



61% Educated People are Negligent about Health and well being -A Survey Research

Dr. Sherkar Subhash Tulshiram

Assistant Professor & Head, Department of Psychology,
Shivaji College, Kothlaj Raod, Hingoli-431513(Maharashtra State)

Abstract: -

Although our life is fleeting, it is beautiful, and while living this beautiful, there are thousands of things around us that know 100% of good and bad consequences, but if we do not implement it in our life, then it has to be calculated over time and it can never be counted as money, yet we continue to act foolishly. In this way, we make our life complicated. We are more responsible for making this complicated life our own. But we try to put the label on another. As time passes, you know, but then your beautiful life is over. The fact is that self- awareness should be created to look at life positively, with confidence, with one's own thoughts and with a good view of one's life, and live a healthy and happy life that not create any physical, mental, social, financial, educational and time management issues. And our life will be in full development. The present study was conducted on 100 educated teachers from Hingoli in Maharashtra which were selected judgmental. All the teachers ranged above 21years. The stupidity of the learned person's health and well-being was measured by the percentage. The main the objective of the research are as follows, 01) Even though one knows the bad consequences of an event, a person living a poor quality of life should be aware of his own folly. 02) Certainly, anyone working in the field above the age of 21 should destroy the stupidity of life and create conscience in that place. 03) The simple reason to raise awareness that health and living are in danger. 04) Improving health by balancing physical, mental and social factors. 05) Increasing the maturity of thoughts. 06) Transforming bad behavior into good behavior. The research was based on the assumption that educated people are foolish about health and well- being of the individual. Research shows that 61% of educated people are negligent and foolish about health and well-being.

Key words: Educated People, Stupid, Community Health and Human Well- Being.

Introduction: -

Even if our life is fleeting, it is beautiful, and while living this beautiful, there are thousands of things around us that know 100% of good and bad consequences, but if we do not implement it in our life, then it has to be calculated over time and it can never be counted as money, yet we continue to act foolishly. In this way, we make our life complicated. We are more responsible for making this complicated life our own but we try to put the label on another. As time passes, you know, but then your beautiful life is over. The fact is that self- awareness should be created to look at life positively, with confidence, with one's own thoughts and with a good view of one's life, and live a healthy and happy life that not create any physical, mental, social, financial, educational. Economical, time management and relationship strengthening issues. And our life will be in full development. The key words used in this research are mainly the Educated People, Stupid, Community Health and Human Well- Being.

Educated People: - Generally speaking, people who learn more are living their lives better, but they do not appear in the current situation. We call those who have completed regular graduate and above education as highly educated, but in today's education situation, even the highly educated are suffering from such things as health, relationship, morality, social commitment, and sense of time, adjustment, thinking maturity, anger and ego. It does not lead to holistic development and no satisfaction. Then the question arises, why does this happen even highly educated person knows? So I feel silly or careless.

Stupid or Negligent: - In the research presented, the word idiot is used as a negligent. **Even though one knows the bad consequences of something, that person does it again and again, that is stupid**, and for example, even if extreme anger is bad, the person is angry for long time. We should not lie but speak up, we should not be selfish in life, we would be selfish and excessive money would not come with us after death. Even though we are running behind the money, overall we are not aware of many things like this but do not turn around so I want to call such people idiot, so that individuals cannot lead happy lives.

61% Educated People are Negligent about Health and well being -A Survey Research

Community Health: - In general, the term health is simply used the sense of physical health and it is completely wrong. The concept of healing helps us to make life happier. The World Health Organization (WHO) has defined “**the absence of illness or physical -mental impairment, not health, but overall physical, mental and social well-being.**” And the WHO defines community health as, environmental, social and economic resources to sustain emotional and physical well being among people in ways that advance their unique environment. That is, the concepts of health are widespread. We often forget that social health is in addition to physical health and mental health. Therefore, community health involves not only ones own health but also the health of others. It is not a question of taking care if one’s own health but of taking care of the health of others. As you clean your home and dirty yourself on the road, drink tea in plastic cups and dump the cups there, you know well that plastic cups are hazardous to hot health. It does not raise the noise and uses plastic bags for cooking vegetables and dirt in public, how to be good for your community health. What if it’s not stupid?

Human well-being:- Human well being is a not short concept it is a broad concept. It involves many factors. Wellbeing is the coordination of health, happiness and prosperity. It includes having good mental health, high life satisfaction, of and a sense of meaning or purpose. More generally, well being is just feeling well. Even when we know exactly what our well- being is, a person often does stupid things. I human welfare is to be balanced by taking in to account the interrelationship of such factors as physical, mental, social, economic, educational, intellectual, moral, and time consolidation, then surely human well being can be achieved.

Objective of the Study:-

- 01) Even though the human being knows the bad consequences of an event in his life, those who live in the lowly standard of life must be aware of their own stupidity.
- 02) Certainly, anyone working in the field above the age of 21 should destroy the stupidity of life and create conscience in that place.
- 03) Be aware of the dangers of health and life for the simple reasons in your life.
- 04) Improving health by balancing physical, mental and social factors.

05) Increasing the maturity of thoughts.

06) Transforming bad behavior into good behavior.

Methodology:-

Sample: -

The sample of present investigation consisted of 94 third year students and teachers from Hingoli city in Maharashtra. November 2019 was the month of exam period. One day the opportunity for sample selection was given for the survey. At the end of the exam, ask who can help you survey the research, then 22 boys and 32 girls said yes. They were asked questions through the six components asked in the questionnaire. 25 male and 15 females were also taken from the questionnaires by teachers.

Tools:- The following tools were used for data collections of highly educated the questions were asked to the user through a **Life Awareness Test (LAT)** created by Dr. Subhash Sherkar, an assistance professor of psychology at Shivaji college Hingoli city in Maharashtra. In this test, they were asked five questions each, based on six factors- physical, mental, social, educational, financial planning and relationship strengthening. And what is the opinion on health and well-being through the Life Awareness Test?

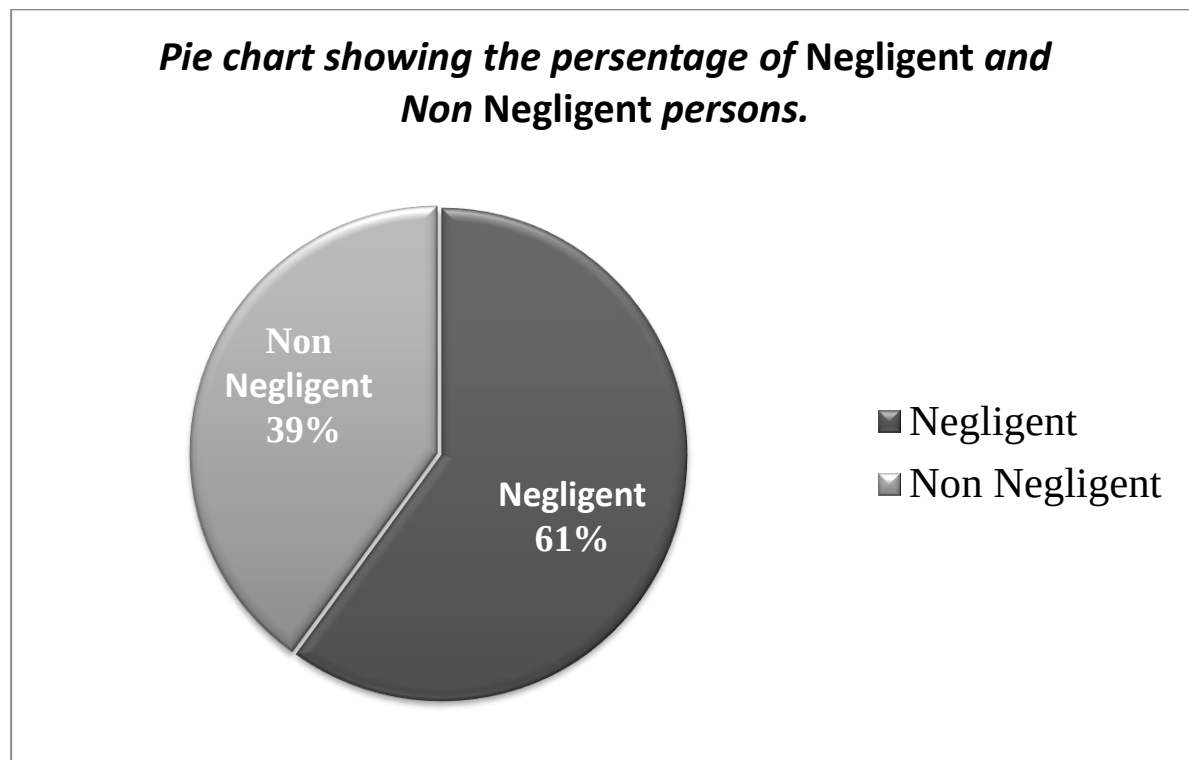
Sample Design

Students		Teachers	
Male	Female	Male	Female
22	32	25	15
54		40	
Total -94			

Result and Discussion:- Survey conducted with the **Life Awareness Test** revealed surprising results in research. A total of 94 people in this survey dropped the questionnaire. In a Life Awareness Test, there were 35 statements, out of 94 statements, 65 were answered positively and 29 were answered negative. And lastly the average percentage calculated from these figures. The

61% Educated People are Negligent about Health and well being -A Survey Research

more statements that are positive here, the more foolish it is and negative statements indicate that they are not stupid in Life Awareness Test. The following pie chart indicates the percentage of Negligent and Non Negligent persons.



This shows that there are shocking conclusions. 61% percent of educated people were found to be fools because the person passed the book knowledge but failed in real life. The person forgets that life is only once. He was unaware that life is fleeting. So every time a person knows the bad consequences of many things, he does the same thing frequently and endangers life for example; although tobacco causes cancer, it eats tobacco and anger destroys relationship but anger does. Humans ignore the impotence of such things as health and satisfaction. The things that should not matter were given more importance so that life became meaningless. Health was ruined life, society was not respected, also it went into financial bankruptcy in the name of unrealistic costs and standards, the person seems to be abusing time, and relationship did not remain strong because of many factors, such as anger, internal politics and ego. With the overall health and wellbeing of the human being, such things as happiness and contentment are going away.

Recommendation-

Following is some important recommendations for a good life.

Don't expect too much from others, it will hurt itself.

Don't live life by comparison.

Ego destroys relationship, so learning to stay on the ground.

If you want to live a happy and satisfying life, learn to respect and take it.

Don't put too much money behind as it can lead to health problems.

The body and mind are two wheels of life. And keep it balanced.

References:-

<https://www.medicalnewstoday.com>

<https://en.m.wikipedia.org>

<https://www.eopugetsound.org>

<https://www.psychologytoday.com>.

<https://www.toppr.com>

