

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

I. INTRODUCTION

In this fast-paced world where technological advancements dominate our lives, there comes a great call to reconnect with our essence, to find harmony within ourselves and the world around us. 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. It embraces the principle of harmony between humanity and the environment. Sustainable living, recognizing the interplay between ecological systems and the necessity of individual and systemic changes (Thompson, 2018). This concept not only protects our precious Earth but also paves the way for a brighter and more enlightened future by re-evaluating our choices and actions. Sustainable living is not just a personal choice but a collective responsibility in the face of environmental degradation, urging individuals to adopt eco-friendly practices for the well-being of both themselves and the planet (Smith, 2020). Embracing sustainability is not an option, it is an imperative if we are to secure a sustainable future for generations to come. Sustainable lifestyle is not just about reducing environmental impact but also demands a careful consideration of its effects on social equity to ensure inclusivity and fairness. Sustainable living practices that actively address and mitigate social inequalities, creating a harmonious balance between environmental responsibility and social justice (Chen, 2021). A sustainable lifestyle refers to a global collaboration that highlights the cooperation between countries, organizations and individuals to help us tackle global problems and create a better world. It is not merely a trend but a fundamental necessity for a thriving future, the pivotal role of psychology and behaviour in driving widespread adoption of eco-conscious choices (Johnson, 2019). It promotes environmental protection, ensure social equity, economic stability, resources conservation, climate change mitigation and preserve cultural heritage.

The present study has been accomplished using coefficient of correlation that is very noticeable in social science research. A lot of study can be seen using such, like Gorain et al. (2018), Gayen and Sen (2021), Mahato and Sen (2023), Mahato, Gayen and Mahato, (2023a; 2023b; 2023c), Mahato and Sen (2021b), Adhikari (2023b), Mondal et al. (2018), Adhikari et al. (2023a; 2023b; 2023c), Gayen, Sen and Adhikari (2023), Sutradhar and Sen (2022a; 2022b), Sen

et al. (2023b), Sutradhar (2023a) etc. Mahalanobis distance (MD) is also another significant technique to draw the inferences. There are lots of researches using MD like, Mahato and Sen (2021a), Sutradhar (2023b), Adhikari (2023a), Gorain et al. (2021), Ahmed et al. (2020), Ahmed et al. (2021), Sen et al. (2023c), Ahmed et al. (2022a; 2022b), Sen and Pal (2020), Mohanta et al. (2023b; 2023c), Sen, Pal and Adhikari (2023) etc. This inference is being drained using cluster analysis. There is also lot of researches using cluster analysis, such as Gorain et al. (2022), Adhikari and Sen (2023a; 2023b), Ansary et al. (2023), Saha, Sen and Adhikari (2021), Mohanta et al. (2023a; 2023d), Sen et al. (2023a) etc.

II. LITERATURE REVIEW

A study on Lifestyle of Health and Sustainability (LOHAS) by Das, Gayen and Sen (2023) showed no significant difference in LOHAS in regard to gender, location of residence and stream of study. Kulkarni & Rao (2019) conducted a study on linkages between organization culture and sustainability with special reference to passenger vehicle manufacturing unit in Pune region and found that passenger vehicle manufacturing organizations in Pune demonstrate strong awareness and commitment to sustainability, with detailed policies, adherence to GRI standards, and a focus on environmental and social factors. Deepthi & Meera (2018) conducted a study on sustainable lifestyle practices in upper primary schools of Kerala and found that the upper primary science curriculum induced behavioural changes promoting eco-friendliness, while eco-clubs in schools instilled environmental protection values in learners. Minooi & Mokshapathy (2018) conducted a study on energy resources for sustainable agriculture in Karnataka and found that Karnataka's pivotal role in Indian agriculture and the renewable energy potential of agricultural residues, offering a substantial boost to the state and country's energy balance. Roy & Mitra (2018) conducted a study on sustainable rural development of Sagarblock in the Indian Sundarbans and found that poor infrastructure, declining rice production, and the need for alternative income generation underscore the challenges faced by Sagarblock residents.

Dasgupta & Goswami (2017) conducted a study on sustainability assessment of integrated farming systems in selected blocks of coastal saline agro climatic zone of West Bengal, India and found that farm resource integration varies significantly among four groups of farms due to migration, soil EC, soil organic carbon, and farm age, leading to diverse sustainability scores based on distinct indicators across economic, social, and ecological dimensions. Khatri & Rathee (2016) conducted a study on lifestyle diseases factor and physical fitness status of women of Gurgaon and found that 62% of respondents were employed in government or private sectors, while 38% were non-working, with employment rates higher in younger age groups and declining in older age groups. Subramanyachary & Ranga Reddy (2007) conducted a study on environmental degradation and sustainable development of Chittoor district and found that man is a microorganism of nature, and their interdependence is evident; however, nature's superiority is reflected in its power while facing the harsh reality of natural resource degradation caused by agricultural chemical usage. Ilanchezhian & Akthar (2002) conducted a study on reproductive health (RH) education for school going adolescents towards sustainable future and found that students embrace RH education while parental input is overlooked, teaching communities break barriers, but the curriculum needs more RH information.

Haldar et al. (2022) conducted a study on sustainable development and found that urban male and female trainee teachers exhibited a significant disparity in their attitudes towards Sustainable Development. Ansary et al. (2022) in their study revealed that there is no significant difference in the attitudes towards social adjustment among undergraduate students in Purulia District, regardless of gender, rural-urban background. In a study, Khatun et al. (2022) found that no significant difference existed between male and female undergraduate students in their attitude toward yoga education. Saha & Maji (2013) conducted a study and found that environmental education, awareness, and training significantly encourage and enhance people's participation in conservation, protection, and sustainable management of the environment. Das et al. (2023) conducted a study on lifestyle of health and sustainability (LOHAS) and found that among science and arts, rural and urban, and male and female undergraduate students of Purulia district in West Bengal, India, there were no significant differences in LOHAS, physical fitness, mental health, emotional health, spiritual health, environmentalism, and social consciousness.

Adhikari et al. (2023) conducted a study on anxiety, depression, stress, general self-efficacy and specific self-efficacy and found that all the aforesaid variables are related. Sutradhar et al. (2023b) conducted a study by Mahalanobis Distance on self-efficacy, depression, anxiety and stress of university students and found that the dynamical nature of

five dependent variables for various sets of independent variables is not significantly different. Mahato, Sen and Adhikari (2023) conducted a study on depression, anxiety, stress and self-efficacy of post-graduate students and found that all the aforementioned variables are interrelated. Sen et al. (2023b) in a study found strong correlation between the organizational climate and institutional commitment among West Bengal secondary school teachers. Gayen et al. (2023) found that significant relationships exist among various dimensions of organizational climate and institutional commitment among secondary level school teachers in West Bengal. A study by Sutradhar et al. (2023a) explored the controversial use of correlational statistics in educational research, addressing potential pitfalls and alternative analytical approaches. Sen, Pal and Adhikari (2023) conducted a study on self-efficacy, depression, anxiety and stress of postgraduate students and found significant difference in the dynamical nature of five dependent variables across various groups of independent variables.

Gayen & Sen (2021) in their study found that significant relationships were there between anxiety and depression in female students, stress and depression in female students, anxiety and depression in students of the education department, anxiety and depression in students of other departments, anxiety and depression in 2nd semester students, and anxiety and depression in 4th semester students, with no significant relationships identified among other aspects. Sen et al. (2021a) conducted a study on general self-efficacy and specific self-efficacy of postgraduate students in the COVID-19 Pandemic and found that significant difference in general self-efficacy between male and female students, while gender, department, and semester of study do not indicate any significant difference in specific self-efficacy. A study by Sen et al. (2021b) revealed that significant difference is there in the levels of depression, anxiety, and stress among postgraduate students in relation to gender, department, and semester, and their overall condition is uniformly disheartening.

2.1 Objectives of the Study

- To find out the relationship among LOHAS, physical fitness, mental health, emotional health, spiritual health, environmentalism, and social consciousness of undergraduate students.
- To find out the relationship among LOHAS, physical fitness, mental health, emotional health, spiritual health, environmentalism, and social consciousness of arts undergraduate students.
- To find out the relationship among LOHAS, physical fitness, mental health, emotional health, spiritual health, environmentalism, and social consciousness of science undergraduate students.
- To find out the relationship among LOHAS, physical fitness, mental health, emotional health, spiritual health, environmentalism, and social consciousness of rural undergraduate students.
- To find out the relationship among LOHAS, physical fitness, mental health, emotional health, spiritual health, environmentalism, and social consciousness of urban undergraduate students.
- To find out the relationship among LOHAS, physical fitness, mental health, emotional health, spiritual health, environmentalism, and social consciousness of male undergraduate students.
- To find out the relationship among LOHAS, physical fitness, mental health, emotional health, spiritual health, environmentalism, and social consciousness of female undergraduate students.

2.2 Hypotheses of the Study

- **H₀₁**: There is no significant relationship among LOHAS, physical fitness, mental health, emotional health, spiritual health, environmentalism, and social consciousness of undergraduate students.
- **H₀₂**: There is no significant relationship among LOHAS, physical fitness, mental health, emotional health, spiritual health, environmentalism, and social consciousness of arts undergraduate students.
- **H₀₃**: There is no significant relationship among LOHAS, physical fitness, mental health, emotional health, spiritual health, environmentalism, and social consciousness of science undergraduate students.
- **H₀₄**: There is no significant relationship among LOHAS, physical fitness, mental health, emotional health, spiritual health, environmentalism, and social consciousness of rural undergraduate students.
- **H₀₅**: There is no significant relationship among LOHAS, physical fitness, mental health, emotional health, spiritual health, environmentalism, and social consciousness of urban undergraduate students.

- **H₀₆**: There is no significant relationship among LOHAS, physical fitness, mental health, emotional health, spiritual health, environmentalism, and social consciousness of male undergraduate students.
- **H₀₇**: There is no significant relationship among LOHAS, physical fitness, mental health, emotional health, spiritual health, environmentalism, and social consciousness of female undergraduate students.

2.3 Methodology of the Study

- **Method**: Descriptive Survey method has been used in this study. This is a quantitative as well as qualitative study conducted in Purulia district of West Bengal, India.
- **Population**: The population of this study includes all the undergraduate students studying in colleges and universities in Purulia district of West Bengal.
- **Sample and Sampling Technique**: A sum of 151 undergraduate students has been selected through a random sampling technique as the sample for the present study.
- **Tool Used**: “Lifestyles of Health and Sustainability Scale” by Choi and Feinberg (2021) has been used to collect the data from samples of undergraduate students.
- **Statistics Used**: Descriptive statistics like mean, standard deviation and Pearson coefficient of correlation have been used in this study to analyse the data. The statistical software SPSS version 26.0 has been used to calculate the data.

III. RESULTS & DISCUSSIONS

Descriptive Statistics			
	Mean	Std. Deviation	N
<i>LOHAS</i>	104.81	15.705	151
<i>Physical Fitness</i>	17.93	4.218	151
<i>Mental Health</i>	11.32	2.404	151
<i>Emotional Health</i>	15.17	3.069	151
<i>Spiritual Health</i>	10.17	2.783	151
<i>Environmentalism</i>	38.59	6.524	151
<i>Social Consciousness</i>	11.64	2.342	151

Table 1: Descriptive statistics of LOHAS, physical fitness, mental health, emotional health, spiritual health, environmentalism and social consciousness of undergraduate students

Correlations							
	A	B	C	D	E	F	G
<i>LOHAS</i>	1						
<i>Physical Fitness</i>	.663**	1					
<i>Mental Health</i>	.718**	.505**	1				
<i>Emotional Health</i>	.667**	.334**	.326**	1			
<i>Spiritual Health</i>	.588**	.148	.399**	.413**	1		
<i>Environmentalism</i>	.893**	.440**	.533**	.489**	.444**	1	
<i>Social Consciousness</i>	.715**	.285**	.493**	.372**	.298**	.694**	1

** . Correlation is significant at the 0.01 level (2-tailed).

Table 2: Coefficient of correlation of LOHAS, physical fitness, mental health, emotional health, spiritual health, environmentalism and social consciousness of undergraduate students

In table 2, the relationships among LOHAS, physical fitness, mental health, emotional health, spiritual health, environmentalism and social consciousness of undergraduate students are shown. It is found that:

- LOHAS is significantly correlated with physical fitness, mental health, emotional health, spiritual health, environmentalism, social consciousness of undergraduate students.
- Physical fitness is significantly correlated with mental health, emotional health, environmentalism, and social consciousness of undergraduate students.

- Mental health is significantly correlated with emotional health, spiritual health, environmentalism, and social consciousness of undergraduate students.
- Emotional health is significantly correlated with spiritual health, environmentalism, and social consciousness of undergraduate students.
- Spiritual health is significantly correlated with environmentalism, and social consciousness of undergraduate students.
- Environmentalism is significantly correlated with social consciousness of undergraduate students.

Here, 20 out of 21 coefficients of correlations are significant. So, the null hypotheses (H_{01}) "There is no significant correlation between Lifestyle of Health and Sustainability and physical fitness, mental health, emotional health, spiritual health, environmentalism, social consciousness of undergraduate students" is rejected and the alternative hypothesis (H_{a1}) "There is significant correlation between LOHAS and physical fitness, mental health, emotional health, spiritual health, environmentalism, social consciousness of undergraduate students" is accepted.

Descriptive Statistics			
	Mean	Std. Deviation	N
<i>LOHAS</i>	104.53	16.632	120
<i>Physical Fitness</i>	17.77	4.382	120
<i>Mental Health</i>	11.30	2.526	120
<i>Emotional Health</i>	15.18	3.159	120
<i>Spiritual Health</i>	10.38	2.501	120
<i>Environmentalism</i>	38.38	6.934	120
<i>Social Consciousness</i>	11.52	2.362	120

Table 3: Descriptive statistics of LOHAS, physical fitness, mental health, emotional health, spiritual health, environmentalism and social consciousness of arts undergraduate students

Correlations							
	A	B	C	D	E	F	G
<i>LOHAS</i>	1						
<i>Physical Fitness</i>	.687**	1					
<i>Mental Health</i>	.735**	.550**	1				
<i>Emotional Health</i>	.692**	.387**	.371**	1			
<i>Spiritual Health</i>	.643**	.254**	.433**	.469**	1		
<i>Environmentalism</i>	.902**	.440**	.550**	.536**	.532**	1	
<i>Social Consciousness</i>	.726**	.318**	.515**	.350**	.349**	.728**	1

** . Correlation is significant at the 0.01 level (2-tailed).

Table 4: Coefficient of correlation of LOHAS, physical fitness, mental health, emotional health, spiritual health, environmentalism and social consciousness of arts undergraduate students

In table 4, the relationships among LOHAS, physical fitness, mental health, emotional health, spiritual health, environmentalism and social consciousness of arts undergraduate students are shown. It is found that:

- Lifestyle of Health and Sustainability is significantly correlated with physical fitness, mental health, emotional health, spiritual health, environmentalism, social consciousness for arts undergraduate students.
- Physical fitness is significantly correlated with mental health, emotional health, spiritual health, environmentalism, social consciousness for arts undergraduate students.
- Mental health is significantly correlated with emotional health, spiritual health, environmentalism, social consciousness for arts undergraduate students.
- Emotional health is significantly correlated with spiritual health, environmentalism, social consciousness for arts undergraduate students.
- Spiritual health is significantly correlated with environmentalism, social consciousness for arts undergraduate students.
- Environmentalism is significantly correlated with social consciousness for arts undergraduate students.

Here, 21 out of 21 relations are significant. So, the null hypothesis (H_{02}) “There is no significant correlation between LOHAS and physical fitness, mental health, emotional health, spiritual health, environmentalism, social consciousness of undergraduate students” is rejected and the alternative hypothesis (H_{a2}) “There is significant correlation between LOHAS and physical fitness, mental health, emotional health, spiritual health, environmentalism, social consciousness of arts undergraduate students” is accepted.

Descriptive Statistics			
	Mean	Std. Deviation	N
LOHAS	105.94	11.590	31
Physical Fitness	18.55	3.501	31
Mental Health	11.42	1.893	31
Emotional Health	15.13	2.742	31
Spiritual Health	9.35	3.611	31
Environmentalism	39.39	4.609	31
Social Consciousness	12.10	2.241	31

Table 5: Descriptive statistics of LOHAS, physical fitness, mental health, emotional health, spiritual health, environmentalism and social consciousness of science undergraduate students

Correlations							
	A	B	C	D	E	F	G
LOHAS	1						
Physical Fitness	.488**	1					
Mental Health	.594**	.211	1				
Emotional Health	.522**	.041	.053	1			
Spiritual Health	.561**	-.132	.382*	.295	1		
Environmentalism	.820**	.420*	.401*	.194	.274	1	
Social Consciousness	.679**	.082	.391*	.492**	.251	.509**	1

** . Correlation is significant at the 0.01 level (2-tailed).
* . Correlation is significant at the 0.05 level (2-tailed).

Table 6: Coefficient of correlation of LOHAS, physical fitness, mental health, emotional health, spiritual health, environmentalism and social consciousness of science undergraduate students

- Lifestyle of Health and Sustainability is significantly correlated with physical fitness, mental health, emotional health, spiritual health, environmentalism, social consciousness.
- Physical fitness is significantly correlated with environmentalism but insignificant with mental health, emotional health, spiritual health, social consciousness.
- Mental health is significantly correlated with spiritual health, environmentalism, social consciousness but insignificantly correlated with emotional health.
- Emotional health is significantly correlated with social consciousness but insignificant with spiritual health, environmentalism.
- Spiritual health is insignificantly correlated with environmentalism, social consciousness.
- Environmentalism is significantly correlated with social consciousness.

Here, 12 out of 21 relations are significant, so the null hypothesis (H_{03}) “There is no significant correlation between LOHAS and physical fitness, mental health, emotional health, spiritual health, environmentalism, social consciousness of science undergraduate students” is rejected and the alternative hypothesis (H_{a3}) “There is significant correlation between LOHAS and physical fitness, mental health, emotional health, spiritual health, environmentalism, social consciousness of science undergraduate students” is accepted.

Descriptive Statistics			
	Mean	Std. Deviation	N
LOHAS	103.98	16.893	109
Physical Fitness	17.94	4.379	109
Mental Health	11.23	2.591	109
Emotional Health	15.06	3.201	109
Spiritual Health	10.06	2.652	109

<i>Environmentalism</i>	38.19	6.757	109
<i>Social Consciousness</i>	11.50	2.433	109

Table 7: Descriptive statistics of LOHAS, physical fitness, mental health, emotional health, spiritual health, environmentalism and social consciousness of rural undergraduate students

Correlations							
	A	B	C	D	E	F	G
<i>LOHAS</i>	1						
<i>Physical Fitness</i>	.712**	1					
<i>Mental Health</i>	.752**	.575**	1				
<i>Emotional Health</i>	.694**	.387**	.381**	1			
<i>Spiritual Health</i>	.641**	.308**	.471**	.417**	1		
<i>Environmentalism</i>	.904**	.494**	.570**	.545**	.502**	1	
<i>Social Consciousness</i>	.740**	.314**	.523**	.431**	.360**	.740**	1

** . Correlation is significant at the 0.01 level (2-tailed).

Table 8: Coefficient of correlation of LOHAS, physical fitness, mental health, emotional health, spiritual health, environmentalism and social consciousness of rural undergraduate students

- Lifestyle of Health and Sustainability is significantly correlated with physical fitness, mental health, emotional health, spiritual health, environmentalism, social consciousness for rural undergraduate students.
- Physical fitness is significantly correlated with mental health, emotional health, spiritual health, environmentalism, social consciousness for rural undergraduate students.
- Mental health is significantly correlated (.01 level of significance) with emotional health, spiritual health, environmentalism, social consciousness for rural undergraduate students.
- Emotional health is significantly correlated (.01 level of significance) with spiritual health, environmentalism, social consciousness for rural undergraduate students.
- Spiritual health is significantly correlated (.01 level of significance) with environmentalism, social consciousness for rural undergraduate students.
- Environmentalism is significantly correlated (.01 level of significance) with, social consciousness for rural undergraduate students.

Researcher showed that, 21 out of 21 relations are significant, so the null hypothesis (H_{04}) "There is no significant correlation between LOHAS and physical fitness, mental health, emotional health, spiritual health, environmentalism, social consciousness of Rural undergraduate students" is rejected and the alternative hypothesis (H_{a4}) "There is significant correlation between LOHAS and physical fitness, mental health, emotional health, spiritual health, environmentalism, social consciousness of Rural undergraduate students" is accepted.

Descriptive Statistics			
	Mean	Std. Deviation	N
<i>LOHAS</i>	106.98	12.001	42
<i>Physical Fitness</i>	17.90	3.818	42
<i>Mental Health</i>	11.57	1.837	42
<i>Emotional Health</i>	15.43	2.715	42
<i>Spiritual Health</i>	10.48	3.110	42
<i>Environmentalism</i>	39.62	5.827	42
<i>Social Consciousness</i>	11.98	2.078	42

Table 9: Descriptive statistics of LOHAS, physical fitness, mental health, emotional health, spiritual health, environmentalism and social consciousness of urban undergraduate students

Correlations							
	A	B	C	D	E	F	G
<i>LOHAS</i>	1						
<i>Physical Fitness</i>	.479**	1					
<i>Mental Health</i>	.535**	.224	1				
<i>Emotional Health</i>	.552**	.148	.077	1			
<i>Spiritual Health</i>	.468**	-.257	.199	.411**	1		

<i>Environmentalism</i>	.855**	.261	.372*	.279	.297	1	
<i>Social Consciousness</i>	.605**	.187	.355*	.145	.130	.517**	1
**. Correlation is significant at the 0.01 level (2-tailed).							
*. Correlation is significant at the 0.05 level (2-tailed).							

Table 10: Coefficient of correlation of LOHAS, physical fitness, mental health, emotional health, spiritual health, environmentalism and social consciousness of urban undergraduate students

- Lifestyle of Health and Sustainability is significantly correlated with physical fitness, mental health, emotional health, spiritual health, environmentalism, social consciousness for urban undergraduate students.
- Physical fitness is insignificantly correlated with mental health, emotional health, spiritual health, environmentalism, social consciousness for urban undergraduate students.
- Mental health is significantly correlated with environmentalism, social consciousness but insignificantly correlated with emotional health, spiritual health for urban undergraduate students.
- Emotional health is significantly correlated with spiritual health but insignificantly correlated with environmentalism, social consciousness for urban undergraduate students.
- Spiritual health is insignificantly correlated with environmentalism, social consciousness for urban undergraduate students. Researcher showed that environmentalism is significantly correlated with social consciousness for urban undergraduate students.

Researcher conclude that 10 out of 21 relations are significant, so the null hypothesis (H_{0s}) "There is no significant correlation between LOHAS and physical fitness, mental health, emotional health, spiritual health, environmentalism, social consciousness of Urban undergraduate students" is accepted.

Descriptive Statistics			
	Mean	Std. Deviation	N
<i>LOHAS</i>	103.92	17.920	97
<i>Physical Fitness</i>	17.91	4.395	97
<i>Mental Health</i>	11.25	2.658	97
<i>Emotional Health</i>	15.18	3.416	97
<i>Spiritual Health</i>	9.99	2.793	97
<i>Environmentalism</i>	38.14	7.324	97
<i>Social Consciousness</i>	11.45	2.598	97

Table 11: Descriptive statistics of LOHAS, physical fitness, mental health, emotional health, spiritual health, environmentalism and social consciousness of male undergraduate students

Correlations							
	A	B	C	D	E	F	G
<i>LOHAS</i>	1						
<i>Physical Fitness</i>	.701**	1					
<i>Mental Health</i>	.748**	.619**	1				
<i>Emotional Health</i>	.724**	.326**	.403**	1			
<i>Spiritual Health</i>	.643**	.249*	.430**	.564**	1		
<i>Environmentalism</i>	.913**	.533**	.571**	.584**	.487**	1	
<i>Social Consciousness</i>	.729**	.314**	.489**	.463**	.387**	.700**	1
**. Correlation is significant at the 0.01 level (2-tailed).							
*. Correlation is significant at the 0.05 level (2-tailed).							

Table 12: Coefficient of correlation of LOHAS, physical fitness, mental health, emotional health, spiritual health, environmentalism and social consciousness of male undergraduate students

- Lifestyle of Health and Sustainability is significantly correlated with physical fitness, mental health, emotional health, spiritual health, environmentalism, social consciousness for male undergraduate students.
- Physical fitness is significantly correlated with mental health, emotional health, spiritual health, environmentalism, social consciousness for male undergraduate students.
- Mental health is significantly correlated with emotional health, spiritual health, environmentalism, social consciousness for male undergraduate students.

- Emotional health is significantly correlated with spiritual health, environmentalism, social consciousness for male undergraduate students.
- Spiritual health is significantly correlated with environmentalism, social consciousness for male undergraduate students.
- Environmentalism is significantly correlated with, social consciousness for male undergraduate students.

Researcher find out that 21 out of 21 relations are significant, So the null hypothesis (H_{06}) “There is no significant correlation between LOHAS and physical fitness, mental health, emotional health, spiritual health, environmentalism, social consciousness of male undergraduate students” is rejected and the alternative hypothesis (H_{a6}) “There is significant correlation between LOHAS and physical fitness, mental health, emotional health, spiritual health, environmentalism, social consciousness of male undergraduate students” is accepted.

Descriptive Statistics			
	Mean	Std. Deviation	N
<i>LOHAS</i>	106.43	10.597	54
<i>Physical Fitness</i>	17.96	3.919	54
<i>Mental Health</i>	11.46	1.881	54
<i>Emotional Health</i>	15.15	2.350	54
<i>Spiritual Health</i>	10.50	2.759	54
<i>Environmentalism</i>	39.39	4.720	54
<i>Social Consciousness</i>	11.96	1.769	54

Table 13: Descriptive statistics of LOHAS, physical fitness, mental health, emotional health, spiritual health, environmentalism and social consciousness of female undergraduate students

Correlations							
	A	B	C	D	E	F	G
<i>LOHAS</i>	1						
<i>Physical Fitness</i>	.580**	1					
<i>Mental Health</i>	.597**	.189	1				
<i>Emotional Health</i>	.433**	.367**	.044	1			
<i>Spiritual Health</i>	.464**	-.058	.329*	.041	1		
<i>Environmentalism</i>	.797**	.168	.381**	.115	.335*	1	
<i>Social Consciousness</i>	.645**	.209	.504**	.033	.050	.652**	1

** . Correlation is significant at the 0.01 level (2-tailed).
* . Correlation is significant at the 0.05 level (2-tailed).

Table 14: Coefficient of correlation of LOHAS, physical fitness, mental health, emotional health, spiritual health, environmentalism and social consciousness of female undergraduate students

- Lifestyle of Health and Sustainability is significantly correlated with physical fitness, mental health, emotional health, spiritual health, environmentalism, social consciousness for female undergraduate students.
- Physical fitness is significantly correlated with emotional health but insignificantly correlated with mental health, spiritual health, environmentalism, social consciousness for female undergraduate students.
- Mental health is significantly correlated with spiritual health, environmentalism, social consciousness but insignificantly correlated with emotional health for female undergraduate students.
- Emotional health is insignificantly correlated with spiritual health, environmentalism, social consciousness for female undergraduate students.
- Spiritual health is significantly correlated with environmentalism but insignificantly correlated with social consciousness for female undergraduate students.
- Environmentalism is significantly correlated with social consciousness for female undergraduate students.

Here, 12 out of 21 relations are significant, so the null hypothesis (H_{07}) “There is no significant correlation between LOHAS and physical fitness, mental health, emotional health, spiritual health, environmentalism, social consciousness of female undergraduate students” is rejected and the alternative hypothesis (H_{a7}) “There is significant correlation between LOHAS and physical fitness, mental health, emotional health, spiritual health, environmentalism, social consciousness of female undergraduate students” is accepted.

IV. MAJOR FINDINGS OF THE STUDY

The findings of the study revealed that there is a significant positive correlation among LOHAS, physical fitness, mental health, emotional health, spiritual health, environmentalism, and social consciousness of undergraduate students. A similar result has also been observed in terms of arts, science, rural and male students undergraduate. However, statistically no significant correlation has been found among LOHAS and its associated factors of female and urban undergraduate students.

V. CONCLUSION

The findings of this research suggest that there is a strong correlation between LOHAS and various dimensions of health, environmentalism, and social consciousness among undergraduate students. Specifically, the study indicates that students who embrace LOHAS principles are more likely to exhibit higher levels of physical fitness, mental health, emotional well-being, spiritual health, and environmental and social awareness. These results highlight the importance of promoting LOHAS among undergraduate students, not only for their personal well-being but also for the benefit of the environment and society.

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]. Ilanchezian, 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. *EPR 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. *EPR 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.