

The Wellness Spectrum: Comparing Health And Well-Being Across Professional Courses In Savitribai Phule Pune University

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ABSTRACT

Purpose of the present study was to compare wellness among professional courses students. Professional courses student from Savitribai Phule Pune University Campus was the subject for the study. In order to compare wellness among professional courses students, a descriptive comparative method was used. Through random sampling 120 professional courses students from 4 different professional courses from savitribai Phule pune university campus were selected as a sample of study. To study the variable wellness lifestyle questionnaire by Werner W. K. Hoeger & Sharon A. Hoeger was used. is a 5 likert scale consisting of 28 questions. Researcher collected the data from the students and feed the data in the excel file and then used the SPSS for analyzing the data. Through SPSS descriptive statistics and inferential statistics were used to calculate the data. Results from the study concluded that there is a significant difference between wellness among professional courses students from savitribai phule pune university campus. Overall findings from the study are important to serve as a foundation for future research to expand upon.

Keywords : Wellness, professional courses students

Introduction

In today's fast-paced world, there is an increasing focus on looking good, feeling good, and leading a long, fulfilling life. Scientific evidence strongly supports the idea that achieving these goals is largely dependent on fitness and exercise (Singh et al., 2003). Regular physical activity, even of moderate intensity, has been proven to offer significant health benefits across various age groups and disease conditions (Scottish Public Health Observatory). Despite the well-documented advantages of exercise, many people remain unaware that physical fitness alone is not enough to

ensure long-term health and well-being. While engaging in regular exercise, such as running, weightlifting, and stretching, can contribute to better fitness levels, other lifestyle choices play a crucial role in determining overall health outcomes.

Many individuals who engage in physical activity may still have underlying risk factors that compromise their health. For instance, high blood pressure, smoking, excessive stress, alcohol consumption, and a diet rich in saturated fats can negate the benefits of exercise (Hoeger & Hoeger). Often, people do not realize that these risk factors place them at a higher risk for chronic diseases such as cardiovascular conditions. Although most individuals acknowledge their unhealthy habits, they may not take corrective action until a significant health issue arises. Lifestyle choices made today directly impact future health and well-being (Belmont, 2002). This underscores the importance of not only being physically active but also adopting a holistic approach to health by addressing all aspects of well-being, including mental, emotional, and nutritional health. For generations, health has been commonly understood as merely the absence of disease. This perception continues to prevail, with the term “health” often referring to the overall condition of a person’s body and mind and whether they are affected by illness or injury. However, wellness is a more comprehensive concept that expands beyond health. It encompasses optimal physical and mental well-being, encouraging individuals to live life to the fullest. Although the terms “health” and “wellness” are sometimes used interchangeably, they have distinct meanings and connotations. Health, in its traditional sense, is primarily concerned with diagnosing, treating, and managing medical conditions to ensure that the body and mind function adequately. It focuses on the biological and physiological aspects of well-being, aiming to keep individuals free from illness and disease. Factors that influence health include genetics, age, family history, and environmental conditions, many of which are beyond an individual’s control.

Methodology

This study utilized a descriptive (comparative) survey research method to examine wellness levels among professional course students at Savitribai Phule Pune University. A non-probability convenience sampling method was employed to select 120 students (30 from each professional course: MPED, LLB, Education, and MBA). Data was collected using the Wellness Lifestyle Questionnaire (WLQ), a 28-item instrument designed to assess wellness across seven dimensions, including health-related fitness, nutrition, stress management, personal hygiene, emotional well-being, personal safety, and environmental health & protection. Responses were recorded on a 5-point Likert scale, ranging from “Always” to “Never.” Prior to data collection, students received detailed instructions on how to complete the questionnaire.

The collected data was analyzed using a One-Way ANOVA to identify significant differences in wellness levels among the students from different professional courses, facilitating a comparative understanding of their wellness status.

Results and Analysis

Table 1 : presents the descriptive statistics for different wellness dimensions:

Wellness Dimension	N	Mean	Std. Error	Std. Deviation
HRPF	120	12.60	0.390	4.267
Nutrition	120	12.04	0.340	3.720
Stress Management	120	13.62	0.319	3.491
Personal Hygiene	120	14.68	0.269	2.948
Emotional Well-Being	120	14.53	0.271	2.965
Personal Safety	120	14.92	0.276	3.025
Environmental Health	120	14.73	0.336	3.676

Health-Related Physical Fitness (HRPF) – Significant differences were observed between M.P.Ed and Law students ($p = 0.030$), with M.P.Ed students scoring higher. However, no significant differences were found among other groups. **Nutrition** – M.P.Ed students had significantly better nutrition scores compared to MBA ($p = 0.052$) and Education students ($p = 0.041$). **Stress Management** – No significant differences were observed among the four student groups, indicating a similar stress perception across disciplines. **Personal Hygiene** – No statistically significant variations were found, suggesting that personal hygiene habits are uniform across different professional courses. **Emotional Well-Being** – M.P.Ed students showed significantly higher emotional well-being than Law ($p = 0.015$), MBA ($p = 0.027$), and Education students ($p = 0.000$). **Personal Safety** – No major differences were found across student groups. **Environmental Health** – M.P.Ed students demonstrated significantly higher awareness of environmental health compared to MBA ($p = 0.040$) and Education students ($p = 0.020$).

Discussion

The study indicates that professional course students differ in various aspects of wellness. M.P.Ed students consistently exhibited higher scores in health-related physical fitness, emotional well-being, and environmental health, which can be attributed to the nature of their academic program that emphasizes physical activity and overall

well-being. In contrast, students from Law, MBA, and Education programs scored lower in these areas, likely due to sedentary academic requirements and lifestyle choices. Although no significant differences were found in stress management and personal hygiene, emotional well-being was notably higher in M.P.Ed students. This suggests that physical activity plays a crucial role in enhancing emotional stability. Nutrition disparities indicate that students from non-sports disciplines may have less awareness of proper dietary habits, reinforcing the need for wellness education across all professional courses.

Conclusion

The study reveals that professional course students exhibit varying levels of wellness across different dimensions. Significant differences were found in health-related physical fitness, nutrition, emotional well-being, and environmental health, while other factors such as stress management, personal hygiene, and personal safety remained similar across disciplines. These findings highlight the necessity of incorporating wellness education into academic curricula to promote holistic student well-being.

Recommendations

- a) Conduct similar studies on college students across different institutions to analyze broader wellness trends.
- b) Expand research to different age groups and genders for a more comprehensive understanding of wellness factors.
- c) Explore the interrelation between physical activity and other wellness components.
- d) Implement wellness programs in educational institutions to improve students' overall well-being.
- e) Conduct comparative studies between students from different sports disciplines to assess specific wellness attributes.
- f) Extend the study to different cities in Maharashtra to evaluate regional variations in student wellness.

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