

“Psychological Balance”-An Investigation

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ABSTRACT

Flexibility is the main constituent of psychological balance. Balance is a state of mind. Generally, people think that Physical Health can be maintained only by eating healthy and enriched food. But every one of us have to accept the fact that, our psychological stability also playing a vital role for Physical as well as Mental Health. Developing positive emotions in daily basis such as happiness, enjoyments in life, love, and gratification will ensure your healthy life and your performances will also be improved. Instead, negative emotions like anger, hatred, stress, depression and resentment will obstruct all your abilities and paves the roads for unhealthy mind and body and also conflicts in relationship. This study aimed to find out the level of awareness about psychological balance and to check whether they can follow it up in their life. To accomplish this aim, the investigator has collected required information through two standardized questionnaires among the sample. For this research work the investigator has chosen 185 sample by adopting simple random sampling method. The sample includes, teaching and non-teaching faculties working in various colleges of Chengalpet District. A quantitative analysis has been made and the result shows that, around 80 % of the sample knows about the significance of psychological balance but only 30 % of them were able to maintain psychological Balance in their life situations. Change is inevitable. Facing the challenging situation only can make your life as efficacious.

Key Words: Psychological Balance, Physical Health, Mental Health, Positive Emotions, Negative Emotions, Awareness, Questionnaire

INTRODUCTION

Psychological balance denotes that, it is a normal predisposition, which makes us adjust to change effectively and continue function even it is a difficult task. Changes in life is a challenging situation, which can be handled perfectly by some people, but it is hard for many throughout their life. Why such a variance, some persons are able to adapt changes and many are worried and anxious about the changes. This is mainly because of individual differences in all aspects of life.

Flexibility refers to the capability to re-adjust our value significances in response to change. Some days may exists challenges that necessitate from us to distract our responsiveness from our key goal and give importance to something else. On a bigger scale, an unpredicted situation may require from us to put aside something very important to us and re-define our goals. For example, dealing with a health issue may divert our daily routines into different a direction.

Being motivated to serve both self and others does not necessarily mean performing separate actions in an effort to please everybody. A single act may express concern for both our own benefit and for other people close to us or the common good in general. For example, doing your job to the best of your ability may give you a sense of self-worth, accomplishment, and material rewards and at the same time, you may provide a great service and inspiration to other people. Even though we

may need to give more importance either to ourselves or to others at any given time and in any given situation, it is equally important to our psychological health to care for ourselves as well as for other people.

Our environment is changing continuously. So we need to be flexible to adapt new situation even though it spoil our best plan. When we grow older, our needs will be changed. However, flexibility needs to be happen, at the same time, values and sense of truthfulness have to be maintained. Self-awareness and self-care helps you to feel safe and being helpful to others. Emergence of negative thoughts will deteriorate your skills and peace of mind.

Leading a well-balanced life requires you to let go of control. Research shows that suppressing our emotions both harms our memory and increases stress. Studies by the University of Southern California showed that people high in gravel were more likely to persist in using failing strategies to complete a task. Also, individuals who are highly self-disciplined and who rely on logical analysis and willpower to achieve their goals suffer the most when facing.

REVIEW

Gurudev Sri Sri Ravishankar, beautifully educated the people about life. He says Life is absolutely simple and yet most complex. When life appears most complex, turn to simplicity, which brings peace. When you are peaceful, attend to the complexity: that will make you more skillful. When you recognize both simplicity and complexity of life, you will be skillfully peaceful. Do not tell a person a mistake he/she knows that he/she made. What is the use of pointing out a mistake that he/she knows he/she has committed? You should only point out the mistake of a person who does not know, but who wants to know. Mistakes keep happening all the time. Often you get irritated by them and want to correct them. How much can you correct? Sacrifice is letting go of an attachment which gives you pleasure-for something bigger that would bring good. **“Sacrifice makes you sacred”**.

RESEARCH QUESTIONS

1. Are the people aware about psychological Balance?
2. Can the people implement the knowledge of psychological balance in their life situations?

RESEARCH OBJECTIVES

1. To find out the level of awareness about psychological Balance.
2. To find out the level of implementation of the knowledge of psychological balance in their life situations

3. RESEARCH HYPOTHESES

1. All the sample have high level of awareness about psychological Balance.
2. All the sample are implementing the knowledge of psychological balance in their life situations

NEED AND SIGNIFICANCE OF THE PRESENT RESEARCH

Social media occupies the lives of human being. People find no time to talk with family members. Instead they find lot of time to spend with other persons through social media. This kind of attitude definitely brings psychological imbalance among persons who are not ready to waste time with social media. Sometimes, the persons who are entering in to social media to seek fun time and pleasure, but by time being it becomes an forgettable evils in their life. But once they comes to

know that being happy and seeking pleasure should not be outside, it should happens within the person. An individual person has to decide that he has to be happy on his/her own. Unless otherwise, a single person make himself to be happy, it is not at all possible for others to make him/her happy and peaceful. Since everyone should learn nothing is permanent in life other than himself/herself till end of his/her life. Psychological balance is essential for every human being. Otherwise, people have to eat medicines like food and leads to severe illness in Mental and Physical Health. The investigator interested to know, whether the people aware about importance of psychological balance and are they able to implement such knowledge in their life?. Hence the investigator selected the problem as “Psychological Balance”-an investigation

SAMPLING, MATERIALS AND METHOD OF STUDY AND

There were 185 sample have been selected by adopting simple random sampling method. The sample includes teaching staff members and office staff members who are working in colleges of Chengalpet District. Since it is a survey method, two questionnaires have been prepared. One is to know how much awareness they have about the psychological balance and the other one is to know whether they are implementing the same in their life. After standardization of the two questionnaires by following proper standardization procedure, each one has 12 statements. It is a YES/NO type questionnaire, the scores given as ‘1’ for YES responses and ‘0’ for NO responses for all positive statements and scores have been reversed for all negative statements. So the maximum score for each questionnaire is 12 only. Finally the scores have been converted to percentage for statistical analysis.

RESULT ANALYSIS

Table-1 Illustrating the level of awareness about Psychological Balance

LAPB	Number	Percentage
LOW	07	03.78 %
AVERAGE	30	16.22 %
HIGH	148	80.00 %
TOTAL	185	100.00 %

Table-1 Illustrating the level of implementation of Psychological Balance

LAPB	Number	Percentage
MINIMUM	120	64.87 %
AVERAGE	25	13.51 %
MAXIMUM	40	21.62%
TOTAL	185	100.00 %

FINDINGS OF THE STUDY

- The result shows that, 80 % of the sample knows very well about the psychological balance and its consequences on Mental and Physical Health
- Only 3.78 % of the sample were not aware about the psychological balance and its significances.

- And also 16.22 % of the sample have average level of awareness about the psychological balance and its implications.
- The heart breaking result is that, even though 80 % of the sample have the high level of awareness about psychological balance and its importance, only 21.62 % of them were able to follow it up in their life at maximum level.
- The result also revealed the fact that, 64.87 % of the sample were not able to implement ie minimum level of implementation of such kind of psychological balance in their life.
- And only 13.51% of the sample were implementing the psychological balance in their life at average level.

DISCUSSION OF THE RESULT

This study revealed that, because of various Medias, people are aware about the psychological balance and its impact on Health. But it is difficult for them to follow. Few sample were asked randomly the reasons for that they are not implementing the acquired knowledge in their life. The reasons were, they are not able to stop worrying about the tribulations even though they strongly decided that not to be worried here after. They are saying that, when their basic expectations are not getting fulfilled by their spouse or somebody else, they could not behave normally. People felt that betrayal is a painful event, and when it is caused by their lovable spouse, it becomes scar, and it cannot be considered as a simple incident. Because of this either they will be worried within themselves or they will start shouting at the other person. They are also ready to substitute themselves in some other activities, but their mind always immersed in to that thoughts.

RECOMMENDATIONS

1. Try to stop overthinking about past and future. Live in the present
2. Be kind and calm always, which can make you peaceful.
3. Negative thoughts cannot be completely stopped. But by filling your mind with more positive thoughts, automatically the negative thoughts will be crumpled.
4. Whenever you find time, listen to life motivational speeches.
5. Listening pleasant music will help you to come out from worries.
6. Avoid people or things which make you miserable.
7. Think about your blissful moments and incidents of your childhood.
8. Never allow any external situation to make you down.
9. Appreciate yourself in thinking of all your potentials.
10. Equip yourself to face the challenges of life.
11. Learn from your failures.
12. Love yourself and accept yourself.
13. Accept people as they are. Trying to change other person's behavior is like holding ice cube in your hand.
14. Not possible to forget the cheats and cheaters but change yourself much stronger than ever before.
15. Everyone has to understand the concept that, the things will not ever go in our way. Events will happen always undesirably.

CONCLUSION

The overall health of human beings can be maintained throughout their life, by balancing inner world. We all know stress, depression, worries and hatred affects our health. In order to accomplish a balanced lifestyle, we must be healthy. Our body needs enough rest, exercise, yoga, meditation and healthy food along with psychological balance. Negative emotions, will inhibit our abilities. We need to learn about positive thinking and its benefits, to adapt vast changes happening in our daily life. From a psychological perspective, emotions are vital paradigms related to psychological well-being and pleasure with life. Personal and professional responsibilities can be supported only if we have good health. Realization of life is not stable but in constant motion. Life Is Like Riding a Bicycle. The contradiction of balance is that, the more we pursue it, the more things seem to fall apart. Our worries make us worry more. Balance is bringing things into harmony. It's not something that you can get, but something that you continually do. Life is a game in which you are continually juggling many balls in the air.

“Life is like riding a bicycle. To keep your balance, you must keep moving.” -Albert Einstein

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