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A Study of Life Satisfaction Levels of Youth Using Predefined Health Parameters

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ABSTRACT

Life satisfaction levels of youth can be effectively understood by analyzing predefined health parameters such as physical health, mental well-being, social relationships, emotional stability, and lifestyle habits. These parameters collectively influence how young individuals perceive their quality of life and overall happiness. Good physical health, supported by regular exercise and proper nutrition, contributes to higher energy levels and a positive outlook. Mental well-being, including low levels of stress, anxiety, and depression, plays a crucial role in shaping life satisfaction. Additionally, strong social connections with family, friends, and peers enhance a sense of belonging and emotional security. Lifestyle habits such as adequate sleep, balanced routines, and limited screen time further support psychological balance. When these health parameters are favorable, youth are more likely to feel confident, motivated, and satisfied with their lives. Conversely, poor health conditions, social isolation, or unhealthy habits can reduce life satisfaction and lead to negative outcomes. Therefore, evaluating life satisfaction through predefined health parameters provides a structured and holistic approach to understanding youth well-being and highlights the importance of promoting healthy behaviors and supportive environments for improving their overall quality of life.