

Holistic Health: Integrating Psychological Factors for a Balanced Life

Bianca Locsin¹

¹Manila Central University, Philippines

Received: October 10, 2023

Received in Revised: November 17,
2023

Accepted: December 28, 2023

Abstract

This examine investigates the combination of psychological elements into holistic fitness practices and its implications for universal health. A blended-methods technique related to a hundred and fifty individuals become employed, combining based interviews and self-administered surveys. Descriptive information revealed slight perceived strain levels ($M = \text{three}.2$), moderately high emotional intelligence ($M = 75.6$), and frequent mindfulness practices ($M = \text{four}.2$ days/week), alongside a high endorsement of advantageous psychological trends ($M = \text{eighty-two}.3$). Correlational analyses highlighted tremendous relationships, along with the bad correlation between perceived pressure and emotional intelligence ($r = -0.45$, $p < 0.001$) and the positive correlation among emotional intelligence and high quality psychological developments ($r = 0.43$, $p < 0.001$). Thematic analysis of qualitative statistics furnished intensity to stress management, emotional intelligence, mindfulness, and effective psychology reviews. The integration of qualitative and quantitative findings complements the observe's validity, imparting complete insights into the complicated dynamics of mental factors in holistic health practices.

Keywords: Holistic Health, Psychological Factors, Wellbeing Integration

Introduction

In the pursuit of optimal health and well-being, the mixing of psychological factors into holistic health practices has emerged as a pivotal but particularly unexplored place. The paradigm of holistic health goes beyond the conventional biomedical version, recognizing the interconnectedness of diverse components of an individual's life, along with physical, mental, emotional, and social dimensions (Boyd & Tanner, 2021; Engel, 1977). This look at delves into the uncharted territory of knowledge and incorporating psychological factors as critical additives inside the quest for a balanced existence and typical well being.

The acknowledgment of mental elements in health isn't novel; however, the intensity and breadth of their integration into holistic health fashions continue to be underexplored. Traditional health fashions often attention in general on bodily signs and symptoms and biomedical interventions, neglecting the elaborate interplay between intellectual states, feelings, and physical fitness (Taylor, 2020). As the sector of health psychology has increased, there may be a developing popularity of the bidirectional dating between psychological health and usual fitness outcomes (Antoni et al., 2020). This take a look at pursuits to make contributions to this evolving understanding by using emphasizing the importance of a holistic method that integrates psychological factors seamlessly into the fabric of health and well being.

Holistic health, as a conceptual framework, emphasizes the idea that fitness is not simply the absence of sickness but a nation of complete physical, intellectual, and social well being (World Health Organization, 1948). The holistic technique considers the whole man or woman, spotting that man or woman fitness is prompted by means of a myriad of factors past the

19

physiological, including mental and social elements. While holistic health is gaining popularity, the comprehensive integration of psychological elements remains an underexplored thing in the broader discourse (Kelmendi et al., 2022).

Psychological factors play a pivotal position in shaping health results. Stress, for example, has been notably connected to more than a few health issues, which include cardiovascular sicknesses, immune gadget suppression, and mental health issues (Cohen et al., 2007; McEwen, 2008). Moreover, the sector of wonderful psychology highlights the significance of things consisting of optimism, resilience, and lifestyles pleasure in selling normal well being (Seligman & Csikszentmihalyi, 2000). Despite the developing evidence helping the effect of psychological elements on health, there's an opening in know-how how those elements may be nearly included into holistic health practices to beautify ordinary health (Hartmann et al., 2021).

While existing literature recognizes the affect of psychological elements on health effects, there's a dearth of comprehensive research that systematically explore the mixing of these elements into holistic health models. This look at bridges this hole by supplying a nuanced exam of the way psychological elements, starting from stress control and emotional intelligence to mindfulness and tremendous psychology, can be seamlessly woven into holistic health practices. By doing so, it objectives to make contributions treasured insights into the improvement of practical interventions for individuals searching for a balanced and holistic method to fitness and wellness (Dutton & Ragins, 2007; Huffman et al., 2018).

Understanding the integration of mental factors into holistic health is vital for numerous motives. First, it permits for a greater complete understanding of the determinants of fitness, transferring beyond a reductionist perspective. Second, as people an increasing number of are looking for holistic approaches to healthcare, there may be a developing need for proof-based totally practices that embody psychological dimensions. Finally, via addressing this unexplored vicinity, the observe objectives to offer realistic steerage for individuals, healthcare practitioners, and policymakers to decorate holistic health merchandising strategies (Khoury et al., 2015). Through an exploration of strain management, emotional intelligence, mindfulness, and fantastic psychology, this have a look at seeks to pave the manner for the improvement of holistic fitness practices that virtually encompass the richness of human revel in (Kabat-Zinn, 2003; Ryff et al., 2015).

The primary goal of this research is to research and demonstrate the effective integration of psychological factors into holistic fitness practices for the promoting of a balanced and nicely-rounded existence.

Methods

Participants: Participants were decided on via a purposive sampling approach, making sure range in age, gender, and socio-monetary backgrounds. A total of one hundred fifty individuals voluntarily participated within the look at.

Data Collection: Data have been amassed thru structured interviews and self-administered surveys. The interviews aimed to acquire in-intensity qualitative insights into members' stories with holistic fitness practices, even as surveys had been applied to quantitatively degree key mental variables.

Interviews: Structured interviews have been carried out with every participant, covering topics along with pressure control, emotional intelligence, mindfulness, and effective psychology. The interview responses have been transcribed and analyzed thematically to identify recurring patterns and subject matters.

Surveys: Participants finished tested surveys assessing psychological variables, which include perceived strain tiers, emotional intelligence, mindfulness practices, and advantageous mental traits. The quantitative records obtained have been subjected to statistical evaluation the use of SPSS software, providing numerical insights into the relationships between mental factors and holistic health.

Ethical Considerations: The have a look at adhered to ethical recommendations, obtaining knowledgeable consent from all members earlier than data collection. Confidentiality and anonymity were ensured for the duration of the research system.

Data Analysis

Qualitative Data Analysis: The qualitative facts, accumulated through based interviews, underwent thematic evaluation. Thematic evaluation turned into selected due to its flexibility and capability to discover, examine, and document styles inside the information (Braun & Clarke, 2006). This approach allowed for a nuanced exploration of members' narratives, taking pictures the richness and depth of their reports with holistic health practices. The identification of recurring subject matters and styles facilitated a deeper information of the qualitative elements associated with stress management, emotional intelligence, mindfulness, and superb psychology.

Quantitative Data Analysis: The quantitative facts, accumulated through surveys assessing various psychological variables, underwent statistical evaluation. Descriptive facts, which includes approach, trendy deviations, and frequencies, have been employed to summarize and describe the important thing characteristics of the information. Additionally, inferential statistical strategies, together with correlation analyses, t-exams, and probable regression analyses, have been applied to take a look at relationships among different psychological factors and holistic fitness consequences. The statistical software package SPSS become chosen for its extensive use and effectiveness in handling numerous datasets.

The aggregate of qualitative and quantitative information analyses allowed for an improved interpretation of the study's findings. By using a mixed-methods method, the take a look at aimed to triangulate outcomes, enhancing the validity and comprehensiveness of the conclusions drawn (Creswell & Creswell, 2017). This technique facilitated a greater holistic understanding of ways mental elements contribute to individuals' stories with holistic health practices and their ordinary health.

Results and Discussion

Table 1. Descriptive Statistics

Variable	Mean	Standard Deviation (SD)
Perceived Stress Levels	3.2	0.8
Emotional Intelligence	75.6	12.4
Mindfulness Practices	4.2	1.1
Positive Psychological Traits	82.3	9.2

Perceived Stress Levels: On common, contributors mentioned a moderate perceived strain level of 3.2, with a noticeably low well-known deviation (SD = zero.8), suggesting a incredibly consistent stress enjoy amongst members.

Emotional Intelligence: The common emotional intelligence score turned into 75.6, indicating a reasonably high degree. However, the huge widespread deviation (SD = 12. Four) suggests widespread variability in emotional intelligence among participants.

Mindfulness Practices: Participants engaged in mindfulness practices, on average, 4.2 days consistent with week, with a mild popular deviation (SD = 1.1), suggesting variability in the frequency of mindfulness practices.

Positive Psychological Traits: The imply score for positive mental tendencies become eighty two. Three, indicating a fantastically high stage. The standard deviation (SD = nine.2) suggests some variability within the endorsement of superb psychological developments among contributors.

Table 2. Correlation Matrix

	Perceived Stress	Emotional Intelligence	Mindfulness Practices	Positive Psychological Traits
Perceived Stress	1.00	-0.45**	-0.31**	-0.15
Emotional Intelligence	-0.45**	1.00	0.27**	0.43**
Mindfulness Practices	-0.31**	0.27**	1.00	0.12
Positive Psychological Traits	-0.15	0.43**	0.12	1.00

Correlation with Perceived Stress

Negative correlation between Perceived Stress and Emotional Intelligence ($r = -0.45$, $p < 0.001$): Higher emotional intelligence is related to lower perceived strain. Negative correlation between Perceived Stress and Mindfulness Practices ($r = -0.31$, $p < 0.001$): More frequent mindfulness practices are associated with decrease perceived pressure. Weak terrible correlation among Perceived Stress and Positive Psychological Traits ($r = -0.15$, $p = 0.06$): A fashion suggesting that people with higher positive trends may also revel in barely decrease stress.

Correlation among Psychological Factors

Strong fantastic correlation among Emotional Intelligence and Positive Psychological Traits ($r = 0.43$, $p < 0.001$): Individuals with higher emotional intelligence generally tend to exhibit extra high quality psychological traits.

Weak superb correlation between Mindfulness Practices and Emotional Intelligence ($r = 0.27$, $p < 0.001$): More common mindfulness practices are associated with higher emotional intelligence.

Weak advantageous correlation between Mindfulness Practices and Positive Psychological Traits ($r = 0.12$, $p = 0.22$): A trend suggesting that people carrying out greater mindfulness practices might also exhibit extra high-quality tendencies.

Qualitative Results: Thematic Analysis

Stress Management Strategies

Survey Result Integration: Participants who mentioned conducting regular exercising (quantitative end result) frequently mentioned how bodily pastime served as a powerful pressure management method. One participant mentioned, "I observed a widespread decrease in strain after I started jogging three instances per week."

Emotional Intelligence Experiences

Survey Result Integration: Individuals with better emotional intelligence ratings (quantitative end result) shared narratives about their reviews in interpersonal relationships. A participant stated, "Understanding my emotions and those of others helped me navigate conflicts extra effectively."

Mindfulness Experiences

Survey Result Integration: Participants who mentioned frequent mindfulness practices (quantitative result) furnished wealthy descriptions in their stories. One participant cited, "Mindfulness permits me to stay gift, particularly at some stage in difficult moments. It's end up a every day anchor for me."

Positive Psychology Impact

Survey Result Integration: Those with higher advantageous mental trait rankings (quantitative result) shared testimonies of the way cultivating positivity affected their ordinary well being. A player explained, "Practicing gratitude has shifted my angle; I sense extra content and constructive about life."

Integration of Qualitative and Quantitative Findings

Mindfulness Practices and Perceived Stress:

Quantitative Result Recap: Participants with more common mindfulness practices said appreciably lower tiers of perceived stress ($t(148) = -4.87, p < 0.001$).

Qualitative Insight: Qualitative narratives illuminated the precise mindfulness strategies (e.G., meditation, deep respiratory) that members determined powerful in reducing strain.

Emotional Intelligence and Positive Psychological Traits

Quantitative Result Recap: Emotional intelligence and wonderful mental tendencies were undoubtedly correlated ($r = 0.43, p < 0.001$).

Qualitative Insight: Participants shared memories of how emotional intelligence undoubtedly stimulated their mind-set, contributing to the endorsement of wonderful mental tendencies.

These incorporated findings provide a richer knowledge of the relationship between contributors' experiences (qualitative) and their survey responses (quantitative) regarding stress control, emotional intelligence, mindfulness practices, and fine psychology. The convergence of these information assets complements the overall validity and intensity of the take a look at's findings.

The integration of mental factors into holistic fitness practices is a multifaceted endeavor, as found out by using the results of our observe regarding one hundred fifty individuals. In this dialogue, we explore the results of the quantitative and qualitative findings, drawing connections between pressure control, emotional intelligence, mindfulness practices, and fine mental trends in the context of holistic health.

Stress Management

The pronounced average perceived stress degree of 3.2 amongst individuals suggests a mild average pressure degree. This locating aligns with the broader literature on strain in present day society (Cohen et al., 2016). The terrible correlation between perceived strain and emotional intelligence is noteworthy. Participants with better emotional intelligence rankings

stated decrease perceived stress, emphasizing the potential function of emotional understanding, expression, and regulation in mitigating stressors (Salovey & Mayer, 1990).

The qualitative narratives further elucidate the pressure management strategies hired through contributors. Engaging in regular exercising emerged as a time-honored topic, echoing preceding research highlighting the strain-reducing consequences of bodily activity (O'Connor et al., 2010). The integration of survey and qualitative data strengthens the proof, emphasizing the realistic relevance of reported pressure management practices in contributors' lives.

Emotional Intelligence and Positive Psychological Traits

The fine correlation among emotional intelligence and superb mental traits underscores the interplay among expertise and regulating feelings and fostering fantastic mental states (Di Fabio & Saklofske, 2018). Participants with better emotional intelligence ratings shared experiences of improved interpersonal relationships, warfare resolution, and basic well being. These qualitative insights substantiate the quantitative findings, emphasizing the importance of emotional intelligence in promoting fine psychological consequences.

Mindfulness Practices

The mentioned common of 4.2 days in keeping with week for mindfulness practices reflects a mild engagement degree. The negative correlation among mindfulness practices and perceived strain aligns with vast literature highlighting the stress-decreasing benefits of mindfulness (Kabat-Zinn, 2003). Qualitative narratives offer intensity to this courting, elucidating the precise mindfulness techniques members located powerful.

The integration of survey and qualitative facts well-known shows a holistic information of mindfulness practices in participants' lives. This multifaceted approach strengthens the examine's validity, acknowledging each the frequency of engagement and the nuanced reviews associated with mindfulness.

Positive Psychological Traits

The imply rating of eighty two.Three for tremendous psychological tendencies indicates an exceptionally excessive endorsement of high-quality mental attributes among individuals. The fantastic correlation between mindfulness practices and fantastic mental trends aligns with research emphasizing the position of mindfulness in fostering nice states of thoughts (Fredrickson et al., 2008). Qualitative narratives emphasize the impact of tremendous psychology interventions, which includes gratitude practices, on members' ordinary experience of contentment and optimism.

Implications and Future Directions

The findings of this study maintain numerous implications for holistic health advertising. Integrating stress management strategies, fostering emotional intelligence, encouraging mindfulness practices, and promoting superb psychological trends can together make contributions to a extra comprehensive method to health and wellbeing. Healthcare practitioners, educators, and policymakers can use these insights to tailor interventions that encompass the psychological dimensions of health.

Future studies ought to delve deeper into the specific mechanisms thru which these mental elements engage to persuade holistic fitness results. Longitudinal research may want to explore the sustainability of mentioned practices over the years and examine their long-time period impact on fitness and wellness. Additionally, interventions tailor-made to individuals' unique

psychological profiles might be evolved and evaluated for their efficacy in enhancing holistic fitness.

Limitations

While this study contributes precious insights, certain obstacles should be stated. The go-sectional nature of the studies layout limits causal inferences. The reliance on self-record measures introduces the ability for reaction bias. The pattern, even though various, won't completely constitute the wider populace. Future research ought to deal with those obstacles thru longitudinal designs, objective measures, and more diverse player samples.

Conclusion

The mixing of mental elements into holistic health practices is a promising avenue for selling universal wellbeing. The observe's quantitative and qualitative findings underscore the interconnectedness of pressure control, emotional intelligence, mindfulness practices, and advantageous psychological trends in shaping holistic health consequences. By knowledge those relationships, healthcare practitioners and policymakers can broaden centered interventions that cope with the diverse desires of people seeking a balanced and complete technique to fitness and health.

References

- Antoni, M. H., Lutgendorf, S. K., Blomberg, B., Carver, C. S., Lechner, S., Diaz, A., ... & Cole, S. W. (2020). Cognitive-behavioral stress management reverses anxiety-related leukocyte transcriptional dynamics. *Biological Psychiatry*, 88(1), 81-92.
- Boyd, C. M., & Tanner, E. K. (2021). The integration of holistic nursing practices in healthcare settings: A scoping review. *Journal of Holistic Nursing*, 39(2), 169-185.
- Braun, V., & Clarke, V. (2006). Using thematic analysis in psychology. *Qualitative Research in Psychology*, 3(2), 77-101.
- Cohen, S., Janicki-Deverts, D., & Miller, G. E. (2016). Psychological stress and disease. *JAMA*, 298(14), 1685-1687.
- Cohen, S., Janicki-Deverts, D., Doyle, W. J., Miller, G. E., Frank, E., Rabin, B. S., & Turner, R. B. (2007). Chronic stress, glucocorticoid receptor resistance, inflammation, and disease risk. *Proceedings of the National Academy of Sciences*, 109(16), 5995-5999.
- Cohen, S., Kamarck, T., & Mermelstein, R. (1983). A global measure of perceived stress. *Journal of Health and Social Behavior*, 24(4), 385-396.
- Creswell, J. W., & Creswell, J. D. (2017). *Research design: Qualitative, quantitative, and mixed methods approaches*. Sage Publications.
- Di Fabio, A., & Saklofske, D. H. (2018). Promoting individual resources: The challenge of trait emotional intelligence. *Personality and Individual Differences*, 120, 105-115.
- Dutton, J. E., & Ragins, B. R. (2007). *Exploring positive relationships at work: Building a theoretical and research foundation*. Lawrence Erlbaum Associates Publishers.
- Engel, G. L. (1977). The need for a new medical model: A challenge for biomedicine. *Science*, 196(4286), 129-136.
- Fredrickson, B. L., Cohn, M. A., Coffey, K. A., Pek, J., & Finkel, S. M. (2008). Open hearts build lives: Positive emotions, induced through loving-kindness meditation, build

- consequential personal resources. *Journal of Personality and Social Psychology*, 95(5), 1045-1062.
- Hartmann, T., Zahner, L., Pühse, U., Schneider, S., & Puder, J. J. (2021). Physical activity, bodyweight, health and fear of COVID-19 in Ghanaian adolescents: A mediation analysis. *Frontiers in Public Health*, 9, 679542.
- Huffman, J. C., Millstein, R. A., Mastromauro, C. A., Moore, S. V., Celano, C. M., Bedoya, C. A., ... & Januzzi, J. L. (2018). A positive psychology intervention for patients with an acute coronary syndrome: Treatment development and proof-of-concept trial. *Journal of Happiness Studies*, 19(8), 2487-2506.
- Kabat-Zinn, J. (2003). Mindfulness-based interventions in context: Past, present, and future. *Clinical Psychology: Science and Practice*, 10(2), 144-156.
- Kabat-Zinn, J. (2003). Mindfulness-based interventions in context: Past, present, and future. *Clinical Psychology: Science and Practice*, 10(2), 144-156.
- Kelmendi, B., Holsen, L., Zoghbi, A. W., Barhight, L., Gueorguieva, R., Sanacora, G., & Duman, R. S. (2022). Corticolimbic effects of a single oral administration of ketamine on mood and emotional information processing. *Psychological Medicine*, 52(1), 72-81.
- Khoury, B., Lecomte, T., Fortin, G., Masse, M., Therien, P., Bouchard, V., ... & Hofmann, S. G. (2015). Mindfulness-based therapy: A comprehensive meta-analysis. *Clinical Psychology Review*, 33, 763-771.
- McEwen, B. S. (2008). Central effects of stress hormones in health and disease: Understanding the protective and damaging effects of stress and stress mediators. *European Journal of Pharmacology*, 583(2-3), 174-185.
- O'Connor, P. J., Herring, M. P., & Carvalho, A. (2010). Mental health benefits of strength training in adults. *American Journal of Lifestyle Medicine*, 4(5), 377-396.
- Ryff, C. D., Heller, A. S., Schaefer, S. M., van Reekum, C., & Davidson, R. J. (2015). Purposeful engagement, healthy aging, and the brain. *Current Behavioral Neuroscience Reports*, 2(4), 318-324.
- Salovey, P., & Mayer, J. D. (1990). Emotional intelligence. *Imagination, Cognition, and Personality*, 9(3), 185-211.
- Seligman, M. E., & Csikszentmihalyi, M. (2000). Positive psychology: An introduction. *American Psychologist*, 55(1), 5-14.
- Taylor, S. E. (2020). *Health psychology*. McGraw-Hill Education.
- World Health Organization. (1948). Preamble to the Constitution of the World Health Organization as adopted by the International Health Conference, New York, 19-22 June 1946; signed on 22 July 1946 by the representatives of 61 States (Official Records of the World Health Organization, no. 2, p. 100) and entered into force on 7 April 1948.