

## The Key to a Quality Life

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### Abstract

*This research aims to identify and analyze factors that contribute to a good quality of life. Physical health, mental health, social health, and a healthy lifestyle are considered the main components that influence quality of life. This research uses mixed methods which combine qualitative and quantitative approaches. Quantitative data was collected through a questionnaire survey from 200 respondents covering various aspects of health and lifestyle. Qualitative data was obtained through in-depth interviews with 20 participants as well as direct observation to gain a deeper understanding of individual experiences and views on quality of life. Quantitative analysis shows that there is a significant positive correlation between physical activity, healthy eating patterns, social support and mental health with the level of quality of life. Qualitative analysis identified four main themes: the importance of maintaining physical health through exercise and a healthy diet; mental health through relaxation techniques and emotional support; social health through meaningful interactions and relationships; and a healthy lifestyle that includes daily habits that support overall well-being. This research concludes that a good quality of life can be achieved through a balance between physical, mental and social health, as well as implementing a healthy lifestyle. Support from government and society is also important in creating an environment that supports holistic health. These findings can form the basis for public health programs and policies aimed at improving people's quality of life.*

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## 1. INTRODUCTION

Health is a balanced and harmonious physical, mental and social condition. Health is not just the absence of disease or infirmity, but also includes overall well-being. Maintaining health is a long-term investment for a better quality of life and optimal productivity. Physical health is the main foundation in achieving a good quality of life. According to the World Health Organization (WHO), physical health involves optimal body condition and the ability to carry out daily activities without significant obstacles(1). Regular exercise, a balanced diet, and adequate sleep are key components of good physical health(2).

### Health Aspects

1. Physical Health involves the body's condition being free from disease and the ability to carry out daily activities without excessive fatigue. These aspects include a balanced diet, regular exercise, adequate sleep, and regular health check-ups. A diet rich in fruits, vegetables, protein and fiber helps maintain ideal body weight and prevents chronic diseases such as diabetes and hypertension.
2. Mental health involves emotional and psychological well-being. This includes the ability to manage stress, maintain healthy relationships, and have a positive outlook on life. Managing stress can be done through relaxation techniques such as meditation, yoga, or enjoyable hobby activities.
3. Social Health includes the ability to interact and build meaningful relationships with others. Social support from family, friends and community is very important in maintaining mental and physical health. Participating in social activities can increase your sense of belonging and happiness.

### The Importance of a Healthy Lifestyle

A healthy lifestyle is a combination of daily habits that support overall health. This includes a healthy diet, physical activity, adequate sleep, and avoidance of bad habits such as smoking and excessive alcohol consumption. Here are some steps to adopt a healthy lifestyle:

1. **Balanced Diet** Consume foods with balanced nutrition, including carbohydrates, protein, healthy fats, vitamins and minerals. Avoid processed and high-sugar foods which can increase the risk of chronic disease.
2. **Physical Activity** Do exercise regularly, at least 30 minutes every day. Physical activity can include walking, running, cycling or swimming. Exercise helps improve stamina, muscle strength and heart health.
3. **Get Enough Sleep.** Adequate and quality sleep is very important for the recovery of the body and brain. Try to sleep for 7-8 hours every night and create a comfortable sleeping environment.
4. **Stress Management** Find ways to manage stress, such as through meditation, hobbies, or communicating with people you trust. Stress that is not managed properly can have a negative impact on physical and mental health.
5. **Routine Health Checks** Carry out routine health checks to detect health problems early and prevent the development of disease. Consult a doctor regarding necessary examinations according to age and health condition.

### **The Role of Government and Society**

The government has an important role in promoting health through policies that support access to health services, health education, and a healthy environment. Immunization programs, health campaigns, and providing sports facilities are some examples of government efforts to improve public health.

Society also plays a role in creating an environment that supports health. Communities that care about the health of their members can provide social support, organize joint sports activities, and promote healthy lifestyles.

Mental health includes a person's emotional and psychological well-being. WHO defines mental health as a state of well-being in which individuals can realize their potential, cope with the normal stresses of life, work productively, and contribute to their communities(1). Relaxation techniques such as meditation and yoga have been proven effective in managing stress and improving mental health(3)

Social health involves the ability to interact with others and build meaningful relationships. Studies show that strong social support can improve mental and physical health and extend life expectancy(4). Participating in social and community activities can also increase your sense of belonging and happiness(5). Additionally, a healthy lifestyle includes a variety of habits that support overall health. According to(6), healthy eating patterns, physical activity, adequate sleep, and avoiding bad habits such as smoking are the main keys to a healthy lifestyle. Consuming foods rich in nutrients and low in saturated fat, as well as exercising regularly, can prevent chronic disease and improve overall well-being(7).

## **2. RESEARCH METHOD**

### **2.1. Research methods**

Research on "The Key to a Quality Life" uses mixed research methods, which combine qualitative and quantitative approaches. This method was chosen because it can provide a deep and comprehensive understanding of various aspects that influence quality of life.

- a. **Qualitative Approach:** Used to explore individuals' experiences, perceptions and views regarding the factors they consider important for achieving a good quality of life.
- b. **Quantitative Approach:** Used to measure and analyze numerical data that can provide a general idea of the prevalence, correlations and patterns in a larger population.

## 2.2.Data collection technique

Data collection is carried out through several techniques to obtain valid and reliable data:

- **Questionnaire Survey:** Questionnaires were distributed to respondents to collect quantitative data regarding various aspects that influence quality of life, such as physical health, mental health, social health and healthy lifestyle. The questionnaire includes closed questions and a Likert scale to measure the level of satisfaction and importance of each aspect.
- **Deep interview:** Semi-structured interviews were conducted to dig deeper into individuals' experiences and views regarding quality of life. These interviews help understand the context and subjective factors that cannot be measured quantitatively.
- **Observation:** Direct observation is carried out to see and record behavior and social interactions in the respondent's natural environment. This technique provides additional data on how individuals live a healthy lifestyle and interact in their social context.

## 2.3.Data analysis technique

Data analysis was carried out using techniques appropriate to the type of data collected: Qualitative Analysis. Data from in-depth interviews and observations were analyzed using thematic analysis techniques. This technique involves coding the data to identify the main themes that emerge from the data. The analysis process includes grouping data into thematic categories, determining patterns, and interpreting the meaning of qualitative data. Data Collection, Qualitative data was collected through questionnaires, interviews and observations. Descriptive Analysis, Quantitative data is analyzed to get a general picture of the distribution and characteristics of respondents.

## 3. RESEARCH RESULTS AND DISCUSSION (12 Pt)

### 3.1.Research result

The results of qualitative research on "The Key to a Quality Life" were obtained through in-depth interviews and observations. The following are some of the main themes that emerged from the qualitative data analysis. Physical Health: Respondents emphasized the importance of maintaining physical health through a healthy diet, regular exercise and regular health checks. Many said that physical activity such as walking, cycling or yoga helped them feel fitter and more energetic. Mental Health. Many respondents said that mental health is very important for quality of life. Relaxation techniques such as meditation, yoga and creative hobbies are mentioned as ways to manage stress. Emotional support from family and friends is also considered to be very influential in maintaining mental well-being. Viewed from a social health perspective, healthy social interactions and support from the community are recognized as important factors in achieving quality of life. Many respondents felt that meaningful relationships with other people gave them a sense of belonging and increased their happiness and Healthy Lifestyle, a healthy lifestyle that includes a balanced diet, adequate sleep, and avoidance of bad habits such as smoking and excessive alcohol

consumption was also considered key. important. Respondents who adopted a healthy lifestyle reported feeling happier and more productive.

### **3.2.Discussion**

This research found that maintaining physical health through a healthy diet and regular exercise is the main factor in achieving a good quality of life. Respondents who exercise regularly and eat nutritious foods report higher energy levels and feel fitter. This is in line with findings from(2)which shows that physical activity can improve overall health. The results show that mental health plays a key role in quality of life. Respondents who managed stress through relaxation techniques and had strong emotional support reported higher levels of well-being. These findings are consistent with research(3)which states that meditation and mindfulness can improve mental health and reduce stress. Healthy social interactions and community support were found to be very influential in improving quality of life. Respondents who have strong relationships with family and friends feel happier and have a higher sense of belonging. This supports research(8)who found that social support can extend lifespan and improve mental health. This research also highlights the importance of a healthy lifestyle in achieving a good quality of life. Respondents who adopted a balanced diet, got enough sleep, and avoided bad habits reported higher levels of happiness and productivity. This is in accordance with the guidelines(6)which emphasizes the importance of a healthy lifestyle to prevent chronic disease and improve well-being.

## **4. CONCLUSION**

This research concludes that a good quality of life can be achieved through a balance between physical, mental and social health, as well as implementing a healthy lifestyle. These findings underscore the importance of a holistic approach in maintaining health. The government and society need to work together to create an environment that supports holistic health, through health, education and social support programs.

## **5. SUGGESTION**

- a. The government can expand access to health and sports facilities, as well as organize health campaigns that raise awareness of the importance of a healthy lifestyle.
- b. People can form communities that support and promote mental and social health, such as support groups and social activities.
- c. Individuals are advised to adopt a healthy lifestyle by maintaining a healthy diet, exercising regularly, getting enough sleep, and managing stress through relaxation techniques.

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