

# Health Related Well Being Practices and Professional Lifestyle Patterns Among Nursing Staff in Patna District Bihar

Shruti Kumari<sup>1</sup>, Dr. Anil Kumar Gope<sup>2</sup>

<sup>1</sup>Research Scholar P.G. Department of Commerce Jai Prakash University, Chapra (Saran), Bihar, India

<sup>2</sup>Assistant Professor P.G. Department of Commerce Jai Prakash University, Chapra, Bihar, India

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## ABSTRACT

The current study looks at the professional lifestyle patterns and health-related well-being practices of nursing personnel in Patna District, Bihar. Assessing health-related well-being practices, looking at professional lifestyle behaviours, identifying health maintenance practices, and analysing the relationship between well-being and lifestyle patterns among nursing professionals were the goals of the study. Using a suitable sampling strategy, a structured questionnaire was used to gather primary data from 120 nursing staff members employed in particular healthcare facilities as part of a descriptive cross-sectional research design. Frequency and percentage approaches were used to analyse the acquired data. The results showed that most respondents had relatively healthy lifestyle patterns and good health-related well-being practices. Regular physical activity and a balanced diet were found to be the most often used health maintenance methods, whereas routine health examinations and stress-reduction techniques were somewhat less popular. Additionally, the study found a favourable correlation between professional lifestyle patterns and health-related well-being practices, suggesting that healthier lifestyle choices improve nursing staff members' general well-being. According to the study's findings, occupational stress, busyness, and irregular work schedules continue to negatively impact nurses' general well-being even if they typically maintain excellent health and lifestyle behaviours.

**Keywords:** Health-related well-being, professional lifestyle patterns, nursing staff, occupational stress, health maintenance practices.

## INTRODUCTION

Healthcare systems across the world rely significantly on nursing professionals to ensure effective patient care, promote recovery, and maintain healthcare quality. Because they deal directly and continuously with patients, nurses are among the most valuable human resources in healthcare facilities. However, nursing professionals' general health and lifestyle choices are frequently impacted by the demanding nature of their jobs, erratic work schedules, lengthy workdays, emotional strain, and occupational stress. As a result, research on nursing staff's professional lifestyle habits and health-related well-being practices has grown in importance in the fields of public health and healthcare administration.

The physical, mental, emotional, and social aspects that affect a person's general quality of life and functional capacity are referred to as health-related well-being. Maintaining wellbeing is crucial for nurses' personal health as well as their ability to provide patients with safe, effective, and compassionate care. The well-being of healthcare workers is greatly enhanced by elements including a healthy diet, exercise, enough sleep, stress reduction, preventive medical procedures, and emotional fortitude.

Workplace surroundings and occupational obligations have an impact on the professional lifestyle patterns of nursing professionals. Shift work, uneven workloads, inadequate downtime, and difficulties striking a work-life balance are common issues for nurses. Unhealthy lifestyle behaviours, such as irregular eating patterns, physical inactivity, sleep difficulties, and psychological weariness, may be exacerbated by such conditions. These

elements may eventually have an impact on patient outcomes, productivity, work satisfaction, and professional performance.

Nursing experts operate in a variety of healthcare settings in Patna District, Bihar, including community health centers, government hospitals, private healthcare facilities, and specialised medical facilities. Examining the lifestyle habits and well-being practices undertaken by nursing staff in this region is essential due to the rapid changes in healthcare needs, growing patient loads, and changing professional expectations. Examining these aspects can yield important information for creating institutional regulations and health promotion plans targeted at enhancing the well-being and productivity of nurses.

The purpose of this study is to investigate how professional lifestyle patterns and health-related well-being practices relate to nursing staff in Patna District, Bihar. The results could help identify current behavioural patterns, obstacles, and chances to improve workplace health and promote long-term healthcare delivery.

### Objectives of the Study

1. To assess the health-related well-being practices among nursing staff in Patna District, Bihar.
2. To examine the professional lifestyle patterns adopted by nursing staff in their occupational and personal lives.
3. To identify the factors influencing the health and lifestyle behaviours of nursing professionals.
4. To analyse the association between health-related well-being practices and professional lifestyle patterns among nursing staff.

## LITERATURE OF REVIEW

**Kumar, D. (2021)** examined strategies to improve the accessibility of qualified medical professionals in rural Bihar, India. The study concentrated on the difficulties faced by the healthcare workers, professional obligations, and the provision of healthcare services in rural areas. The results showed that healthcare workers' productivity and well-being were impacted by a lack of qualified healthcare experts and difficult work environments. In order to build healthcare systems and promote professional sustainability, the study emphasised the necessity of supporting healthcare policies and better working circumstances.

**Kumar, S. et al. (2026)** investigated how oral health practices and lifestyle scores affected nursing students' quality of life in Ranchi, Jharkhand, India. Health-related behaviours like nutrition, exercise, dental hygiene, and preventive medical care were evaluated in the study. The results showed that nursing students' overall health-related quality of life was positively impacted by healthier lifestyle choices. According to the study, lifestyle changes and health knowledge are crucial for fostering both physical and emotional well-being in healthcare professionals and students.

**Kumar, V. (2025)** investigated, using an institutional ethnographic method, the impact of health personnel shortages and deployment in integrated healthcare initiatives in Bihar, India. According to the study, healthcare workers' working environments were impacted by high workloads, staff shortages, and poor workforce allocation, all of which led to professional stress. The study demonstrated how difficult work environments affected healthcare personnel' personal and professional wellbeing. In order to enhance the quality of healthcare services and employee well-being, the study suggested improved workforce planning and institutional supportive measures.

## RESEARCH METHODOLOGY

The methodical approach used to gather, evaluate, and analyse data in order to accomplish a study's goals is referred to as research methodology. It offers a methodical and trustworthy scientific framework for carrying out research. The current study's approach was created to investigate the professional lifestyle patterns and health-

related well-being practices of nursing personnel in Patna District, Bihar. The research design, sampling strategy, data collection procedures, and methods for analysing the information gathered are all included in the methodology.

### Research Design

The current study used a descriptive cross-sectional research design to evaluate the professional lifestyle patterns and health-related well-being practices of nursing staff. The descriptive approach proved appropriate for comprehending the lifestyle patterns and health behaviours of nursing professionals at a certain moment in time.

### Study Area and Sample

The study was carried out in a few healthcare facilities in Bihar's Patna District. Nurses employed by both public and commercial healthcare organisations were among the target group. Using a simple sample technique, 120 nursing staff members were chosen as study participants based on their accessibility and desire to participate.

### Sources and Tool of Data Collection

The study used data from both primary and secondary sources. A systematic questionnaire with closed-ended questions about professional lifestyle patterns, health-related well-being practices, and health maintenance behaviours was used to directly gather primary data from respondents. To support the study, secondary data were gathered from books, journals, research publications, and medical reports.

### Data Collection Procedure

The researcher personally approached the nursing staff in selected healthcare institutions for data collection. Before gathering data, the respondents were given a thorough explanation of the study's goals and purpose. Responses were kept private throughout the study, and participation was entirely voluntary.

### Method of Data Analysis

The collected data were organized, classified, and analyzed using simple statistical tools such as frequency and percentage analysis. The results of well-being practices, lifestyle patterns, health maintenance practices, and the relationship between health-related well-being and lifestyle behaviours among nursing staff were presented in tables.

## RESULT AND DISCUSSION

The analysis and interpretation of data gathered from 120 nursing staff members in Patna District, Bihar, to evaluate their professional lifestyle patterns and health-related well-being practices are presented in this part

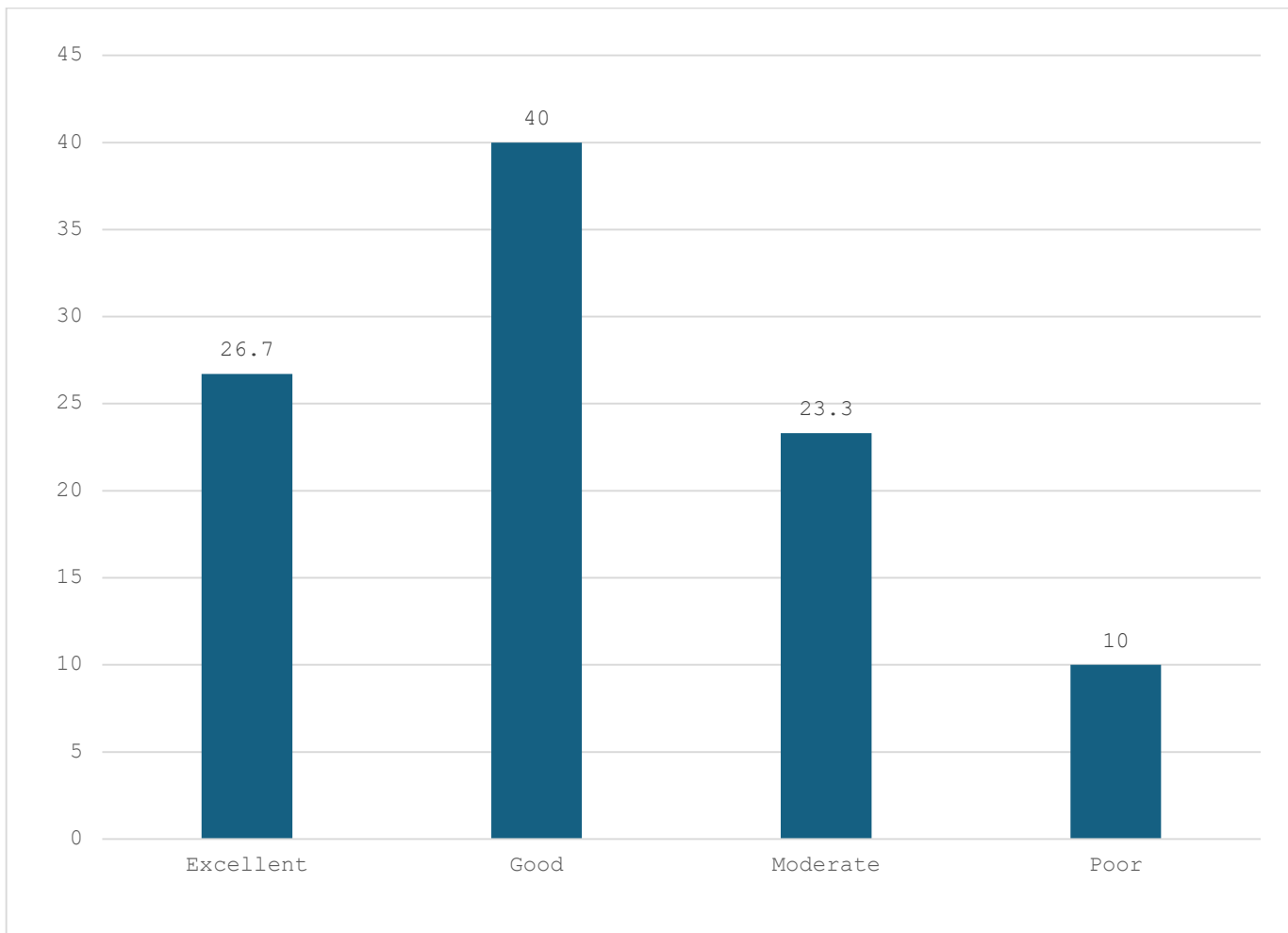
The results are arranged into tables that display the distribution of health maintenance practices, professional lifestyle patterns, well-being practices, and the relationship between lifestyle patterns and health-related well-being.

The investigation sheds light on nursing professionals' general health-related behaviours and lifestyle choices and how they affect their well-being at work.

**Table 1: Distribution of Nursing Staff According to Health-Related Well-Being Practices**

| Health-Related Well-Being Practices | Frequency (n) | Percentage (%) |
|-------------------------------------|---------------|----------------|
| Excellent                           | 32            | 26.7           |
| Good                                | 48            | 40.0           |
| Moderate                            | 28            | 23.3           |

|              |            |            |
|--------------|------------|------------|
| Poor         | 12         | 10.0       |
| <b>Total</b> | <b>120</b> | <b>100</b> |

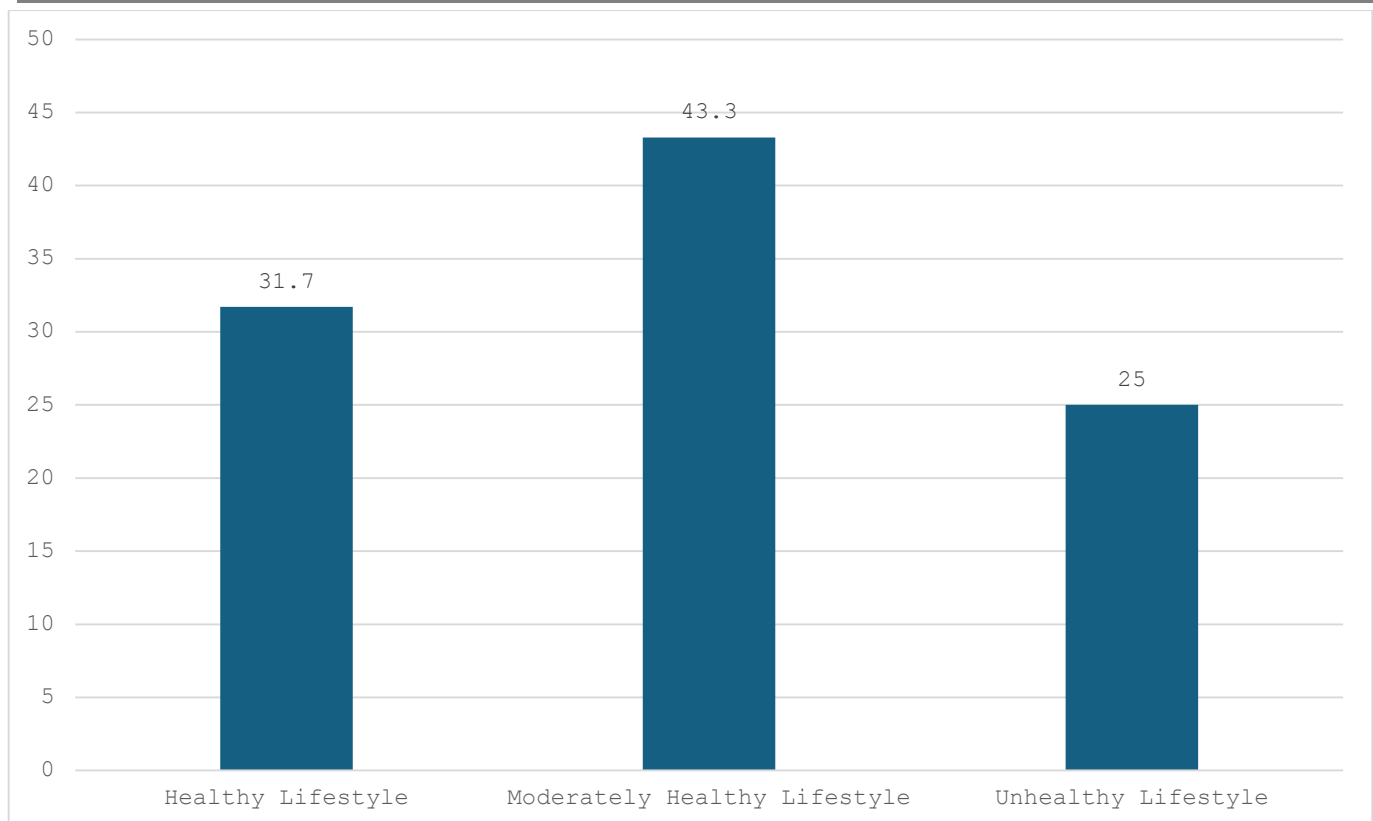


**Figure 1: Graphical presentation of Distribution of Nursing Staff According to Health-Related Well-Being Practices**

Table 1 demonstrates that the majority of respondents maintained satisfactory health behaviours and general well-being, with the largest percentage (48; 40.0%) of the 120 nursing staff exhibiting good health-related well-being practices. Following this, 32 respondents (26.7%) demonstrated good well-being habits, indicating a strong commitment to preserving both mental and physical health. Furthermore, 28 respondents (23.3%) indicated moderate well-being habits, indicating room for growth in their management of their health. A lower percentage of respondents—12, or 10.0%—fell into the category of poor health-related well-being practices, suggesting that a small percentage of nursing staff may find it difficult to maintain their personal health because of their professional obligations and stress at work. Overall, the results show that most nursing staff members maintain positive health-related well-being behaviours.

**Table 2: Distribution of Nursing Staff According to Professional Lifestyle Patterns**

| Professional Lifestyle Pattern | Frequency (n) | Percentage (%) |
|--------------------------------|---------------|----------------|
| Healthy Lifestyle              | 38            | 31.7           |
| Moderately Healthy Lifestyle   | 52            | 43.3           |
| Unhealthy Lifestyle            | 30            | 25.0           |
| <b>Total</b>                   | <b>120</b>    | <b>100</b>     |

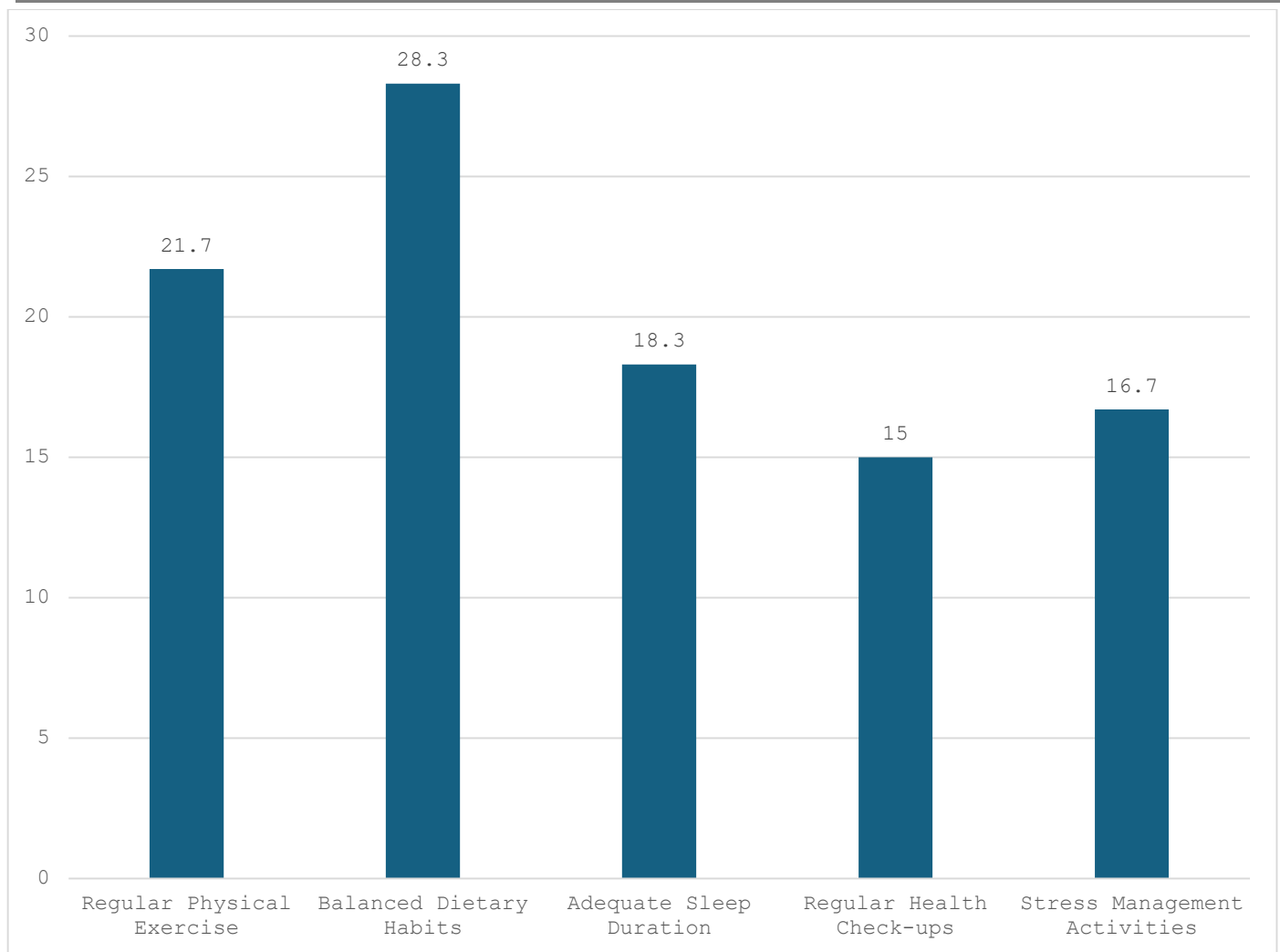


**Figure 2: Graphical presentation of Distribution of Nursing Staff According to Professional Lifestyle Patterns**

Table 2 shows that the majority of the 120 respondents (52; 43.3%) had a reasonably healthy lifestyle pattern, suggesting that nursing staff typically maintain appropriate personal and professional lifestyle behaviours. Following this, 38 respondents (31.7%) embraced a healthy lifestyle, demonstrating constructive behaviours that promote both personal and professional well-being. However, 30 respondents (25.0%) were classified as having an unhealthy lifestyle pattern, indicating that a significant percentage of nursing staff may struggle to maintain healthy habits because of workload, stress at work, and erratic schedules. Overall, the results show that although while the majority of respondents exhibit moderate to healthy lifestyle choices, more work is required to encourage healthier professional lifestyles.

**Table 3: Distribution of Nursing Staff According to Health Maintenance Practices**

| Health Maintenance Practices | Frequency (n) | Percentage (%) |
|------------------------------|---------------|----------------|
| Regular Physical Exercise    | 26            | 21.7           |
| Balanced Dietary Habits      | 34            | 28.3           |
| Adequate Sleep Duration      | 22            | 18.3           |
| Regular Health Check-ups     | 18            | 15.0           |
| Stress Management Activities | 20            | 16.7           |
| <b>Total</b>                 | <b>120</b>    | <b>100</b>     |



**Figure 3: Graphical presentation of Distribution of Nursing Staff According to Health Maintenance Practices**

Table 3 demonstrates that balanced eating habits (34; 28.3%) were the most frequently adopted practice, showing increased awareness regarding nutrition and health maintenance, among the health maintenance strategies used by nursing staff. Regular exercise came next (26; 21.7%), indicating that many respondents participate in activities that promote physical fitness. A moderate percentage of respondents engaged in stress management activities (20; 16.7%) and adequate sleep length (22; 18.3%), indicating efforts to preserve mental and physical health in spite of work demands. Regular health checkups were the least popular practice (18; 15.0%), suggesting that nurses may pay less attention to preventive healthcare. Overall, the results indicate that nursing staff should place a higher priority on physical activity and dietary habits than on stress-related and preventative health behaviours.

**Table 4: Association Between Health-Related Well-Being Practices and Professional Lifestyle Patterns**

| Health-Related Well-Being | Healthy Lifestyle | Moderately Healthy Lifestyle | Unhealthy Lifestyle | Total      |
|---------------------------|-------------------|------------------------------|---------------------|------------|
| Excellent                 | 22                | 8                            | 2                   | 32         |
| Good                      | 12                | 28                           | 8                   | 48         |
| Moderate                  | 4                 | 14                           | 10                  | 28         |
| Poor                      | 0                 | 2                            | 10                  | 12         |
| <b>Total</b>              | <b>38</b>         | <b>52</b>                    | <b>30</b>           | <b>120</b> |

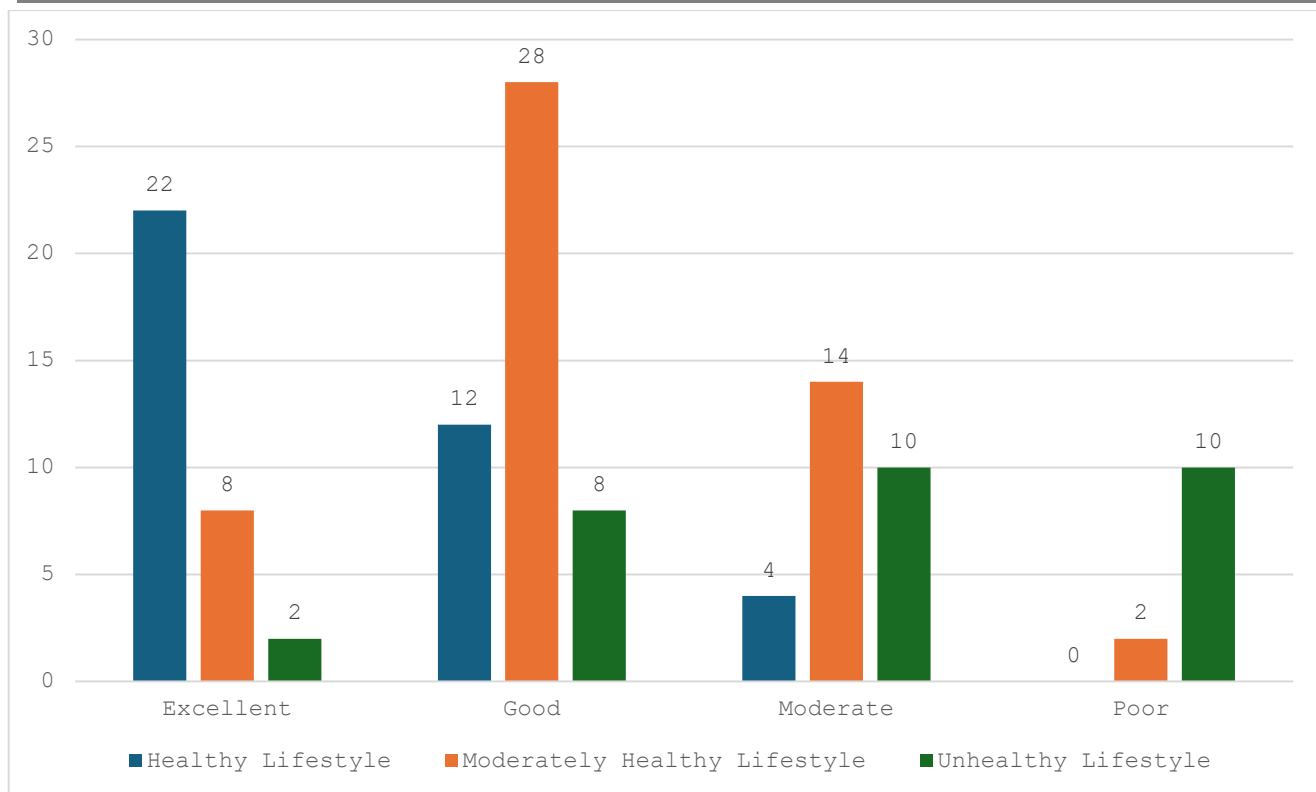


Table 4 shows a strong correlation between nursing staff members' professional lifestyle choices and health-related well-being practices. Just two respondents reported leading an unhealthy lifestyle, while the majority (22 out of 32) with great well-being practices led a healthy lifestyle. In a similar vein, the majority of respondents who practiced good well-being fell into the category of moderately healthy lifestyles (28 out of 48). On the other hand, 10 out of 28 respondents with moderate well-being practices reported unhealthy lifestyles, indicating a progressive movement toward harmful lifestyle behaviours. Interestingly, none of the individuals with poor well-being practices claimed leading a healthy lifestyle, while the majority (10 out of 12) had an unhealthy lifestyle pattern. These results show that among nursing staff, healthier professional lifestyle patterns are favourably correlated with improved health-related well-being practices.

## CONCLUSION

The present study concludes that nursing staff in Patna District, Bihar generally demonstrate satisfactory health-related well-being practices and moderately healthy professional lifestyle patterns. The results show that a sizable percentage of respondents uphold good to exceptional well-being practices, indicating awareness of both personal and professional obligations. Additionally, the study shows that while a significant portion of nursing professionals still engage in harmful lifestyle behaviours as a result of work-related stress, workload, erratic schedules, and little time for self-care, moderately healthy lifestyle patterns are more prevalent among this population. Exercise and a balanced diet were found to be the most often used health maintenance methods, whereas routine medical examinations and stress-reduction techniques received relatively less attention. Additionally, the investigation revealed a favourable correlation between professional lifestyle patterns and health-related well-being practices, demonstrating that respondents who led healthier lifestyles reported higher levels of overall well-being. In order to promote the physical, emotional, and professional well-being of nursing staff and to raise the standard of healthcare services, the study emphasises the significance of supporting workplace wellness programs, stress management measures, and healthy lifestyle interventions.

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