ISSN PRINT 2319 1775 Online 2320 7876
 UGC CARE Listed (Group -I) Journal Volume 10, Iss 11, 2021

"A STUDY OF EFFECT OF LIFE STYLE ON OCCUPATIONAL STRESS AMONG INDUSTRIAL PROFESSIONALS OF JAIPUR REGION"

Dr. Rita Bisht

Dean of Education, University of Technology, Fatehpura Road, Post Kumhariawas, Vatika, Tehsil Sanganer, Jaipur - 303903

Abstract: In today's modern era, stress stands out as a significant and unavoidable aspect, particularly within industrial settings. Stress, defined as an individual's internal sense of discontentment, represents an adaptive response to external circumstances, leading to a range of psychological, physical, and behavioral changes among professionals in managerial roles. Within the workplace, stress exerts a pervasive influence, impacting various facets such as increasing complexities and altering the demands and functions of organizations. It is crucial to recognize that stress transcends individual experiences, extending to become a social and industrial concern, affecting management professionals within the industry as well. Researchers have coined the term "Occupational Stress" to encapsulate the physical and mental strain experienced by workers in response to job-related situations.

An investigation was conducted to delve into the intricate interplay of personal factors, including lifestyle choices, on the complex landscape of stress and depressive symptoms among urban residents in Jaipur region. The study involved the random collection and analysis of data from a sizable cohort of 500 individuals, employing sophisticated path analysis techniques to unveil the underlying dynamics. The comprehensive analysis yielded the following insightful findings:

1) Individuals who embraced a healthy lifestyle reported a perceptibly diminished level of subjective stress, indicating a potential protective effect conferred by wholesome living habits.

2) Top management emerged as a significant modifier in the relationship between lifestyle and depressive symptoms. In labor class, the adoption of a healthy lifestyle was correlated with a reduction in direct depressive symptoms. Conversely, top management, a healthy lifestyle was associated with a decrease in indirect depressive symptoms, largely mediated by the amelioration of subjective stress levels.

3) Type A personality traits exerted a nuanced influence, with distinct manifestations across gender lines. Male participants characterized by Type A behavior reported lower levels of perceived subjective stress, hinting at a possible coping mechanism inherent to this personality profile. In contrast, females with Type A tendencies exhibited a higher frequency of life events, suggesting a propensity towards heightened stressors in their environment.

These findings underscore the intricate interplay between individual characteristics, lifestyle choices, and the experience of stress and depressive symptoms. Moreover, they highlight the importance of holistic approaches that consider both lifestyle modifications and personality factors in promoting mental well-being. Recognizing the pivotal role of a healthy lifestyle in mitigating subjective stress underscores its significance as a cornerstone in the pursuit of mental wellness.

The present article reports the study of effect of life style on occupational stress among industry professional.

ISSN PRINT 2319 1775 Online 2320 7876
 UGC CARE Listed (Group -I) Journal Volume 10, Iss 11, 2021

Key words: stress, lifestyle, professional, healthy practice

1 Introduction:

Stress is a common phenomenon experienced by individuals in their daily lives (Sapolsky 2004). It can be defined broadly as any external factor—whether physical, chemical, or emotional—that induces feelings of mental or bodily unrest, as described by (Jones *et. al.* 2001).

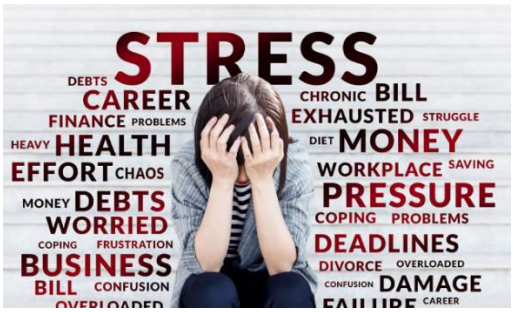


Figure 1: Various types of stress*

***Source: simplypsychology**

The effects of stress are diverse and can include decreased motivation, compromised health, elevated blood pressure, reduced productivity, feelings of helplessness, physical discomfort such as neck pain, and emotional responses like frustration, anger, and anxiety. These outcomes contribute to a decline in overall well-being and have a tangible impact on the functioning and atmosphere within industrial settings (Selye 1974).

Several factors contribute to stressful situations in the workplace among management professionals (Van 2019). These include organizational characteristics of the job, work overload, role within the organization, interpersonal relationships at work, organizational structure, company culture, compensation and benefits, opportunities for career advancement, job security, and various personal factors including life style also.

Lifestyle, reflecting the collective behaviors and choices of individuals, groups, and nations, is intricately influenced by various factors such as geography, economics, politics, culture, and religion. It serves as a snapshot of the unique practices and characteristics of a particular population at a specific time and place, encompassing daily activities, work habits, recreational pursuits, and dietary preferences.

In recent years, researchers have increasingly focused on lifestyle as a key determinant of health. According to the World Health Organization (WHO), a significant proportion, estimated at around 60%, of factors impacting individual health and overall quality of life are associated with lifestyle choices (Ziglio *et. al.* 2004). Unfortunately, many individuals adopt unhealthy lifestyles, leading to negative health outcomes such as illness, disability, and even premature death. Conditions like metabolic disorders, cardiovascular diseases, obesity, hypertension, and instances of violence are often linked to poor lifestyle choices. As a result, the profound relationship between lifestyle and health merits significant attention and consideration in public health initiatives aimed at promoting well-being and preventing disease.

2. Causes of Stress on Industrial Professionals:

The causes of occupational stress can be placed into a broad category of what the main occupational stressor is and a more specific category of what causes occupational stress. The broad category of occupational stressors includes some of the following: bad management practices, the job content and its demands, a lack of support or autonomy and much more.

a) General working conditions (Dunn 1998).
b) Workload (Katz *et. al.* 1978 and Munsif 2022).
c) Long hours (Schonfeld *et. al.* 2017).
d) Status (Schonfeld *et. al.* 2017)
e) Salary (Munsif 2022).
f) Workplace bullying (Rayner *et. al.* 2006).
g) Narcissism and psychopathy (Thomas 2010).
h) Sexual harassment (Richman1999).

3. Various Factors of Lifestyle that Influence Health and Stress: The various factors of lifestyle that influence health and stress can be categorized as follows:

a) **Diet and Body Mass Index (BMI)**: Diet holds significant sway over lifestyle and is closely tied to overall health. Unfortunately, poor dietary habits, including the consumption of fast food and inadequate nutrition, are widespread issues in urban communities. These unhealthy choices often result in obesity, a common health problem. One way to assess unhealthy lifestyle patterns is through Body Mass Index (BMI). The urban lifestyle exacerbates nutrition-related concerns, contributing to the escalation of cardiovascular diseases and other health issues. (Mozaffarian *et. al.* 2011).

b) **Education:** Education is often viewed as a mental exercise. Integrating study into one's lifestyle can have positive impacts on both physical and mental health. Studies suggest that individuals with higher levels of education have a lower prevalence of dementia, such as Alzheimer's disease. Furthermore, continuous learning may help slow the progression of cognitive decline.

c) **Exercise:** To treat common health issues, integrating exercise into daily life is crucial (Dunn et al., 1998). Regular physical activity, coupled with a balanced diet, greatly improves overall well-being. Additionally, numerous studies have highlighted the link between an active lifestyle and feelings of happiness (Farhud *et. al.* 2015).

d) **Medication Misuse:** In certain regions, misuse of medication is a prevalent issue, representing an unhealthy lifestyle choice. Problematic behaviors include self-treatment, sharing medications, obtaining drugs without prescriptions, overprescribing, excessive dosage, unnecessary prescriptions, illegible prescriptions, disregarding drug interactions, and neglecting potential side effects.

e) **Recreation:** Leisure activities are an essential component of lifestyle. Neglecting leisure time can have adverse effects. Poorly planned or unhealthy recreational pursuits may compromise overall well-being.

f) **Sexual Behavior:** Healthy sexual relations are integral to overall well-being. Dysfunction in this realm is a prevalent issue in many societies and can have significant repercussions for mental and physical health. Troubles in sexual relationships may contribute to various family difficulties and elevate the risk of contracting sexually transmitted infections like AIDS

g) **Sleep:** A crucial aspect of maintaining health, sleep is an indispensable part of life itself. Sleep disturbances carry multifaceted implications, ranging from social and psychological to economic and health-related consequences. Lifestyle choices play a significant role in shaping

sleep patterns, while the quality of sleep exerts a profound impact on both mental and physical well-being (Farhud *et. al.* 2013).

h) **Substance Abuse:** Substance addiction epitomizes an unhealthy lifestyle. The use of substances such as tobacco and illicit drugs can precipitate a host of health issues, encompassing cardiovascular ailments, respiratory conditions such as asthma, diverse forms of cancer, and neurological impairments. Longitudinal research reveals a concerning statistic, indicating that 30% of individuals aged 18–65 engage in persistent cigarette smoking (Ebadi *et. al.* 2011).

i) **Utilization of Modern Technologies:** While modern technology offers many advantages, its improper use can lead to negative consequences. For example, prolonged use of computers and other electronic devices late at night can disrupt sleep patterns. Additionally, excessive reliance on mobile phones has been associated with symptoms of depression (Thomee *et. al.* 2011)

4. Research Objectives:

- To find out various causes of life style on stress among Industries professionals.
- To examine various strategies of life style for overcoming stress among Industries professionals.

5. Hypothesis:

- There is no significant impact of life style on the performance of employees.

6. Relevance of the Study:

Indeed, stress is an inherent aspect of life, serving as a natural response to change. It can be likened to the tension in a tightrope that keeps a walker balanced. Without stress, both our bodies and minds would lack the necessary stimulation for optimal performance. However, just as a tightrope requires the right balance between tension and slack, finding the optimal level of stress for individual needs is crucial. While everyone experiences stress in various forms, it's essential to recognize when it becomes over whelming. Once the negative effects of stress on our well-being are acknowledged, it's important to take proactive steps to manage it. This may involve adopting stress management techniques to alleviate its impact and promote overall health (Figure 2).

Figure 2: Stress management techniques*
***Source: medium.com**

7. Significance of the Present Study:

The present study indicates that stress has a significant impact on mental health (Holton *et. al.,* 2016). Mental health, defined as the state of well-being where individuals can effectively manage stress in their lives (Lombardo, 2018), is heavily influenced by stress levels. According to data from the Anxiety and Depression Association of America (ADAA, 2016), nearly 40 million Americans experience mental disorders annually, with anxiety disorders being

particularly common. People in high-stress work environments are especially vulnerable to mental health issues due to their difficulties in coping with stressors (Alvarado, 2019; Fan *et. al.,* 2015 and Merida *et. al.,*2017).

8. Method and Procedure:

This study was designed to study of the effect of lifestyle on the stress among the industrial professionals of Jaipur. As such, descriptive method of research was employed.

8.1 Sample: The sample for this study was collected from different area of Jaipur. The sample consisted of 500 students of different cadre in industries were selected from different part of Jaipur. The sample has been selected on the basis of random sampling technique.

8.2 Tools used: The significance level was studied by using appropriate tool. This tool was employed for the purpose of the effect of lifestyle on the stress among the industrial professionals.

8.3 Analysis and interpretation of data: In order to achieve the objectives formulated for the study, the data was statically analyzed by employing Chi square test.

9 Results and Discussion:

Total 500 person were interviewed about the effects of lifestyle on the stress among the industrial professionals. The process of interpretation is essentially one of the stating facts what the results show. The significance level is studied by using chi square test. For this test contingency table were made and the Chi square values were calculated as follows:

$$\chi^2 = \sum\left[\frac{(f_0 - f_e)^2}{f_e}\right]$$

Where f_0 = Frequency of occurrence of observed or experimentally determined facts and

f_e = Expected Frequency of occurrence

The results of different questions are explained as follows:

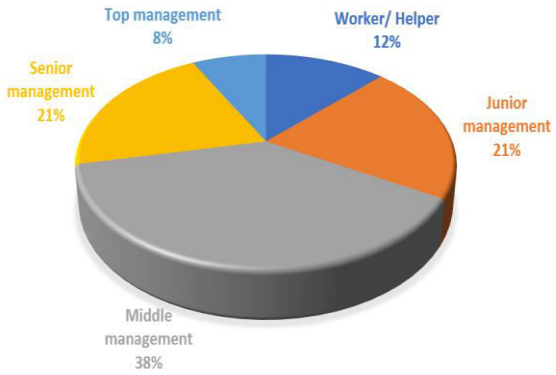
Table 1

EFFECT OF LEVEL OF INTEREST OF WORK ON STRESS

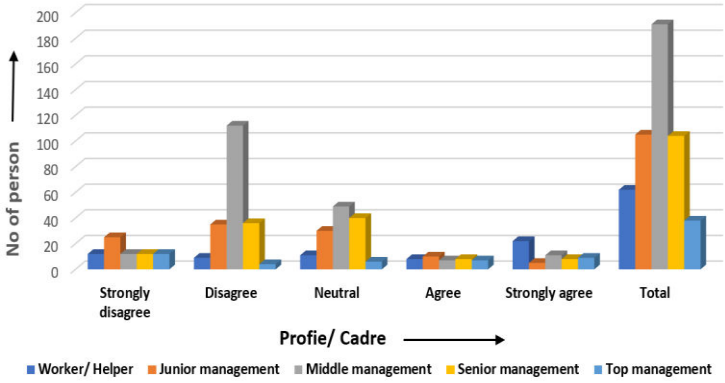
Profile/ Cadre	Strongly disagree	Disagree	Neutral	Agree	Strongly agree	Total	Chi square value
Worker/ Helper	12	9	11	8	22	62	5.26
Junior management	25	35	30	10	5	105	
Middle management	12	112	49	7	11	191	
Senior management	12	36	40	8	8	104	
Top management	12	4	6	7	9	38	
Total	73	196	136	40	55	500	

ISSN PRINT 2319 1775 Online 2320 7876
 UGC CARE Listed (Group -I) Journal Volume 10, Iss 11, 2021

PIE CHART 1
LEVEL OF INTEREST OF WORK



BAR GRAPH 1
LEVEL OF INTEREST OF WORK



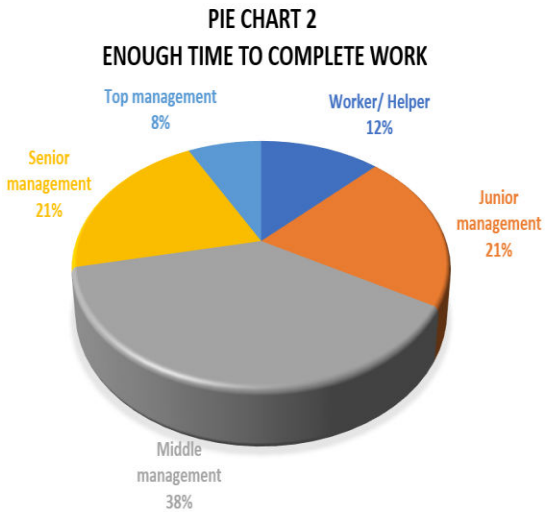
The analysis conducted on the relationship between lifestyle and stress among industrial professionals in the Jaipur region revealed significant findings (Table 1). With a sample size of 500, the chi-square value of 5.26 at a 0.05 significance level indicates a noteworthy association between lifestyle choices and stress levels. Examining the data visually through Bar Graph 1 and Pie Chart 1, it becomes apparent that interest in work varies across different professional levels. Middle-level individuals exhibit the highest interest, while top management shows the least. This trend suggests that lifestyle factors may indeed play a role in determining stress levels among professionals. Furthermore, these findings align with existing research, as referenced in Farhud *et. al.* (2015) and Maruyama *et. al.* (2015), which underscores the robustness of the results.

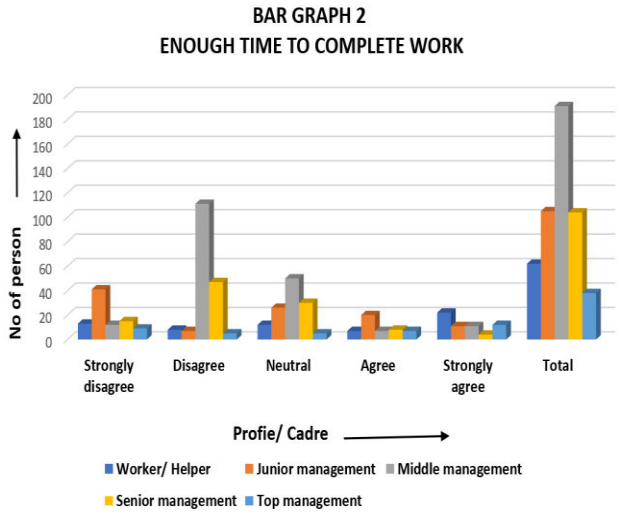
It's important to exercise caution in interpreting these results and consider potential alternative explanations. Nevertheless, the evidence suggests a meaningful relationship between lifestyle choices and stress among industrial professionals in the region.

ISSN PRINT 2319 1775 Online 2320 7876
 UGC CARE Listed (Group -I) Journal Volume 10, Iss 11, 2021

Table 2
EFFECT OF ENOUGH TIME TO COMPLETE WORK ON STRESS

Profile/ Cadre	Strongly disagree	Disagree	Neutral	Agree	Strongly agree	Total	Chi square value
Worker/ Helper	13	8	12	7	22	62	
Junior management	41	7	26	20	11	105	
Middle management	12	111	50	7	11	191	7.50
Senior management	15	47	30	8	4	104	
Top management	9	5	5	7	12	38	
Total	90	178	123	49	60	500	





According to the data provided in Table 2, a chi-square value of 7.50 was calculated for the variable "having enough time to complete the work" concerning the impact of lifestyle on stress among industrial professionals in the Jaipur region. This value indicates a significant association at the 0.05 level of probability, suggesting a noteworthy relationship between time availability for work and lifestyle-induced stress among these professionals.

The analysis further explored this relationship through Bar Graph 2 and Pie Chart 2, illustrating the distribution of sufficient time for work across different professional levels. Notably, middle-level management exhibited adequate time, while top-level management faced the most time constraints for their tasks.

These findings suggest that lifestyle choices may influence the availability of time for work, subsequently impacting stress levels among professionals. This interpretation is supported by previous research, as referenced in Agyemang *et. al.* (2023) and Farhud *et. al.* (2015).

ISSN PRINT 2319 1775 Online 2320 7876
 UGC CARE Listed (Group -I) Journal Volume 10, Iss 11, 2021

While these results provide valuable insights, it's essential to consider potential confounding variables and alternative explanations for the observed associations. Nonetheless, the data imply a meaningful link between lifestyle factors, work time availability, and stress levels among industrial professionals in the Jaipur region.

Table 3

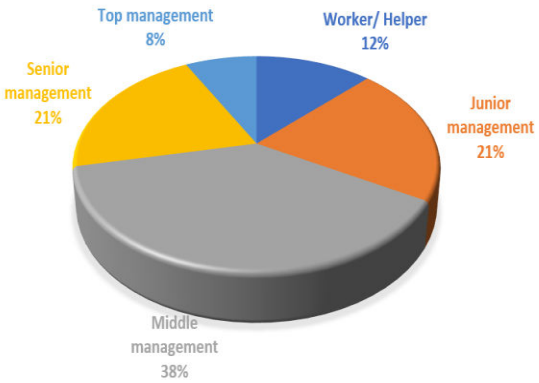
EFFECT OF TIME TO REST OUTSIDE THE WORK ON STRESS

Profile/ Cadre	Strongly disagree	Disagree	Neutral	Agree	Strongly agree	Total	Chi square value
Worker/ Helper	27	12	17	2	4	62	3.51
Junior management	19	26	44	10	6	105	
Middle management	41	75	56	17	2	191	
Senior management	15	55	11	19	4	104	
Top management	5	21	1	9	2	38	
Total	107	189	129	57	18	500	

As per the date shown in Table 3, a chi-square value of 3.51 was calculated for the variable "time allocated for rest outside of work" among a sample of 500 industrial professionals. This value indicates a significant association at the 0.05 level of probability, suggesting that the availability of time for rest outside of work has a notable impact on these professionals.

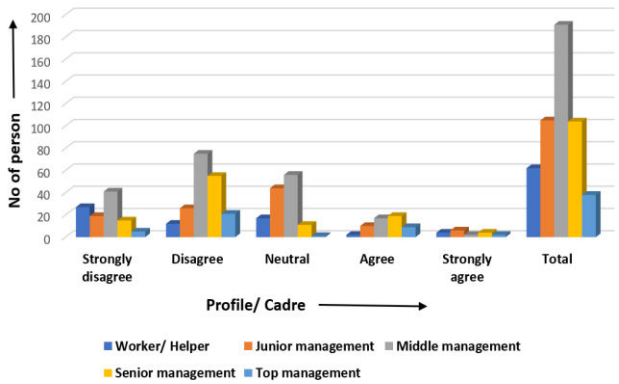
PIE CHART 3

TIME TO REST OUTSIDE THE WORK



BAR GRAPH 3

TIME TO REST OUTSIDE THE WORK



The findings are visually represented in Bar Graph 3 and Pie Chart 3, which illustrate the distribution of time for rest outside of work among industrial professionals. The pie chart serves as a visual confirmation of the significance of these results.

ISSN PRINT 2319 1775 Online 2320 7876
 UGC CARE Listed (Group -I) Journal Volume 10, Iss 11, 2021

These findings are consistent with prior research, as referenced in Berk *et. al.* (2013), Ebadi *et. al.* (2011), and Farhud *et. al.* (2015), thereby reinforcing the observed association between time for rest outside of work and the well-being of industrial professionals.

While these results provide valuable insights, it's important to consider potential confounding factors and alternative explanations. Nonetheless, the data suggest a meaningful link between the availability of time for rest outside of work and the well-being of industrial professionals.

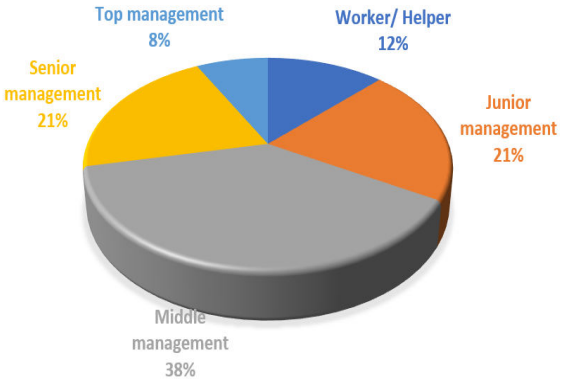
Table 4

EFFECT OF ENOUGH TIME FOR MY HOBBIES ON STRESS

Profile/ Cadre	Strongly disagree	Disagree	Neutral	Agree	Strongly agree	Total	Chi square value
Worker/ Helper	8	16	32	4	2	62	
Junior management	20	28	44	5	8	105	
Middle management	34	81	54	18	4	191	8.10
Senior management	24	47	18	10	5	104	
Top management	5	10	16	5	2	38	
Total	91	182	164	42	21	500	

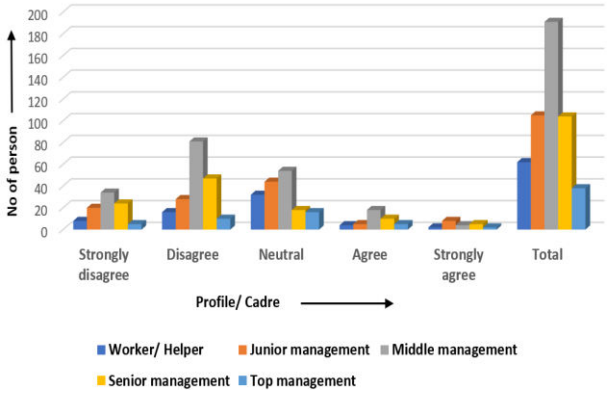
PIE CHART 4

ENOUGH TIME FOR MY HOBBIES



BAR CHART 4

ENOUGH TIME FOR MY HOBBIES



According to the data presented in Table 4, a chi-square value of 8.10 was obtained for the variable "time allocated for hobbies" among industrial professionals, based on a sample size of 500. This value indicates a significant association at the 0.05 level of probability, suggesting that the availability of sufficient time for hobbies among these professionals has a noteworthy impact.

ISSN PRINT 2319 1775 Online 2320 7876
 UGC CARE Listed (Group -I) Journal Volume 10, Iss 11, 2021

The results are visually depicted in Bar Graph 4 and Pie Chart 4, showcasing the distribution of time allocated for hobbies among industrial professionals. The pie chart serves as a visual confirmation of the significance of these findings.

These results are consistent with prior research, as indicated by references to Berk *et. al.* (2013), Farhud *et. al.* (2015) and Maruyama *et. al.* (2015), thereby strengthening the observed association between time for hobbies and the well-being of industrial professionals.

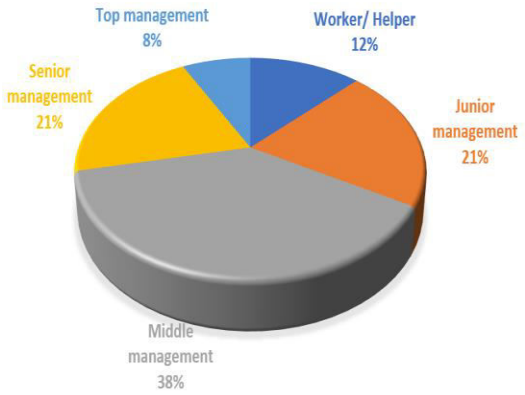
While these findings offer valuable insights, it's important to consider potential confounding variables and alternative explanations. Nonetheless, the data suggest a meaningful relationship between the availability of time for hobbies and the well-being of industrial professionals.

Table 5

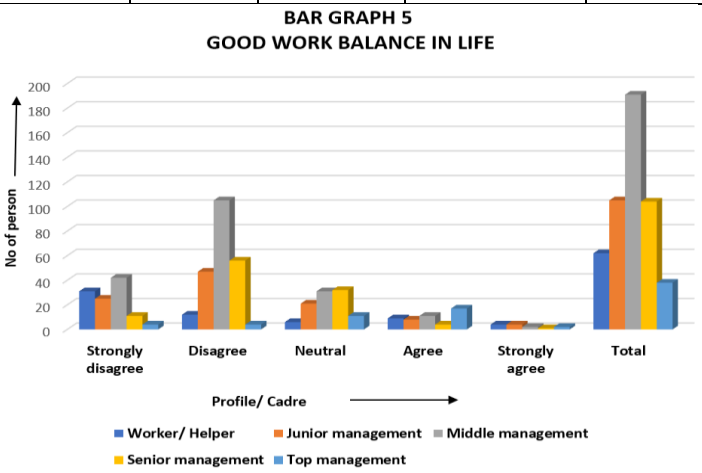
EFFECT OF GOOD WORK BALANCE IN LIFE ON STRESS

Profile/ Cadre	Strongly disagree	Disagree	Neutral	Agree	Strongly agree	Total	Chi square value
Worker/ Helper	31	12	6	9	4	62	
Junior management	25	47	21	8	4	105	
Middle management	42	105	31	11	2	191	5.25
Senior management	11	56	32	4	1	104	
Top management	4	4	11	17	2	38	
Total	113	224	101	49	13	500	

PIE CHART 5



BAR GRAPH 5



According to the data outlined in Table 5, a chi-square value of 5.25 was derived for the variable "time allocated for hobbies" among industrial professionals, drawing from a sample size of 500. This result signifies a statistically significant association at the 0.05 level of probability,

suggesting that maintaining a healthy work-life balance among these professionals holds considerable importance.

The findings are visually depicted through Bar Graph 5 and Pie Chart 5, offering a graphical representation of the distribution of time dedicated to hobbies among industrial professionals. The pie chart visually reinforces the significance of these findings.

These results are consistent with previous research, as referenced in Berk *et. al.* (2013), Ebadi *et. al.* (2011), Farhud *et. al.* (2015), and Maruyama *et. al.* (1997), further supporting the notion that a balanced work-life dynamic contributes positively to the well-being of industrial professionals.

While these insights are valuable, it's crucial to consider potential confounding factors and alternative interpretations. Nonetheless, the data suggest a meaningful correlation between maintaining a healthy work-life balance and the overall well-being of industrial professionals.

Conclusion:

Absolutely, the summary effectively encapsulates the multifaceted impact of lifestyle choices on human health, covering both physical and mental well-being. The impacts you outlined provide valuable insights into how various aspects of lifestyle can influence stress levels:

1) Level of interest of work: The degree of interest individuals has in their work can significantly impact their stress levels. Higher levels of interest may lead to lower stress, while lower levels of interest could contribute to higher stress.

2) Sufficient time to complete work: The availability of enough time to complete work tasks can play a crucial role in managing stress. Adequate time allocation may reduce stress levels associated with work-related deadlines and pressures.

3) Time for rest outside the work: Having time to rest and relax outside of work commitments is essential for stress management. Balancing work responsibilities with sufficient downtime can help alleviate stress and promote overall well-being.

4) Time for hobbies: Allocating time for hobbies and leisure activities is beneficial for stress reduction. Engaging in enjoyable pursuits outside of work can provide a much-needed break and contribute to overall stress relief.

5) Maintaining a healthy work-life balance: Achieving a healthy balance between work and personal life is crucial for managing stress effectively. Striking this balance allows individuals to prioritize self-care and leisure activities, contributing to reduced stress levels.

Understanding and addressing these various lifestyle factors are indeed vital for promoting and maintaining optimal health outcomes and overall well-being. By recognizing the interconnectedness between lifestyle choices and stress levels, individuals can make informed decisions to cultivate a healthier and more balanced lifestyle.

References:

Agyemang G, Bema Y, Eturu DA, Bawontuo V and Kupiel D (2023). "Occupational stress and burnout experience among healthcare workers compounded by the COVID-19 pandemic in Africa: a scoping review protocol", Systematic Reviews, **12(1)**, 34.

Alvarado SC (2019). "Resilience, Mental Health, and Burnout Among School Teachers in Mexico", M.S. California State University, Long Beach.

Berk M, Sarris J, Coulson CE and Jacka FN (2013). Lifestyle management of unipolar depression. Acta Psychiatrica Scandinavica, **127(443)**, 38-54.

Dunn AL, Anderson RE and Jakicic JM (1998). Lifestyle physical activity interventions: history, short and long-term effects and recommendations. Am J Preven Med, **15 (4)**, 398– 412.

Ebadi M, Vahdaninia M, Azin A, Aeenparast A, Omidvari S and Jahangiri K (2011). Prevalence of smoking: health in view of Iranian. Peyesh Quarterly, **10 (3)**, 365– 372.

Fan LB, Blumenthal JA, Watkins LL and Sherwood A (2015). "Work and home stress: Associations with. anxiety and depression symptoms", Occupational Medicine, **65(2),** 110-116.

Farhud DD, Malmir M and Khanahmadi M (2015). Happiness as a healthy life style. Iranian Academy of Medical Science, **44,** 1442-1444.

Farhud DD and Tahavorgar A (2013). Melatonin hormone, metabolism & its clinical effects: a review. Iran J Endocrinol Metabol, **15 (2)**, 221– 236.

Holton MK, Barry AE and Chaney JD (2016). "Employee stress management: An examination of adaptive and maladaptive coping strategies on employee health". Work, **53(2),** 299-305.

Jones F, Bright J and Clow A (2001). Stress: myth, theory and research. Pearson Education. p. 4. ISBN 9780130411891.

Katz D and Kahn RL (1978). The social psychology of organizations 2ed. New York City: John Wiley.

Lombardo P, Jones W, Wang L, Shen X and Goldner EM (2018). "The fundamental association between mental health and life satisfaction: results from successive waves of a Canadian national survey". BMC Public Health, **18**, 342.

Maruyama S and Morimoto K (1997). The Effects of Lifestyle and Type A Behavior on the Life-Stress Process. Environmental Health and Preventive Medicine **2**, 28-34.

Merida LS, Extremera N and Rey L (2017). "Emotion-regulation ability, role stress and teachers' mental health", Occupational Medicine, **67(7)**, 540-545.

Mozaffarian D, Hao T, Rimm EB, Willett W and Hu FB (2011). Changes in diet and life style and long-term weight gain in women & men. N Eng Med J, **364**, 2392–2404.

Munsif D (2022). "Young Working Professional now have a Higher Risk of Stroke: Study". The Munsif Daily | Latest News India | World News | National and International Headlines. The Munsif Daily.

Rayner C and Cooper CL (2006). "Workplace Bullying". In Kelloway, E. Kevin; Barling, Julian; Hurrell, Joseph J. (eds.). Handbook of Workplace Violence. Sage. pp. 121–146. ISBN 978-0-7619-3062-4.

Richman JA, Rospenda KM, Nawyn SJ, Flaherty JA, Fendrich M, Drum ML and Johnson TP (1999). Sexual harassment and generalized workplace abuse among university employees: prevalence and mental health correlates. Am J Public Health. **89(3)**, 358-63.

Sapolsky RM (2004). "Why Zebras Don't Get Ulcers", New York: St. Martins Press. pp. 37, 71, 92, 271. ISBN 978-0-8050-7369-0.

ISSN PRINT 2319 1775 Online 2320 7876
 UGC CARE Listed (Group -I) Journal Volume 10, Iss 11, 2021

Schonfeld IS and Chang CH (2017). "Occupational health psychology: Work, stress, and health". New York: Springer Publishing Company.

Selye H (1974). "Stress without distress", Philadelphia: J.B. Lippincott Company. p. 171. ISBN 9780397010264.

Thomas D (2010). Narcissism: Behind the Mask. Book Guild. **ISBN 978-1-84624-506-0**.

Thomee S, Harenstam A and Hagberg M. (2011). Mobile phone use and stress, sleep disturbances, and symptom of depression among young adults. BMC Public Health, **11**, 66–77.

Van KHS (2019). "The principle of consistency and the cause and function of behavior", Behavioral Processes, **159**, 42–54.

Ziglio E, Currie C, Rasmussen VB (2004). The WHO cross-national study of health behavior in school aged children from 35 countries: findings from 2001–2002. J School Health, **74 (6)**, 204–206.