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Research Paper

Lifestyle Patterns and Sustainability Practices: A Correlational Study Among Undergraduate Students of Purulia District, West Bengal

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ABSTRACT

This study aimed to study the pairwise relationships between LOHAS (Lifestyles of Health and Sustainability), physical fitness, Mental health, emotional health, spiritual health, environmentalism, and social consciousness among undergraduate students. Using a descriptive survey method, data were collected from undergraduate students in the Purulia district of West Bengal, employing the Lifestyle of Health and Sustainability Scale (Choi and Feinberg, 2021). Pearson correlation, mean, and standard deviation were used for analysis by using SPSS Software version 26. The result revealed significant correlations between LOHAS and its dimensions for male, female, arts, and rural students. However, weaker relationships were found for science and urban students, indicating partial acceptance of the null hypothesis for this groups. Overall, the study concludes that LOHAS and health-consciousness dimensions are highly interconnected in certain undergraduate groups but less so in others.

Keywords: *Physical Fitness, Undergraduate Students, Lifestyle of Health and Sustainability (LOHAS), Correlations, Mental Health, Spiritual Health, Emotional Health, Social Consciousness, Environmentalism*

The concept of a Lifestyle of Health and Sustainability (LOHAS) represents a holistic approach to living that integrates physical, mental, emotional, and spiritual well-being, while fostering a deep commitment to environmental and social responsibility. In today's world regular exercise, balanced nutrition is most important to fit our physical fitness. Mental health is nurtured through mindfulness, stress management practices, and cognitive well-being, while emotional health promotes self-awareness, resilience, and healthy relationships. Spiritual health involves a sense of purpose, personal growth, and alignment with one's values, fostering inner peace. At its core, LOHAS also promotes environmentalism by encouraging eco-friendly behaviours, sustainability practices and an ethical relationship with the planet. Social consciousness, another vital aspect, inspires individuals to engage in community-oriented actions, social justice, and ethical consumption.

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By integrating these dimensions, LOHAS encourages a balanced and purposeful life, harmonizing personal well-being with broader concerns of society and the environment.

Several studies have been done on Lifestyle of Health and Sustainability such as Das, Gayen and Sen (2023a; 2023b); Saha and Maji (2013); Das, Mahato and Sen (2023); Das (2023); Das, Mahato and Gayen (2024); Das and Mahato (2024a; 2024b); Mahato and Das (2024a; 2024b; 2024c); Kumari (2022).

A variety of advanced statistical techniques are being employed by researchers, such as t-tests [Mahato and Das (2024a; 2024b); Wang and Du (2020); Mondal and Saha (2023); Chatterjee et al., (2016); Ansary et al., (2022); khatun et al., (2022); Adhikari et al., (2023; 2023e); Saha (2012a); Sen et al., (2013); Sen and Kar (2014)], clustering technique [Das and Mahato (2024a); Das, Mahato and Sen (2023); Mohanta et al., (2023); Sen et al., (2023); Mohanta et al., (2023); Saha et al., (2021); Adhikari and Sen (2023a; 2023b); Ansary et al., (2023)], Man Whitney U test and parametric and non-parametric test [Mahato et al., (2022); Adhikari (2023b); Adhikari et al., (2023); Sen et al., (2021); Sen et al., (2021)], Mahalanobis Distance [Sutradhar et al., (2023); Das (2023); Adhikari (2023a); Mahato, Das and Sen (2023); Sen, Pal and Adhikari (2023); Sen et al., (2023); Mohanta et al., (2023a; 2023b); Mahato and Sen (2021b); Ahmed et al., (2022); Ahmed et al., (2024); Sen and Pal (2020)], Fisher Z-transformation [Mahato and Das (2024c); Das and Mahato (2024b); Mahato, Das and Gayen (2024); Das, Mahato and Gayen (2024)], correlational study [Saha (2021); Adhikari and Saha (2021); Mahato et al., (2023); Saha (2012b); Sutradhar and Sen (2022a); Sutradhar et al., (2023); Saha (2013); Sutradhar and Sen (2022b); Mahato and Sen (2021a); Mahato and Sen (2023a); Mondal and Saha (2017); Mahato and Sen (2023b)] some reviews of statistical techniques used in education employed by Adhikari et al., (2023c; 2023d)

LITERATURE REVIEW

Gayen (2024) conducted a correlational study on academic resilience and m-learning among undergraduate students in Purulia, West Bengal, revealing a strong link between the two, with consistent resilience across genders but difference between rural and urban students, and notable variations in m-learning by both gender and residence. Gayen et al., (2023) conducted a study on the relationship between organizational climate and institutional commitment among secondary school teachers in West Bengal, revealing significant connections between six dimensions of organizational climate (autonomy, trust in management, teamwork, rewards and recognition, fairness, and organizational support) and four dimensions of institutional commitment (affective, professional, learner-focused, and academic commitment). Kar and Saha (2021a) conducted a study on relationship between leadership style and emotional intelligence of undergraduate students and found a significant correlation between leadership style and emotional intelligence in undergraduate students from West Bengal. Kar and Saha (2021b) conducted a study on Leadership style and adjustment ability among undergraduate students: A correlational study and identified a strong link between leadership style and adjustment ability among West Bengal undergraduates, showing that students with higher adjustment skills demonstrate better leadership through effective teamwork and adaptability. Karmakar et al., (2016) studied the relationship between intelligence, height, and weight among secondary school students, revealing a significant correlation between IQ and height, a low significant correlation with weight, and no significant relationship with BMI. Mahato et al., (2023) studied the relationship between cognitive failure and internet addiction among higher secondary students in Purulia district, West Bengal, revealing a significant correlation, though no significant differences were found

concerning gender, location, or stream. Mahato et al., (2023) studied the relationship between academic resilience and internet addiction among undergraduate students in Purulia, West Bengal and found no significant relationship, though a gender difference in internet addiction was noted, with no differences in academic resilience or effects of locality. Mahato et al., (2023) studied the relationship between self-efficacy and m-learning among undergraduate students in Purulia district, West Bengal and found no correlation between the two, and concluded that gender and residence location do not significantly influence self-efficacy or m-learning. Mahato and Sen (2023) studied the relationship between Context Knowledge (CK1), Technological Pedagogical Content Knowledge (TPCK), and attitudes toward creative teaching among pre-service mathematics trainee teachers, emphasizing the significance of CK1 and attitudes in fostering effective teaching practices, while suggesting further research to explore these relationships and other influencing factors in mathematics education. Singh and Kumari (2021) conducted a study on Loneliness and smartphone addiction among youths: A correlational study and found a significant positive correlation between smartphone addiction and loneliness among college students.

Objectives of the study

1. To find out the pairwise relationship among LOHAS, Physical fitness, Mental health, Emotional health, Spiritual health, Environmentalism and Social consciousness of Undergraduate students.
2. To find out the pairwise relationship among LOHAS, Physical fitness, Mental health, Emotional health, Spiritual health, Environmentalism and Social consciousness of Male Undergraduate students.
3. To find out the pairwise relationship among LOHAS, Physical fitness, Mental health, Emotional health, Spiritual health, Environmentalism and Social consciousness of Female Undergraduate students.
4. To find out the pairwise relationship among LOHAS, Physical fitness, Mental health, Emotional health, Spiritual health, Environmentalism and Social consciousness of Arts Undergraduate students.
5. To find out the pairwise relationship among LOHAS, Physical fitness, Mental health, Emotional health, Spiritual health, Environmentalism and Social consciousness of Science Undergraduate students.
6. To find out the pairwise relationship among LOHAS, Physical fitness, Mental health, Emotional health, Spiritual health, Environmentalism and Social consciousness of Rural Undergraduate students.
7. To find out the pairwise relationship among LOHAS, Physical fitness, Mental health, Emotional health, Spiritual health, Environmentalism and Social consciousness of Urban Undergraduate students.

Hypothesis of the study

- **H_{01}:** There is no significant pairwise relationship among LOHAS, Physical fitness, Mental health, Emotional health, Spiritual health, Environmentalism and Social consciousness of Undergraduate students.
- **H_{02}:** There is no significant pairwise relationship among LOHAS, Physical fitness, Mental health, Emotional health, Spiritual health, Environmentalism and Social consciousness of Male Undergraduate students.
- **H_{03}:** There is no significant pairwise relationship among LOHAS, Physical fitness, Mental health, Emotional health, Spiritual health, Environmentalism and Social consciousness of Female Undergraduate students.

- **H_{04}:** There is no significant pairwise relationship among LOHAS, Physical fitness, Mental health, Emotional health, Spiritual health, Environmentalism and Social consciousness of Arts Undergraduate students.
- **H_{05}:** There is no significant pairwise relationship among LOHAS, Physical fitness, Mental health, Emotional health, Spiritual health, Environmentalism and Social consciousness of Science Undergraduate students.
- **H_{06}:** There is no significant pairwise relationship among LOHAS, Physical fitness, Mental health, Emotional health, Spiritual health, Environmentalism and Social consciousness of Rural Undergraduate students.
- **H_{07}:** There is no significant pairwise relationship among LOHAS, Physical fitness, Mental health, Emotional health, Spiritual health, Environmentalism and Social consciousness of Urban Undergraduate students.

METHODOLOGY OF THE STUDY

I. **Method:** This study done by using descriptive survey method.
II. **Population:** All undergraduate students studying in colleges are includes for this study in Purulia district of West Bengal.
III. **Sample and Sampling Technique:** 393 Undergraduate Students were selected by using simple random sampling technique.
IV. **Tool used:** A scale by Choi and Feinberg (2021) "Lifestyle of Health and Sustainability Scale" has been used to collect the data from undergraduate students.
V. **Statistics used:** Descriptive statistics like Pearson coefficient of correlation, standard deviation and mean have been used to analyse the data and to calculate the data statistical software SPSS Version 26.0 has been used.

RESULT AND DISCUSSION

Table 1 represents the descriptive statistics for LOHAS, Physical fitness, Mental health, Emotional health, Spiritual health, Environmentalism and Social consciousness of Undergraduate students.

Descriptive Statistics			
	Mean	**Std. Deviation**	**N**
LOHAS	103.13	12.826	393
PF	18.21	3.606	393
MH	11.05	2.238	393
EH	15.00	2.666	393
SH	10.50	2.326	393
ENV	37.19	5.632	393
SC	11.20	2.214	393

Here, the total number of undergraduate students are 393.

- The score of mean and SD of LOHAS is 103.13 and 12.826.
- The score of mean and SD of Physical fitness is 18.21 and 3.606.
- The score of mean and SD of Mental health is 11.05 and 2.238.
- The score of mean and SD of Emotional health is 15.00 and 2.666.
- The score of mean and SD of Spiritual health is 10.50 and 2.326.
- The score of mean and SD of Environmentalism is 37.19 and 5.632.
- The score of mean and SD of social consciousness is 11.20 and 2.214.

Table 2: Coefficient of correlation for lifestyle of health and sustainability and its dimensions.

Correlations								
		LOHAS	**PF**	**MH**	**EH**	**SH**	**ENV**	**SC**
LOHAS	Pearson Correlation	1	.637**	.584**	.677**	.553**	.838**	.635**
	Sig. (2-tailed)		.000	.000	.000	.000	.000	.000
PF	Pearson Correlation	.637**	1	.400**	.266**	.263**	.330**	.221**
	Sig. (2-tailed)	.000		.000	.000	.000	.000	.000
MH	Pearson Correlation	.584**	.400**	1	.331**	.250**	.311**	.268**
	Sig. (2-tailed)	.000	.000		.000	.000	.000	.000
EH	Pearson Correlation	.677**	.266**	.331**	1	.339**	.484**	.363**
	Sig. (2-tailed)	.000	.000	.000		.000	.000	.000
SH	Pearson Correlation	.553**	.263**	.250**	.339**	1	.325**	.235**
	Sig. (2-tailed)	.000	.000	.000	.000		.000	.000
ENV	Pearson Correlation	.838**	.330**	.311**	.484**	.325**	1	.536**
	Sig. (2-tailed)	.000	.000	.000	.000	.000		.000
SC	Pearson Correlation	.635**	.221**	.268**	.363**	.235**	.536**	1
	Sig. (2-tailed)	.000	.000	.000	.000	.000	.000	
**. Correlation is significant at the 0.01 level (2-tailed).								

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In table 2 represent the pairwise relationship among LOHAS, Physical fitness, Mental health, Emotional health, Spiritual health, Environmentalism and Social consciousness of Undergraduate students.

- Lifestyle of Health and Sustainability (LOHAS) is significantly correlated (.01 level of Significance) with Physical fitness, Mental health, Emotional health, Spiritual health, Environmentalism and Social consciousness of Undergraduate students.
- Physical fitness is significantly correlated (.01 level of Significance) with Mental health, Emotional health, Spiritual health, Environmentalism and Social consciousness of Undergraduate students.
- Mental Health is significantly correlated (.01 level of Significance) with Emotional health, Spiritual health, Environmentalism and Social consciousness of Undergraduate students.
- Emotional Health is significantly correlated (.01 level of Significance) with Spiritual health, Environmentalism and Social consciousness of Undergraduate students.
- Spiritual Health is significantly correlated (.01 level of Significance) with Environmentalism and Social consciousness of Undergraduate students.
- Environmentalism is significantly correlated (.01 level of Significance) with social consciousness of Undergraduate students.

Here 21 out of 21 Coefficient of correlations are significant. So, the null hypothesis **(H_{01})** "There is no significant pairwise relationship among LOHAS, Physical fitness, Mental health, Emotional health, Spiritual health, Environmentalism and Social consciousness of Undergraduate students" is rejected and the alternative hypothesis **(H_{a1})** "There is a

significant pairwise relationship among LOHAS, Physical fitness, Mental health, Emotional health, Spiritual health, Environmentalism and Social consciousness of Undergraduate students" is accepted.

Table 3 represents the descriptive statistics for LOHAS, Physical fitness, Mental health, Emotional health, Spiritual health, Environmentalism and Social consciousness of Male Undergraduate students.

Descriptive Statistics			
	Mean	**Std. Deviation**	**N**
LOHAS	101.86	15.429	73
PF	18.25	4.089	73
MH	10.96	2.226	73
EH	14.81	2.856	73
SH	10.22	2.668	73
ENV	36.59	6.829	73
SC	11.04	2.270	73

Here, the number of male students is 73.

- The mean score of LOHAS is 101.86, which is less than the mean of total undergraduate students and SD is 15.429, which is greater than the SD of total undergraduate students.
- The mean score of Physical Fitness is 18.25, which is quite similar the mean of total undergraduate students and the SD is 4.089, which is greater than the SD of total undergraduate students.
- The mean score of mental health is 10.96, which is less than the mean of total undergraduate students and SD is 2.226, which is quite similar the SD of total undergraduate students.
- The mean score of emotional health is 14.81, which is less than the mean of total undergraduate students and SD is 2.856, which is quite similar the SD of total undergraduate students.
- The mean score of spiritual health is 10.22, which is quite similar the mean of total undergraduate students and SD is 2.668, which is quite similar the SD of total undergraduate students.
- The mean score of environmentalism is 36.59, which is less than the mean of total undergraduate students and SD is 6.829, which is greater than the SD of total undergraduate students.
- The mean score of social consciousness is 11.04, which is quite similar the mean of total undergraduate students and SD is 2.270, which is quite similar the SD of total undergraduate students.

Table 4: Coefficient of correlation for lifestyle of health and sustainability and its dimensions.

Correlations								
		LOHAS	**PF**	**MH**	**EH**	**SH**	**ENV**	**SC**
LOHAS	Pearson Correlation	1	.671**	.582**	.727**	.554**	.888**	.781**
	Sig. (2-tailed)		.000	.000	.000	.000	.000	.000
PF	Pearson Correlation	.671**	1	.351**	.491**	.320**	.375**	.294*
	Sig. (2-tailed)	.000		.002	.000	.006	.001	.012
MH	Pearson Correlation	.582**	.351**	1	.366**	.179	.434**	.371**
	Sig. (2-tailed)	.000	.002		.001	.129	.000	.001
EH	Pearson Correlation	.727**	.491**	.366**	1	.204	.563**	.507**
	Sig. (2-tailed)	.000	.000	.001		.083	.000	.000
SH	Pearson Correlation	.554**	.320**	.179	.204	1	.387**	.421**
	Sig. (2-tailed)	.000	.006	.129	.083		.001	.000
ENV	Pearson Correlation	.888**	.375**	.434**	.563**	.387**	1	.760**
	Sig. (2-tailed)	.000	.001	.000	.000	.001		.000
SC	Pearson Correlation	.781**	.294*	.371**	.507**	.421**	.760**	1
	Sig. (2-tailed)	.000	.012	.001	.000	.000	.000	
**. Correlation is significant at the 0.01 level (2-tailed).								
*. Correlation is significant at the 0.05 level (2-tailed).								

In table 4 represent the pairwise relationship among LOHAS, Physical fitness, Mental health, Emotional health, Spiritual health, Environmentalism and Social consciousness of Male Undergraduate students.

- LOHAS is significantly correlated (.01 level of significance) with Physical fitness, Mental health, Emotional health, Spiritual health, Environmentalism and Social consciousness of Male Undergraduate students.
- Physical fitness is significantly correlated (.01 and .05 level of significance) with Mental health, Emotional health, Spiritual health, Environmentalism and Social consciousness of Male Undergraduate students.
- Mental health is significantly correlated (.01 level of significance) with Emotional health, Environmentalism and Social consciousness of Male Undergraduate students.
- Emotional health is significantly correlated (.01 level of significance) with Environmentalism and Social consciousness of Male Undergraduate students.
- Spiritual health is significantly correlated (.01 level of significance) with Environmentalism and Social consciousness of Male Undergraduate students.
- Environmentalism is significantly correlated (.01 level of significance) with social consciousness of Male Undergraduate students.

Here, 19 out of 21 is Coefficient of correlations are significant. So, the null hypothesis **(H_{02})** "There is no significant pairwise relationship among LOHAS, Physical fitness, Mental health, Emotional health, Spiritual health, Environmentalism and Social consciousness of Male Undergraduate students" is rejected and the alternative hypothesis **(H_{a2})** "There is a

significant pairwise relationship among LOHAS, Physical fitness, Mental health, Emotional health, Spiritual health, Environmentalism and Social consciousness of Male Undergraduate students" is accepted.

Table 5 represents the descriptive statistics for LOHAS, Physical fitness, Mental health, Emotional health, Spiritual health, Environmentalism and Social consciousness of Female Undergraduate students.

Descriptive Statistics			
	Mean	**Std. Deviation**	**N**
LOHAS	103.43	12.164	320
PF	18.20	3.494	320
MH	11.07	2.244	320
EH	15.04	2.624	320
SH	10.56	2.240	320
ENV	37.32	5.325	320
SC	11.23	2.204	320

Here, the number of female students is 320.

- The mean score of LOHAS is 103.43, which is greater than the mean of male undergraduate students and SD is 12.164, which is less than the SD of male undergraduate students.
- The mean score of Physical Fitness is 18.20, which is quite similar the mean of male undergraduate students and the SD is 3.494, which is less than the SD of male undergraduate students.
- The mean score of mental health is 11.07, which is greater than the mean of male undergraduate students and SD is 2.244, which is quite similar the SD of male undergraduate students.
- The mean score of emotional health is 15.04, which is greater than the mean of male undergraduate students and SD is 2.624, which is quite similar the SD of male undergraduate students.
- The mean score of spiritual health is 10.56, which is quite similar the mean of male undergraduate students and SD is 2.240, which is quite similar the SD of male undergraduate students.
- The mean score of environmentalism is 37.32, which is greater than the mean of male undergraduate students and SD is 5.325, which is less than the SD of male undergraduate students.
- The mean score of social consciousness is 11.23, which is quite similar the mean of male undergraduate students and SD is 2.204, which is quite similar the SD of male undergraduate students.

Table 6: Coefficient of correlation for lifestyle of health and sustainability and its dimensions.

Correlations								
		LOHAS	**PF**	**MH**	**EH**	**SH**	**ENV**	**SC**
LOHAS	Pearson Correlation	1	.628**	.588**	.663**	.551**	.820**	.594**
	Sig. (2-tailed)		.000	.000	.000	.000	.000	.000
PF	Pearson Correlation	.628**	1	.415**	.202**	.247**	.317**	.202**
	Sig. (2-tailed)	.000		.000	.000	.000	.000	.000
MH	Pearson Correlation	.588**	.415**	1	.322**	.269**	.278**	.243**
	Sig. (2-tailed)	.000	.000		.000	.000	.000	.000
EH	Pearson Correlation	.663**	.202**	.322**	1	.377**	.459**	.326**
	Sig. (2-tailed)	.000	.000	.000		.000	.000	.000
SH	Pearson Correlation	.551**	.247**	.269**	.377**	1	.302**	.183**
	Sig. (2-tailed)	.000	.000	.000	.000		.000	.001
ENV	Pearson Correlation	.820**	.317**	.278**	.459**	.302**	1	.471**
	Sig. (2-tailed)	.000	.000	.000	.000	.000		.000
SC	Pearson Correlation	.594**	.202**	.243**	.326**	.183**	.471**	1
	Sig. (2-tailed)	.000	.000	.000	.000	.001	.000	
**. Correlation is significant at the 0.01 level (2-tailed).								

In table 6 represent the pairwise relationship among LOHAS, Physical fitness, Mental health, Emotional health, Spiritual health, Environmentalism and Social consciousness of Female Undergraduate students

- Lifestyle of Health and Sustainability (LOHAS) is significantly correlated (.01 level of Significance) with Physical fitness, Mental health, Emotional health, Spiritual health, Environmentalism and Social consciousness of Female Undergraduate students.
- Physical fitness is significantly correlated (.01 level of Significance) with Mental health, Emotional health, Spiritual health, Environmentalism and Social consciousness of Female Undergraduate students.
- Mental Health is significantly correlated (.01 level of Significance) with Emotional health, Spiritual health, Environmentalism and Social consciousness of Female Undergraduate students.
- Emotional Health is significantly correlated (.01 level of Significance) with Spiritual health, Environmentalism and Social consciousness of Female Undergraduate students.
- Spiritual Health is significantly correlated (.01 level of Significance) with Environmentalism and Social consciousness of Female Undergraduate students.
- Environmentalism is significantly correlated (.01 level of Significance) with social consciousness of Female Undergraduate students.

Here 21 out of 21 Coefficient of correlations are significant. So, the null hypothesis **(H_{03})** "There is no significant pairwise relationship among LOHAS, Physical fitness, Mental health,

Emotional health, Spiritual health, Environmentalism and Social consciousness of Female Undergraduate students" is rejected and the alternative hypothesis **(H_{a3})** "There is a significant pairwise relationship among LOHAS, Physical fitness, Mental health, Emotional health, Spiritual health, Environmentalism and Social consciousness of Female Undergraduate students" is accepted.

Table 7 represents the descriptive statistics for LOHAS, Physical fitness, Mental health, Emotional health, Spiritual health, Environmentalism and Social consciousness of Arts Undergraduate students.

Descriptive Statistics			
	Mean	**Std. Deviation**	**N**
LOHAS	103.69	12.079	381
PF	18.35	3.455	381
MH	11.10	2.214	381
EH	15.09	2.603	381
SH	10.52	2.329	381
ENV	37.39	5.397	381
SC	11.24	2.168	381

Here, the total number of Arts undergraduate students are 381.

- The score of mean and SD of LOHAS is 103.69 and 12.079.
- The score of mean and SD of Physical fitness is 18.35 and 3.455.
- The score of mean and SD of Mental health is 11.10 and 2.214.
- The score of mean and SD of Emotional health is 15.09 and 2.603.
- The score of mean and SD of Spiritual health is 10.52 and 2.329.
- The score of mean and SD of Environmentalism is 37.39 and 5.397.
- The score of mean and SD of social consciousness is 11.24 and 2.168.

Table 8: Coefficient of correlation for lifestyle of health and sustainability and its dimensions.

Correlations								
		LOHAS	**PF**	**MH**	**EH**	**SH**	**ENV**	**SC**
LOHAS	Pearson Correlation	1	.600**	.574**	.653**	.551**	.819**	.614**
	Sig. (2-tailed)		.000	.000	.000	.000	.000	.000
PF	Pearson Correlation	.600**	1	.377**	.208**	.251**	.269**	.174**
	Sig. (2-tailed)	.000		.000	.000	.000	.000	.001
MH	Pearson Correlation	.574**	.377**	1	.309**	.238**	.282**	.249**
	Sig. (2-tailed)	.000	.000		.000	.000	.000	.000
EH	Pearson Correlation	.653**	.208**	.309**	1	.323**	.444**	.340**
	Sig. (2-tailed)	.000	.000	.000		.000	.000	.000
SH	Pearson Correlation	.551**	.251**	.238**	.323**	1	.302**	.214**
	Sig. (2-tailed)	.000	.000	.000	.000		.000	.000
ENV	Pearson Correlation	.819**	.269**	.282**	.444**	.302**	1	.502**
	Sig. (2-tailed)	.000	.000	.000	.000	.000		.000

Correlations								
		LOHAS	**PF**	**MH**	**EH**	**SH**	**ENV**	**SC**
SC	Pearson Correlation	.614**	.174**	.249**	.340**	.214**	.502**	1
	Sig. (2-tailed)	.000	.001	.000	.000	.000	.000	
**. Correlation is significant at the 0.01 level (2-tailed).								

In table 8 represent the pairwise relationship among LOHAS, Physical fitness, Mental health, Emotional health, Spiritual health, Environmentalism and Social consciousness of Arts Undergraduate students

- Lifestyle of Health and Sustainability (LOHAS) is significantly correlated (.01 level of Significance) with Physical fitness, Mental health, Emotional health, Spiritual health, Environmentalism and Social consciousness of Arts Undergraduate students.
- Physical fitness is significantly correlated (.01 level of Significance) with Mental health, Emotional health, Spiritual health, Environmentalism and Social consciousness of Arts Undergraduate students.
- Mental Health is significantly correlated (.01 level of Significance) with Emotional health, Spiritual health, Environmentalism and Social consciousness of Arts Undergraduate students.
- Emotional Health is significantly correlated (.01 level of Significance) with Spiritual health, Environmentalism and Social consciousness of Arts Undergraduate students.
- Spiritual Health is significantly correlated (.01 level of Significance) with Environmentalism and Social consciousness of Arts Undergraduate students.
- Environmentalism is significantly correlated (.01 level of Significance) with social consciousness of Arts Undergraduate students.

Here 21 out of 21 Coefficient of correlations are significant. So, the null hypothesis **(H_{04})** "There is no significant pairwise relationship among LOHAS, Physical fitness, Mental health, Emotional health, Spiritual health, Environmentalism and Social consciousness of Arts Undergraduate students" is rejected and the alternative hypothesis **(H_{a4})** "There is a significant pairwise relationship among LOHAS, Physical fitness, Mental health, Emotional health, Spiritual health, Environmentalism and Social consciousness of Arts Undergraduate students" is accepted.

Table 9 represents the descriptive statistics for LOHAS, Physical fitness, Mental health, Emotional health, Spiritual health, Environmentalism and Social consciousness of Science Undergraduate students.

Descriptive Statistics			
	Mean	**Std. Deviation**	**N**
LOHAS	85.42	21.644	12
PF	13.67	5.280	12
MH	9.42	2.503	12
EH	12.17	3.215	12
SH	9.83	2.209	12
ENV	30.67	8.742	12
SC	9.67	3.114	12

Here, the total number of science undergraduate students are 12.

- The score of mean of LOHAS is 85.42, which is less than the mean of arts undergraduate students and SD is 21.644, which is greater than the SD of arts undergraduate students.
- The score of mean of Physical fitness is 13.67, which is less than the mean of arts undergraduate students and SD is 5.280, which is greater than the SD of arts undergraduate students.
- The score of mean of Mental health is 9.42, which is less than the mean of arts undergraduate students and SD is 2.503, which is quite similar the SD of arts undergraduate students.
- The score of mean of Emotional health is 12.17, which is less than the mean of arts undergraduate students and SD is 3.215, which is greater than the SD of arts undergraduate students.
- The score of mean of Spiritual health is 9.83, which is less than the mean of arts undergraduate students and SD is 2.209, which is quite similar the SD of arts undergraduate students.
- The score of mean of Environmentalism is 30.67, which is less than the mean of arts undergraduate students and SD is 8.742, which is greater than the SD of arts undergraduate students.
- The score of mean of social consciousness is 9.67, which is less than the mean of arts undergraduate students and SD is 3.114, which is greater than the SD of arts undergraduate students.

Table 10: Coefficient of correlation for lifestyle of health and sustainability and its dimensions.

Correlations								
		LOHAS	**PF**	**MH**	**EH**	**SH**	**ENV**	**SC**
LOHAS	Pearson Correlation	1	.836**	.643*	.851**	.817**	.967**	.844**
	Sig. (2-tailed)		.001	.024	.000	.001	.000	.001
PF	Pearson Correlation	.836**	1	.548	.716**	.478	.706*	.612*
	Sig. (2-tailed)	.001		.065	.009	.116	.010	.034
MH	Pearson Correlation	.643*	.548	1	.465	.507	.530	.404
	Sig. (2-tailed)	.024	.065		.128	.093	.076	.192
EH	Pearson Correlation	.851**	.716**	.465	1	.734**	.798**	.533
	Sig. (2-tailed)	.000	.009	.128		.007	.002	.075
SH	Pearson Correlation	.817**	.478	.507	.734**	1	.825**	.678*
	Sig. (2-tailed)	.001	.116	.093	.007		.001	.015
ENV	Pearson Correlation	.967**	.706*	.530	.798**	.825**	1	.880**
	Sig. (2-tailed)	.000	.010	.076	.002	.001		.000
SC	Pearson Correlation	.844**	.612*	.404	.533	.678*	.880**	1
	Sig. (2-tailed)	.001	.034	.192	.075	.015	.000	
**. Correlation is significant at the 0.01 level (2-tailed).								
*. Correlation is significant at the 0.05 level (2-tailed).								

In table 10 represent the pairwise relationship among LOHAS, Physical fitness, Mental health, Emotional health, Spiritual health, Environmentalism and Social consciousness of Science Undergraduate students

- LOHAS is significantly correlated (.01 and .05 level of Significance) with Physical fitness, Mental health, Emotional health, Spiritual health, Environmentalism and Social consciousness of Science Undergraduate students.
- Physical fitness is significantly correlated (.05 level of Significance) with Emotional health, Environmentalism and Social Consciousness of Science Undergraduate students.
- Mental Health is insignificantly correlated (.01 and .05 level of Significance) with Emotional health, Spiritual health, Environmentalism and Social consciousness of Science Undergraduate students.
- Emotional Health is significantly correlated (.01 and .05 level of Significance) with Spiritual health and Environmentalism of Science Undergraduate students.
- Spiritual Health is significantly correlated (.01 and .05 level of Significance) with Environmentalism and Social consciousness of Science Undergraduate students.
- Environmentalism is significantly correlated (.01 level of Significance) with social consciousness of Science Undergraduate students.

Here, 14 out of 21 Coefficient of correlations are significant. So, the null hypothesis **(H_{05})** "There is no significant pairwise relationship among LOHAS, Physical fitness, Mental health, Emotional health, Spiritual health, Environmentalism and Social consciousness of Science Undergraduate students" is rejected and the alternative hypothesis **(H_{a5})** "There is a significant pairwise relationship among LOHAS, Physical fitness, Mental health, Emotional health, Spiritual health, Environmentalism and Social consciousness of Science Undergraduate students" is accepted.

Table 11 represents the descriptive statistics for LOHAS, Physical fitness, Mental health, Emotional health, Spiritual health, Environmentalism and Social consciousness of Rural Undergraduate students.

Descriptive Statistics			
	Mean	**Std. Deviation**	**N**
LOHAS	103.15	12.936	343
PF	18.41	3.425	343
MH	11.13	2.165	343
EH	14.90	2.667	343
SH	10.49	2.220	343
ENV	37.09	5.765	343
SC	11.13	2.210	343

Here, the number of rural undergraduate students are 343.

- The score of mean and SD of LOHAS is 103.15 and 12.936.
- The score of mean and SD of Physical fitness is 18.41 and 3.425.
- The score of mean and SD of Mental health is 11.13 and 2.165.
- The score of mean and SD of Emotional health is 14.90 and 2.667.
- The score of mean and SD of Spiritual health is 10.49 and 2.220.
- The score of mean and SD of Environmentalism is 37.09 and 5.765.
- The score of mean and SD of social consciousness is 11.13 and 2.210.

Table 12: Coefficient of correlation for lifestyle of health and sustainability and its dimensions.

Correlations								
		LOHAS	**PF**	**MH**	**EH**	**SH**	**ENV**	**SC**
LOHAS	Pearson Correlation	1	.647**	.598**	.692**	.560**	.849**	.652**
	Sig. (2-tailed)		.000	.000	.000	.000	.000	.000
PF	Pearson Correlation	.647**	1	.390**	.288**	.282**	.369**	.261**
	Sig. (2-tailed)	.000		.000	.000	.000	.000	.000
MH	Pearson Correlation	.598**	.390**	1	.374**	.279**	.329**	.323**
	Sig. (2-tailed)	.000	.000		.000	.000	.000	.000
EH	Pearson Correlation	.692**	.288**	.374**	1	.359**	.498**	.375**
	Sig. (2-tailed)	.000	.000	.000		.000	.000	.000
SH	Pearson Correlation	.560**	.282**	.279**	.359**	1	.335**	.257**
	Sig. (2-tailed)	.000	.000	.000	.000		.000	.000
ENV	Pearson Correlation	.849**	.369**	.329**	.498**	.335**	1	.531**
	Sig. (2-tailed)	.000	.000	.000	.000	.000		.000
SC	Pearson Correlation	.652**	.261**	.323**	.375**	.257**	.531**	1
	Sig. (2-tailed)	.000	.000	.000	.000	.000	.000	
**. Correlation is significant at the 0.01 level (2-tailed).								

In table 12 represent the pairwise relationship among LOHAS, Physical fitness, Mental health, Emotional health, Spiritual health, Environmentalism and Social consciousness of Rural Undergraduate students

- LOHAS is significantly correlated (.01 level of Significance) with Physical fitness, Mental health, Emotional health, Spiritual health, Environmentalism and Social consciousness of Rural Undergraduate students.
- Physical fitness is significantly correlated (.01 level of Significance) with Mental health, Emotional health, Spiritual health, Environmentalism and Social consciousness of Rural Undergraduate students.
- Mental Health is significantly correlated (.01 level of Significance) with Emotional health, Spiritual health, Environmentalism and Social consciousness of Rural Undergraduate students.
- Emotional Health is significantly correlated (.01 level of Significance) with Spiritual health, Environmentalism and Social consciousness of Rural Undergraduate students.
- Spiritual Health is significantly correlated (.01 level of Significance) with Environmentalism and Social consciousness of Rural Undergraduate students.
- Environmentalism is significantly correlated (.01 level of Significance) with social consciousness of Rural Undergraduate students.

Here 21 out of 21 Coefficient of correlations are significant. So, the null hypothesis **(H_{06})** "There is no significant pairwise relationship among LOHAS, Physical fitness, Mental health, Emotional health, Spiritual health, Environmentalism and Social consciousness of Rural Undergraduate students" is rejected and the alternative hypothesis **(H_{a6})** "There is a

significant pairwise relationship among LOHAS, Physical fitness, Mental health, Emotional health, Spiritual health, Environmentalism and Social consciousness of Rural Undergraduate students" is accepted.

Table 13 represents the descriptive statistics for LOHAS, Physical fitness, Mental health, Emotional health, Spiritual health, Environmentalism and Social consciousness of Urban Undergraduate students.

Descriptive Statistics			
	Mean	**Std. Deviation**	**N**
LOHAS	103.00	12.169	50
PF	16.86	4.477	50
MH	10.48	2.644	50
EH	15.64	2.601	50
SH	10.56	2.977	50
ENV	37.84	4.617	50
SC	11.62	2.221	50

Here, the number of urban undergraduate students are 50.

- The score of mean of LOHAS is 103.00, which is quite similar the mean of rural undergraduate students and SD is 12.169, which is quite similar the SD of rural undergraduate students.
- The score of mean of Physical fitness is 16.86, which is less than the mean of rural undergraduate students and SD is 4.477, which is greater than the SD of rural undergraduate students.
- The score of mean of Mental health is 10.48, which is less than the mean of rural undergraduate students and SD is 2.644, which is quite similar the SD of rural undergraduate students.
- The score of mean of Emotional health is 15.64, which is greater than the mean of rural undergraduate students and SD is 2.601, which is quite similar the SD of rural undergraduate students.
- The score of mean of Spiritual health is 10.56, which is quite similar the mean of rural undergraduate students and SD is 2.977, which is quite similar the SD of rural undergraduate students.
- The score of mean of Environmentalism is 37.84, which is quite similar the mean of rural undergraduate students and SD is 4.617, which is less than the SD of rural undergraduate students.
- The score of mean of social consciousness is 11.62, which is quite similar the mean of rural undergraduate students and SD is 2.221, which is quite similar the SD of rural undergraduate students.

Table 14: Coefficient of correlation for lifestyle of health and sustainability and its dimensions.

Correlations								
		LOHAS	**PF**	**MH**	**EH**	**SH**	**ENV**	**SC**
LOHAS	Pearson Correlation	1	.653**	.537**	.588**	.546**	.758**	.528**
	Sig. (2-tailed)		.000	.000	.000	.000	.000	.000
PF	Pearson Correlation	.653**	1	.402**	.267	.211	.185	.103

Correlations								
		LOHAS	**PF**	**MH**	**EH**	**SH**	**ENV**	**SC**
	Sig. (2-tailed)	.000		.004	.061	.141	.197	.475
MH	Pearson Correlation	.537**	.402**	1	.165	.141	.257	.021
	Sig. (2-tailed)	.000	.004		.252	.327	.071	.883
EH	Pearson Correlation	.588**	.267	.165	1	.253	.352*	.244
	Sig. (2-tailed)	.000	.061	.252		.076	.012	.087
SH	Pearson Correlation	.546**	.211	.141	.253	1	.302*	.132
	Sig. (2-tailed)	.000	.141	.327	.076		.033	.362
ENV	Pearson Correlation	.758**	.185	.257	.352*	.302*	1	.575**
	Sig. (2-tailed)	.000	.197	.071	.012	.033		.000
SC	Pearson Correlation	.528**	.103	.021	.244	.132	.575**	1
	Sig. (2-tailed)	.000	.475	.883	.087	.362	.000	
**. Correlation is significant at the 0.01 level (2-tailed).								
*. Correlation is significant at the 0.05 level (2-tailed).								

In table 14 represent the pairwise relationship among LOHAS, Physical fitness, Mental health, Emotional health, Spiritual health, Environmentalism and Social consciousness of Urban Undergraduate students

- LOHAS is significantly correlated (.01 level of Significance) with Physical fitness, Mental health, Emotional health, Spiritual health, Environmentalism and Social consciousness of Urban Undergraduate students.
- Physical fitness is significantly correlated (.01 level of Significance) with Mental health of Urban Undergraduate students.
- Mental Health is insignificantly correlated (.01 level of Significance) with Emotional health, Spiritual health, Environmentalism and Social consciousness of Urban Undergraduate students.
- Emotional Health is significantly correlated (.05 level of Significance) with Environmentalism of Urban Undergraduate students.
- Spiritual Health is significantly correlated (.05 level of Significance) with Environmentalism of Urban Undergraduate students.
- Environmentalism is significantly correlated (.01 level of Significance) with social consciousness of Urban Undergraduate students.

Here 10 out of 21 Coefficient of correlations are significant. So, the null hypothesis **(H_{07})** "There is no significant pairwise relationship among LOHAS, Physical fitness, Mental health, Emotional health, Spiritual health, Environmentalism and Social consciousness of Urban Undergraduate students" is accepted.

Major findings of the study

The findings reveal significant pairwise relationships between LOHAS (Lifestyle of Health and Sustainability) and various health and consciousness dimensions among different groups of undergraduate students. For all students, male, female, arts, rural, all or most correlations (19-21 out of 21) were significant, leading to rejection of the null hypothesis and acceptance

of the alternative, confirming significant relationships in these groups. However, for science students, only 14 out of 21 correlations were significant, and for urban students, only 10, indicating weaker relationships and partial acceptance of the null hypothesis for these groups.

CONCLUSION

The study concludes that there is a significant pairwise relationship among LOHAS, and its dimensions for most undergraduate groups, including all students, males, females, arts students, and rural students. However, the relationships are less prominent among science and urban students, where only a portion of the correlations are significant. This suggests that LOHAS and health-consciousness dimensions are more interconnected in some groups.

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Conflict of Interest

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