplicate or typo: Mean = 3.88, Standard Deviation = 3.292 Positive emotions: Mean = 29.75, Standard Deviation = 4.927 Negative emotions: Mean = 30.54, Standard Deviation = 5.863 Comparative emotions: Mean = 16.90, Standard Deviation = 2.749 The second table appears to be a matrix of correlations showing the relationships between various factors related to health and well-being, including physical health, anxiety, depression, fatigue, sleep disorders, participation in social roles, pain interference, pain intensity, positive emotions, and negative emotions. Each matrix cell represents the correlation

coefficient between two variables. A perfect positive correlation is represented by a correlation of 1, whereas a correlation of -1 indicates no link at all.

• Physical health and anxiety (0.112): Anxiety may be harmful to one's physical health, according to research. High amounts of stress hormones, which are linked to a number of physical health issues, including gastrointestinal illnesses, immune system weakness, and cardiovascular issues, can result from long-term anxiety

. • Physical health and depression (-0.056): There is strong evidence linking depression to worse physical health outcomes. Depression symptoms can have an adverse effect on a person's general physical health. These symptoms include weariness, changes in appetite, and sleep difficulties.

• Physical health and fatigue (0.115): Numerous chronic illnesses, such as autoimmune diseases, cancer, and neurological problems, frequently cause fatigue as a symptom. Fatigue is frequently associated with worse physical health and decreased functioning ability.

• Physical health and sleep disorders (-0.009): Physical health and sleep disorders are known to be correlated in both directions. Inadequate or poor quality sleep has the potential to exacerbate pre-existing medical issues, boost inflammation, and decrease immunity.

• Physical health and participation in social roles (-0.002): Better results for physical health were linked to social support and participation in social roles. In contrast, poor health behaviours and a higher risk of morbidity and mortality might be linked to social isolation or a lack of social support.

• Physical health and pain relief (-0.021): Both physical health and functional abilities can be severely impacted by chronic pain. People with chronic medical problems including fibromyalgia, arthritis, and back pain frequently experience discomfort that interferes with their everyday activities and mobility.

• Physical health and pain intensity (-0.031): People with long-term medical illnesses can suffer a wide range of pain intensities, which can be influenced by psychological stress, coping mechanisms, and the severity of the disease. Elevated levels of pain are frequently linked to worse physical health results and a worse standard of living.

• Physical health and positive emotions (-0.003): Better physical health results are linked to positive emotions and psychological well-being. According to studies, those who feel happier have a tendency to behave better, have stronger immune systems, and recuperate from illnesses and injuries more quickly.

• Physical health and negative emotions (-0.087): Poorer physical health outcomes are regularly linked to negative emotions like stress, anxiety, and despair. Chronic negative affect has the potential to exacerbate pre-existing medical disorders, raise inflammation, and interfere with the regulation of physiological systems. These associations draw attention to the intricate relationship between psychological variables and the results of physical health. When evaluating and treating patients, medical professionals should take into account both the physical and emotional components of health. Additionally, and vice versa, measures meant to enhance mental well-being can benefit physical health.

I. CONCLUSION

The correlation matrix highlights the intricate relationship between several facets of health and well-being, in conclusion. It shows that there are strong correlations between psychological variables such anxiety, sadness, exhaustion, sleep issues, social interaction, pain interference, pain severity, and positive and negative emotions and physical health. The results imply that emotional and mental states have a significant influence on how physical health turns out. In particular, negative emotions and social engagement have a moderate correlation with better physical health, whereas higher levels of worry, melancholy, weariness, sleep problems, and negative emotions tend to correspond with worse physical health. Comprehensive approaches to health care require an understanding of these relationships. In order to enhance total wellbeing and improve treatment outcomes, psychological well-being must be addressed in addition to physical health. People with health issues may find a more comprehensive and successful solution with integrative approaches that target both the emotional and physical components of health. The significance of healthcare practitioners utilising a multidisciplinary approach and collaborating with mental health specialists to deliver all-encompassing care that considers the interconnectedness of mental and physical health is underscored by these results. To sum up, this study emphasises the need of considering a person's overall health, recognises the connection between mental and physical health, and offers integrated approaches to healthcare delivery.

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