

# Emotional Imbalance and Human Ailments

G. Raghuram, S.N.Sugumar



**Abstract:** *Man is made by cells and their life is made by emotions, which in turn determine their health and wealth. Our emotions and feelings direct our physical activities. What we think inside comes outside. What we see outside came from human mind<sup>1</sup>. Our thoughts and the emotions are the input and the deeds and the actions are the outcomes. In fact, our emotions and thoughts are our life. As the quality of inputs determine the output. The nature of our emotions and thoughts determine the nature of our life. If the emotions and thoughts are positive then our life will be positive.<sup>1</sup> that means we will be happy and healthy. On the other hand, if our thoughts are negative, we will be negative, that is our life will be unhappy and unhealthy. It is believed that, negative emotions such as anger, anxiety, worry, depression and jealous influence our mental and physical health negatively. Therefore the researchers made an attempt in this study to find out the impact of emotions on human health. Thus, the study concludes that the negative emotions such as anger, anxiety, depression, fear and worry and disease are associated. But this may or may not be generalized as it is pertaining to a particular group of people belong to a particular center and a particular area, however it may be a valuable model for a macro study.*

**Key Words:** *Negative Emotions, Ailments, Body and mind interrelationships, Positive and Negative thoughts.*

## I. INTRODUCTION

Man is made by cells and their life is made by emotions, which in turn determine their health and wealth. Our emotions and feelings direct our physical activities. What we think inside comes outside. What we see outside came from human mind. Our thoughts and the emotions are the input and the deeds and the actions are the outcomes. In fact, our emotions and thoughts are our life. As the quality of inputs determine the output. The nature of our emotions and thoughts determine the nature of our life. If the emotions and thoughts are positive then our life will be positive.<sup>1</sup> That means we will be happy and healthy. On the other hand, if our thoughts are negative, we will be negative, that is our life will be unhappy and unhealthy. It is believed that, negative emotions such as anger, anxiety, worry, depression and jealous influence our mental and physical health negatively. Therefore the researchers made an attempt in this study to find out the impact of emotions on human health.

### Objective

Manuscript published on January 30, 2020.

\* Correspondence Author

G. Raghuram, Ph.D Scholars VISTAS Chennai -117,Insia.

Dr.S.N.Sugumar, Prof and HOD, Economics Department, VISTAS, Chennai- 117, India.

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- To examine the impact of Negative emotions on human ailments.

### Hypothesis

- H<sub>1</sub> : Human negative emotions such as; Anger, Anxiety, Depression, jealous and worry and human ailments are associated.

### Research Methodology

For this study, we have selected 100 devotees who are under the age group of 35 to 55 years of old, as sample respondents from the total 300 devotees. We have selected the sample respondents only from the age group of between 35 and 55 years of old, because they are the regular visitors of the center. Therefore, out of this 300 in the first stage we have omitted 50 members who are above 55 years of old and also omitted another 50 devotees who are less than 34 years of old which consists of students and unemployed persons. Out of this 200 devotees by adopting systematic sampling procedure, we have selected 100 devotees by taking all the even numbers from the attendance register maintain by the center.<sup>5</sup>

### Theoretical Framework

In fact, the human body is made by cells but it is directed by human mind. Human body consists of physical, mental, intellectual aspects and the atman or the spirit. Our mind is more subtle than the physical body and the spirit or the atman is more subtle than the mind. Apart from the intellect, body and mind are two important aspects of mankind. Body and mind are interrelated. They can influence each other, though the mind is more powerful than the body. The physical imbalance bring imbalance in the mind and vice versa. Negative emotions or attitudes make the physical body negative.<sup>2</sup> For example anxiety, fear, jealous, anger will bring imbalance in the physical body<sup>3</sup>. Which in turn bring imbalance in mental health. Therefore, the researchers have randomly selected respondents from the devotees of the Brahmakumaris center which is located at Adyar, Chennai-20.

### Data Analysis and Interpretations

For this research work we have selected 100 respondents to find out the influence of human emotions on human ailments.

**Table- 1, Sex-wise distribution of Sample Respondents**

Sl.No.	Sex	No. of respondents
1	Male	68
2	Female	32
3	Total	100

Source: Primary data

As per the study, 68 percent of the respondents are male and the rest is female.

**Table-2, Disease-wise distribution of Sample Respondents**

Sl. No.	Name of the Disease	No. of Respondent	Percentage
1	Diabetes	21	40.38
2	Heart	3	5.76
3	Lungs	7	13.46
4	Body Pain	13	25
5	In digestion	6	11.53
6	Kidney	2	3.84
7	Total	52	100

Source: Primary Data

The study reveals that, 48 percent of the respondents are healthy and they told that they are not under medication constantly. They used to take tablets or any medicines when they fall in sick. 52 percent of the respondents are suffering from various ailments and they are under medication for their respective diseases. The study reveals that 40.38 % of people are suffering from diabetes, 5.76% of them are suffering from Heart disease, 13.46% of them suffering from lungs related disease, 25% of them are suffering from various Joint pain, 11.5 % of them are suffering from Indigestion and 3.84% of them are suffering from Kidney problems.

**Table-3, Negative Emotions Score of Sample Respondents**

Sl. No	Emotions	Healthy People's score	Un healthy People's score
1	Anger	1.22	2.23
2	Anxiety	1.22	3.07
3	Depression	1.27	1.88
4	Fear	1.10	2.01
5	Worries	1.38	2.03
	Total	6.19	11.22

Source: Primary Data

Table 3 gives, Negative emotions score of sample respondents. For this study we have selected 5 negative emotions; Anger, Anxiety, Depression, Fear and Worries, each emotions carry maximum 5 points and for all he emotions the maximum value will be 25. Higher values of emotions indicate the severity of emotions. As per the study healthy respondent's anger score is 1.22 out of 5, whereas it is 2.23 for unhealthy respondent. The score for anxiety is 1.22 for healthy respondent. The study implies that the overall score for 5 emotions is 6.19 out of 25 for healthy respondents. The lower value indicates the intensity of those selected emotions is very low, which indicates good health status of the respondent. Whereas overall score for 5 emotions of un healthy people is 11.22 which is greater than overall score of healthy people (6.19). The estimates indicate that the unhealthy people are suffering from those negative emotions viz. anger, depression, Anxiety, Fear and worries.

**Table- 4, Sex-wise Classification of Negative Emotions score of Healthy People**

Sl.No	Sex	No. of Respondent	Obtain Score(Total )
1	Men	31	208 (775)
2	Women	17	124(425)
3	Total	48	332(1200)

Source: Primary Data

Table 4 presents the sex-wise classification of negative emotions score of healthy people. As per the study among 48 healthy respondents 31 of them are men and rest is the women. The table reveals that the overall score of healthy men is 208 out of 775, where as it is 124 out of 425 for women. The study concludes that overall negative emotions score is more among the women (29.17%) than the men(26.8%) in the case of healthy respondents.

**Table- 5, Sex-wise Classification of Negative Emotions Score of Unhealthy People**

	Sex	No.of Respondents	Obtained Score (Total)
1	Men	37	481(925)
2	Women	15	182(375)
	Total	52	663(1300)

Source: Primary Data

Table 5 depicts the sex-wise classification of negative emotions score of un healthy people. The overall negative emotions score for unhealthy men is 52 percent, which is greater than the overall score for unhealthy women (48.57). The study concludes that the intensity of negative emotions among the unhealthy men is greater than the intensity of negative emotions of unhealthy women.

**Conclusion**

The study reveals that out of 100 sample respondents 68 percent of them are men and the rest is women. Out of 100 sample respondents 52 respondents are suffering from multiple disease and they are under medication. The rest 48 sample respondents are not under medication for any diseases. Among the unhealthy people, 40 percent of them are suffering from diabetes and 25 percent of them are suffering from various joint pains. The value of negative emotions score is more among the unhealthy people (11.22) than the healthy people (6.19).

Among the healthy people, the overall negative emotions score of women (29.17%) is more than their counter part (26.8%). Among the unhealthy people, the overall negative emotions score of men (15.2%) is greater than women (48%). Thus, the study concludes that the negative emotions such as anger, anxiety, depression, fear and worry and disease are associated. But this may or may not be generalized as it is pertaining to a particular group of people belong to a particular center and a particular area, however it may be a valuable model for a macro study.



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## AUTHORS PROFILE



**G. Raghuram**, Yoga trainer ,consultant on naturopathy and counselor for personnel and psychological problems. At present she continues her Ph.D at Vel's University, Chennai, Tamilnadu.



**Dr.S.N.Sugumar**, Organized a few International and National conferences in India and abroad. He authored more than 20 books and published more than 100 research articles in the National and International Journals. He taught UG and PG students for 31 years at RKM Vivekananda College, and right now he is working as Professor and HOD, Department of Economics, VISTAS, Chennai. Specialized in Development and Health Economics.